

Mano Y Mano - Empty Hands *The Modified Pangamut Method-Modern Methods*



Learning the basics Level-1

Note: All methods are taught from the Right and from the Left sides.

1. The weapons of the body fighting with different parts of the body
2. Stances/body positions: fighting stance, right forward stance, left forward stance, right diagonal, left diagonal, straddle, right side stance, left side stance, right rear diagonal, left rear diagonal, cat stance, hawk stance, salute stance,
3. Building a strong base- body parts and their positions
4. Strikes: Hammer fist-axe punch forehand & backhand, Tapping knife -edge/hand, Palm strikes, C-hand inside joint strike, slapping tapping, brushing & back handing, backhand, wrist, thrusting, spearing, scraping & gouging.
5. Weapon hand concept, punches done with both left & right: Jab, cross, hook, uppercut, backfist-spinning & upward, circle, bolo, vertical punch-chain of hands
6. Elbow strikes: brush you hair-upper cuts, hug yourself-hooks, flap like the chicken-upper cut, rowing-circles, elbow bomb dropping
7. Stepping: Natural, V-step, V-step & turning, cross-step, circle and shuffle
8. Blocking: two hand-I don't want to fight, double fist, double palm, single, block & check, block, check & counter, block & strike, brush block
9. Live hand: Checking, slapping, tapping, passing, pushing, pulling, hooking-inside & outside, grabbing, vining, spreading, thrusting, throwing, distracting & pinching.
10. Learn and show form #1 Cinco Terros

Level-2

1. Double hand usage: blocking, swimming, tapping, block & counter, block & lock, chain of hands- De Cadena, block& passing and counter striking
2. Concept of Ranges: Kicking, punching, stand-up grappling & throwing, ground fighting. Understanding transitions and shooting of guards.
3. Kicks (basic): Low kick concepts: front-snap & toe punt, blade kick, edge kick, push kick, inside hip check kick, heal kick, shin fighting, stomping, pinning, Jason's sit-down saggy method,
4. Knee strikes: forward knee, side angle, knee to forearm method- breaking a grip, hook & knee method.
5. Leg Vining, hooking and sweeping: Concepts of leg vining and countering of leg vining, concepts of leg hooking and countering, concepts of leg sweeping and countering.
6. Introduction to basic throws: concepts, leverage, methods of body disruption, push -pulls, circles, dodges & ducks, Walking through, Hips, & cloth lining.
7. How to fall, roll and get off the ground.
8. Learn and show Form #2 Modified Cinco Terros with kicks and punches

Learning the Basics Level-3

1. How to read a fighter-where to watch and how to watch-fighting vision
2. Basic body targets- why to hit, how to hit, what to hit.
3. Basic body construction- A & P
4. The three boxes of the body and how to disrupt it
5. Soft targets and core attacks
6. Limb destruction concepts and methods
7. Introduction to the Gunting -Scissor method, double hammer fist, double slap, double knife hand
8. Introduction to pass & punch methods
9. Introduction to combinations of punches
10. Learn and show Empty Hands portion of Combat follow #1
11. Defend your belt spar your level

Level-4

1. Introduction to skip strikes combos
2. Introduction to brushing combos
3. Introduction to the circles of destruction Punching methods
4. Introduction to swimming methods down and around, turning and reversing
5. Introduction to checking and striking combos
6. Introduction to slip & punch methods.
7. Introduction to the up & down methods
8. Introduction to the concepts of bobbing weaving & elastico / rubberbando
9. Stick and move combinations
10. Flow-Boxing combo with punch and basic kicks old DP combo.
11. Spar kick boxing methods

Intermediate Methods Level-5

1. Body targets- use of pressure points for control, nerve injury, disabling and knockouts
2. Joint destruction injury methods- going off like gun, negative angles
3. Soft targets-mangling methods.
4. Body manipulation for maximum pain compliance methods
5. Performing distractionary injuries for opening to counter attacks
6. Protection against standing chokes, front, rear and side
7. Protection against grabs single hand, double hand, hair, cloths and feet
8. Learning to read the skin motion detection
9. Monkey grab
10. Uprooting the tree
11. Wrist folding methods
12. Reno's flow-form
13. The Old mans method- slaps, elbows & hammer fist flow
14. Defend you belt-spar your level and one up.

Level-6

1. Kicks (intermediate) Crescent kicks inside & out, crescent kick combos, spin kicks, hooking kicks & sweeping kicks
2. Reversing the standing arm bar
3. Reversing a choke to a throw
4. Front sweep with arm bar take down methods
5. Down and around turning methods with fighting combos
6. Hand Trapping De Cadenas inside methods v-stepping and fighting combos –with flow combos
7. Hand Trapping De Cadenas outside method, v-stepping and fighting combos-with flow combos
8. Basic Dumog methods-body manipulations
9. Learning to crash and dash methods
10. Small joint manipulation- fingers
11. The Scissor flow-Gunting
12. Defend your belt spar your level and one up

Advanced Methods Level-7

1. Introduction to meditation & breathing techniques
2. Introduction to Filipino style Tai –Chi-learn form #1
3. Introduction to Chi-Fong methods- building Chi and fitness
4. Methods of situational avoidance and situational awareness- learning to observe
5. Defense against weapons-disarms impact weapons sticks, club,& baseball bat.
6. Defense against weapons-knives-small medium & large from front side and rear-defang the snake concepts
7. Defense against hand guns close range front, rear and side.
8. Defense against long guns close range- paint ball air soft training method
9. Escape & evade methods- surviving drive-byes, crowd shooting, hold-ups and other street gunfire.
10. Defense against staff/long stick & spear
11. Learn and show controlling drunks, and other people under the influence of drugs and alcohol.
12. Learn and show the Wave form#1

Level-8

1. Defense against machetes
2. Knife kick check punch methods against knife methods
3. Defense with improvised weapons- Jackets, sweat shirts, backpack, chopsticks, pens, pencils, T-shirts- Sarong methods, towel, belts, slippers and shoes.
4. Defense with improvised materials- water & water bottles, coffee, sprats, rocks, cell phones, keys-distractions, learning to see the weapons around us.
5. Surviving multiple opponents- zoning defense three on one
6. Surviving a hostile knife attack- street, angry boyfriend, prison style
7. Surviving the mob/flash mobs
8. Making a bailout kit.

9. Introduction to self first aid rapid treatments.
10. How to blend into mob to escape.
11. Survive 5-1 gang style attack sparring
12. Show form wave meeting the shore.