

W. Hock Hochheim's
"JUNGLE FIGHTING"
PACIFIC ARCHIPELAGO CONCEPTS
Rough Course Outline

Japan

Hawaii

Philippines

Indonesia

Taiwan



Hand

Stick

Knife

Double

Stick

Stick and

Knife

W. Hock Hochheim's Jungle Fighting

PACIFIC ARCHIPELAGO CONCEPTS

Course Testing Requirements

| | Single Stick | Double Stick | Knife | Espada y Daga | Mano Mano |
|---------|---|--------------|-------|---------------|-----------|
| Level 1 | Must learn the "one new thing each" to pass the first test, required for the Level 2 test | | | | |
| Level 2 | 1 | 1 | 1 | 1 | 1 |
| Level 3 | 2 | 2 | 2 | 2 | 2 |
| Level 4 | 3 | 3 | 3 | 3 | 3 |
| Level 5 | 4 | 4 | 4 | 4 | 4 |
| Level 6 | 5 | 5 | 5 | 5 | 5 |
| Level 7 | 6 | 6 | 6 | 6 | 6 |
| Level 8 | 7 | 7 | 7 | 7 | 7 |
| Level 9 | 8 | 8 | 8 | 8 | 8 |



Level 10

| | | | | | |
|---------------|-----------|-----------|-----------|-----------|-----------|
| 1st Dan Black | All Prior |
|---------------|-----------|-----------|-----------|-----------|-----------|

Level 11

| | | | | | |
|---------------|---|---|---|---|---|
| 2nd Dan Black | 5 | 5 | 5 | 5 | 5 |
|---------------|---|---|---|---|---|

Level 12

| | | | | | |
|---------------|---|---|---|---|---|
| 3rd Dan Black | 5 | 5 | 5 | 5 | 5 |
|---------------|---|---|---|---|---|

Level 13

| | | | | | |
|---------------|---|---|---|---|---|
| 4th Dan Black | 5 | 5 | 5 | 5 | 5 |
|---------------|---|---|---|---|---|



Level 14 Black Belt and higher, customized....

Each number, each single "1" is an item, a subject, or a module, or sometimes just a single technique, depending upon what the subject is. Refer to the lists of each category to see what the optional items/subjects are. And, what you might improvise. Each instructor can assign what he or she wants covered for the ranking.



**W. Hock Hochheim's
Pacific Archipelago Concepts**

**The Single Stick Essentials Modules
"Strike! Thwart! Thwarted!"**

Lecture Points

Ranges Discussion

- Range 1: dueling, or Largo Mano, or Distancia Largo
- Range 2: close quarters, or Distancia Media, or Sumbrada Range
- Range 3: closer still in some systems - Distancia Cuarto or Hubad Range
- Range 4: grappling or Dumog range

Diminished fighter theory

- diminished through pain and stunning or sometimes they arrive diminished
 - * untrained
 - * unathletic
 - * out of shape

The 4 Main Stick Grips

- one hand on one end
- two hands apart
 - * "stick grip" - two palms down
 - * "rifle and riot grip" - one palm up one palm down
- center grip
- batting or sword grip
- how much punyo (pommel space) debate?

To Learn all the Appropriate Stick Tactics

- learn all strikes
- learn all blocks, which are counters to strikes
- learn all counters to blocks, which are usually more strikes
- learn all takedowns

The 3 striking points of the stick

- shaft (or barrel), tip and handle

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The 4 ways a stick attacks

- committed lunge (you can only pass the committed attack)
- hit and retract (you cannot pass a hit and retract, there is nothing there)
- hook
- thrust

The Combat Clock Mandate

Through the old military Combat Clock, we can quickly and easily demonstrate and practice these stick fundamentals. In this course, the clock replaces ALL Filipino angle drills. Most, if not all FMA angle drills are not scientifically composed. One popular system actually has nine angles of attack just because the system title has nine letters. This makes zero sense, but is an example of how FMA angles of attack are composed.

- Basic Training 12, 3, 6, 9 on the clock
- Advanced Training 1-12 on the clock

Importance of Footwork and Fighting Athleticism

Two stick training methods

- stand-off bully method
- madman charging method

Module/Subject/Item Defined.

For the purpose of this course and in a way to organize its diversity, a module can be a theme, a unified set, or a just a purpose, or rarely, even one tactic or technique. So, in the test requirements, the list states "3 stick modules" and that could be for example, the entire Abaniko Module, The Banda Slashing Module, and the Chain of the Stick Module. They could be short, or not. It is suggested that the instructor, who gets to select the modules for their classes, start with the Shorter modules for all the obvious reasons. Hock has his own preferred progression, but you are not required to follow that.

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Some, not all suggested single stick, modules/subjects/items

The 10 Non-Ready and Ready Positions

The Blocking Module

The Slashing Banda Modules

The Hit & Retract Witik Module

The Fanning Abaniko Module

The Tip Stab Ulos Module

The Handle Strike Punyo Module

The Circular Rodondo Module

Counters to Common Blocks Module

The Combat Clock Angles of Attack

Presas 12 Angle of Attack Module

The Impact Disarm Module

The Stick Snake Disarm Module

The Hand Snake Disarm Module

The Strip and Keep Disarm Module

The Strip and Send Disarm Module

The Counters to Disarms Module

The Pull Series Takedowns Module

The Push Series Takedowns Module

The Turn Series Takedowns Module

Spartan Combat Scenario Module

Chain of the Stick Scenario Module

In the Clutches of Scenario Module

2 to 1, 1 to two drills

The Sumbrada Module

The Punyo Hubad Module

The Outside Invasion Series Module

The Howa-Howa Windmill Module

The Horizontal Stab Drill Module

Remy Presas Tapi Tapi Module

Ernesto Presas Freestyle Module

The Killshot Stick Dueling Module

Continue collecting obvious and non-redundant modules

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The PAC Single Stick Essential Subjects

Stick Subject 1: Single Stick Stress Quick Draws

- * is the stick really needed?
 - * verbal skills and avoidance
 - * the 10 non-ready and ready stick positions
 - * carry sites and stick draws from carry sites
 - * some stress shoves, etc to introduce stress
 - * some interrupting grabs to introduce stress
 - * standing and ground
- ><
- Primary- think quick draw
 - * review the "belt clock"
 - Secondary - think back-up
 - Tertiary - think lunge and

Stick Subject 2: Introduction to Footwork Clock Concepts "While Holding" a Stick

- * while holding means just holding a stick while stepping, as well as striking
 - * the flat floor clock concept, and using the numbers and axis
 - * some fundamental samples
 - 10 to axis to 2, then 2 to axis to 10
 - 7 to axis to 4, then 4 to axis to 7
 - 9 to axis to 3, then 3 to axis to 9
 - 10 to axis to 4, 4 to axis to 10
 - walking in all directions
 - running in all directions
- ><
- 2 to axis to 8, 8 to axis to 4
 - blast off the clock using clock numbers
 - stick strikes while moving
 - continue using clock numbers

Stick Subject 3: The classic, single hand grip saber strikes with Combat Clock

- * targeting
- ><
- * shaft strikes
 - slash through method
 - hit and retract method
 - * tip
 - thrusting stab method
 - hooking stab method
 - abaniko/fan tip hit method
 - * handle
 - thrust method
 - hook method
 - side handle punch
- right-hand
 - left hand
 - standing
 - kneeling
 - ground
 - standing "hit" the air
 - moving "hit" the air
 - hit gear like a post, or heavy bag
 - hit a stick, the holder strikes back

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* single-Hand Grip Saber Blocks

- unsupported / close range blocks
- supported blocks

* by fist and forearm

* by rest of body

Block 1: Backbone/Head - The Hubad Drill with single stick

Block 2: The Shield:

Block 3: "Other" Upper / Coss-over shield

Block 3: "Other" Triceps (tip up)

Block 4: Same side pelvis

Block 5: Same side cross pelvis

Block 6: Lower leg (tip down)

Stick Subject 4: The Classic, Double Hand Grip Strikes and Blocks

- feed the pommel and pull trick
- shaft thrust
- shaft hook
- shaft pull
- tip stabbing
- tip hooking
- pommel thrust
- pommel hook
- two-hand blocking

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right-hand
left hand
standing
kneeling
ground
in the air
hit gear

Stick Subject 5: Support the Stick

- * All empty hand strikes while holding
- * All kicks while holding

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Stick Subject 6: Strike and Block 3 Elevation Drill

- single vs single hand grip
- single vs double hand grip

Stick Subject 7: 4 (or 12) Strikes, 4 blocks and 4 counter-strikes on the same line

Stick Subject 8: 4 (or 12) Strikes, 4 blocks, 4 counter-strikes on a different line

Stick Subject 9: The single hand and double hand combination strikes

- 2 to 1 drill
- 1 to 2 drill
- single hand grip with strikes and kicks
- double hand grip with kicks
- single hand X, start on each corner
- single hand 2 , 3 or more same line strikes
- double hand X, start on each corner

Stick Subject 10: Secondary strikes met with secondary blocks

- Solo C&M Review: 4 stick strikes with 4 hand strikes
- Solo C&M Review: 4 stick blocks and 4 more stick blocks
- Solo C&M Review: 4 stick blocks and 4 support hand/forearm blocks
- Solo C&M Review: 4 stick strikes with any kicks

- 4 strikes with secondary strikes with a stick block and a second stick block versus the second attack

- 4 strikes with secondary strikes with a stick block and a hand support block
- 4 strikes with kicks, 4 blocks on sticks and 4 strikes on the kicks

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Stick Subject 11: Counters to Common Blocks Series

- Cut the block
- Redirect on another line
- Invading hands
- The 4 "P's"
 - * pinning
 - * passing
 - * pulling
 - * pushing
- Axis Strikes
 - * sliding stick
 - * handle punch pivots in
 - * cavalry tip stab

Stick Subject 12: Passing

- remember, you cannot pass a hit and retract strike
- statue drill warm-up
- the 4 (or 12) handle hooks and passing
- the 4 (or 12) shaft of the stick passes
- the 4 (or 12) support hand passes

Stick Subject 13: Impact Disarm Set

- * 4 impact disarms
- * 4 counters to impact disarms - hit and retract evasion/retention
- * Reversal! 4 counters to impact disarms - hit and retract evasion/retention vs his strike. His strikes passes, you strike the incoming limb for a impact disarm
- * lose stick? Charge in

Stick Subject 14: The strip and send disarm (counter to the limb grab)

- * grabbing the limb practice
 - 4 (or 12) weapon-bearing limb grabs
- * grab and strip/send stick vs the 4 or 12
- * counter - mid-phase releases to and from the limb grab
 - circular release
 - push/pull
 - center lock drive
 - lose stick? Charge in
 - yank-outs
 - elbow roll-over
 - fanning hits with captured limb

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Stick Subject 15: The Strip and Keep Disarm Series

Block and grab the stick, or you strike and grab his block

Grab the stick his Strike or his block, either way)

- 4 stick grabs (where on his stick? Discuss. Experiment)
- 4 stick grabs, use grab as a fanning shield block vs a hand strike
- 4 stick grabs, hit his head with your grab
- 4 stick grabs, hit his head with your grab, hit his head with stick

“Get your stick back!” Escapes from the stick grab (counter to the stick grab)

- 4 rowing rolls escapes

The strip and keep disarm with two stick follow-up.

- mid-grip and regular grips, then any sinawalis
- change mid grip to regular grip then any sinawalis

He grabs and you grab

- use your grab to hit his grab on your stick, oh his hand or forearm
- use your grab to hit his grab on your stick, oh his hand or forearm and then wipe his grip off your stick

Stick Subject 16: The Stick Snake Disarm

- shaft
- pommel
- 4 stick snakes
- counters, early, mid and late phase ><
- pull/yank stick back
- handle punch to pelvis, arm bar
- snake eater
- lose stick? Charge in

Stick Subject 17: The Hand Snake Disarm

- 4 hand snakes
- counter the snake disarm
- *early, mid and late phase

Stick Subject 18: Collection/Review of Counters to Stick Disarms

- 3 counters to impact disarms
- 3 counters to stick snake disarms
- 3 counters to hand snake disarms
- 3 counters to strip and send disarms
- 3 counters to strip and keep disarms

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**Stick Study 19: Working knowledge of Solo Baston Sumbrada
- any 3 inserts**

Stick Study 20: Working knowledge of Killshot Stick Sparring

Stick Study 21: Grappling: 5 Samples of Head and Neck Takedowns/Grappling

Stick Study 22: Grappling: 3 Samples of Torso Takedowns

Stick Study 23: Grappling: 5 Samples of Arm Takedowns

Stick Study 24: Grappling: 5 Samples of Leg Takedowns

Stick Study 25: Single Stick versus any 10 Double Stick Drills

Stick Study 26: Spartan Stick Combat Module

Stick Study 27: Chain of the Stick Combat Module

Stick Study 28: In the Clutches of Combat Module

Stick Study 29: Rattlesnake Stick Ground Fighting Combat Module

Stick Study 30: Some Remy Presas tapi-Tapi

Stick Study 31: A set/topic not yet covered from Ernesto Presas style

Stick Study 32: A set/topic not yet covered from Remy Presas style

Stick Study 33: A set/topic from another stick system not already covered.

Stick Study 34: A set/topic from another stick system not already covered.

Stick Study 35: A set/topic from another stick system not already covered.

Stick Study 36: A set/topic from another stick system not already covered.

Single Stick Takedown Workout List as expressed by Body Parts

- 1: Head Takedown 1 - Significant strike to the head
- 2: Head Takedown 2 - Head Vice Takedown
- 3: Neck Takedown 3 - Significant strike to the neck
- 4: Neck Takedown 4 - Neck Vice - "the violin"
- 5: Neck Takedown 5 - Neck Vice - The vertical paper cutter
- 6: Neck Takedown 6 - Rear Neck Pull Takedown
- 7: Neck Takedown 7 - Fist Ram Choke Rear Pull Takedown
- 8: Neck Takedown 8 - The Interlocking Choke Takedown
- 9: Neck Takedown 9 - Counter the Tackle Takedown
- 10: Neck Takedown 10 - The X Choke Takedown Series: The Rear
- 11: Neck Takedown 11 - The X Choke Takedown Series: The Front
- 11: Neck Takedown 12- The X Choke Takedown Series: The Sides
- 13: Neck Takedown 13 - The Supported Chokes Series
- 14: Neck Takedown 14 - Wheel Throw on the Neck Back

- 15: Torso Takedown 1 - The Clavicle Pull Down
- 16: Torso Takedown 2 - The Chest Pull Back
- 17: Torso Takedown 3 - The Rear Pelvis Pull
- 18: Torso Takedown 4 - The Front Pelvis Pull

- 19: Arm Takedown 1 - The Biceps Lever
- 20: Arm Takedown 2 - The Triceps Level
- 21: Arm Takedown 3 - The Bent Arm Takedown
- 22: Arm Takedown 4 - Arm to Neck Bridge
- 23: Arm Takedown 5 -The Snake Killer Takedown Series
- 24: Arm Takedown 6 - The Straight Side Arm Bar
- 25: Arm Takedown 7 - The Rear Arm Bar Hammerlock
- 26: Arm Takedown 8 - The "Branch Down" Bent Arm Bar
- 27: Arm Takedown 9 - The Reverse Arm Bar
- 28: Arm Takedown 10 - The Branch Down Push or Punch Catch

- 29: Leg Takedown 1 - The DMS Fire Pole
- 30: Leg Takedown 2 - The Big Catch and Rollover
- 31: Leg Takedown 3 - The Pelvis Pull Takedown
- 32: Leg Takedown 4 - The Thigh Shove Takedown
- 33: Leg Takedown 5 - The Knee Push Takedown Series
- 34: Leg Takedown 6 - The Knee X-Pull
- 35: Leg Takedown 7 - The Ankle X-Pull
- 36: Leg Takedown 8 - Knee Cap Strike

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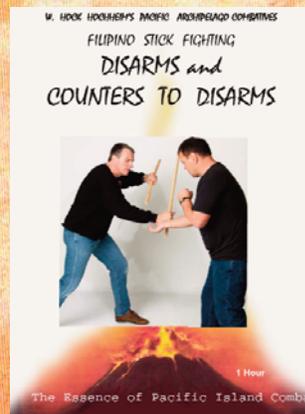
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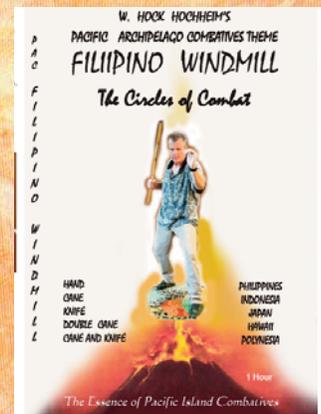
35 Stick Essentials



Double Stick Methods



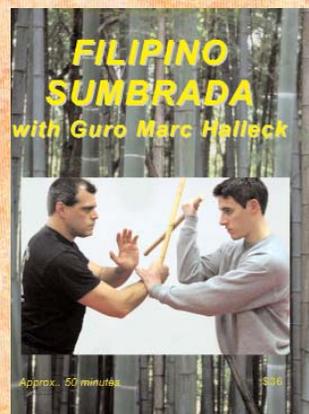
Disarms and Counters



Circles of Combat



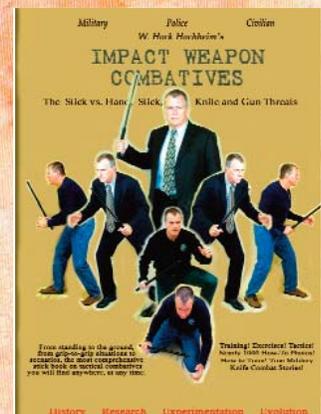
Filipino X



Filipino Sumbrada



PAC Levels 7, 8, 9



The Book!

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W. Hock Hochheim's Pacific Archipelago Concepts Double Stick Essentials

Unlocking the Combat in Sinawali

Sinawali is a Filipino term for "to weave" something done with double weapons. Why study it?

- Exercise
- Strength
- Coordination
- Builds attitude / Fire of the Fight / CQC Courage
- Popular / fun / challenging to interested people
- limited modern world real applications.

Too Many Double Weapon Drills! Redundancy

When one looks at the entire spectrum of Filipino styles, Grandmasters and their students, there are hundreds of Sinawali drills. A comprehensive study of all of them can be a pursuit of diminishing returns, or simply a trivial pursuit-like quest. In the early 1990's, I asked Professor Remy Presas a Sinawali question that was bothering me,

"Why," I asked, "when there are so many different kinds of double stick drills, hundreds of them, why do you only teach about five of them?"

"Because," Remy answered, "That is all you need to really fight."

I wrestled with that idea for years. In 1997 I became so frustrated with documenting the never-ending list of Filipino double stick patterns and their systems, I realized that all of them share the same foundation and a variations on the five themes listed here:

- 1) Single strike patterns
- 2) X-Patterns
- 3) Circular patterns
- 4) Hit 6 patterns
- 5) Hybrid/ Combinations

These will be explained and studied in the course, along with other combat skill drills. All too often these patterns are learned as if for some kind of interactive dance designed to perform with a partner. Learn to defeat patterns not blend with them.

Since the common impact weapon can be used to strike three ways, with the shaft, with the tip and with the handle, and the left and right hands can fire off in different musical beats and progressions, this category holds so many of the differing drills.

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Why so many variables?

- Variable 1) Two hands involved
- Variable 2) Differing weapons
- Variable 3) Differing grip possibilities for differing hands
- Variable 4) Stick strips with shaft, tip or handle
- Variable 5) Differing strikes like hit and retract or cross overs
- Variable 6) "Musical beat" variations

Starting Positions Knowledge

- Review hand grips
- 12 o'clock open
- 3 o'clock - or left side closed
 - * left over right
 - * right over left
- 6 o'clock open
- 9 o'clock - or right side closed
 - * left over right
 - * right over left

Double Stick Essentials 1: The Doble Baston Single and Double Stick Strikes

Solo strikes on the Combat Clock

- Solo right hand strikes
- Solo left hand strikes
- Double hands strikes
- Strike sticks, bags, pads, tires, etc for power
- Standing and ground

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- Solo slash
- Doble or more slashes
- Witik Hit & retract
- Abaniko fan
- Redondo/dobletta
- Tip stab
- Punyo handle strike

Double Stick Essentials 2: Doble Baston Solo Unsupported Blocking

- Unsupported blocks for the perceived lesser power, closer strikes
- Supported (by other stick and or body versus power shorts)

- Solo right hand blocks
- Solo left hand blocks >< On clock, tips pointed in both directions (like a sword)

Familiarization Exercise: Trainer strikes, trainee blocks with single stick only
The Single Strike and Single Block 3-Elevation Drill

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Double Stick Essentials 3: Doble Baston Solo Supported Blocking

- A** Solo right hand blocks, left supports >< On the combat clock angles
Solo left hand blocks, right supports Supports are:
- high on stick
- medium on stick
- low on stick

Familiarization Exercise: Trainer strikes, trainee blocks with supported blocking
The single strike and supported block, 3-Elevation Drill

- B** Solo right hand blocks, body supports block
Solo left hand blocks, body supports block

Familiarization Exercise: Trainer strikes, trainee blocks with supported blocking

*Note: These are unique, yet good to know.
They need not be practiced in the
3 Elevation Drill*

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Vertical back block, saves head & neck
Shield block, support on should
Triceps block, cross-over to triceps
Pelvis same side block
Pelvis cross-over block
Leg, covers knee block

Double Stick Essentials 4: Doble Baston Double Blocks

- Double blocks - sticks parallel >< On the Combat Clock
Hands on same end
Points like a sword
Maybe a part as needed

Familiarization Exercise: Trainer strikes, trainee blocks with double blocking
The single strike and supported block, 3-Elevation Drill

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Double Stick Essentials 5: The X -Blocks, on the Combat Clock

The X-Blocks on the Combat Clock

Remy Box Crossada Pattern Block Series >< Shaped like a rainbow
(5 count) Starts hands open for a series
Starts hands closed for a series
Open-palms/close palms

Familiarization Exercise: Trainer strikes, trainee blocks with double X- blocking
The single strike and supported block, 3-Elevation Drill

Double Sticks Essential 6: Double strikes, Double Blocks (2 counts or beats)

Right strikes first, then left follows series

Left strikes first, then right follows series

Familiarization Exercise: Trainer strikes, trainee blocks
The single strike and supported block, 3-Elevation Drill

Double Sticks Essential 7: Triple strikes, Triple Blocks (3 counts or beats)

Right strikes first, then left follows, then right again series

Left strikes first, then right follows, then left again series

Familiarization Exercise: Trainer strikes, trainee blocks
The single strike and supported block, 3-Elevation Drill

Double Sticks Essential 8: Quadruple strikes, Quadripole Blocks (4 counts or beats)

Right strikes, then left, then right, then left

Left strikes, then right, then left, then right

Familiarization Exercise: Trainer strikes, trainee blocks
The single strike and supported block, 3-Elevation Drill

Double Sticks Essential 9: Forward and back drills (6 count, 4 count, 2 counts)

3 forward strikes, 3 back with blocks

2 forward strikes, 2 back with blocks

1 strike, 1 block

Double Sticks Essential 10: Beginning Double Stick Sparring

Put on the gear and introduce double stick sparring. No takedowns involved just yet, except the concept of the "battering takedown"

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Double Stick Essential 11: Kob-Kob Module (a 6 count)

This drill is a “kindergarten drill” to get folks working in patterns, twisting the feet and torso a bit. It’s a bit of a precursor for the subject. It is used in several Filipino systems.

Heaven/Standard/Earth (Earth could be knee-high)

- Hit and retract series
- Slash through series
- Passing Series “the delayed slash”
- One stick versus two sticks
- two sticks work together

Double Stick Essential 12: Basic Diamond Pattern Study (a 4 count)

Think “hit the head, hit the kneecap”

Basic 4 count with 2 sticks solo right, right, left, left

Basic 4 count with 2 Parallel sticks

Basic 4 chambered (the draw stroke)

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- first in the air
- hit a staff or pole
- sticks vs sticks

Rear arm bar hammerlock on his right arm

Rear arm bar hammerlock on his left arm

Experience with dobles (in air, or with partner but there may be no contact)

Experience with stick tips (in air, or with partner, but there will be no contact)

Experience with handles (in air and with trainer holding focus mitts)

Experience one stick versus two sticks , right hand and left hand

Experience Remy Presas “one-hand-empty series, right hand and left hand

Any four single/solo disarms

Any two parallel stick disarms

Defeat the pattern with customized strikes and a battering takedown

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Double Stick Essential 13: Advanced Diamond Pattern Study (a 6 count)

Think head, knee, head on each side

Advanced Diamond 6 count with 2 sticks ><

- first in the air
- hit a staff or pole
- sticks vs sticks

One stick versus two sticks

Defeat the pattern with customized strikes and a battering takedown

Double Stick Essential 14: Advanced Diamond and Thrust Pattern Study (a 6 count)

Advanced Diamond 6 count with 2 sticks ><
A improvised thrust on 3 and 6

- first in the air
- hit a staff or pole
- sticks vs sticks

One stick versus two sticks

Defeat the pattern with customized strikes and a battering takedown

Double Stick Essential 15: Side Switchers

2 count version
3 count version

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- first in the air
- hit a staff or pole
- sticks vs sticks

Note: This is an introduction to the long list of side switching drills, that eases people into the process. No need to defeat the pattern or do a battering takedown

Double Stick Essential 16: X Pattern - The "Original Sinawali" (a 4 Count)

Done from the 12, 3, 6 and 9. 12 and 6 are vertical Xs. 3 and 9 are 2 horizontal Xs.

Basic 4 count with 2 sticks solo right, right, left, left

Basic 4 count with 2 parallel sticks

With a partner, the "X progression"

From 12 o'clock series

From 3 o'clock series

Combine 12 and 3 into a series

From 6 o'clock series (the reverse)

Combine 12, 3 and 6 into a series

From 9 o'clock series

Combine 12, 3, 6 and 9 into a total Series

Defeat any one of the X patterns and do a battering takedown

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- first in the air
- hit a staff or pole
- sticks vs sticks

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Double Stick Essential 17: Hit Six or "Double Sinawali" (a 6 count)

The verbal chant is right slash thru, left slash thru, right hit and retract, left slash thru, right slash thru, left hit and retract, or for starters, "high.high. high, high, high, high."

thru, left hit and retract, or for starters, "high.high. high, high, high, high."

Basic 6 count with 2 sticks solo

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- first in the air
- hit a staff or pole
- sticks vs sticks

Mid stick version (typical middle of stick)

Side-tips version

Wrist version

Quiet control version

High-low-high (often the starter in the Philippines)

Experience with dobles (in air, or with partner but there may be no contact)

Experience with stick tips hitting (target control)

Experience with handles (in air and with trainer holding focus mitts)

Experience one stick versus two sticks, right hand and left hand

Experience Remy Presas "one-hand-empty series, right hand and left hand

Experience the 1/2 beat exercise

Defeat any one of the X patterns and do a battering takedown

Double Stick Essential 18: Hit Six or "Double Sinawali" Pus! (a 6 count-plus!)

6 count Redondo vertical

6 count E. Presas Peripheral horizontal

6 La Coste Modified Samples

Abaniko

Goofy Abaninko

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- first in the air
- hit a staff or pole
- sticks vs sticks

Double Stick Essential 19: Same-Same/Samu Samu (a 14 count)

The two-stick 14-count

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- first in the air
- hit a staff or pole
- sticks vs sticks

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Double Stick Essential 20: Applications of Ernesto Presas Double Weapon Patterns

Any 3 (or more) Espada y Daga patterns crossed over to double sticks

Double Stick Essential 21: Introduction to Doble Baston Takedowns

As the progression officially continues, one needs to know more takedowns

Know the Diminished fighter theory

Samples of double stick grappling

Impact (to head or knee)

Leg sweep

Torso push pull on head and groin/behind the knees

Remy straight side arm bar

Rear arm bar hammerlocks

Rear neck pull

Fire pole

Arm wraps (like the reverse bent arm bar)

Continue to add to this list

Double Stick Essential 22: Doble Baston Sumbrada

Perform the 10 event drill with a partner

Perform any 3 inserts or more inserts

Double Stick Essentials 23: Doble Baston Disarming

The 3 big double stick to double stick disarms

- impact disarm

- snake disarm

- strip and send disarms

Double Stick Essential 24: The Doble Baston Outside Invasion Series

You try to invade in. You are outside his arms and you make contact with the outside of your arm. Forearm to forearm. or, if fast enough? Stick to stick. The series is an introduction to get a student aware of this situation and invade in. It is based on the these four options after one crosses over and block/pushes/traps the contact arm/elbow area.

Option 1) Your strike gets through

Option 2) Your strike gets stopped half way

Option 3) Your strike is over-blocked

Do all right-handed and left-handed

Pacific Archipelago

Double Stick Essential 25: Doble Baston Hubad with any 3 (or more) inserts

Double Stick Essential 26: Doble Baston Horizontal Blast with any 3 (or more) inserts

Double Stick Essential 27: Doble Baston Windmill Drill with any 3 (or more) inserts

Double Stick Essential 28: the Spartan Combat Scenario Module

Double Stick Essential 29: the Chain of the Stick Combat Scenario Module

Double Stick Essential 30: Advanced Doble Baston Kill Shot (with takedowns)

Double Stick Essentials 31 on up: Established double stick exercises from other Filipino systems

Double Stick 36: The Double Stick Black Belt Test Expectations

- responsible for all of the above material if asked
- rounds of double stick sparring
- 10 double stick takedowns.

PAC Testing Information:

Each PAC Level 1-9 \$75 USDs each

PAC and (Freelancer Filipino)
Instructorship levels - \$150 USDs

Each Black Belt test is \$500
(Or just train for knowledge)

W. HOCK HOCHHEIM'S
PACIFIC ARCHIPELAGO
COMBATIVES
**Filipino Double Stick
Methods**



Ernesto Presas

HAND CANE
KNIFE
DOUBLE CANE
CANE AND KNIFE
DOUBLE KNIFE

PHILIPPINES
INDONESIA
JAPAN
HAWAII
POLYNESIA

\$29.95
1 Hour

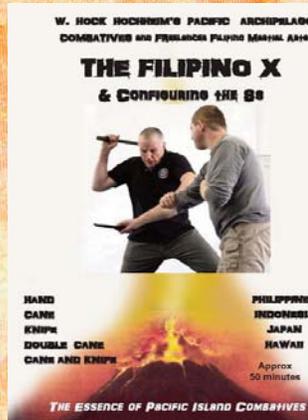
The Essence of Pacific Island Combatives

Pacific Archipelago

Get the information you need from these books, DVDs, and, or downloads and streaming



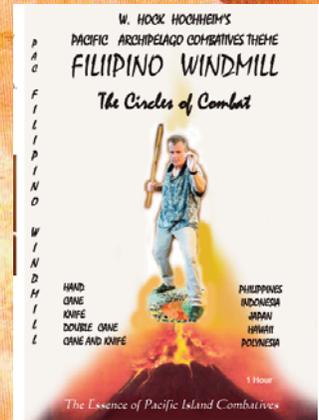
Espada Y Daga



Filipino X



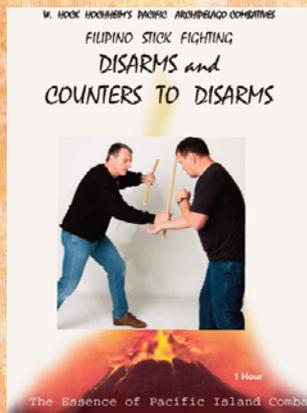
35 FMA Stick Essentials



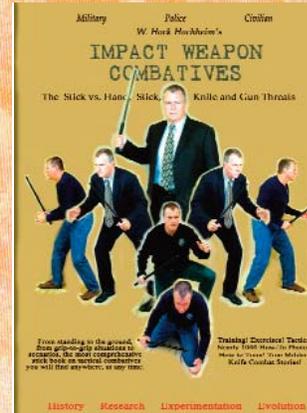
FMA Circles of Combat



Double Sticks!



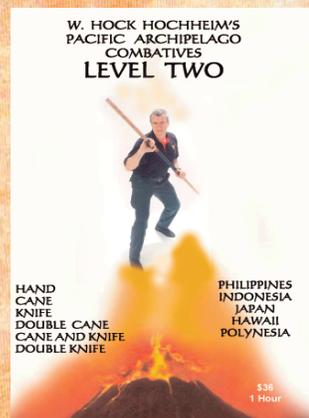
Disarms and Counters



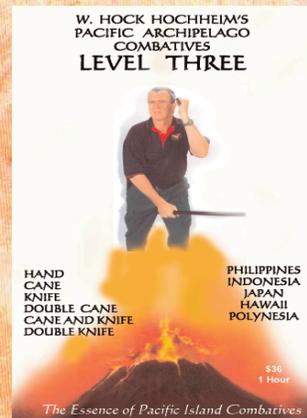
The Stick Book



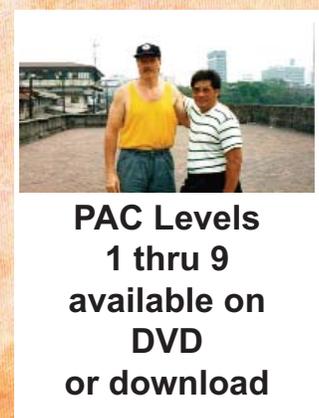
PAC 1



PAC 2



PAC 3



PAC 4-9!

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**W. Hock Hochheim's
Pacific Archipelago Concepts
The Knife Essentials**

Lecture Points

The PAC Knife Course is a working collection of popular knife materials from Pacific Ocean based martial arts. It is not to take the place of the **Force Necessary: KNIFE! course**. It emphasizes more of the popular skill and flow drills of Pacific martial arts.

2: PAC/Filipino Ranges Discussion

- Range 1: dueling, or Largo Mano, or Distancia Largo
- Range 2: close quarters, or Distancia Media, or Sumbrada Range
- Range 3: closer still in some systems - Distancia Cuarto or Hubad Range
- Range 4: grappling or Dumog range

3: Diminished fighter theory

- diminished through pain and stunning or sometimes they arrive diminished
 - * untrained
 - * unathletic
 - * out of shape

4: The Combat Clock Mandate

Through the old military Combat Clock, we can quickly and easily demonstrate and practice these fundamentals.

- Basic Training 12, 3, 6, 9 on the clock
- Advanced Training 1-12 on the clock

5: Footwork and Fighting Athleticism

6: The 10 Fighting Positions: One non-Ready and Nine Ready Positions

7: Module/Subject/Item Defined.

For the purpose of this course and in a way to organize its diversity, a module can be a theme, a unified set, or a just a purpose, or rarely, even one tactic or technique. They could be short, or not. It is suggested that the instructor, who gets to select the modules for their classes, start with the Shorter modules for all the obvious reasons. Hock has his own preferred progression, but you are not required to follow that.

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Knife Subject 1: The Stress Quick Draw

- * is the knife really needed?
- * The "Draw Before" draw
- * verbal skills and avoidance
- * the 10 non-ready and ready knife positions
- * carry sites and knife draws from carry sites
- * some stress shoves, etc to introduce stress
- * some interrupting grabs to introduce stress
- * standing and ground

- >< - Primary- think quick draw
 - * review the "belt clock"
- Secondary - think back-up
- Tertiary - think lunge and

Knife Subject 2: Introduction to Footwork Clock Concepts "While Holding" a Knife

- * while holding means just holding a knife while stepping, as well as striking
 - * the flat floor clock concept, and using the numbers and axis
 - * some fundamental samples
 - 10 to axis to 2, then 2 to axis to 10
 - 7 to axis to 4, then 4 to axis to 7
 - 9 to axis to 3, then 3 to axis to 9
 - 10 to axis to 4, 4 to axis to 10
 - walking in all directions
 - running in all directions
- >< - 2 to axis to 8, 8 to axis to 4
 - blast off the clock using clock numbers
 - knife strikes while moving

Knife Subject 3: Support the Knife

- * All empty hand strikes while holding
- * All kicks while holding

Knife Subject 4: The Saber Stab

- * The strikes
- * The blocks

Knife Subject 5: The Reverse Grip Stab

- * The strikes
- * The blocks

Knife Subject 6 The Saber Slash

Knife Subject 7: The Reverse Grip Slash

Knife Subject 8: The Saber Stab and Slash Combinations

Knife Subject 8: The Saber Stab and Slash Combinations

- >< standing
- kneeling vs up
- kneeling vs knee
- kneeling vs. down
- right handed
- left handed
- in the air
- on gear

Pacific Archipelago

Knife Subject 9: Counters to Common Blocks Module

Knife Subject 10: Passing

- remember, you cannot pass a hit and retract strike
- statue drill warm-up
- the 4 (or 12) handle hooks and passing, if handle sufficient?
- the 4 (or 12) blade of the knife passes
 - * saber grip* reverse grip
- the 4 (or 12) support hand passes

Knife Subject 11: Dueling

Knife Subject 12: The Knife Invasion Module

Knife Subject 12: The Knife Ambush, Dodge, Evasion and Fight Back Exercise

Knife Subject 14: Knife Grappling/Takedowns Awareness and Exercises

Knife Subject 15: The Knife vs Knife Disarms sets

Knife Subject 16: Knife vs the Unarmed Module

Knife Subject 17: Knife vs Sticks Module

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Knife Subject 18: Knife vs Gun Threats, Hostages and Active Shooters

Knife Subject 19: The Spartan "Impact Disarm" Module

Knife Subject 20: The Chain of the Knife Module

Knife Subject 21: The Death Grip of the Knife Module

Knife Subject 22: The Rattlesnake Drills Ground Fighting

Knife Subject : The Knife Hubad Exercises

- slashes - stabs - grappling

Knife Subject 24: The Knife Outside Invasion Series

- any 6 variations

Knife Subject 25: The Knife Windmill Progression

- any 6 inserts

Knife Subject 26: Knife Sumbrada

-any 3 inserts

Knife Subject 27 - 36

- knife subjects/modules from Pacific Island systems, not already covered
- customized knife subjects

Pacific Archipelago

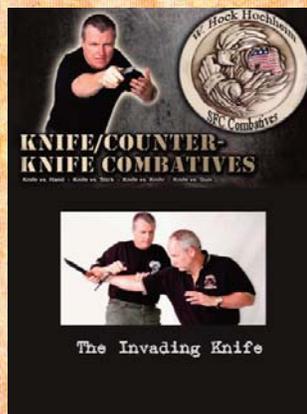
PAC Testing Information:

Level 1-9 \$75 USDs each
Black Belts are \$500
PAC and Filipino Instructorship - \$150 USDs
(Or just train for knowledge)

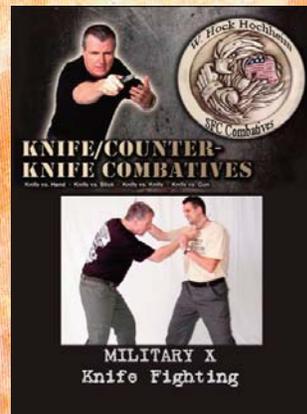
Get the information you need from these books, DVDs, and, or downloads and streaming



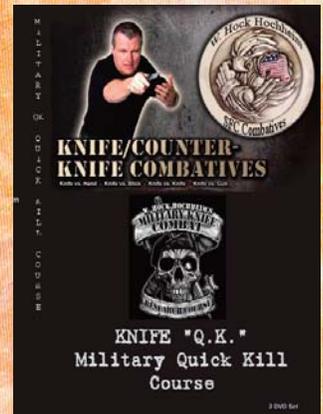
Knife Flow, Speed Exercises



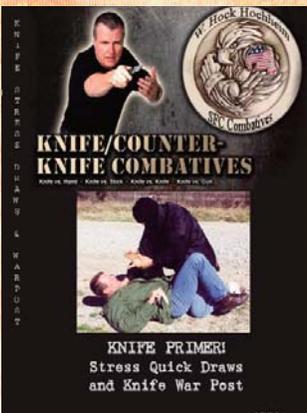
The Invading Knife



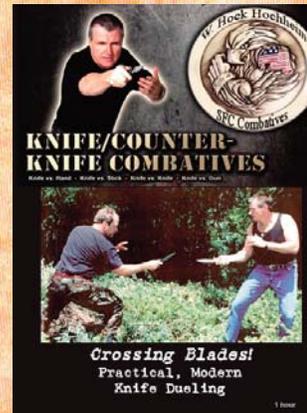
Military X Knife Slashing



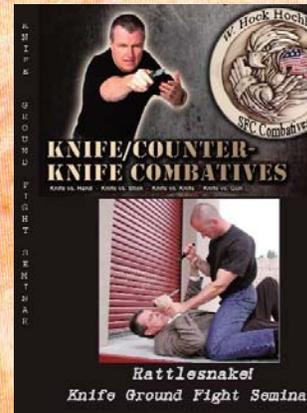
Stab Quick Kills



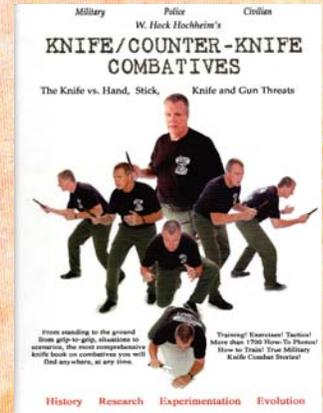
Quick Draws & War Post



Crossing Blades



Rattlesnake Ground Fight



The Knife Book

Hock@HocksCQC.com
www.ForceNecessary.com



**W. Hock Hochheim's
Pacific Archipelago Concepts
Espada Y Daga Essentials**

Unlocking the Combat in Double Weapons Sinawali

Sinawali is a Filipino term for "to weave" something done with double weapons. Why study it?

- Exercise
- Strength
- Coordination
- Builds attitude / Fire of the Fight / CQC Courage
- Popular / fun / challenging to interested people
- limited modern world real applications.

Too Many Double Weapon Drills! Redundancy

When one looks at the entire spectrum of Filipino styles, Grandmasters and their students, there are hundreds of Sinawali drills. A comprehensive study of all of them can be a pursuit of diminishing returns, or simply a trivial pursuit-like quest. In the early 1990's I asked Professor Remy Presas a Sinawali question that was bothering me,

"Why," I asked, "when there are so many different kinds of double stick drills, hundreds of them, why do you only teach about five of them?"

"Because," Remy answered, "That is all you need to really fight."

I wrestled with that idea for years. In 1997 I became so frustrated with documenting the never-ending list of Filipino double stick patterns and their systems, I realized that all of them share the same foundation and a variations on the five themes listed here:

- 1) Single strike patterns
- 2) X-Patterns
- 3) Circular patterns
- 4) Hit 6 patterns
- 5) Hybrid/ Combinations

These will be explained and studied in the course, along with other combat skill drills. All too often these patterns are learned as if for some kind of interactive dance designed to perform with a partner. Learn to defeat patterns not blend with them.

Since the common impact weapon can be used to strike three ways, with the shaft, with the tip and with the handle, and the left and right hands can fire off in different musical beats and progressions, this category holds so many of the differing drills.

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Why so many variables?

- Variable 1) Two hands involved
- Variable 2) Differing weapons
- Variable 3) Differing grip possibilities for differing hands
- Variable 4) Stick strips with shaft, tip or handle
- Variable 5) Differing strikes like hit and retract of cross overs
- Variable 6) "Musical beat" variations

Starting Positions Knowledge

Review hand grips

12 o'clock open

3 o'clock - or left side closed

* left over right

* right over left

6 o'clock open

9 o'clock - or right side closed

* left over right

* right over left

Maximize!

To maximize your espada y daga, you need work with the solo knife, and the solo stick

Pacific Archipelago

EyD Essentials 1: Single Stick Strikes

Solo strikes on the Combat Clock

Solo stick side strikes

Strike sticks, bags, pads, tires, etc for power

Standing and ground

><

Solo slash

Doble or more slashes

Witik Hit & retract

Abaniko fan

Redondo/dobletta

Tip stab

Punyo handle strike

EyD Essentials 2: Knife Strikes

Solo strikes on the Combat Clock

Solo stick side strikes

Strike sticks, bags, pads, tires, etc for power

Standing and ground

><

Solo slash

Doble or more slashes

Witik Hit & retract hack

Saber Grip

Reverse Grip

Stab and slash

Slash and stab

EyD Essential 3: Unsupported and Supported Blocking

Unsupported blocks for the perceived lesser power, closer strikes

Supported blocks (by other knife and or body versus power shorts

Review all single stick blocks

Solo stick blocks on the clock

Solo knife blocks on the clock

- saber grip

- reverse grip

Double blocks -same angle

Double blocks -other weapon supports high, medium, low

Double blocks crossada placed

Double blocks -Remy Crossada

Pacific Archipelago

EyD Essential 4: Basic Strike and Block” Single Give and Take

Familiarization Exercise

Trainer strikes with stick, trainee blocks with stick
Trainer strikes with stick, trainee blocks with knife
Trainer strikes with knife, trainee blocks with stick
Trainer strikes with knife, trainee blocks with knife
Trainer strikes with stick and knife, trainee blocks with stick and knife
Trainer strikes with stick/knife, trainee blocks with stick and knife

The single strike and supported block, 3-Elevation Drill

EyD Essential 5: Basic Strike and Block Give and Take Multiple Attacks

Familiarization Exercise

Trainer strikes multiple times and trainee blocks multiple times

EyD Essential 6: Give and Take Sets with Advance and Retreat Footwork

Presas Sets of 3
Presas Sets of 2
Presas Sets of 1
Circle, move and walk around
RUN! Forward and backward
Up and down, down and up

EyD Essential 7: The Espada Y Daga Outside Invasion Series

You try to invade in. You are outside his arm and you make contact with the outside of your arm. The series is an introduction to get a student aware of this situation. It based on the these four options:

- Option 1) Your strike gets through
- Option 2) Your strike gets stopped half way
- Option 3) Your strike is over-blocked
- Option 4) Do all right-handed and left-handed

Pacific Archipelago

EyD Essential 8: Doble Baston Hubad with any 6 inserts

EyD Essential 9: Horizontal Blast with any 3 inserts (or more)

EyD Essential 10: Windmill with any 3 inserts (or more)

EyD Essential 11: Espada Y daga Kob-Kob Module

Heaven/Standard/Earth (Earth could be on knees)

- Hit and retract series
- Slash through series
- Passing Series "the delayed slash"

EyD Essential 12: Side Switchers

2 count version

3 count version

EyD Essential 13: Basic Diamond Pattern Module - the Single Sinawalis

Basic 4 count

- Solo
 - * in the air
 - * hit a staff or pole
- Rear arm bar hammerlock on his right arm
- Rear arm bar hammerlock on his left arm
- wrist cuts with reverse grip version

Presas Diamond Block and Strike versus combat clock strikes

Advanced 4 count with thrusts on 1 and 3

Defeat the 4 count

Advanced Diamond 6 count

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EyD Essential 14: X Pattern The “Original Sinawali”

- Solo
 - in the air
 - hit a staff or pole

- with a partner, the “X progression”
 - From 12 o'clock
 - From 3 o'clock
 - Combine 12 and 3
 - From 6 o'clock
 - Combine 12, 3 and 6
 - From 9 o'clock
 - Combine 12, 3, 6 and 9
 - Defeat an X pattern

EyD Essential 15: Hit Six or “Double Sinawali”

- Solo
 - in the air
 - hit a staff or pole

- With a partner
 - High series
 - High-low series
 - Presas Peripheral
 - Defeat Double Sinawali Drill

EyD Essential 16: Samu Samu

- Solo
 - in the air
 - hit a staff or pole

- With a partner
 - saber grip knife
 - reverse grip knife

EYD Essential 17: Espada Y Daga Sumbrada

- Perform the 10 event drill with a partner
- Perform 3 inserts

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EyD Essential 18: Ernesto Presas Espada Y Daga Series Patterns

Do 3 or more

EyD Essential 19: Espada Y Daga Takedowns

Know the Diminished fighter theory

Samples of double weapon grappling

Impact (to head or knee)

Leg sweep

Torso push pull on head and groin/behind the knees

Remy straight side arm bar

Rear arm bar hammerlocks

><

with saber or reverse
grip knife?

Rear neck pull

Fire pole

Arm wraps (like the reverse bent arm bar)

Continue to add to this list

EyD Essentials 20: Disarming

The 3 big double weapon disarms

- impact disarm

- snake disarm

- strip and send disarms

EyD Essential 20: Espada Y Daga Kill Shot

Dueling footwork

Dueling positions

Dueling fakes and feints

Shadow Boxing that closes in - far to contact

Killshot Rules

Pacific Archipelago

EyD Essential 25: Doble Baston Hubad with any 3 (or more) inserts

EyD Essential 26: Doble Baston Horizontal Blast with any 3 (or more) inserts

EyD Essential 27: Doble Baston Windmill Drill with any 3 (or more) inserts

EyD Essential 28: the Spartan Combat Scenario Module

EyD Essential 29: Advanced Doble Baston Kill Shot (with takedowns)

EyD Essential 30 on up: Established double weapon exercises from other Filipino systems

EyD Essential: 36 The EyD Black Belt Test Expectations

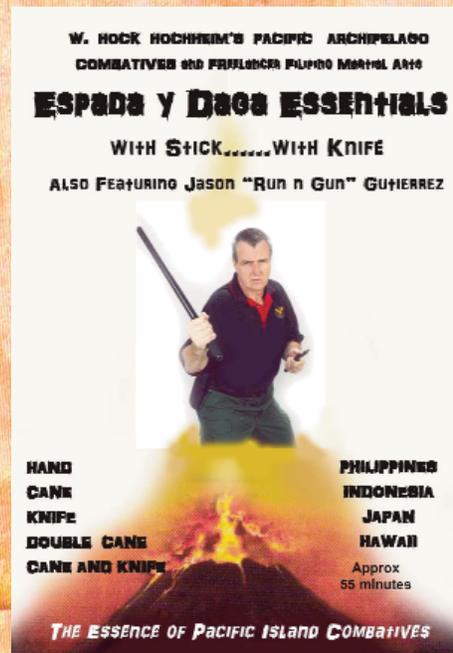
- responsible for all of the above material if asked
- rounds of EyD sparring
- 10 EyD Combat Scenarios takedowns.

PAC Testing Information:

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PAC and (Freelancer Filipino) Instructorship levels - \$150 USDs

Each Black Belt test is \$500
(Or just train for knowledge)



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www.ForceNecessary.com



**W. Hock Hochheim's
Pacific Archipelago Concepts
MANO MANO/KAJUKENBO**

Lecture Points

1: The PAC Mano Mano Course is a working collection of Filipino Hand-Hand, "karate," "jujitsu," "kenpo," "kempo" (Kajukenbo) and other Pacific Ocean based martial arts.

2: Diminished fighter theory

- diminished through pain and stunning or sometimes they arrive diminished
 - * untrained
 - * unathletic
 - * out of shape

3: The Combat Clock Mandate

Through the old military Combat Clock, we can quickly and easily demonstrate and practice these fundamentals.

- Basic Training 12, 3, 6, 9 on the clock
- Advanced Training 1-12 on the clock

4: Footwork and Fighting Athleticism

5: The 10 Fighting Positions: One non-Ready and Nine Ready Positions

Unarmed Study 1: The Eye Attack Module

Unarmed Study 2: The Open Hand/Palm Strike Module

Unarmed Study 3: The Forearm Strike Module

Unarmed Study 4: The Hammer Fist Strike Module

right handed
left handed
standing
>< kneeling vs up
kneeling vs knee
kneeling vs. down
grounded

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Mano-Mano /Kajukenbo

- Unarmed Study 5: The Punch/Counter Punch - The Jab
 - Unarmed Study 6: The Punch/Counter Punch - The Cross
 - Unarmed Study 7: The Punch/Counter Punch - The Hook
 - Unarmed Study 8: The Punch/Counter Punch - The Uppercut
 - Unarmed Study 9: The Punch/Counter Punch - The Overhand
 - Unarmed Study 10: The Elbow Module
 - Unarmed Study 11: The Body Ram Module
 - Unarmed Study 12: The "Limited Use of the Head Butt" Module
 - Unarmed Study 13: The Critical Contact Module (the Invading Hands Study)
- right handed
left handed
>< standing
kneeling vs up
kneeling vs knee
kneeling vs. down
grounded
- Unarmed Study 14: The Front Snapping Kick Module
 - Unarmed Study 15: The Stomp Kick Module
 - Unarmed Study 16: The Knee Module
 - Unarmed Study 17: The Rear Round Kick Module
 - Unarmed Study 18: The Front Round Kick Module
 - Unarmed Study 19: The Back Kick Module
 - Unarmed Study 20: The Side Kick Module
 - Unarmed Study 21: The Thrust Kick Module
 - Unarmed Study 22: The Counters To Kick Module
 - Unarmed Study 23: The Boxing Module
 - Unarmed Study 24: The Kick Boxing Module
- right handed
left handed
standing
>< kneeling vs up
kneeling vs knee
kneeling vs. down
grounded
- Unarmed Study 25: The Battering Takedown Explained...
 - Unarmed Study 26: The To-The-Rear Takedowns
 - Unarmed Study 27: The To-The-Front Takedowns
 - Unarmed Study 28: The To-The-Sides Takedowns
 - Unarmed Study 29: The 5 Circular Takedowns (head, body, torso, wrist, ankle)
 - Unarmed Study 30: The Arms-Race TKDs: Branch-up, Branch-down, Branch-straight
 - Unarmed Study 31: The Neck and Chokes Takedowns
 - Unarmed Study 32: The Push/Pull Takedowns
- Unarmed Study 33: Survival Catch Wrestling Applications

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Unarmed Study 34: Ground n Pound Module

- review all strikes and kicks from topside, bottom-side and side by side positions
- Ground DRill: takedown start and:
 - * scarf and strikes
 - * then to east-west and strikes
 - * then to knee on belly and strikes
 - * then to saddle and strikes
 - * then to guard and strikes
 - * then add pop-up escapes

Unarmed Study 35: The Critical Contact Progression

- working knowledge

Unarmed Study 36: The Unarmed Hubad Exercise

- any 5 strike inserts
- any 5 grappling inserts
- the grab drill version, a set-up for grappling and takedowns

Unarmed Study 37: The Invasion Series

- outside invasion series with variations
- inside invasion series with variations

Unarmed Study 38: Sinawali Boxing

- diamond pattern
- X and 6 Count applications
- others

Unarmed Study 39: The Ambush, Dodge, Evasion and Fight Back Exercise

- unarmed vs. unarmed
 - * 10 combat scenarios
- unarmed vs. stick
 - * 10 combat scenarios
- unarmed vs knife
 - * 10 combat scenarios

Unarmed Study 40, 41...: Contunue to study unarmed theme topics

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Get the information you need from these books, DVDs, and, or downloads/streaming



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



Stop 6 of the Stop 6
Part 3
Ground Zero, Problem-Solving

Ground Fighting



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



The Arms Race
Using His Arms For Takedowns
The Stop 6, Part 2

Approx. 50 minutes

Arm Grappling



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



The Stop 3:
Forearm Collision

Approx. 2 Hours

Forearm Collisions



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES
Mixed Weapon Self Defense



Caught Red-Handed!
Grabs on fingers, hands, wrists
and lower forearms, with or
without weapons!

Stop 2 of The Stop 6

Grabs and Counters

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UNARMED COMBATIVES



Combat Strikes 1.2.3
The First 3 Strike Modules of the Course

1 HOUR DVD

Combat Strikes 1,2, 3

FORCE NECESSARY



UNARMED COMBATIVES



**Takedowns and
Counters To Takedowns**

Counters to Takedowns

FORCE NECESSARY



UNARMED COMBATIVES



"Boxing Outside the Think" Series
The Other Hand

1 HOUR DVD

The Other Hand

FORCE NECESSARY



UNARMED COMBATIVES



**Joint Cranks and
Joint Locks**

2 DVD Set

Joint Locks and Counters

STOP 6



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



The Stop 3:
Forearm Collision

Critical Contact



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Hand Stick Knife Gun
STOP 6 SERIES



Stop 6 of the Stop 6
Dominant/Counter Dom:
Part 1: The Bottom-Side Ground
Collision with Mixed Weapons

One Hour

Dominant/Counter Dom: Ground



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



**Combat Kicks and
Counters to Kicks**

Kicks and Counters

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Unarmed versus the Knife!
Great Class Drills and Exercises

3 Videos, 2 DVD Set

Versus the Knife

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W. Hock Hochheim's Pacific Archipelago Concepts

The Single Stick Disarms and Some Counters

Lecture Points

These are Lecture Points are covered in detail in the PAC outline. They are mentioned again here to review and remind.

Ranges Discussion

Diminished fighter theory

The 4 Main Stick Grips

To Learn all the Appropriate Stick Tactics

The 3 striking points of the stick

The 4 ways a stick attacks

The Combat Clock Mandate

Importance of Footwork and Fighting Athleticism

Two stick training methods: The Bully and Madman

Strike and Block overview

Counters to Common Blocks Series

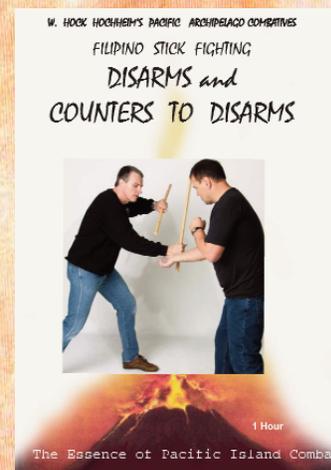
- Cut the block
- Redirect on another line
- Invading hands
- The 4 "P's"
 - * pinning
 - * passing
 - * pulling
 - * pushing
- Axis Strikes
 - * sliding stick
 - * handle punch pivots in
 - * cavalry tip stab

The Big 5 Disarms

- Impact
- Hand Snake
- Stick Snake
- Strip and Keep
- Strip and Send
- The Gibson Side-to-Side Advice

The Three Counters Categories

- Early phase
- Mid phase
- Late phase



*Get the DVD
Get the download*

Pacific Archipelago

Weapon Recovery and Last Resort

- Get stick off of him - "Disarm his disarm"
- Get stick off the floor
- Unarmed vs double sticks
- (Or leave if you can?)

Disarm 1: Impact Disarm Set

- * 4 impact disarms
- * 4 counters to impact disarms - hit and retract evasion/retention
- * Reversal! 4 counters to impact disarms - hit and retract evasion/retention vs his strike. His strikes passes, you strike the incoming limb for a impact disarm
- * Lose stick? Charge in

Disarm 2: The Hand (and support arm) Snake Disarm

- * 4 hand snakes
- * counter the snake disarm
 - *early, mid and late phase ><
 - pull/yank stick back
 - handle punch to pelvis, arm bar
 - snake eater
 - lose stick? Charge in

Disarm 3: The Stick Snake Disarm

- * uses shaft and pommel
- * 4 stick snakes
- * counters, early, mid and late phase

Disarm 4: The strip and send disarm (counter to the limb grab)

- * grabbing the limb practice
 - 4 (or 12) weapon-bearing limb grabs
- * grab and strip/send stick vs the 4 or 12
- * counter - mid-phase releases to and from the limb grab
 - circular release
 - yank-outs
 - push/pull
 - elbow roll-over
 - center lock drive
 - fanning hits with captured limb
 - lose stick? Charge in
 - experiment with chasing sent stick

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Disarm 5: The Strip and Keep Disarm Series

- * Block and grab the stick, or you strike and grab his block
- * Grab the stick his strike or his block, either way)
 - 4 stick grabs (where on his stick? Discuss. Experiment)
 - Any 4 basic block, grab, then disarm
 - 4 stick grabs, use grab as a fanning shield block vs a hand strike
 - "Get your stick back!" Escapes from the stick grab (counter to the stick grab)
 - 4 rowing rolls escapes

 - 4 stick grabs, hit his head with your grab
 - 4 stick grabs, hit his head with your stick, hit his head with his stick
 - The strip and keep disarm with two stick follow-up.
 - * mid-grip and regular grips, then any sinawalis
 - * change mid grip to regular grip then any sinawalis
 - He grabs and you grab
 - * use your grab to hit his grab on your stick, oh his hand or forearm
 - * use your grab to hit his grab on your stick, oh his hand or forearm
 - * and then wipe his grip off your stick

- * Practice patterns
 - He: 4 stick strikes and You: 4 blocks
 - Grab stick! Striker grabs your stick set, next blocker grabs his stick set
 - Hit Head! Striker set and blocker set
 - Hit Head and hit weapon arms! Striker and blocker sets
 - Other grabs incoming stick! Striker and blocker sets
 - Counter "In the Clutches" grab!
 - circular release
 - push/pull
 - center lock drive
 - yank-outs
 - elbow roll-over
 - fanning hits with captured limb
 - and hit in best angle

Grabbed? stick stabs head, and any takedowns

Collection/Review of Counters to Stick Disarms

- 4 counters to impact disarms
- 4 counters to stick snake disarms
- 4 counters to hand snake disarms
- 4 counters to strip and send disarms
- 4 counters to strip and keep disarms



W. Hock Hochheim's Pacific Archipelago Concepts The PAC/FMA Abaniko Exercises

Unlocking The Abaniko

Abaniko Defined and Discussed

- 1: It is a fanning shaft strike of a weapon, usually with an impact weapon
- 2: Uses the side of the top of an impact weapon as a striking surface
- 3: Vertical or horizontal or points in between
- 4: Good for flexibility and unique power development in that range
- 5: Wrist pivoting a priority, NOT a sloppy X slash
- 6: Moving your elbow with the fan helps a bit
- 7: Possible for certain swords and bolos, but little hand and knife
- 8: Fans may be one strike, but usually two or more fanning-like actions,
 - strike, strike and so on...
 - block, strike and so on...
 - strike, block and so on...
 - fake, strike and so on...



Abaniko Center Grip Warm ups

Abaniko Basic strikes on the Combat Clock

12 to 6 3 to 9
9 to 3 6 to 12

Abaniko Advanced Strikes on the Combat Clock.

This opens NUMEROUS possibilities when you consider both vertical and horizontal applications. Here are just a few as a kick starter to think realize the possibilities. Some will be uncomfortable for the wrist and therefore impossible.

| | |
|--------------|--------------------------------|
| 12 to 6 | 1 to 10 |
| 1 to 7 | 1 to 9 |
| 2 to 8 | 1 to 7 |
| 3 to 9 | 1 horizontal to 6 vertical |
| 4 to 10 | ...and so on |
| ...and so on | ...note: some angles, not good |

"The Fire of the Fight is in the Stick!" - Professor Remy Presas

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Train to hit objects (a staff or another's stick) in sets

You can hold one stick or staff vertical for the horizontal strikes. And two sticks horizontal, spaced apart for the vertical strikes-suggesting say, the high head and low groin targets.

- do the basic clock 4, right and left handed
- do with the advanced clock 12, right and left handed
- the extra mojo at the end "trick"



Classic Single Stick, Strike, Block and Abaniko counter with a fan series

Review single stick blocks

Review double stick blocks

Review slash strikes on the clock for drill attack system

Review stab strikes on the clock for drill attack system

Incorporate the block as the first fan strike and follow up fan

Any block/move and two or more fans with single stick

Any block/move and two or more fans with double sticks

- the trainer can back away from the fans
- the trainer can hold a stickup as a fan target



"Sticking" the Abaniko Strike into a Stick Series

It is very common and smart FMA practice to do combination strikes.

Insert the abaniko into a series of differing strikes. These are an example.

Time doing these combinations are very important.

Example Combo: Abaniko, & downward slash, and, or horizontal slash

Example Combo: Horizontal slash, vertical abaniko, downward slash

Example Combo: Vertical abaniko, horizontal abaniko, any thrust

Example Combo: Beat 2 1/2 head strike on the Hubad drill

Example Combo: Make your own combo strike list for classes



Cambiata with Abiniko

Inside to outside entry

Outside to inside entry



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Introduction to Classis Arnis De Mano Combat Scenario

This is an example on how you can build an abaniko combat scenario

Abaniko the thrust to Armbar

Start: Stick, arm, head strike workout versus the right hand thrust

Start: Stick, arm, head strike workout versus the left hand thrust

Next: Turn into Arnis combat scenario ending w/armbar hammer lock

In the Clutches of Scenario

High grabs and use the fan instantly

* Abaniko limb destruction

* Abaniko head destruction

The High Abaniko Fake Scenario vs leg strike

Thee Abaniko Double Stick Drill

The 3 hit fan a 1 o'clock, 3 hit fan at 11 o'clock, solo and with a partner

The "Hit-6" Abaniko Drill, solo and with a partner

- intro the right to left and left to right 3-beat side switchers
- the actual 1 and 4 abaniko drill
- the classic Goofy Abaniko

Espada y Daga Abaniko

The E. Presas Espada y Daga High Horizontal

The E. Presas Espada y Daga Vertical

- Silat style off the side armbar



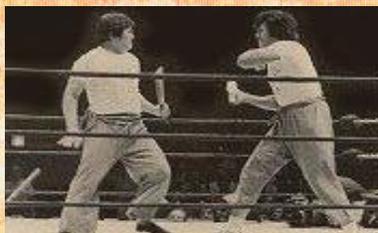
- off the rear bear hug

- Kenpo style off the typical scenario

Mano Mano

The Fanning Hamer strikes (usually vertical)

Continue to acquire, collect and develop more Abaniko movements



Pacific Archipelago

PAC Testing Information:

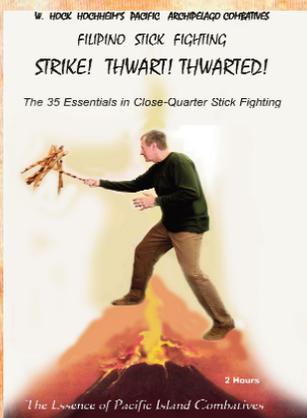
PAC Levels 1 - 9 are \$75 USDs

PAC and Freelancer Filipino Instructorship levels - \$150 USDs

PAC Level 10 Black Belt - \$500

(Or just train for knowledge)

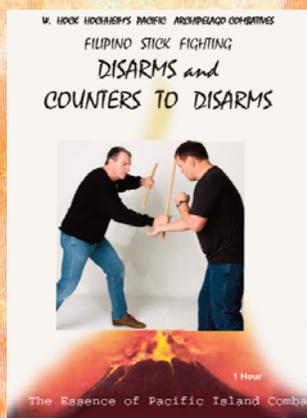
Get the information you need from these books, DVDs, and, or downloads and streaming



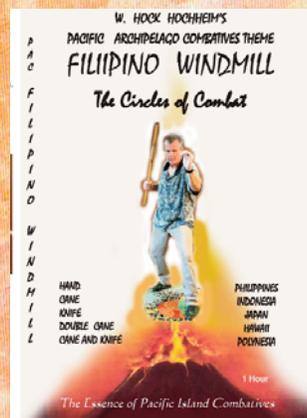
35 Stick Essentials



Double Stick Methods



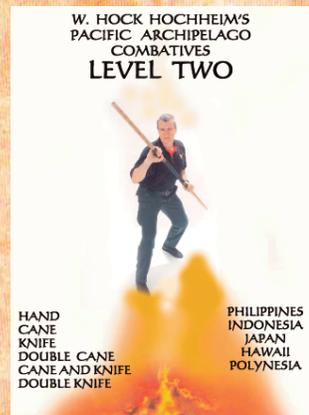
Disarms and Counters



Circles of Combat



PAC 1



PAC 2



PAC 3



The Stick Book!

Hock@HocksCQC.com
www.ForceNecessary.com

W. Hock Hochheim

The Filipino X

Configuring the 8s

This is a simple outline that accompanies the training film, exploring the use of the X pattern/format as it relates to mano-mano, single stick, double stick, knife, double knife and espada y daga.

Introduction to the X

- can be hard core solo strikes, very robotic
- can be very fluid as in figure 8s, sometimes too fluid. A mix of both may be best
- it, along with a diamond pattern, is often used to start a stick drill or "technique"
- the 4 corners of the x as starting points and why

The X with a Knife

The X with two knives

The X with a single stick

- right hand 2 count
- left hand 2 count
- Old Presas block and strike drill
 - * block and counter with an X - swing in the air
 - * block and counter with an X - partners hit an X with sticks

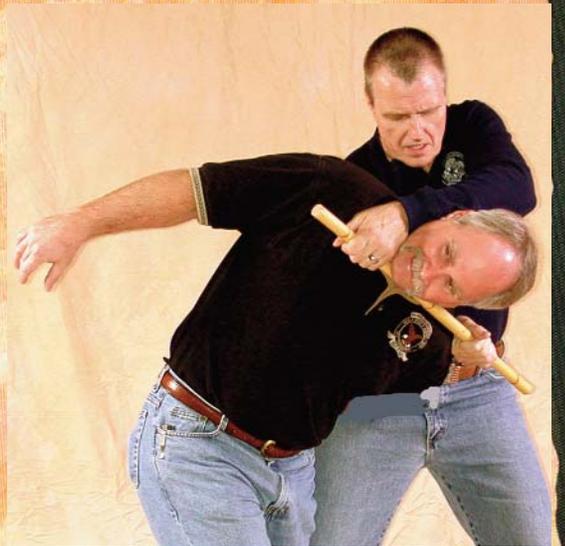
The X with double sticks

- basic right left x (4 count, 2 right, 2 left)
- basic "Sinawali 4 count, right, left, right, left"
 - * from 12
 - * from 3 (progression 12 and 3)
 - * from 6 (progression 12, 3 and 6)
 - * from 9 (progression 12, 3, 6 and 9)
- 6 count sinawali with an X on 1 and an X on 4



The X with Espada Y Daga

- basic right left x (4 count, 2 right, 2 left)
- basic "Sinawali 4 count, right, left, right, left
 - * from 12
 - * from 3 (progression 12 and 3)
 - * from 6 (progression 12, 3 and 6)
 - * from 9 (progression 12, 3, 6 and 9)



The Crossada Block workout

The X with push daggers

The X Arm Smothering in scenarios

The X Leg Smothering in scenarios

Examples of X Strick Grappling

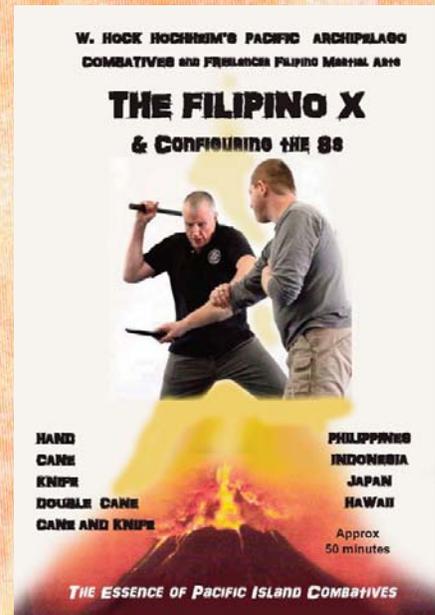
- X face crush
- 4 X chokes
- 2 Xs on wrist
- X on Pelvis
- X on knee
- x on shin
- X on ankle

An X Knife Scenario - the military assassination throat and heart attack

- saber knife grip version
- reverse knife grip version

An X Knife Scenario

- the 3 X-er attack on throat biceps, forearm



Get the film. DVD or stream





W. Hock Hochheim's Pacific Archipelago Concepts Gunting and Limb Destruction Exercises

Filipino Tagalog "Gunting" defined:

1. a tool or instrument for cutting
2. to cut with scissors or shears:

Typically FMA experts consider a gunting to be a scissor-like cutting, a coming together of two sharp parts like edges, but as you can see from the Tagalog dictionary, it's martial meaning might also include any single cut from such a cutting instrument. But many practice gunting strikes with a scissoring motion.

Tools Used

An FMA gunting could be delivered with knives, sticks or hands, and the way it is typically taught is on the limbs. Many emphasize a single knife and hand strikes. The hand strikes could be hammerfist or the knuckles of a fist like a traditional punch. Many modern FMA practitioners like to use a closed folder like a palm stick.

Guntings and Destructions Discussion Points

Why and should strikers should use the limb strike?

- can't reach the head or neck
- to weaken the attackers limb
- this creates an aggressive attitude
- might be a hard block?
- may weaken limb for a joint crank?
- is it worth it?

Pacific Archipelago

Exercises

The Gunting and Destruction Statue Drills

Introduction to the simple destruction with the Statue Drill.

Working across the body, review the total options of the Statue, although variations may not cover all 6 possibilities:

- outside his right arm
- splitting his right arm
- inside his right arm
- inside his left arm
- splitting his left arm
- outside his left arm



Hand

vertical single hits
horizontal single hits
incorporate scissors to vertical
incorporate scissors to horizontal
the *Inosanto Salute* to the outside
elbow to fist series

Knife

vertical single hits
horizontal single hits
incorporate scissors to vertical
* use hand and knife
* use two knives
incorporate scissors to horizontal

Stick

vertical single hits
horizontal single hits
incorporate scissors to vertical
incorporate scissors to horizontal

Double stick and Espada y Daga

vertical single hits
horizontal single hits
incorporate scissors to vertical
incorporate scissors to horizontal



Hock with Ernesto Presas,
Negros Island, 1993

Pacific Archipelago

Hubad! Explore half beats hits/cuts through Filipino Hubad
hand versus hand
stick versus stick
knife versus knife

The FMA Five Elbows

- with elbows
- with reverse grip knife application

Interactive, Moving Drills (attacks are delivered via the combat clock angles)

- stick versus stick limb hits
- stick versus knife limb hits

- knife versus knife limb hits
- knife versus stick limb hits

- hand strikes versus stick attacks
- hand strikes versus knife attacks
- hand strikes versus hand strikes

- double sticks versus single stick attacks
- double stick versus double stick attacks
- double stick versus espada y daga attacks

- espada y versus single stick attacks
- espada y daga versus double stick versus double stick attacks
- espada y daga versus double stick versus espada y daga attacks

Combat Scenarios Involving guntings and destructions

- demo Presas Arnis classics
- hand versus hands, sticks and knives
- knife versus hands, sticks, knives
- stick versus hands, sticks, knives



*Hock with Ray
Medina, 1986*