

Level 1: *minimum 3 month FCS membership required for test*

A.) Stick

- 1.) 1-12 of 64 count Form (Basic Angles)
- 2.) Footwork
 - male / female triangles (open / closed)*
 - replacement stepping / take-offs*
 - Sidestepping*
- 3.) Range Awareness
 - Largo mano - long range*
 - Medio mano - mid range*
 - Corto mano - close range*
 - Corto-corto mano / Punyo mano -*
Very close range, dominating with the pummel strike
- 4.) Basic Strikes
 - Lab tik - follow-through strike*
 - Wi Tik - snap / pulling strike*
 - Redondo - flywheel / fully rotating strike*
 - Abiniko - fan strike (rapid combination of 'Wi tiks')*
 - Punyo - short range pummel (butt-end) strike*
- 5.) Defenses
 - 4 walls (left / right - high / mid / low)*
 - Umbrellas (roof / high wing / shield / low wing)*
- 6.) Basic Hand Switching Maneuvers
 - Shoulder switch*
 - Lab tik /chamber & switch*

B.) Knife

- 1.) Basic Knife Tapping
 - (forehand cut / backhand cut / overhead cut*
thrust)
 - right clear / left clear / high pass / low pass*
(sak sak - standard grip / pekal - reverse grip)

C.) Mano Mano

- 1.) 1-5 of 36 Mano Mano Form
- 2.) Applications of Form
- 3.) Hubad
 - outside arm / inside pass / high-low / low-high*

D.) Carenza

Level 2: *minimum 6 month FCS membership required for test*

A.) Stick

- 1.) 1-36 of 64 count Form
- 2.) Stick Transition Drill
1 & 2 left hand / 1 & 2 right hand
(Application of hand switching maneuvers between transitions)
- 3.) Six Count Sumbrada
sidestepping
triangles (male / female)

B.) Knife

- 1.) Knife Tapping (w/ live hand manipulation)
- 2.) Hubad (Sak Sak & Pekal)
guntings / inside cut-pass / high-low / low-high
50-50 rule / disarms

C.) Mano Mano

- 1.) 1-12 of 36 Mano Mano Form
- 2.) Applications
- 3.) Hubad w/ Applications

D.) Carenza

Level 3: *minimum 9 month FCS membership required for test*

A.) Stick

- 1.) All of 64 count form
- 2.) Carenza Introduction
- 3.) Stick Transition Drill
*1-5 Left Hand / 1-5 Right Hand
(w/ hand switching maneuvers
& Punyo Mano)*
- 4.) Disarms
Palusut / Strip / etc.
- 5.) Takedowns
*Sectoring / Wristlock throw / Lasso /
Dumog / etc.*
- 6.) Submissions / Stickgrappling
*Wrist / Arm locks / Ankle / Chokes /
Neck Cranks / etc.*
- 7.) Double Stick Series Introduction
*Sinawalli (standard / reverse) / Broken Six
(standard / sunkete / umbrella / wi tik) /
Broken Six w/ Half Beat (roof / high wing)
Standard Six (heaven / standard / earth)*

B.) Knife

- 1.) Advanced Knife Tapping
*Receiver deceiving (parlor tricks) /
Feeder Timing / Manual Dexterity
(non-linear attacks / combination cutting /
ranging within quadrants)*
- 2.) Advanced Hubad
*Blade vs. Blade / Silak
(trapping / receiver grip / disarm reversal /
impliment mano mano application)*

C.) Mano Mano

- 1.) All of 36 count Form
- 2.) Applications
- 3.) Hubad w/ Applications

D.) Carenza

Level 4: *minimum 1 year FCS membership required for test*

A.) Stick

- 1.) Largo Forms (1 - 4)
1 & 2: Single Stick / 3 & 4: Double Stick
- 2.) Stick Transition Drill w/ transition to Disarms and Takedowns
- 3.) Stickfighting Strategy Training
Largo to Medio Range

B.) Knife

- 1.) Advanced Knife Tapping
*Receiver Timing / Manual Dexterity
(triple tap entries / empty hand timing
Sequences / disarms)
Blade Progression into Freeflow
(single blade / double blade / feeder-receiver
/ feeder-feeder)*
- 2.) Knifefighting Strategy Training
*cut / evade basic angles (w/ timing)
gunting / palusut*

C.) Carenza

Level 5: *minimum 2 years FCS membership required for test*

A.) Stick

- 1.) Advanced Carenza
- 2.) Transition Drill w/ Freeflow Sumbrada
- 2.) Stickfighting Strategy Training
Corto to Punio Mano Range /

B.) Knife

- 1.) Knifefighting Strategy Training
impliment footwork / entry to disarm

C.) Espada Y Daga

- 1.) 7 Seguidas
- 2.) Applications
- 3.) Transition Drill 1 - 4
- 4.) Six Count Sumbrada

D.) Kerambit

- 1.) Basic Movements
triangle pattern / circle cut (palisut) / S-cut
- 2.) Vital Targets
*Proper body placement of these basic
Movements*
- 3.) Entries to Isolations (*Quick Kills*)
- 4.) Entries to Combination Cutting
- 5.) Trapping / Locking / Body Manipulation
- 6.) Apply all to Hubad

E.) Carenza

Instructor (Manong) : minimum 3 years FCS membership required for test

Participation in a minimum of 2 FMA Tournaments

Minimum 48 hrs. personal training w/ Tuhon Ray Dionaldo

Guro:

Unquestioned loyalty to the FCS Family

Extensive personal training w/ Tuhon Ray Dionaldo

Extensive knowledge in the following disciplines of FCS

Lakan :

Unquestioned loyalty to the FCS Family

Extensive personal training w/ Tuhon Ray Dionaldo

Totoong Lakan :

This Rank is retractable and may be lost if at any time the holder is deemed unworthy or allows his training or skills to diminish.

Unquestioned loyalty to the FCS Family.

Extensive personal training w/ Tuhon Ray Dionaldo.

Knowledge of all key figures in the FMA, Tactical, and Blade Smith disciplines.

Must show an acceptable level of proficiency of students.

Consistent level of proficiency in the following disciplines of FCS:

Empty Hand disciplines

Mano-Mano / Panantukan / Silat

Sikaran / Sipa / Lakad / Luhod

Dumog / Standup / Ground

Stick Disciplines

Solo Baston

Double Baston

Punyo mano / The Nine Elements

Tiempo Mano

Stick Grappling / Standup / Ground

Olisi Palad

Tactical Baton

Blade Disciplines

Kerambit

Double Kerambit
Daga
Daga Daga
Long Knife
Combat Folder
Knife Throwing
Knife Fighting
Espada / Long Sword
Double Espada
Bolo
Espada y Daga
Blade Design / Geometry / Configuration
Blade Making

Flexible Weapon Disciplines

Tabak-Toyok / Nunchaku
Sarong / Malong
Latiko / Whip

Other Disciplines

Carenza
Templates / Concepts / Theory
Filipino Martial Arts Terminology
Filipino Language / Key Phrases
Improvised Weaponry
Firearms / Tactical / Long Range / CQC
History
Leadership
Business / Marketing

Tuhon:

The title of Tuhon is one not to be taken lightly. It is a burden more than a rank or privilege. It is a lifetime devotion to the art and the principles upon which it was founded. The future of the art rests upon his shoulders. He must carry forth the knowledge, history, and culture of the warriors that have come before. Under his guidance the art must grow and flourish. He must be in equal parts a warrior, a scholar, and a politician. He must be the figurehead the World sees, and the standard by which it judges the FCS family.

As each instructor hopes for a student that can surpass him, each Tuhon must be able to surpass his predecessor.

Unquestioned loyalty to the FCS Family.

Major contributions to the history and evolution of the Filipino Arts in a positive way. The Tuhon of each generation must leave his mark on history for all time.

Instructor level of proficiency in a minimum of six other Martial Arts.

Extreme knowledge in the following disciplines of FCS:

Empty Hand disciplines

Mano-Mano / Panantukan / Silat
Sikaran / Sipa / Lakad / Luhod / Higa
Dumog / Standup / Ground

Stick Disciplines

Solo Baston
Double Baston
Punyo mano / The Nine Elements

Tiempo Mano
Stick Grappling / Standup / Ground
Olisi Palad
Tactical Baton

Blade Disciplines

Kerambit
Double Kerambit
Daga
Daga Daga
Long Knife
Combat Folder
Knife Throwing
Knife Fighting
Espada
Double Espada
Bolo
Espada y Daga
Blade Design / Geometry / Configuration
Blade Making

Flexible Weapon Disciplines

Tabak-Toyok / Nunchaku
Sarong / Malong
Latiko / Whip

Other Disciplines

Carenza
Templates / Concepts / Theory
Filipino Martial Arts Terminology
Filipino Language / Fluent
Improvised Weaponry
Metallurgy
Firearms / Tactical / Long Range / CQC
History
Philisophy / Personal Development
Esoteric Disciplines
NLP
Leadership
Business / Marketing