



# Philippine Martial Arts Alliance

## Double Stick A

### Sinawalis

- Open
- Single
- Advanced Single
- Reverse Single
- Reverse Advanced Single
- X
- X Pataas (Upward)
- Combination "A"

### Strikes -- 16

1. Left Shoulder
2. Right Shoulder
3. Left Knee
4. Right Knee
5. Left Hand, backhand to Shoulder
6. Right Hand, backhand to Shoulder
7. Left Hand, backhand to Knee
8. Right Hand, backhand to Knee
9. Right Stomach Thrust
10. Left Stomach Thrust
11. Right Chest Thrust
12. Left Chest Thrust
13. Left Inverted Chest Thrust
14. Right Inverted Chest Thrust
15. Right Crown
16. Left Crown

### Fighting Systems

- Pareho – Same Side
- Kabila – Opposite Side



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## Double Stick B

### Sinawalis

- Double Sinawali
- Double Pataas
- Peripheral
- Peripheral Pataas
- Reverse
- Redonda
- Combination "B"

### Strikes -- 16

1. Left Shoulder
2. Right Shoulder
3. Left Knee
4. Right Knee
5. Left Hand, backhand to Shoulder
6. Right Hand, backhand to Shoulder
7. Left Hand, backhand to Knee
8. Right Hand, backhand to Knee
9. Right Stomach Thrust
10. Left Stomach Thrust
11. Right Chest Thrust
12. Left Chest Thrust
13. Left Inverted Chest Thrust
14. Right Inverted Chest Thrust
15. Right Crown
16. Left Crown

### Fighting systems

- Pareho kabila
- Pareho Palis



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## Double Stick C

### Sinawalis

- Single cross
- Advanced single cross
- Single with a loop
- Advanced single with a loop
- X Double
- Underneath Double
- Combination "C"

### Strikes -- 16

1. Left Shoulder
2. Right Shoulder
3. Left Knee
4. Right Knee
5. Left Hand, backhand to Shoulder
6. Right Hand, backhand to Shoulder
7. Left Hand, backhand to Knee
8. Right Hand, backhand to Knee
9. Right Stomach Thrust
10. Left Stomach Thrust
11. Right Chest Thrust
12. Left Chest Thrust
13. Left Inverted Chest Thrust
14. Right Inverted Chest Thrust
15. Right Crown
16. Left Crown

### Fighting systems

- Pareho Kabila with Advanced single cross with a loop
- Pareho Paolis with Half of X Double Double



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## Single Stick A

“Part 1” Payong (Umbrella) Fighting System

Striking pattern – 4 strikes

1. Left shoulder
2. Right shoulder
3. Left leg strike
4. Right leg strike

Blocking: Payong (Umbrella)

Counterstrike: Walo (figure 8)

- Downward (Pababa)
- Upward (Pataas)

Disarms:

1. Vertical Arnis disarm
2. Kamay Snake disarm (inside snake)
3. Vertical Punyo disarm
4. Kamay Snake disarm (inside snake)

“Part 2” Palis fighting system

Striking pattern – Eight Strikes

1. Left Shoulder Strike
2. Right Shoulder Strike
3. Left Knee
4. Right Knee
5. Stomach Thrust
6. Right Chest Thrust
7. Left Chest Thrust
8. Crown Strike

Blocking: Palis (go with the flow, parry)

Counter strikes: Abaniko and Pitik

Disarms

1. Forearm Push
2. Snake
3. Forearm Push
4. Snake
5. Inside – snake
6. Forearm push
7. Snake
8. Forearm push



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## Single Stick B

Striking pattern – Eight Strikes

1. L. Shoulder
2. R. Shoulder
3. L. Knee
4. R. Knee
5. Stomach Thrust
6. L. Chest Thrust
7. R. Chest Thrust
8. Crown Strike

Lakas fighting system

Blocking: Lakas (by force)

Counter strike: Doblada (big double circle movement)

Traditional application

1. Block then Doblada
2. Doblada is the block
3. Doblada is to Slice
4. Doblada is to Strike

Arnis de Mano fighting system

Blocking: Arnis de mano (stick and hand)

Counter strikes:

- Forehand
- Backhand
- To Thrust upward (Patusok Pataas)
- To Thrust Right to Left (Patusok Pakaliwa)
- To Thrust Left to Right (Patusok Pakanan)

Disarms

1. Backhand Counter / Vertical Punyo Disarm
2. Thrust / Arnis Snake
3. Forehand Strike / Vertical Punyo Disarm
4. Thrust / Arnis Snake
5. Backhand Counter / Vertical Punyo Disarm
6. Forehand Strike / Forearm Push
7. Sliding Hit to Disarm from the Backhand
8. Thrust / Arnis Snake



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## Single Stick C

### Striking pattern – Twelve Strikes

1. Left Shoulder
2. Right Shoulder
3. Left Knee
4. Right Knee
5. Stomach Thrust
6. Right Chest Thrust
7. Left Chest Thrust
8. Crown Strike
9. Left Temple
10. Right Temple
11. Left Eye
12. Right Eye

### Blocking: Suportado

1. Inward Block
2. Outward
3. Downward
4. Reverse Downward
5. Rising
6. Vertical

### Counter strikes:

- Catching and striking: (grabbing the stick) – far range (malayo)
- Catching and striking
- Catching and thrusting
- Catching and butting: (grabbing the hand) – malapit (short range)
- Catching and striking using the punyo

### Locking Techniques:

1. Around the Neck
2. Tricep Arnis
3. Finger Lock Dance
4. Outside Lead
5. Leg Takedown
6. Rear Choke
7. Frontal Choke
8. Tricep Punyo or Punyo to Throat
9. Bicep Press
10. Tricep Punyo
11. Center lock
12. Punyo to Throat



# Philippine Martial Arts Alliance

## Knife A

### Holding the knife

- Hammer grip or common grip
- Regular grip or common grip
- Ice pick "reverse" grip
- Fencing grip

### Twirling practice

- Fencing grip cut (to stomach or hands)
- Flip to reverse grip cut (across the stomach)
- Reverse grip poke (toward shoulder - opponent blocks)
- Reverse grip hook (bring opponents blocked hand down toward your hip)
- (using the thumb to turn the blade then flip up) Switching to hammer grip and slice the neck.
- Two finger flip to switch to reverse grip and thrust (opponent blocks)
- (stepping to the left) Reverse grip slice upwards
- Stab toward opponents chest (opponent blocks) Flip to hook wrist down and cut while hooking
- Grab opponents' wrist with left hand; twist and slice.
- Switch to regular grip to thrusting position toward the underarm while twisting opponents' wrist in the opposite direction.

### Opening a folding knife

- Thumb Opening: Fence grip to open until it locks
- One hand Flip – Thumb slightly helps then flips it to open.
- Fence grip to flip open sideways to the right (knuckles down)
- Flip downward blade facing up
- Flip upward fenced grip blade facing down
- Flip opens sideways to the left

### Defenses

1. ATTEMPTING TO GRAB THE HAND PULLING THE KNIFE (early phase)
  - Front hand deflection, create a distance then pull the knife out.
2. GRABBING THE HAND PULLING THE KNIFE (same side grab) (early phase)
  - Strike the opponents grabbing shoulder while pulling your hand away to release to open the knife.
3. CROSS GRABBING THE HAND PULLING THE KNIFE (opposite side grab) (intermediate phase)
  - Strike the grabbing hand with your free hand; spin out to Punyo Strike to the back of the neck.
4. GRABBING THE HAND PULLING THE KNIFE HALFWAY OPEN: (same side) (Intermediate Phase)
  - Push cut to lock the knife from the outside while pulling the arm. Counter grab the arm for a Punyo Strike to the back of the head.



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5. GRABBING THE HAND PULLING THE KNIFE HALFWAY OPEN: (opposite side) (Intermediate Phase)
  - Counter grab the opponent's hand, step outside S Lock using the PUNYO. Hit with your free hand. Punyo strike.
6. FRONTAL CHOKE WITH BOTH HANDS (early phase)
  - Left hand over the choking arms capturing both wrists. Kick, pull the knife hit the right elbow with the tip of unopened folder then punyo to the opponent's left arm, open up neck by striking the face with left hand and strike the opponent's neck.
7. BEAR HUG FROM THE BACK (arms inside) (early phase)
  - Punyo strike to opponents' hands then the thigh, spin out and open knife.
8. BOTH WRISTS GRAB FROM THE BACK (early phase)
  - Step back with the right foot for RIGHT elbow strike to the solar plexus; rake the opponent's left knee, PUNYO strike to the back of the head.
9. BOTH WRISTS GRAB FROM THE FRONT (early phase)
  - Step with the left foot, get the unopened knife, and release the hand grabbing the right hand with clapping motion. Create distance by stepping back; whip the arm around for arm bar strike.
10. Kneeling – Keep knife back use high block to defend and hop back up and draw knife
11. Kneeling – High Blocks to defend strikes, backward roll and draw knife
12. Pushed down – backwards breakfall, kick feet out, go to left hip then hop up and draw knife
13. Like #12 then sitting on left hip, right elbow on right knee, side kick and get up and draw knife
14. Like #12 then sitting on left hip, right elbow on right knee, scoop kick with left foot and get up and draw knife
15. Like #12 then sitting on left hip, right elbow on right knee, scissors kick and get up and draw knife

## Striking pattern – Four Strikes

1. Crown
2. L Shoulder
3. R Shoulder
4. Stomach Thrust

## Blocking

1. Knife
2. Hand
3. Punyo
4. Knife and Hand





# Philippine Martial Arts Alliance

## Knife B

Striking pattern – Four Strikes

1. Head Strike
2. Left Downward Shoulder Strike
3. Right Downward Shoulder Strike
4. Stomach Thrust

Payung (Umbrella) blocking

Counter strikes:

- Hiwain (Slashing) - The basic angles and the clock
- Hiwain Pababa Downward
- Pataas Upward
- Pakaliwa Side from right
- Pakanan Side from left
- Following the Clock
- Sistemang Walo – (Otso-Otso)
- Pababa (R L)
- Pataas ( R L)
- Pababa (L R)
- Pataas (L R)
- Pakanan Pababa (From R)
- Pakanan Pataas (From R)
- Pakaliwa Pababa (From L)
- Pakaliwa Pataas (From L)

Defenses

1. Payong Block / Walo pababa / upward slice to armpit / side to side in the neck) / basic sweep takedown to finish
2. Payong Block / Downward Slice / Thrusting to armpit / kick attacker's front leg / downward strike to the back of the head with your free hand / Upward Slice
3. Payong block / Slice from the left / Forearm Push to disarm for Banda Banda pakaliwa / control the neck with the free hand from behind to neck twist takedown.
4. Payong Block / Downward Slice and back of leg slice / Parry attacking hand / Turn around for elbow break and body slice to takedown.



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## Knife C

Striking pattern: 10

1. Head Strike
2. Left Downward Shoulder Strike
3. Right Downward Shoulder Strike
4. Stomach Thrust
5. Left Chest Thrust
6. Left Horizontal Slice
7. Right Chest Thrust
8. Right Horizontal Slice
9. Left Upward Body Strike
10. Right Upward Body Strike

Blocking: Kadena (the chain) – knife then hand

Counter strike:

- Regular grip: TUSOK (thrusting)
- Pababa
- Pakaliwa
- Pakanan
- Pataas

Defenses:

1. Kadena / punch face / switch grip / twist neck and stab
2. Kadena / stab side / hit fingers with punyo / neck takedown
3. Kadena / thrust to stomach / Forearm push to wrist takedown
4. Kadena / outside Step Return to Sender disarm / wrist lock
5. Kadena / stab side / cut fingers / neck takedown
6. Pass to cut / elbow break / chicken wing with knife on neck
7. Kadena / punch with the knife disarm to arm bar (saw arm)
8. Pass to cut / thrust to armpit horizontal center lock to punyo push disarm / open it up and neck takedown
9. Pass to cut / arm break over shoulder / Slot Machine with butt of knife / takeaway knife / double cut
10. Stop the cut / grab with hand and use his knife to stab / disarm / saw arm



# Philippine Martial Arts Alliance

## Basic terms

### Counting

Tagalog	English
Isa	One
Dalawa	Two
Tatlo	Three
Apat	Four
Lima	Five
Anim	Six
Pito	Seven
Walo	Eight
Siyam	Nine
Sampu	Ten
Labing	Ten plus
Labing isa	Eleven
Labing dalawa	Twelve
Dalawampu	Twenty
Dalawampu't isa	Twenty one
Dalawampu't dalawa	Twenty two
Pugay	Bow
Handa	Ready
Balik	Return
Pahinga	Rest
Po	Sir / Ma'am
Walo or Otso-Otso	Figure 8
Pababa	downward
Pataas	upward
Anyo	form
Punyo	point
Salamat po	Thank you sir/ma'am
Mangandang umaga	Good morning
Pa'alam po	Good night
Mabuhay!!	(cheer).. "Live long!!"
Guro	Teacher
Lakan	Black belt (male)
Dayang	Black belt (female)