



FCS/KALI  
RANK STRUCTURE  
AND REQUIREMENTS

FROM FCSKALI.COM  
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## **LAKAN:**

The highest rank an individual can receive in the art of Filipino Combat Systems. A master of FCS Kali. There is no test for this rank. This rank must be earned through years of loyalty and dedication to the FCS Family. This individual must not only prove without a doubt, his skill in the art, but also his ability to lead FCS. This rank is given solely at my discretion.

## **GURO:**

An FCS Guro is the equivalent to a 5th Degree Black Belt in other systems. There is no test for this rank. This rank can only be earned through years of dedication and loyalty to the FCS Family. This rank is given solely at my discretion.

## **INSTRUCTOR:**

The equivalent to a 1st Degree Black Belt in other systems. This rank can only be given at an FCS Family Gathering, and with the unanimous approval of all of the FCS Instructors, Guros, and Lakans present at the Gathering.

## **LEVEL 5 PRACTITIONER:**

The last of the primary rank levels in FCS. This rank would be equal to a red belt in ther systems.

## **LEVEL 4 PRACTITIONER:**

The fourth of the primary rank levels in FCS. This rank would be equal to a brown belt in ther systems.

## **LEVEL 3 PRACTITIONER:**

The third of the primary rank levels in FCS. This rank would be equal to a blue belt in ther systems.

## **LEVEL 2 PRACTITIONER:**

The second of the 5 primary rank levels in FCS. This rank would be equal to a yellow belt in other systems.

## **LEVEL 1 PRACTITIONER:**

The starting point of an FCS practitioner. This rank would be equal to a white belt in other sytems.

# Level 1:

*minimum 3 month FCS membership required for test*

## **A.) Stick**

1.) 1-12 of 64 count Form (Basic Angles)

2.) Footwork

*male / female triangles (open / closed)*

*replacement stepping / take-offs*

*Sidestepping*

3.) Range Awareness

*Largo mano - long range*

*Medio mano - mid range*

*Corto mano - close range*

*Corto-corto mano / Punyo mano -*

*Very close range, dominating with the pummel strike*

4.) Basic Strikes

*Lab tik - follow-through strike*

*Wi Tik - snap / pulling strike*

*Redondo - flywheel / fully rotating strike*

*Abiniko - fan strike (rapid combination of 'Wi tiks')*

*Punyo - short range pummel (butt-end) strike*

5.) Defenses

*4 walls (left / right - high / mid / low)*

*Umbrellas (roof / high wing / shield / low wing)*

6.) Basic Hand Switching Maneuvers

*Shoulder switch*

*Lab tik /chamber & switch*

## **B.) Knife**

1.) Basic Knife Tapping

*(forehand cut / backhand cut / overhead cut thrust)*

*right clear / left clear / high pass / low pass*

*(sak sak - standard grip / pekal - reverse grip)*

## **C.) Mano Mano**

1.) 1-5 of 36 Mano Mano Form

2.) Applications of Form

3.) Hubad

*outside arm / inside pass / high-low / low-high*

## **D.) Carenza**

## Level 2:

*minimum 6 month FCS membership required for test*

### A.) Stick

- 1.) 1-36 of 64 count Form
- 2.) Stick Transition Drill  
*1 & 2 left hand / 1 & 2 right hand*  
*(Application of hand switching maneuvers between transitions)*
- 3.) Six Count Sumbrada  
*sidestepping*  
*triangles (male / female)*

### B.) Knife

- 1.) Knife Tapping (w/ live hand manipulation)
- 2.) Hubad (Sak Sak & Pekal)  
*guntings / inside cut-pass / high-low / low-high*  
*50-50 rule / disarms*

### C.) Mano Mano

- 1.) 1-12 of 36 Mano Mano Form
- 2.) Applications
- 3.) Hubad w/ Applications

### D.) Carenza

# Level 3:

*minimum 9 month FCS membership required for test*

## A.) Stick

- 1.) All of 64 count form
- 2.) Carenza Introduction
- 3.) Stick Transition Drill  
*1-5 Left Hand / 1-5 Right Hand  
(w/ hand switching maneuvers  
& Punyo Mano)*
- 4.) Disarms  
*Palusut / Strip / etc.*
- 5.) Takedowns  
*Sectoring / Wristlock throw / Lasso /  
Dumog / etc.*
- 6.) Submissions / Stickgrappling  
*Wrist / Arm locks / Ankle / Chokes /  
Neck Cranks / etc.*
- 7.) Double Stick Series Introduction  
*Sinawalli (standard / reverse) / Broken Six  
(standard / sunkete / umbrella / wi tik) /  
Broken Six w/ Half Beat (roof / high wing)  
Standard Six (heaven / standard / earth)*

## B.) Knife

- 1.) Advanced Knife Tapping  
*Receiver deceiving (parlor tricks) /  
Feeder Timing / Manual Dexterity  
(non-linear attacks / combination cutting /  
ranging within quadrants)*
- 2.) Advanced Hubad  
*Blade vs. Blade / Silak  
(trapping / receiver grip / disarm reversal /  
impliment mano mano application)*

## C.) Mano Mano

- 1.) All of 36 count Form
- 2.) Applications
- 3.) Hubad w/ Applications

## D.) Carenza

## Level 4:

*minimum 1 year FCS membership required for test*

### A.) Stick

- 1.) Largo Forms (1 - 4)  
*1 & 2: Single Stick / 3 & 4: Double Stick*
- 2.) Stick Transition Drill w/ transition to Disarms and Takedowns
- 3.) Stickfighting Strategy Training  
*Largo to Medio Range*

### B.) Knife

- 1.) Advanced Knife Tapping  
*Receiver Timing / Manual Dexterity*  
*(triple tap entries / empty hand timing*  
*Sequences / disarms)*  
*Blade Progression into Freeflow*  
*(single blade / double blade / feeder-receiver*  
*/ feeder-feeder)*
- 2.) Knifefighting Strategy Training  
*cut / evade basic angles (w/ timing)*  
*gunting / palusut*

### C.) Carenza

## Level 5:

*minimum 1 year and 6 month FCS membership required for test*

### A.) Stick

- 1.) Advanced Carenza
- 2.) Transition Drill w/ Freeflow Sumbrada
- 3.) Stickfighting Strategy Training *Corto to Punio Mano Range /*

### B.) Knife

- 1.) Knifefighting Strategy Training  
*impliment footwork / entry to disarm*

### C.) Espada Y Daga

- 1.) 7 Seguidas
- 2.) Applications
- 3.) Transition Drill 1 - 4
- 4.) Six Count Sumbrada

### D.) Kerambit

- 1.) Basic Movements  
*triangle pattern / circle cut (palisut) / S-cut*
- 2.) Vital Targets  
*Proper body placement of these basic Movements*
- 3.) Entries to Isolations (*Quick Kills*)
- 4.) Entries to Combination Cutting
- 5.) Trapping / Locking / Body Manipulation
- 6.) Apply all to Hubad

### E.) Carenza

## **Instructor :**

*minimum 2 year FCS membership required for test*

*Participation in a minimum of 2 FMA Tournaments*

*Minimum 48 hrs. personal training w/ Tuhon Ray Dionaldo*

## **Guro:**

*Extensive personal training w/ Tuhon Ray Dionaldo*

## **Lakan :**

*Extensive personal training w/ Tuhon Ray Dionaldo*