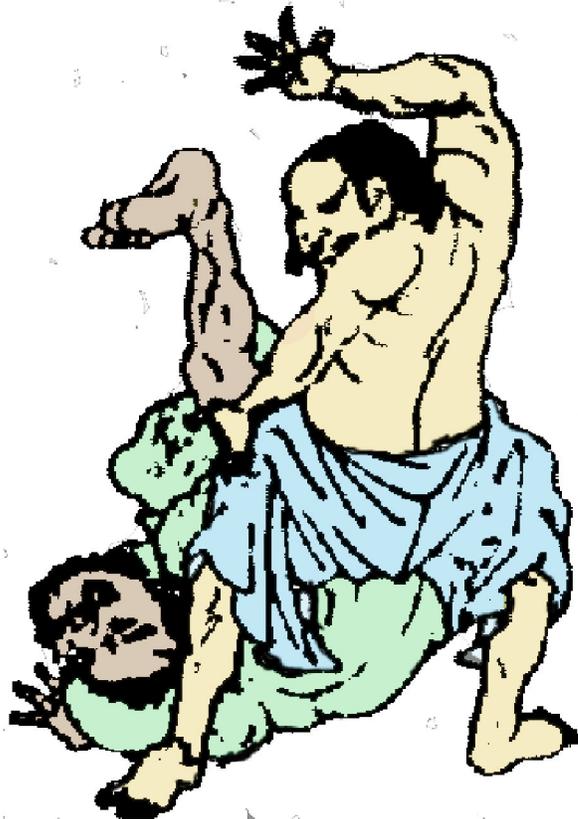


Filipino-Indonesian

Mano-Mano-Silat

Student & Instructor Course



**World Combat Martial Arts Federation
School of Filipino/Indonesian Combatives**

**FILIPINO MANO-MANO
INDONESIAN SILAT**

**“MANO-MANO-SILAT”
INSTRUCTOR CERTIFICATION
COURSE OUTLINE**

The instructor certification course was written by Grandmaster Lyndon Johnson for the World Combat Martial Arts Federation. Grandmaster Johnson is a multi-ranked Black Belt Master in the Filipino/Indonesian Martial Arts with the following credentials.

7th Dan Pacific Archipelago Combatives

7th Dan Filipino Combatives

Lankan Dalawa Combat Arnis

Lakan Modern Arnis

Certified Instructor Kali/Silat (Pangian Langka Empat Silat)

Instructor FCS/Kali

This course is based on the mano-mano progression of the Pacific Archipelago and Filipino Combatives martial arts systems. It is a subsystem of the larger martial arts. It is expected that the student of this course have prior training in a weapons based Filipino or Indonesian Martial Art. This is essential for the full understanding of much of this material.

The techniques taught within are lethal and less lethal and the practitioner accepts full responsibility for their use. Certification in this course is limited to law abiding individuals age 18 and older. There is a 12 week minimum training time restriction between instructor levels. 15 months is the minimum allotted time that the Master Instructor Level can be obtained.

For information on certification contact the World Combat Martial Arts Federation at (919) 658-8564. www.WCMAF.com

BASE TRAINING

FILIPINO/INDONESIAN STANCES

1. Kuda Kuda; basic horse stance
2. Kuda Kuda Tinggi; high horse stance training for offensive movement purposes.
3. Kuda Kuda Menengah; medium height horse stance for a more solid base in training for defense.
4. Kuda Kuda Rendah; low horse stance training used in ground fighting and the development of strength in the legs.
5. Kucing; Cat stance position
6. Bangau/Heron-Blekok; Crane position
7. Naga; dragon position
8. Ayam; Chicken position
9. Sempok; a crossing step where the leg steps behind the rear leg, sometimes moving into a Sila position.
10. Depok; it is when the rear leg steps in front of the front leg in a crossing manner. used as a decoy sometimes.
11. Duduk; sitting with the legs not crossed, many times used for kneeling and drawing the opponent down to you
12. Gelek; twisting into a cross stance weight either equal or mostly planted on the front leg.
13. Sapuan; rear sweep
14. Dapuan; front sweep/stop
15. Sapu; to sweep

16. Beset; a block/check which is performed by moving the leg backwards. Often thought as a rear type of sweep.

FILIPINO/INDONESIAN FOOT WORK

LANKA EMPAT BOX DRILL SET

FORWARD AND REVERSE TRIANGLE

REPLACEMENT VS TAKE-OFF

DIAMOND PATTERN

N & M PATTERNS

TURNING STAR

HOUR GLASS PATTERN

ZIG-ZAG

Gold Phase 1

Solo Command and Mastery of Filipino/Indonesian Hand and Foot Strikes

Gold Phase 2

Forceful Impact Mastery of Filipino/Indonesian Hand and Foot Strikes

Gold Phase 1 and 2 is a solo phase of learning, dedicated to developing the understanding, feel, command and mastery of hand and foot manipulations.

The practitioner must master these movements. The movements must be practiced regularly and though they will soon enough be memorized, memorization is not a test requirement. Refer to notes or charts to work through the manipulations. This is the foundation for all else that follows. You must practice all of these both in the air and then against a heavy bag or similar object to develop power and feel resistance.

Recurring drills you will see repeated throughout this Gold Phase are: Drill 1) The Clock Drill - striking at 12, 3, 6, and 9 o'clock Drill 2) The 12 Angle Attack Drill

Solo training includes: ST 1) Practice in the air ST 2) Practice hitting an object to develop power and feel resistance.

Phase One:Filipino Empty Hand Command and

Mastery

C & M 1) Hand/Arm/Kick and Blocks/Passing Basics These are the basic hand strike and blocks. These should be practiced standing, kneeling, and on the ground side-by-side, top and bottom where possible. These are the movements to be burned into your muscle memory. When you see the term by the clock this means:

- 1) 12 o'clock or high strike, or from the north
- 2) 3 o'clock or side strike, or from the east
- 3) 6 o'clock or low strike, or from the south
- 4) 9 o'clock, the other side strike, or from the west

When emphasizing these strikes, they usually can be expressed through angles, as in from all angles or from all the numbers of the clock, but for overall, general workouts they can be categorized from these four sides. Proper depth and execution must be learned from seminars, tapes and/or regional instructors.

Blocking 1) Solo arm series on the clock
2) Supported series on the clock
3) Double arm series on the clock
4) Double arm zone series on the clock
5) Elbows-to-torso crunch, right and left
6) Shoulder raise, chin drop, right and left

The Passes 1) Circular hand motions on the clock

The Strikes 1) Eye jabs on the clock
2) Palms hooking on the clock
3) Palms thrusting on the clock
4) Hand blade strikes on the clock
5) Elbow strikes on the clock
6) Forearms strikes on the clock

- 1) Punch vertical, right and left
- 2) Punch 45 degrees, right and left
- 3) Punch horizontal, right and left
- 4) Chinese punch uppercut, right and left
- 5) Boxing series, right and left jab, cross, hook, uppercut, overhand

The Kicks Frontal kicks

a) The snap b) The combat - Modified snap c) The front thrust - Vertical foot e) The front thrust - Horizontal foot f) The shin kick g) Ground versions

Stomp Kick a) Standing b) Ground versions

Knees a) Standing b) Ground versions

Hook kick a) Inward b) Outward c) Rear leg d) Left leg f) Ground versions

Side Kick a) Standing to the right and left b) Ground versions

Back Kick a) Standing b) Ground version

Spin or Turn Kick

Falls/Rolls on the Clock

Footwork on the Grounded Clock

Shadow Boxing

Power! Practice all of the above on a heavy bag or training device.

GOLD PHASE TEST SHEET

The term karensa translates loosely in Filipino to shadow-boxing. The practitioner must show appropriate skill in the following arenas. Remember to VISUALIZE an enemy. Fight this enemy and take him down and out. Without this intent you are just dancing.

Gold Phase 1

_____Empty hand karensa in the air solo

Gold Phase 2

_____Empty hand karensa against an objects like focus mitts, shields or heavy bag

“Though this material appears in the very first phase, never stop working and improving on these very vital, skill developing, muscle memory steps. This is the most direct path to command and mastery.”

Blue Phase 3 Empty Hand Combat Drills

Stuntman Drills 1) High roll with the punch

a) Add spin kick 2) High roll with the punch, add uppercut 3) Step off from the kick

Cross Punch Drill 1) Add second strikes or kicks

Triple Threat Drill Series

1) Block and respond with hand/arm strikes. 2) Block and respond with kicks. 3) Block and respond in strike and kick combinations. 4) Use variables such as one standing, one kneeling, both grounded, etc.

Sets of 3, 2, 1 (Inject fake options.)

CQC Flow Drill with Kicks

Four Set Drill

1) Round kicks
2) Oblique
kicks 3) Side
kicks 4) Any
kicks

Blue Phase 3 and 4 Delivery and Non-Contact Sparring

Mastery of the Attack delivery systems through all the following steps: Balanced Stance/Position Explosive Footstep Window of Combat Movements

The Non-Contact Sparring Versus a Partner to Develop Skill

Mano Mano

BLUE PHASE 3 and 4 TEST SHEET

(Basic Instructor)

This examination concerns itself with non-contact sparring. Display sufficient skill for this level, you will exercise such skill by, facing off against a training partner, in the following arenas:

Blue Phase 3 & 4

_____ Empty Hand vs. Empty Hand

“This material prepares you for the next level of combat sparring. Here you develop skill in mobility and weapon control for set-ups, fakes and judgment of enemy responses.”

Green Phase 5

Mastery of Invasion Strategies

Green Phase 6

Mastery of Killshot Fighting

Green Phase brings us in closer. Presumably we work the Killshot combat tactics to knock and stun the head. Once stunned, the following levels of study – the disarms, takedowns and throws – have a better opportunity to develop .

GREEN PHASE 5 HAND INVASION STRATEGIES

Filipino Invading Hands

Invading hands is the immobilization, deflection and/or control of the opponent's limbs to clear a path, usually to the head. Should be practiced seamlessly standing, kneeling and in all ground positions. Invading hands can be executed from an aggressive or defensive posture.

AIH 1) Contact and any strike set AIH 2) Contact and grab and any strike
AIH 3) Contact and opposite hand grab and any strike (the Chain of the Hand)
AIH 4) Double contact and any strike AIH 5) Circling Palms series, based on outside wrist to wrist contact

a) Small circle to thrust face (hand or knife) b) Big circle to slap face (hand or knife)
c) Big circle to slap high guard (hand or knife) d) Big circle blocked? Hit groin (hand or knife)

The Outside Assault Series: Learn Aggressive Invasions from the Outside (outside the arms) Aggressive sets attack the limbs of the opponents in either of two ways.

Way 1) You strike upon the guard arms held up by the opponent. Way 2) You strike, get a contact in the form of a block and you defeat the block.

Aggressive Set 1) The first pin and strike gets through Aggressive Set 2) The next pin and strike get stopped half-way
Aggressive Set 3) The next pin and strike gets grabbed Aggressive Set 4) The next pin and strike gets thwarted early

Sets executed with hand: a) Pin and successfully strike b) Pin and slap away the half block c) Pin, then circular elbow release the half grab d) Pin, then parry across the over-block

Sets executed with a stick: a) Pin and successfully strike b) Pin and slap away the half block c) Pin, then circular elbow release the half grab d) Pin, then reach under for a Dos Manos Takedown e) Pin, then parry across the over-block

Sets to be executed with a knife saber and reverse grip: a) Pin and successfully strike b) Pin and slap away the half block c) Pin, then circular elbow release the half grab d) Pin, then parry across the over-block

The Inside Assault Series: Learn Invasion from the Inside (Inside the arms)

Set 1) The Contact/Grab, Arm Wrap and Grab Release-Any Strike (scenarios later) Set 2) The Arm Wrap and opponent grabs your incoming strike. You slap release and strike.

The Chain of the Weapon Combat System (CADENA DE MANO DRILL)

a) Vertical punch drill

Green Phase 6

Practice Kill Shot dueling fighting. Identify priority targets and award accordingly.

Hand vs. hand
kickboxing

**Green Phase 5 and 6
Mastery Test**

Intermediate Instructor

Perform an appropriate level of mastery appropriate for this skill level.

Kill Shot Fighting

_____Empty Hand vs. Empty Hand Killshot

_____Any other local instructor requirements.

Brown Phase 7

Empty Hand Combat Takedowns and Throws

Brown Phase 8

Disarms

Brown Phase continues to develop the fighter. You have battled in long range, invaded, stunned the head, and now close further. Time to put the enemy down. Maybe a disarm is needed? In Levels 7 and 8 we learn to disarm and to apply the major takedowns and throws and complete the combat scenario with a ground finish.

Brown Phase 7: Takedown and Throw Breakdown

A takedown is essentially when the opponent has tripped. A throw is when both of the opponent's feet have left the ground. Hundreds of takedowns and throws, and then their counters may be practiced. Here is a list and brief explanation of some of the major ones. Before testing at this level a practitioner should, at least:

1) Know each one of the following. 2) Be able to trouble-shoot common problems. 3) Be able to counter them. 4) Execute moves with hand, stick and knife where possible.

a) Rear Takedown b) Front Takedown c) Inner Leg Reaps d) Front Arm Bar e) Side Arm Bar f) Rear Arm Bar g) Neck Lever h) Shoulder Throw Sheonage i) Underarm takedown j) Rear Head / Neck Pull Down k) Inner Arm Pull Down l) Standing Center Lock Throw

5) Water Buffalo Throw (Silat's Puderkapali) Torque the head of a stunned, bent-over man by way of using his arm as a lever.

6) Foot Sweeps Given the proper manipulation on the upper torso, sweeps can drop the enemy.

7) Power Kicks Powerful kicks to the legs may drop a standing person. Kicks to a bent over or kneeling person may also send him reeling. Inside the dynamics of good kicking are reaps and throws.

8) Knock-Out Strikes Punches to nose, slaps to the head, forearm smashes to the back of the neck are examples of empty hand knock-outs. Weapon strikes to key areas may also produce this.

Filipino Combat Scenario Ground Finishes

Our mission is to down the enemy. The results are:

1) Control and contain 2) Unconsciousness 3) Disablement 4) Death

We attain these by:

1) The Weapons Assault - Bring your weapons down upon the fallen enemy. 2) The Military Stomps - Stomp the fallen enemy with your feet on vital targets. 3) The Brick Breakers - Bring hand strikes down upon the fallen enemy on key targets. 4) The Silat Knee Drops - Brings multiple knee drops upon the enemy. 5) Universal Chokes or ligatures. 6) Submission movements.

Try to remain at least knee high whenever possible, beside or even atop the opponent in Silat fashion. Knee high gives you more mobility and visibility for any other attackers. See the manual for Ground Zero outline for more prone and side-by-side combat tactics.

Brown Phase 8: Learn Mastery in the Disarm and Takeaway Skills

Single Cane: The Four Cane Disarms and Counters Execute the four disarms vs. the 4 o'clock attacks 12, 3, 6 and 9 o'clock. Understand that the 12 o'clock and the 6 o'clock attacks can be passed or manipulated into the commonly practiced 3 or 6 o'clock attacks. Try to remember that diminishing blows, usually to the head are critical to disarming success.

Impact a) Striking the enemy's weapon bearing limb or other vital targets b) Skill develop with the stabbing blast drill.

Hand/Arm snake a) Circle in clockwise or counter-clockwise.

Strip and keep cane a) Very efficient if you are inside the arms of the enemy.

If outside you are smart to grab and move inside b) You may use the shaft or handle to pry the weapon free.

You grab the enemy's stick and: a) Shoot the moon b) Slam the earth c) Ride the horizon d) And degrees thereof 1, 2 and 3

Skill develop this disarm with the following: a) Increasing 12 drill: block and catch with palm out b) Increasing 12 drill, block and catch with palm out c) Increasing 12 drill, block/catch and experiment with caught strikes.

Strip and Send Cane

You grab the weapon-bearing limb of the enemy and ship off the stick by way of:

a) The shaft b) The handle c) You body

Knife Disarms and Counters Disarms must be done inside a string of combat.

1) Verbal Disarms 2) Impact Disarms 3) Push/Pull Force Counter Force Disarms

a) The anywhere snatch b) The peel snatch

Practice the Unarmed vs. the Knife Combat Drill ending incorporating disarms. Practice the Unarmed vs. the Cane Combat Drill. Practice the Unarmed Chain of the Knife Drill, incorporating disarms. (Takedowns appear later.) Practice the Unarmed Chain of the Stick Drill, incorporating disarms. (Takedowns appear later.) **Double Cane Disarms** All of the above single cane disarms must be done again from both left and right sides.

Brown Phase 7 and 8 Test Sheets (Advanced Instructor)

The Single Weapon Takedowns and Throws: Express a combat scenario through the following lists. Use disarms throughout where practical.

____ Hand vs. Hand Rear
Takedown ____ Show one counter

____ Hand vs. Hand Figure
4 ____ Show One Counter

____ Hand vs. Hand Neck
Lever ____ Show One Counter

____ Hand vs. Hand Underarm
Takedown ____ Show One Counter

____ Hand vs. Hand Rear Head
Pull ____ Show One Counter

____ Hand vs. Hand Front Arm Bar
Takedown ____ Show One Counter

____ Hand vs. Hand Side Arm Bar
Takedown ____ Show One Counter

____ Hand vs. Hand Rear Hammer Arm
Bar ____ Show One Counter

____ Any Hand Combat Scenario

Any Regional Instructor Requirements

Brown Phase 9:

MASTERY OF FILIPINO FLOW DRILLS

By now you should have been working the Filipino flow drills in every class and seminar since you started. Now is the time to show developed skill in these areas. The ability to execute during the motion or flow is a key skill-developing attribute that makes an average fighter into a superior one.

Brown Phase 9 Test (Expert Instructor)

Practice sessions should be geared to develop the flow that is consistent aggressive and/or defense movements in close quarter combat. You must execute these while moving forward or backward, side-to-side.

Block/Pass and Pin Drills ____Any 3 inserts high right corner ____Any 3 inserts high left corner ____Any 3 inserts low left corner ____Any 3 inserts low right corner ____3 ground fighting

One partner knee high vs. on-back insertions One partner knee-high vs. on-back leg insertions One partner drill side-by-side

____Empty Hand vs. SMS Cane
Handle Emphasis Any 2 inserts

____Empty Hand vs. Knife Any 4 inserts,
one from each corner

Filipino Sumbrada

____Any 3 single hand vs. hand insertions to a finish

Horizontal Blast

____Any 2 empty hand inserts

The Four Corner Chain of the Ice Pick Knife Drill (called by some Panananstas)

____Any 3 combat scenario inserts

Lock Flow

_____ One full minute of lock flows

**3 Inserts from Empty
Hand Freestyle or**

Create Your Own Flow Drills

_____ Invent 1 of your own, or one not yet done above, hand flow drill with some inserts.

_____ 50 hand vs. hand combat scenarios - standing, kneeling and on the ground

Master Instructor Test: GURO/GURU

All of the above performed at a level befitting a Black Belt Instructor

_____ Be prepared to perform any of the previous 9 levels upon request.

_____ Be prepared to Kill shot in all areas.

_____ Performed Level 9 again only show better skill.

_____ One full minute of lock flows

_____ One full minute of lock flows and throws with counter for counter

_____ 100 hand vs. hand combat scenarios - standing, kneeling and on the ground

_____ 3 Black Belt level presentations on any Filipino Mano-Mano/Silat subject

_____ Area regional instructor additions