

LEVEL 3 (Minimum 9 month FCS membership required for test)

Baston

- 64 Solo Baston Form

Stick Transition Drills

- #1-5 Left
- #1-5 Right
- Employment of Transitions w/ Hand Switches
- Demonstration of entries to disarms to takedowns to submissions

Advance Solo Baston Carenza

Double Stick

- Standard Sinawalli
- Reverse Sinawalli
- Broken Six
- Broken Six (pull back)
- Broken Six (umbrella)
- Broken Six (witik)
- Heaven and Earth
- Sinawalli Entries
- Sinawalli Punyo Entries

Knife

- Knife Template 1 feeder & receiver

Knife Tapping

- Wrist Lock / Palusut
Escape
- Pekal Wrist Hook /
Power Asst. counter
- Feeder Timing /
Manual Dexterity
- Non-Linear Attacks
- Target Isolations
- Ranging within
Quadrants
- Receiver Timing /
Manual Dexterity:
- Live hand entries to
disarm
- Receiver Deceiving
(Parlor Tricks)

Carenza with knife

Sword

- Cincoteros Harap Likod (primary, front & back)

Kerambit

- Kerambit Template 1

Mano Mano

- Mano Mano Template 1 loop at 7

12 count Mano Mano Form (every section of the form need to be understood in base of the sub systems)

- 1&2 – Sikaran and dumog
- 3&4 - Guntings
- 5&6 Silat
- 7-10 – Mano Mano
- 11 – Punyo Mano
- 12 - Silat

Joint locks and take downs

- Standing center lock
- Reverse center line take down
- Come along
- Puter kepala