

Training Outline Overview



Levels 1-7

White to Brown Belt Curriculum

Training Outline Level-1

SBFMA club White Belt

1. Basic stances of FMA, 1. Attention stance, 2. Salute stance and 3. Forward stance
2. Show and demonstrate the basic over lapping grip
3. Cinco Terros introduction to the five basic strikes, 2- forehand, 2- back hand and 1 thrust. First fighting combination
4. Cinco Terros introduction to the five basic blocks making a door and one parry.
5. Introduction to Pangamut- use of the hands and feet as weapons, making the hammer fist strikes, blade strike kicks and palm thrust to the face
6. Introduction to the 10 weapons of the body, explain and show hands, elbows, knees, feet hips and head.
7. Introduction to the male and female triangle when fighting.

Training Outline Level-2

SBFMA Yellow Belt

1. Learn and demonstrate the basic twelve stances/body positions of FMA. Forward stance, Deep Forward, Diagonal Right, Deep Diagonal Right, Diagonal Left, Deep Diagonal Left, Side stance Right, Side stance Left, Rear Diagonal Right, Rear Diagonal Left, Cat Stance, & Hook Stance
2. Basic use of the live hand- show the location, checking and basic grab
3. Learn and demonstrate the three ranges Largo, Meda, and Corto.
4. Introduction to Largo strikes up and down method and concept of moving off side, simple run-by.
5. Introduction to the Estokada method parrying/striking methods back and forth motion, fighting in line and circular
6. Side slide circular, Cross step circular movements while fighting
7. Basic disarm pull disarm used with Cinco Terros
8. Show the basic counter strike concept- striking off of the block
9. Demonstrate the basic Meda stick punch for Corto
10. Pangamut -show and demonstrate basic front snap kick and basic side kick low to shin and knee
11. Explain the basic parts of stick- tip, blade, handle, & butt
12. Show the fore basic grips, overlapping thumb, straight thumb, side thumb, and reverse grip. Show with both hands.

Training Outline Level-3
SBFMA club
Orange Belt

1. Learn and show the 6 largo strikes of star pattern
2. Learn and show the 10 Meda strikes and the targets
3. Learn and show the 6 Largo blocks
4. Learn and show the Meda blocks- show proper hand spacing and re-enforcement
5. Learn and show the concept of striking disarms against Largo fighting
6. Learn and show the concept of Vining disarms for Meda strikes show for street and tournament
7. Learn and show the 6 Largo counter strikes
8. Learn and show the 10 Meda counter strikes
9. Learn and show the 3 thrusts and their targets
10. Learn and show the 3 thrust blocks
11. Learn and show the basic hand checking for Meda 1-10 and Thrust 1-3
12. Learn and show the 4 basic stick boxing strikes for Corto range
13. Introduction to knife fighting checking of the weapon hand
14. Basic Knife defense cut and check
15. Empty Hands (hand/arm/elbow and leg/foot/knee fighting)
Hammer fist targets Elbow targets, knee targets, basic kicks
16. Use of hooks and sweeps for take downs and combinations with elbows or knees
17. Learn and show re-angling lefts and rights for stick and knife fighting
18. Learn and show basic Kowit for pulling off balance and demonstrates while fighting.
19. Empty hands disarms and fighting verses stick disarm 1-10 Meda strikes

Training Outline Level-4
SBFMA
Green Belt

1. Learn and show curving strikes-Circulos, Arcos- horizontal and vertical, Sidewinders, Bartikal Redouble, Figure-8 -horizontal & vertical, Abanico, Witik-inside and out, Pitik, J-Hook, Payong, Bolo cut
2. Learn and show blocks, rigid, soft, parries- blade, tip and rebound, shield block upright and low.
3. Learn and show basic Punya strikes from blocks
4. Learn and show grab disarms for strikes 1-10 and thrusts 1-3
5. Learn and show basic fighting patterns of systems sweeping cuts/clearing the grass, x strikes, thrust and block. Cinco Terros, Tres Terros, Ocho Redondo, Cristo-the cross, Dali-Dali, diagonal strikes, Banda-Banda- spank- spank, Plancha, Meda punch, sweeping- parrying out leg shots
6. Introduction to Bolo fighting, flat hand block and parry, using flat and back of blade. Show strikes Largo 1-6 and Meda 1-10. Thrust 1-3. Checking of the weapon hand and arm
7. Show Bolo back of blade grab disarm for 1-10
8. Learn and show Empty Hands punch-kick hook & sweep combos four count- 1-10
9. Learn and show Open-hand block and parry concept
10. Demonstrate Open-hand sparring using four and six count striking patterns
11. Learn and show re-angling for empty hands.
12. Learn and show re-angling for multiple opponents- running left and rights- pin ball
13. Introduction to basic grappling and throws
14. Understand the Martial Artist body targets and concepts
15. Demonstrate the 12 uses of the live hand
16. Demonstrate the 14 uses of the weapon hand
17. Learn and show re-angling for stick fighting
18. Learn and show re-angling and body movement-bobbing, weaving and dodging for bolo fighting.
19. Learn and show re-angling for empty hands
20. Learn and show basic stick grappling-scissor, water pump, triangle, arm bar-Huey Lusob, straight bar stand up with pressure point behind jaw.

Training Outline-5
SBFMA club
Blue Belt

1. Learn and show strike/strip disarm for 1-10 and thrusts 1-3
2. Learn and show Empty hands fighting with knife- kick and punch when knife fighting.
3. Learn and show the four hold of knife and explain and show uses for each.
4. Learn and show Hand checking and passing against knife and stick, Songa- wakli, open- close method
5. Basic knife fighting open -close method
6. Learn and show Empty Hands fighting verses opponent stick
7. Learn and show defense against drawing of knife or other weapon.
8. Learn and show disarm for baseball bat attack
9. Three on one defense against multiple attackers
10. Show the use of the Kowit when fighting
11. Learn and show Kowit disarms against knife and stick
12. Learn and show Combat Flow number#1
13. Learn and show the use of shield and sword against long and short weapons. Show scoops, parry, check and punch with a shield.
14. Learn and show basic stick throws using the butt and blade sections
15. Learn and show stick grappling on the ground and standing up.
16. Learn and show improvised use clothing for self defense- jackets, shirts, hats, backpacks, belts and shoes.
17. Learn and show stick verses bolo Largo 1-6 and Meda 1-10 strikes and thrust 1-3
18. Learn and demonstrate fighting in the following situations: around obstacle like trees, soft surface like beaches, inside building like in hall or bunker, in shallow water like the beach, coming off the ground
19. Learn and show pop up disarm
20. Learn and show thumb Grab-strip disarm- Master Sunny method

21. Demonstrate fighting against multiple opponents 5-1 gang style attack, show with kick shields, focus pads and padded weapons. Fight your way out of the circle.
22. Introduction to firearms- safety, use of BB rifle, basic marksmanship, use of pellet rifle, use of air soft or BB pistol, from three positions- standing, kneeling and laying or prone
23. Introduction to firearms single shot 22 and single shot 410 shot gun and 22 single action revolver
24. Explain and show three classification of blades, pocket/tactical, hunting/fishing, bolo/machete
25. Show defense against drawn knife with front kick, check and punch with disarm.
26. Strike and pull-strip disarm methods 1-10 Meda and thrusts 1-3

Training Outline Level -6

SBFMA club

Purple Belt

1. Mixed Weapon sparring against the classic five weapons, sword-long and short, spear, staff Jo &Bo and nun chuck
2. Learn and show the four knife systems used by SBFMA
3. Learn and show the basic gun disarms, being drawn, in front, behind, at your head
4. Learn and show knife disarm with side hand and elbow
5. Learn and show stick control methods
6. Introduction to throwing weapons –tomahawk, spike and knife
7. Introduction to projectile weapons-bow & arrow, pana, sling shot
8. Introduction to First Aid, how to control bleeding, badging, perform a basic assessment, splinting and sling and swath.
9. Show basic first aid applications
10. Introduction to basic instructions how to instruct someone new.
11. Learn and show counter for counter strike method
12. Learn and show elbow crook stripping disarm
13. Empty hands-show sparring combinations
14. Knife fighting-show sparring combinations
15. Stick fighting- show sparring combinations
16. Learn and show the basic method of using as spear staff and blade

Training Outline-7
SBFMA
Brown Belt

1. Develop own combat flow
2. Develop own stick fighting combinations
3. Explain about tricks in combat 1-2 times only issue
4. Show locks and throw method with stick/grappling
5. Learn and show a self trauma check after a fight- explain why injuries are not felt
6. Introduction to repeating firearms operations & safety with: Bolt action rifle, semi-auto rifle, pump action shotgun, revolvers and semi auto pistols
7. Show punch, kick, combo with five punches, seven types of kicks
8. Show checking & punching open hand- Tapi-Tapi style
9. Lead class in basic exercises
10. Develop instructors note book if one has not as student
11. Explain the mechanics of how to deliver a power strike from stick strikes, punching and kicking
12. Explain the targets underneath the strikes
13. Explain the roles of coach and the handler in the ring when competing. Show how to work in each job and support the fighter.