

BERNAS ESTOCADAS SYSTEM

Grading Requirements from Beginner to Instructor Level. What do we have to do for the different levels? Last Updated: Agálon Robert Parkes, 9 August 2024.



BAG-ÓHAN

Level 1
[PASS REQUIRED]

Bag-ohan (novice; grey) is the first of five apprenticeship ranks, and is awarded to a person who has been accepted as a student of the Bernas Estocadas system, having demonstrated: (1) appropriate levels of courtesy and respect; (2) a willingness and capacity to learn signalled by a capacity to perform the system's 12 fundamental strikes and blocks in a stationary format; and (3) recognition of the meaning of key foundational terms.

❑ Pagsolórdan

- Saludo (Salute)
- Panguyat (Grip)
- Ngangang Búaya (Crocodile Mouth)
- Pigar (Push/Press)
- Garahé (Parked/Chambered)
- Abierta/Serrada (Open/Closed)
- Kayá/Kulob (Supine/Prone)

❑ Paníndog

- Preparar (Ready Stance)
- Hiláy Likód (Back Stance)
- Hiláy Tubang (Forward Stance)
- Baká (Horse Stance)
- Púngkò (Seated/Cat Stance)
- Ekis (Cross Stance)

❑ Palakát (Footwork)

- Walá ang Tuó (Left & Right)
- Abante (Advancing)
- Atras (Retreating)

❑ Opensa

- 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

❑ Depensa

- 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

❑ Depensa-Opensa (Defend & Counter)

- Static Feed Only
- Level 1: Sagáng



LÍNGHOD

Level 2
[PASS REQUIRED]

Línghod (unripe; green) is the second of five apprenticeship ranks, and is awarded to the student who has demonstrated, under low intensity exam conditions: (1) with reasonably accurate footwork, stick and body positioning, and some fluidity, the system's consonants (12 fundamental strikes), and their defences, in simple (isolated or paired) sequences, while advancing and retreating; and (2) mostly maintains form during low intensity defence and counter drills.

❑ Opensa Páres Páres (Paired Strikes)

- Stationary, Advancing, Retreating
- 1-8 Reps Slow & Smooth, 8-1 Reps Fast & Hard
- 1-2, 3-4, 5-6, 7-8, 9-10, 11-12

❑ Depensa Páres Páres (Paired Blocks)

- Stationary, Advancing, Retreating
- 1-8 Reps Slow & Smooth, 8-1 Reps Fast & Hard
- 1-2, 3-4, 5-6, 7-8, 9-10, 11-12

❑ Dágway (Forms) Level 1

- Basic Forms
- Opensa (Abante/Atras)
- Depensa (Abante/Atras)

❑ Doble Baston: Santikanay (Double Stick Sparring)

- 4-Steps-Advancing, 4-Steps-Retreating
- 1) High-High (R/L)
- 2) Low-Low (R/L)
- 3) High-High (R/L) + Low-Low (R/L)
- 4) High-High-Low-Low (R/L)
- 5) High-Low (R/L)
- 6) High-Low-High (R/L)

❑ Depensa-Opensa (Defend & Counter)

- Must include performance as Dagsing
- Level 1: Sagáng (Blocking)
- Level 2: Balos (Single Counter)



GÚLANG

Level 3
[PASS REQUIRED]

Gúlang (maturing; yellow) is the third of five apprenticeship ranks, and is awarded to the student who has demonstrated, under low intensity exam conditions: (1) with correct footwork, stick and body positioning, and good fluidity, the system's consonants (12 fundamental strikes), and their defences, in a range of consecutive two, three, and four strike sequences, while advancing, retreating, and switching directions; and (2) the maintenance of form and fluidity during low intensity defence and counter drills.

❑ Pasunód Páres Páres (Consecutive Pairs)

- 1-2
- 3-4, (1-2-3-4)
- 5-6, (1-2-3-4-5-6)
- 7-8, (1-2-3-4-5-6-7-8)
- 9-10, (1-2-3-4-5-6-7-8-9-10)
- 11-12, (1-2-3-4-5-6-7-8-9-10-11-12)

❑ Pasunód Tagduhá (Consecutive 2-Strike Combos)

- Stationary, Advancing, Retreating
- 1-2, 2-3, 3-4, 4-5, 5-6, 6-7, 7-8, 8-9, 9-10, 10-11, 11-12

❑ Pasunód Tagtátlo (Consecutive 3-Strike Combos)

- Advancing on Odd & Retreating on Even
- Advancing on Even & Retreating on Odd
- 1-2-3, 2-3-4, 3-4-5, 4-5-6, 5-6-7, 6-7-8, 7-8-9, 8-9-10, 10-11-12

❑ Tag-ápat (Fours)

- Stationary, Advancing, Retreating
- 1-2-3-4
- 5-6-7-8
- 9-10-11-12

❑ Palabulak (Flourishes - Vowels)

- Abierta (Open Position) & Serrada (Closed Position)
- Redonda (r)
- Abaniko (a)
- Palpal (p)
- Wasiwas (w)

❑ Dágway (Forms) Level 1

- Advanced Forms
- U, T, I, Plus (+)

❑ Doble Baston: Santikanay (Double Stick Sparring)

- 4-Steps-Advancing, 4-Steps-Retreating
- High-R, High-L, Redonda Serrada-R + High-L, High-R, Redonda Serrada-L [Sinawali]
- 1-7 in a single sequence

❑ Depensa-Opensa (Defend & Counter)

- Must include performance as Dagsing
- Level 3: Balos Damó (Multiple Counters)



HABÁL

Level 4
[CREDIT REQUIRED]

Habál (ripening; orange) is the fourth of five apprenticeship ranks, and is awarded to the student who has demonstrated, under moderate intensity exam conditions: (1) the capacity to seamlessly blend the system's consonants (12 fundamental strikes) and vowels (special strikes) in complex consecutive two, three, and four strike sequences, while moving fluidly and effectively, in multiple directions, and maintaining correct footwork, stick and body positioning; and (2) the maintenance of form, fluidity, focus, and effectiveness, during moderate intensity defence and counter drills involving use of blocking & parrying.

❑ Páres Páres + Palabulak (Paired Strikes plus Vowels)

- Páres Páres + Redonda: 1r2r, 3r4r, 5r6r, 7r8r, 9r10r, 11r12r
- Páres Páres + Redonda & Abaniko: 1rar2rar, 3rar4rar, 5rar6rar, 7rar8rar, 9rar10rar, 11rar12rar
- Páres Páres + Redonda, Abaniko, & Palpal: 1rarp2rarp, 3rarp4rarp, 5rarp6rarp, 7rarp8rarp, 9rarp10rarp, 11rarp12rarp
- Páres Páres + Redonda, Abaniko, Palpal, & Wasiwas: 1rarpw2rarpw, 3rarpw4rarpw, 5rarpw6rarpw, 7rarpw8rarpw, 9rarpw10rarpw, 11rarpw12rarpw

❑ Pasunód Tagtátlo Abante/Atrás (Consecutive 3-Strike Combos Advancing & Retreating)

- Within Each Sequence
- Abante-Atrás-Abante
- Abante-Abante-Atrás
- Atrás-Abante-Abante

❑ Palabulak Dámò (Multiple Flowering Strikes/Vowels)

- Corto 3 & 4 + Serrada: r-a-r-p-w
- Corto 4 & 3 + Abierta: r-a-r-p-w

❑ Tag-ápat (plus Vowels)

- Stationary, Advancing, Retreating
- 1-2-3-4-r-a-r-p-w
- 5-6-7-8-r-a-r-p-w
- 9-10-11-12-r-a-r-p-w

❑ Dágway (Forms) Level 2

- Advanced Forms plus Vowels
- Opensa (Abante) + r-a-r-p-w
- U, T, I, Plus (+) + r-a-r-p-w

❑ Depensa-Opensa (Defend & Counter)

- Must include performance as Dagsing
- Imo-Ákon (Your Turn-My Turn)
- Level 4: Paway (Evade & Parry)
- Balos-Balos (Counter-Counter)
- Depensa-Depensa (Stop & Pass)

❑ Doble Baston: Santikanay (Double Stick Sparring plus Vowels)

- 1-7 Santikanay + Vowels (a, r, p, w)
- Sinawali Variations



HÍNOG

Level 5
[DISTINCTION REQUIRED]

HínoG (ripe; red) is the final of five graded apprenticeship ranks, and is awarded to the student who has demonstrated: (1) under moderate intensity exam conditions, a capacity to seamlessly blend the system's abierta strikes (open consonants) and serrada strikes (closed consonants), and special strikes (vowels) in complex non-consecutive multi-strike sequences, while moving fluidly, intuitively, & effectively, in multiple directions, and maintaining correct footwork, stick and body positioning; and (2) maintenance of form, fluidity, and focus, during complex, moderate intensity, defence and counter drills involving use of blocking, parrying, & disarming.

❑ Lakót Tagduhá (Mixed 2-Strike Combos)

- 1+(2,4,6,9,11,12)
- 2+(1,3,5,7,8,10)
- 3+(2,4,6,9,11,12)
- 4+(1,3,5,7,8,10)
- 5+(2,4,6,9,11,12)
- 6+(1,3,5,7,8,10)
- 7+(2,4,6,9,11,12)
- 8+(2,4,6,9,11,12)
- 9+(1,3,5,7,8,10)
- 10+(2,4,6,9,11,12)
- 11+(1,3,5,7,8,10)
- 12+(1,3,5,7,8,10)

❑ Lakót Tagtátlo (Mixed 3-Strike Combos)

- 1-2+(1,3,5,7,8,10)
- 2-1+(2,4,6,9,11,12)
- 3-4+(1,3,5,7,8,10)
- 4-3+(2,4,6,9,11,12)
- 5-6+(1,3,5,7,8,10)
- 6-5+(2,4,6,9,11,12)
- 7-8+(2,4,6,9,11,12)
- 8-7+(1,3,5,7,8,10)
- 9-10+(2,4,6,9,11,12)
- 10-9+(1,3,5,7,8,10)
- 11-12+(2,4,6,9,11,12)
- 12-11+(1,3,5,7,8,10)

❑ Dágway (Forms) Level 3

- Advanced Forms plus Consonants & Vowels
- Opensa (Abante) + Consonants & Vowels
- Depensa + Balos Damó + r-a-r-p-w
- U, T, I, Plus (+) + Consonants & Vowels

❑ Depensa-Opensa (Defend & Counter)

- Must include performance as Dagsing
- Level 5: Pang-Agaw (Abierta/Serrada)
- Level 6: Pang-Agaw + Vowels

❑ Doble Baston Gunting (Double Stick Scissoring)

- Gunting (Serrada) +(1,3,5,7,8,10)
- Gunting (Abierta) +(2,4,6,9,11,12)



MANUNÚDLÒ

Instructor
[HIGH DISTINCTION REQUIRED]

Manunúdlò (Instructor; black) is a licensed teacher of the art who has demonstrated: (1) a capacity to accurately explain and demonstrate the principles and practices of the *Abesdario*, *Pang-Away*, and *Combate General* of the *Solo & Doble Baston* curriculum of the Bernas Estocadas System, with consistently strong form, fluidity, focus, and functionality, in front of an international audience, overseen by Manunúdlò, Agálon, and the Lolo Amo, under intense exam conditions; and (2) maintenance of the form, fluidity, focus, and functional effectiveness, during high intensity defence and counter drills involving use of blocking, parrying, & disarming.

❑ Mustra (Demonstrating)

- Can demonstrate all Level 1-5 rank requirements with:
- Form
- Fluidity
- Focus
- Functional Effectiveness

❑ Túdlò (Teaching)

- Can explain all Level 1-5 rank requirements:
- Conceptually (Principles)
- Technically (Mechanics)
- Tactically (Strategies)
- Historically (Contexts)
- Philosophically (Ethics)
- Methodologically (Pedagogies and Curriculum Progressions)

❑ Depensa-Opensa (Defend & Counter)

- Levels 1-6
- Dagsing
- Hanas

❑ Karanza (Free Movement)

- Freeform mixing of consonants and vowels
- Solo Baston
- Doble Baston

BERNAS ESTOCADAS SYSTEM EVALUATION RUBRIC

How well are we expected to perform?

SOLO DRILLS	PARTNER DRILLS	TEACHING DEMONSTRATION	PRESTRUCTURAL 1-2 Marks	UNISTRUCTURAL 3-4 Marks	MULTISTRUCTURAL 5-6 Marks	RELATIONAL 7-8 Marks	TRANSFORMATIONAL 9-10 Marks
FORM	FORM	FORM	The technique is poorly executed, with little to no alignment or adherence to the basic principles of the martial art. Major errors are present.	The technique shows some aspects of correct form but includes noticeable inconsistencies and flaws.	The technique is generally well-executed with correct form, though minor imperfections may be present.	The technique is executed with high precision and adherence to form, though some technical imperfections may appear as the speed of execution increases.	The technique is executed with exceptional precision and mastery, incorporating advanced nuances and refinements, even at high speeds.
FLUIDITY	FLUIDITY	FLUIDITY	The technique lacks coordination and appears disjointed. There is no evident smoothness or transition between movements.	Movements are somewhat coordinated but include awkward and hesitant transitions between actions.	Movements are mostly smooth with reasonable coordination, though occasional breaks in continuity may occur.	Movements are fluid and well-coordinated, with effective adjustments, and transitions between techniques; and only occasional unnecessary breaks in continuity as the speed of execution increases.	Techniques are executed with an effortless, and graceful fluidity, that includes smooth and seamless transitions between techniques, regardless of the speed of performance.
FOCUS	FOCUS	FOCUS	The execution of technique demonstrates a lack of understanding of its purpose. There is no clear intention or target, and movement seems unfocused.	The execution of technique involves some level of purposeful targeting and trajectory control but is frequently accompanied by a lack of intent.	The execution of technique involves mostly clear and purposeful targeting, and good trajectory control, and visible intent is mostly maintained throughout.	The execution of technique consistently demonstrates clear and purposeful targeting and solid trajectory control; and focused intent is maintained throughout.	The execution of technique consistently demonstrates clear, purposeful, and precise targeting and trajectory control; and unwavering intent is maintained throughout.
N/A	FUNCTION	FUNCTION	The technique fails to achieve its intended purpose and does not effectively address the intended application.	The technique demonstrates partial effectiveness in its application, but it often lacks efficiency or may not fully meet its intended purpose; and there may be some awareness of the need to modify when faced with unexpected circumstances, but actual adaptability is limited.	The technique mostly achieves its intended purpose, though there may be room for improvement in efficiency, power, timing, accuracy, or precision; and basic adjustments can be made as necessary, but responses may not be fully optimized or seamless.	The technique achieves its intended purpose, demonstrating efficiency and effectiveness, through precise and well-coordinated power, timing, and targeting; and adjustments are made effectively based on changing circumstances, demonstrating a level of adaptability and situational awareness.	The technique achieves its intended purpose through precise, efficient, and effective coordination of required movements, and its application demonstrates a high degree of versatility, through appropriate and dynamic adjustment in real-time to effectively handle diverse, unexpected, and complex situations.
N/A	N/A	INSIGHT	No understanding of the system's combative techniques, concepts, or tactics, and their contexts.	Limited or superficial understanding of the system's combative techniques, concepts, and/or tactics, and their contexts.	Basic knowledge of the system's combative techniques, concepts, and/or tactics, with recognition of one or two contextual factors (e.g., historical or cultural, etc.) but without connecting them.	Deep, insightful understanding and critical analysis of the system's combative techniques, concepts, and tactics, and their complex contexts, providing a comprehensive and insightful analysis of their emergence and significance, that may offer new insights or perspectives.	Deep, insightful understanding and critical analysis of the system's combative techniques, concepts, and tactics, and their complex contexts, providing a comprehensive and insightful analysis of their emergence and significance, that may offer new insights or perspectives.
N/A	N/A	METHOD	No understanding of the system's teaching methods and curriculum structures.	Limited, superficial, or confused understanding of the system's teaching methods and curriculum structures.	Demonstrates understanding of some aspects of the system's teaching methods and/or curriculum structures but struggles to articulate how they work together.	Demonstrates a solid understanding of the system's teaching methods and curriculum structures, and how they connect with each other to form an integrated whole.	Demonstrates an exceptional understanding of the system's teaching methods and curriculum structures and provides critical analysis into how they work as an integrated whole, that may present new insights or perspectives.

FAIL: 0-39% | RESIT: 40-49% | PASS: 50-64% | CREDIT: 65-74% | DISTINCTION: 75-84% | HIGH DISTINCTION: 85-100%
Minimum RESIT period is 2 x Calendar Months of regular training. If the result is FAIL, student must wait till next official half-yearly examination round.