

BERNAS ESTOCADAS

CORE CURRICULUM



DAGWAY PATTERNS

SMALL-L	U-TURN	CAPITAL-I	CAPITAL-T	CROSS-OPENSA	CROSS-DEPENSA
1-12 (North)	1-7 (North)	1 (West)	1-7 (North)	1 (West)	1 (North)
1-12 (South)	8-12 (South)	2 (East)	8 (West)	2 (East)	2 (South)
		3-7 (North)	9 (East)	3 (North)	3 (West)
Opensa		8 (West)	10-12 (South)	4 (South)	4 (East)
Depensa		9 (East)		5 (East)	5 (South)
		10-12 (South)		6 (West)	6 (North)
				7 (South)	7 (East)
				8 (North)	8 (West)
				9 (East)	9 (North)
				10 (West)	10 (West)
				11 (South)	11 (East)
				12 (North)	12 (North)

	PASUNOD Consecutive Strikes		LAKOT / PALABULAK Mixed and Special Strikes						OPENSA-DEPENSA Attack & Defense		IMO-AKON Your Turn, My Turn		DAGWAY Forms	
TAG-ISA Each-One	OPENSA 12 Basic Strikes O = Opensa	DEPENSA 12 Basic Blocks D = Depensa	PALABULAK Special "Flowering" Strikes 4x Reps Side-to-Side; 2x Reps Advancing; 2x Reps Retreating						LEVEL 1 SAGANG Blocking	Once comfortable, in any of the <i>Opensa-Depensa (Imo)</i> or <i>Imo-Akon</i> drills, it is possible to feed the strikes in <i>random</i> order, rather than in the set sequence; and to increase the intensity of the drill in terms of speed and power, with and without protective equipment.	N/A	LEVEL 1 Set Routine		
			<ul style="list-style-type: none"> R = Redonda (Rotating) W = Wasiwias (Wagging) P = Palpal (Pegging) A = Abaniko (Fanning) 	<ul style="list-style-type: none"> a = Abierta s = Serrada 	<ul style="list-style-type: none"> Small-L ** U-Turn * Capital-T * Capital-I * Cross (+) ** 									
TAGDUHA Each-Two	PARES PARES Paired Strikes & Paired Blocks 4x Reps Side-to-Side, 2x Reps Advancing, 2x Reps Retreating	PASUNOD TAGDUHA Consecutive 2-Strike Combinations 2 x Reps Advancing & 2 x Reps Retreating (or Reverse)	LAKOT TAGDUHA Mixed 2-Strike Combinations Advance on first strike, Retreat on second strike (or Reverse)						LEVEL 2 BALOS Single Counter (Basic)	LEVEL 2 LAKOT Mixed Counters	LEVEL 1 SAGANG Blocking		LEVEL 2 Single Pre-Set Follow-Up	
			ABIERTA (Open Strikes):											
			1+2	3+2	5+2	7+2	8+2	10+2	O1=D1+2 O2=D2+1 O3=D3+2 O4=D4+3 O5=D5+2 O6=D6+1 O7=D7+1 O8=D8+3 O9=D9+1 O10=D10+K+1 O11=D11+2 O12=D12+1	O1=D1+2; 4; 6; 9; 11; 12 O2=D2+1; 3; 5; 7; 8; 10 O3=D3+2; 4; 6; 9; 11; 12 O4=D4+1; 3; 5; 7; 8; 10 O5=D5+2; 4; 6; 9; 11; 12 O6=D6+1; 3; 5; 7; 8; 10 O7=D7+1; 3; 5; 7; 8; 10 O8=D8+1; 3; 5; 7; 8; 10 O9=D9+1; 3; 5; 7; 8; 10 O10=D10+K+1; 3; 5; 7; 8; 10 O11=D11+2; 4; 6; 9; 11; 12 O12=D12+1; 3; 5; 7; 8; 10	O1=D1+01 O2=D2+02 O3=D3+03 O4=D4+04 O5=D5+05 O6=D6+06 O7=D7+07 O8=D8+08 O9=D9+09 O10=D10+010 O11=D11+011 O12=D12+012	1+Rs 2+Ra, 3+Rs 4+Ra 5+3 6+4 Ra+7 8+3 9+9 10+10 11+Rs 12+Ra		
			SERRADA (Closed Strikes):										LEVEL 5 PANG-AGAW (Disarms)	
			2+1	4+1	6+1	9+1	11+1	12+1	O1=D1+PA1	O5=D5+PA5	O9=D9+PA9			
			2+3	4+3	6+3	9+3	11+3	12+3	O2=D2+PA2	O6=D6+PA6	O10=D10+PA10			
			2+5	4+5	6+5	9+5	11+5	12+5	O3=D3+PA3	O7=D7+PA7	O11=D11+PA11			
			2+7	4+7	6+7	9+7	11+7	12+7	O4=D4+PA4	O8=D8+PA8	O12=D12+PA12			
			2+8	4+8	6+8	9+8	11+8	12+8						
			2+10	4+10	6+10	9+10	11+10	12+10						
Short version only includes sequences highlighted in bold. Long version includes all sequences listed.														

	PASUNOD Consecutive Strikes	LAKOT / PALABULAK Mixed and Special Strikes	OPENSA-DEPENSA Attack & Defense	IMO-AKON Your Turn, My Turn	DAGWAY Forms
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TAGTATLO Each-Three	PASUNOD TAGTATLO Consecutive 3-Strike Combinations <i>Advancing on Odd, Retreating on Even (or Reverse)</i> 1-2-3 2-3-4 3-4-5 4-5-6 5-6-7 6-7-8 7-8-9 8-9-10 9-10-11 10-11-12	LAKOT TAGTATLO Mixed 3-Strike Combinations <i>Advance on first two strikes; Retreat on third strike</i>					LAKOT TAGTATLO Single Counter (Mixed) Attack-Defend-Counter Sequence 01=D2+O1; 3; 5; 7; 8; 10 02=D1+O2; 4; 6; 9; 11; 12 03=D4+O1; 3; 5; 7; 8; 10 04=D3+O2; 4; 6; 9; 11; 12 05=D6+O1; 3; 5; 7; 8; 10 06=D5+O2; 4; 6; 9; 11; 12 07=D8+O1; 3; 5; 7; 8; 10 08=D7+O1; 3; 5; 7; 8; 10 09=D10+K+O1; 3; 5; 7; 8; 10 010=D9+O1; 3; 5; 7; 8; 10 011=D12+O1; 3; 5; 7; 8; 10 012=D11+O2; 4; 6; 9; 11; 12	LEVEL 2 BALOS Single Counter (Basic) 01=D1+O2+1 02=D2+O1+2 03=D3+O2+3 04=D4+O3+4 05=D5+O2+5 06=D6+O1+6 07=D7+O1+7 08=D8+O3+8 09=D9+O1+9 010=D10+K+O1+10 011=D11+O2+11 012=D12+O1+12	LEVEL 2 LAKOT Single Counter (Mixed) 01=D1+(O2; 4; 6; 9; 11; 12)+O1 02=D2+(O1; 3; 5; 7; 8; 10)+O2 03=D3+(O2; 4; 6; 9; 11; 12)+O3 04=D4+(O1; 3; 5; 7; 8; 10)+O4 05=D5+(O2; 4; 6; 9; 11; 12)+O5 06=D6+(O1; 3; 5; 7; 8; 10)+O6 07=D7+(O1; 3; 5; 7; 8; 10)+O7 08=D8+(O1; 3; 5; 7; 8; 10)+O8 09=D9+(O1; 3; 5; 7; 8; 10)+O9 010=D10+K+(O1; 3; 5; 7; 8; 10)+O10 011=D11+(O2; 4; 6; 9; 11; 12)+O11 012=D12+(O1; 3; 5; 7; 8; 10)+O12																																																															
		<table border="1"> <tr> <td>1-2-1</td> <td>3-4-1</td> <td>5-6-1</td> <td>7-8-2</td> <td>9-10-2</td> <td>11-12-2</td> </tr> <tr> <td>2-1-2</td> <td>4-3-2</td> <td>6-5-2</td> <td>8-7-1</td> <td>10-9-1</td> <td>12-11-1</td> </tr> <tr> <td>1-2-3</td> <td>3-4-3</td> <td>5-6-3</td> <td>7-8-4</td> <td>9-10-4</td> <td>11-12-4</td> </tr> <tr> <td>2-1-4</td> <td>4-3-4</td> <td>6-5-4</td> <td>8-7-3</td> <td>10-9-3</td> <td>12-11-3</td> </tr> <tr> <td>1-2-5</td> <td>3-4-5</td> <td>5-6-5</td> <td>7-8-6</td> <td>9-10-6</td> <td>11-12-6</td> </tr> <tr> <td>2-1-6</td> <td>4-3-6</td> <td>6-5-6</td> <td>8-7-5</td> <td>10-9-5</td> <td>12-11-5</td> </tr> <tr> <td>1-2-7</td> <td>3-4-7</td> <td>5-6-7</td> <td>7-8-9</td> <td>9-10-9</td> <td>11-12-9</td> </tr> <tr> <td>2-1-9</td> <td>4-3-9</td> <td>6-5-9</td> <td>8-7-7</td> <td>10-9-7</td> <td>12-11-7</td> </tr> <tr> <td>1-2-8</td> <td>3-4-8</td> <td>5-6-8</td> <td>7-8-11</td> <td>9-10-11</td> <td>11-12-11</td> </tr> <tr> <td>2-1-11</td> <td>4-3-11</td> <td>6-5-11</td> <td>8-7-8</td> <td>10-9-8</td> <td>12-11-8</td> </tr> <tr> <td>1-2-10</td> <td>3-4-10</td> <td>5-6-10</td> <td>7-8-12</td> <td>9-10-12</td> <td>11-12-12</td> </tr> <tr> <td>2-1-12</td> <td>4-3-12</td> <td>6-5-12</td> <td>8-7-10</td> <td>10-9-10</td> <td>12-11-10</td> </tr> </table>	1-2-1	3-4-1	5-6-1	7-8-2				9-10-2	11-12-2	2-1-2	4-3-2	6-5-2	8-7-1	10-9-1	12-11-1	1-2-3	3-4-3	5-6-3	7-8-4	9-10-4	11-12-4	2-1-4	4-3-4	6-5-4	8-7-3	10-9-3	12-11-3	1-2-5	3-4-5	5-6-5	7-8-6	9-10-6	11-12-6	2-1-6	4-3-6	6-5-6	8-7-5	10-9-5	12-11-5	1-2-7	3-4-7	5-6-7	7-8-9	9-10-9	11-12-9	2-1-9	4-3-9	6-5-9	8-7-7	10-9-7	12-11-7	1-2-8	3-4-8	5-6-8	7-8-11	9-10-11	11-12-11	2-1-11	4-3-11	6-5-11	8-7-8	10-9-8	12-11-8	1-2-10	3-4-10	5-6-10	7-8-12	9-10-12	11-12-12	2-1-12
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2-1-12	4-3-12	6-5-12	8-7-10	10-9-10	12-11-10																																																																			

TAGAPAT Each-Four	PASUNOD TAGAPAT Consecutive 4-Strike Combinations <i>Advancing on Odd, Retreating on Even (or Reverse)</i> 1-2-3-4 2-3-4-5 3-4-5-6 5-6-7-8 6-7-8-9 7-8-9-10 8-9-10-11 9-10-11-12	PARES PARES + PALABULAK Combining Paired & Special Strikes <i>4x Reps Side-to-Side; 2x Reps Advancing; 2x Reps Retreating</i>					LEVEL 3 BALOS DAMO (Multiple Counters) 01=D1+O2+1+4 02=D2+O1+2+3 03=D3+O2+1+4 04=D4+O3+9+10 05=D5+O2+1+4 06=D6+O1+2+3 07=D7+O1+2+3 08=D8+O3+9+10 09=D9+O1+2+3 010=D10+K+O1+2+3+4 011=D11+O2+2+3+4+3 012=D12+O1+2+3	LEVEL 3 Multiple Pre-Set Follow-Up 1+Rs+As+Rs 2+Ra+Aa+Ra 3+Rs+As+Rs 4+Ra+Aa+Ra 5+3+2+3 6+4+3+2 R+7+8+7 8+3+4+3 9+9+3+4 10+10+4+3 11+Rs+As+Rs 12+Ra+3+2										
		<table border="1"> <tr> <td>1Rs+2Ra</td> <td>1W+2W</td> <td>1Ps+2Pa</td> </tr> <tr> <td>3Rs+4Ra</td> <td>3W+4W</td> <td>3Ps+4Pa</td> </tr> <tr> <td>5Rs+6Ra</td> <td>5W+6W</td> <td>5Ps+6Pa</td> </tr> <tr> <td>7Rs+8Ra</td> <td>7W+8W</td> <td>7Ps+8Pa</td> </tr> <tr> <td>9Rs+10Ra</td> <td>9W+10W</td> <td>9Ps+10Pa</td> </tr> <tr> <td>11Rs+12Ra</td> <td>11W+12W</td> <td>11Ps+12Pa</td> </tr> </table>	1Rs+2Ra	1W+2W	1Ps+2Pa	3Rs+4Ra			3W+4W	3Ps+4Pa	5Rs+6Ra	5W+6W	5Ps+6Pa	7Rs+8Ra	7W+8W	7Ps+8Pa	9Rs+10Ra	9W+10W
1Rs+2Ra	1W+2W	1Ps+2Pa																
3Rs+4Ra	3W+4W	3Ps+4Pa																
5Rs+6Ra	5W+6W	5Ps+6Pa																
7Rs+8Ra	7W+8W	7Ps+8Pa																
9Rs+10Ra	9W+10W	9Ps+10Pa																
11Rs+12Ra	11W+12W	11Ps+12Pa																

PALABULAK
Special "Flowering" Strike Combinations *[Technically cross Tagduha, Tagtatlo, & Tagapat]*

- Wasiwas+Redonda
- Wasiwas+Abaniko+Redonda
- Palpal+Wasiwas+Redonda
- Palpal+Wasiwas+Abaniko+Redonda

TAG-LIMA Each-Five	PANG-AWAY COMBINATIONS [Examples Only] Mixing Opensa & Palabulak in 5-Strike Combs <i>Advancing & Retreating with Each Combination</i>					LEVEL 3 BALOS DAMO (Multiple Counters) 01=D1+O2+1+4+1 02=D2+O1+2+3+2 03=D3+O2+1+4+3 04=D4+O3+9+10+4 05=D5+2+1+(O2)4 06=D6+1+2+(O1)3 07=D7+1+2+(O1)3 08=D8+3+(O9)9+10 09=D9+1+2+(O1)3 010=D10+K+1+2+3+(O9)4(H) 011=D11+2+2+3(H)+4+(O1)3 012=D12+1+2+(O1)3 H=High Target	LEVEL 4 PAIWAY (Evasion) 01=D1+2+1+(O2)4 02=D2+1+2+(O1)3 03=D3+2+1+(O2)4 04=D4+3+(O9)9+10 05=D5+2+1+(O2)4 06=D6+1+2+(O1)3 07=D7+1+2+(O1)3 08=D8+3+(O9)9+10 09=D9+1+2+(O1)3 010=D10+K+1+2+3+(O9)4(H) 011=D11+2+2+3(H)+4+(O1)3 012=D12+1+2+(O1)3
	11. R-1-2-W-W 12. R-3-R-2-R 13. R-W-2-1-W 14. R-W-R-2-R 15. R-W-P-W-1-4 16. R-P-W-P-W 17. R-W-A-R-W 18. R-P-W-A-R-W 19. W-W-P-W-P-W 20. W-R-P-W-R	21. 7-8-3-R-4 22. 7-8-9-3-2 23. 7-8-10-9-A-R-W 24. 7-8-3-4-R 25. 7-8-2-3-4 26. 5-6-7-8-3-4 27. 5-P-W-3-11-2 28. 5-A-R-2-1-4 29. 5-3-2-1-4 30. 5-10-9-A-R-2	LEVEL 3 BALOS DAMO (Multiple Counters) 01=D1+O2+1+4+3 02=D2+O1+2+3+6 03=D3+O2+1+4+3 04=D4+O3+9+10+4 05=D5+2+1+4+5 06=D6+O1+2+3+6 07=D7+O1+2+3+7 08=D8+O3+9+10+8 09=D9+O1+2+3+9 010=D10+K+O1+2+3+4+10 011=D11+O2+2+3+4+3+11 012=D12+O1+2+3+12	LEVEL 4 PAIWAY (Evasion) 01=D1+2+1+(O2)4 02=D2+1+2+(O1)3 03=D3+2+1+(O2)4 04=D4+3+(O9)9+10 05=D5+2+1+(O2)4 06=D6+1+2+(O1)3 07=D7+1+2+(O1)3 08=D8+3+(O9)9+10 09=D9+1+2+(O1)3 010=D10+K+1+2+3+(O9)4(H) 011=D11+2+2+3(H)+4+(O1)3 012=D12+1+2+(O1)3	LEVEL 4 KARENZA Freeform number of strikes; Listed here for completeness		