



BLACK DRAGON  
KALI-SILAT

## BLACK DRAGON KALI-SILAT THE SYSTEM

OVER THE YEARS THE TOP BLADE FIGHTING SYSTEMS HAVE ADAPTED STICKS FOR TRAINING SO MUCH THAT THE STICK HAS BECOME THE PRIMARY WEAPON AND THE INSTRUCTORS HAVE LOST THE ABILITY TO FIGHT EFFECTIVELY WITH THE BLADE. A UNIVERSAL CURRICULUM WAS CREATED FROM THE TOP BLADE ORIENTED FILIPINO MARTIAL ARTS AND COMBAT SILAT TECHNIQUES. THE CURRICULUM IS BASED ON THE MODERN DAY EFFECTIVENESS OF THESE SYSTEMS AND HAS NOT CHANGED MUCH OVER HUNDREDS OF YEARS. IT IS FREE AND AVAILABLE FOR ANY KALI-SILAT SCHOOL, INSTRUCTOR, OR PRACTITIONER TO USE AND ADOPT. IT IS PREFERRED TO TRAIN WITH EDGE ORIENTED TRAINING WEAPONS WHENEVER POSSIBLE TO KEEP A FOCUS ON EDGE ORIENTATION. WOOD, PLASTIC, AND ALUMINUM SWORDS AND KNIVES ARE READILY AVAILABLE THESE DAYS. RATTAN STICKS ARE USED FOR HEAVY/REPETITIVE IMPACT DRILLS FOR SAFETY. ONCE THE BLADE ASPECTS HAVE BEEN LEARNED THEY CAN BE APPLIED TO STICK FIGHTING CHANGING SLASHES TO STRIKES. THERE ARE NO TEST FEES FOR INSTRUCTOR CERTIFICATIONS OR SCHOOL CHARTERS. THEY ARE EARNED AND NOT BOUGHT. THERE ARE ONLY FEES FOR TRAINING. WHEN YOU LOOK AT THE CURRICULUM YOU MAY RECOGNIZE THE EFFECTIVE ELEMENTS OF YOUR OWN SYSTEM ARE THERE MINUS THE THINGS THAT DEEP IN YOUR HEART YOU KNOW SHOULD NOT BE TAUGHT. MANY TIMES OUR ASSOCIATES BACKGROUNDS ALLOW THEM TO JUST TRANSITION TO BLACK DRAGON KALI-SILAT BASED ON THEIR PREVIOUS TRAINING. WE HAVE NO BLACK BELTS. THOSE ARE FOR PEOPLE IN HEAVY PAJAMAS TO KEEP THEIR CLOTHES TOGETHER. WE DON'T HAVE A CERTAIN UNIFORM. WE DON'T WEAR ONE IN THE STREET OR THE JUNGLE. WE WEAR WHAT FITS FOR THE TRAINING; SOMETIMES MILITARY BDU'S, SOMETIMES JEANS OR SHORTS, SOMETIMES A SUIT AND TIE.

## THE BLACK DRAGON KALI-SILAT FAMILY

THE FAMILY IS "ALL OF US" THAT TRAIN IN THE ARTS OF KALI-SILAT AND FOLLOW THE PRINCIPLES ABOVE. THE FAMILY IS NOT A SYSTEM BUT A MENTALITY ABOUT HOW WE TRAIN. WE WANT TO SURVIVE AND WILL SURVIVE WHEN THE FIGHT HITS THE FAN. IF YOU TRAIN KALI-SILAT AND FOLLOW THE PRINCIPLES THEN WELCOME TO THE FAMILY. WEAR THE SHIRTS AND SPREAD THE MENTALITY! MOST OF US HAVE TRAINED IN THE TOP BLADE ORIENTED FILIPINO MARTIAL ARTS AS WELL AS SOME TYPE OF SILAT AND WE SHARE COMMON IDEAS OF COMBAT TRUTH.

## PRINCIPLES

**A STICK IS NOT A SWORD  
A STICK IS NOT A KNIFE**

**TRAIN WITH EDGE ORIENTATION  
CHEAT, CHEAT, CHEAT  
THE ONLY FAIR FIGHT IS THE ONE YOU WIN  
MUTUAL RESPECT AT ALL TIMES  
MEN ARE MEN, DON'T TREAT THEM LIKE GODS  
LEAVE YOUR EGO BEHIND, IT WILL DESTROY YOU  
USE ECONOMY OF MOTION  
IF IT IS NOT COMBAT WORTHY THEN AVOID IT  
CONSIDER MORALITY IN TRAINING  
CONSIDER ETHICS IN TRAINING  
CONSIDER LEGALITY IN TRAINING  
CARRY THE BEST WEAPON THAT YOU CAN LEGALLY GET AWAY WITH  
SCIENTIFIC OVER-ANALYSIS = STUPIDITY IN COMBAT (KEEP IT REAL)  
REFUSE SUICIDE TRAINING UNLESS YOU REALLY WANT TO DIE  
LEARN TO RECOGNIZE SUICIDE TRAINING  
USE YOUR COMMON SENSE!**

**YOUR SYSTEM DOES NOT FIGHT OR SPAR? WE CALL THAT JUST PLAIN SILLY!**

**MANY SYSTEMS DO NOT FIGHT OR SPAR IN ORDER TO HIDE THEIR WEAKNESSES AND TO ALLOW THEM TO CLAIM THEY ARE SO GOOD OR SO DANGEROUS.  
SPARRING CAN NEVER REPLICATE A REAL FIGHT WITH NO RULES BUT IT CAN SHOW YOU THAT A LOT OF THINGS TAUGHT JUST WON'T WORK OR HAVE LIMITED USE. SPARRING WILL REVEAL MUCH OF THE BULLSHIDO IN YOUR TRAINING!  
WE REFUSE TO BE FOOLS! LET THEM BE FOOLS!  
WE WILL SPAR, WE WILL FIGHT, WE WILL SURVIVE**

## Black Dragon Kali-Silat Training Outline

### The Kali-Silat Bow of Respect

#### Strengthening and Calisthenics

1. Finger exercises for grip strength
2. Sit-ups/Crunches, abdominal
3. Push- ups
4. Deep - Knee
5. Duck walk with strikes
6. Above with use of weights.
7. Watik heavy stick. 1-4 horizontal up, lateral down
8. Head to head leg raises
9. Lunges
10. Jumping Jacks
11. Pull-ups
12. Calf raises
13. Dips
14. Flutter Kicks
15. Plank
16. Running
17. Sprints
18. Suicides
19. Burpees with high jump/ Up-Downs

#### Footwork

1. Forward Triangle
2. Reverse Triangle
3. Forward Triangle with replacement footwork
4. Forward Triangle with step and slide
5. Forward Triangle Closed to right and to left
6. Reverse Triangle Closed to right and to left
7. Side stepping 90, 180, 270, 360 degrees
8. Angling using forward and reverse diagonal steps
9. Walking. Straight and Circle
10. Take- off
11. Tin-a-klung
12. Hour glass
13. Diamond
14. Star Pattern
15. M and W Pattern
16. Lanka Empat 4 Stepping
17. Cross Stepping-Drills

#### Body Mechanics

1. Twisting
2. Weaving
3. Ducking
4. Stick stretching, strikes watik inside & outside.
5. Stick manipulation. Front & Back

## Single Weapon Blade Cuts, Strikes, and Thrusts

\*All techniques done with the blade in mind\*

### Fundamental Movements

Labik/Witik/Abaniko (Corto/Largo/Double Action)/Redondo/Punyo/

Banda y Banda (Side to Side)/ Rompida

1. Abecedario 1 - 64
2. 10 attacking strikes of four wall, including tapi-tapi .
3. 3 strikes of umbrella
4. Thrust & Punyo
5. Florete and Doublete
6. Break In/Out
7. Seven Attacks
8. Weapon changes
9. Introduction to knife. Drill 5, 8 9 strikes
10. Knife Drills Thrust & Punyo, 5 attacks. c & o. Alternating and Opposite Hand
11. 12 Angles of attack with control
12. 12 Angles of attack with rebound
13. 12 Angles of attack with follow through
14. Classical 6 Count and 10 Count Sumbradas
15. Name writing/Alphabet Writing
16. Blade Disarms
17. Close quarters punyo hubad
18. Close quarters punyo entries
19. #9,#9,#5 Thrusting drill
20. #12 Windmill drill

## Knife

### Knife vs Empty Hand Against Dedicated Cuts

Grab the arm drill using 4 Wall and 12 Angles of Attack

Grab the arm, Kick, Strike, Take down, Finish using 4 Wall and 12 Angles of Attack

Grab the arm , Strike, Take down, Finish using 4 Wall and 12 Angles of Attack

Grab the arm, Take down, Finish using 4 Wall and 12 Angles of Attack

### Knife Tapping (Empty hand vs Knife)

Feeder has knife, receiver is empty handed

Feeder gives Forehand Cut #1 and backhand cut #2 and receiver passes

Feeder adds Overhead Cut #12 and receiver passes circular (high pass)

Feeder gives Low Abdominal Thrust #5 and receiver passes (low pass)

Feeder does hand clears to receiver passes on all 4 attacks

Receiver grabs the arm after the pass and the feeder does a pull release

Feeder counter pass with armbar on #1 and #2 (add brachial thrust to #2)

Receiver does wrist lock at end of #1 pass, Feeder counters with hand clear

Receiver does wrist lock at end of #1 pass, Feeder does palusut escape

Feeder does pekal wrist hook to passing hand on #1, Receiver does power assist counter

Feeder counters passing hand with non-linear attacks

Receiver does entries to disarm (add all additional wrist locks and disarms)

### Knife vs. Knife

Hubad (knife vs. knife) Sak-Sak & Pakal

Gunting

Inside cut/pass

Inside entry/low pass/low hubad

50/50 Rule

Entry to Disarm (inside & outside)

Sak-Sak high thrusting outside hubad

Pakal windmill drill to #12

### #9, #9, #5 Thrusting Drill

### Chain of the knife to 12 angles of attack

Knife hacks the attacking arm and the hand grabs it, then the knife finds its target

If the opponent grabs the counter attack then release and continue the counter

Double Knife Sak-Sak Set (passing to outside focus)

Double Knife Pakal Set (passing to outside focus)

### Karambit

Triangle Pattern / Circular Cut (palusut) / S-Cut

Karambit with knife tapping

Karambit with Hubad vs. unarmed

Karambit with Hubad knife vs. knife

Karambit vs. knife with chain of the knife

## Sinawali

1. Open Position
2. Closed Position
3. Left/Right Chambering

## Single Sinawali

1. Diagonal Cut Down-Cut Up 4 Count
2. Diagonal X-Cut Down 4 Count
3. Diagonal X-Cut Up 4 Count
4. Diagonal Cut Up-Cut Down 4 Count
5. Basic High-Low 4 Count
6. Advanced High-Low-High 6 Count

## X Sinawali Set

1. High X 4 Count
2. Low X 4 Count
3. High-Low X 4 Count
4. Low-High X 4 Count

## Sinawali Crossasda Set

1. High Crossada (Close the Open)
2. Low Crossada (Close then Open)
3. High-Low Crossada (Close then Open)
4. Low-High Crossada (Close then Open)

## Sinawali Horizontal Set

1. Horizontal 4 Count from Right Side
2. Horizontal Side Switch to Left
3. Horizontal 4 Count from Left Side
4. Horizontal Side Switch to Right

## Double Sinawalis

1. Heaven Six
2. Broken Heaven Six
3. Fluid Heaven Six
4. Earth Six
5. Broken Earth Six
6. Fluid Earth Six
7. Heaven and Earth Six
8. Broken Heaven and Earth Six
9. Fluid Heaven and Earth Six
10. Abaniko Heaven and Earth Six

## Reverse Double Sinawali

1. Reverse Sinawali High
2. Reverse Sinawali Low

## Circular Sinawali (Redondo)

1. Circular Sinawali Forward 6 Count
2. Circular Sinawali Reverse 6 Count

## 8 Count Double Sinawali

1. Broken Eight
2. Reverse Broken Eight

3. Lower Broken Eight
4. Fluid 8 Forward / Reverse
5. Single 8 Forward / Reverse

#### Double Stick Sinawali

1. Doublette Diagonal Down-Diagonal Up 4 Count
2. Florette High and Low 4 Count

#### Broadsword Set 8 Count

All sinawalis empty hand

All sinawalis single sword/knife

All sinawalis single sword/knife and free hand counters/grabs the wrist/strikes

#### Espalda & Daga

12 Angles of Attack Espalda & Daga Drill Set

7 Seguidas and applications

Espalda & Daga Hubad Set

#### Empty Hand/ Mano-Mano-Silat

4 Wall Protection Application

Hubad Matrix (Inside, Outside, High/Middle/Low/Back-hand/Overhead)

Windmill Drill

Palm Strike/Knife Edge Strike/Throat Rip

Punch (vertical/45 degrees/horizontal/hook/uppercut)

Hammer-fist/Forearm (Top and Bottom)

Elbows (Across, Up, Down, Diagonal, Side, Rear)

Headbutt(Limited)/Low Kicks- Front/Side/Round/Stomp

Knee Strikes(Up, Forward, Dropping)

5 Wrist Locks/Armbars/Shoulders Locks/Knee-hyperextensions

Sweeps (rear and forward)/Foot traps

Circle Takedowns (Puter Kepala), Forearm Throw, Diving Throw

#### Practice Application

1. Each Strike 1 - 64 with partner. 100 reps.
2. 1-64 with all footwork
3. Heavy bag, (tire) intensive.
4. Sinawali 100 reps.
5. Sinawali with partner
6. Sinawali with strengthening portions.
7. Sinawali with footwork portions.
8. Evasive tactics. Footwork & Body portions.
9. Combinations of Sinawali. 1 hand, 2 hand. opposite
10. Drill #1 Four Wall with tapi-tapi . Original and Reverse footwork.
11. Drill #2 Abecedario 1-4 with umbrella and tapping.
12. Four Wall all sections
13. Disarms for each on four wall.
14. Four wall counters for each disarm.
15. Break In/Out combination with other drills.
16. Lock or Disarm & Follow through.
17. Controlled and Full Contact Sparring
18. Throwing and take downs.

## LEVELS OF RECOGNITION

### FAMILY MEMBER

Be a student of any kali-silat system in the world and also ASCRIBE to the mission of Black Dragon Kali-Silat

### APPRENTICE

Complete 1-36 of the 64 Count Form and the associated drills

Complete 12 angles attack and counter drills

Certificate of acceptance as an Apprentice will be presented

### APPRENTICE INSTRUCTOR

Complete 1-64 of the 64 Count Form and the associated drills and instructor training

Certificate of acceptance as an Apprentice Instructor will be presented

### FULL CERTIFIED INSTRUCTOR/Guro/Guru

Train 3 students to the level of Apprentice

Full Certified Instructor Credentials will be presented

### MASTER INSTRUCTOR

Train 3 students to the level of Full Certified Instructor

Master Instructor Credentials will be presented

### GUARDIAN

Only one person (Currently Guro Lyndon Johnson in North Carolina, USA)

This position is handed down from person to person before death

Brother to all

Overseer of the family

Manages the office curriculum

Manages clothing sales, website, all business matters

Issues Certifications

Maintains the Family Order