

BERNAS ESTOCADAS SYSTEM

The goal is embodiment and freedom of movement, not rote memorization and simple imitation.



LÍNGHOD Level 1

Unripe
Unistructural
Technical Vocabulary

Demonstrates the 12 Strikes and 12 Blocks in **simple (isolated or paired) sequences**, with reasonably accurate footwork, stick and body positioning, and **some fluidity while advancing** (may have unnecessary pauses).

- Pagsolórdan
 - Saludo
 - Panguyat
 - Ngangáng Búaya
 - Pigar
 - Garahé
 - Preparar
 - Abierta/Serrada
 - Kayâ/Kulob
- Paníndog
- Palakát
- Opensa (Tag-Isa)
- Depensa (Tag-Isa)
- Páres Páres
 - Opensa Páres Páres
 - Depensa Páres Páres
- Dágway Level 1: Tag-Isa
 - #1 Opensa Abante (Tag-Isa)
 - #2 Depensa Abante (Tag-Isa)

Mostly maintains **form during low intensity** attack and defence partner drills.

- Opensa-Depensa
 - 1: Sagáng
 - 2: Balos



GÚLANG Level 2

Maturing
Multistructural
Simple Sequences

Demonstrates the 12 Strikes and 12 Blocks in **consecutive sequences**, with good footwork, stick and body positioning, and **good fluidity while advancing, retreating, and switching directions** (minimal unnecessary pausing).

- Tagápat
- Pasunód
 - Pasunód Páres Páres
 - Pasunód Tagduhá
 - Pasunód Tagtátlo
- Palabúlak
 - Wasiwas
 - Redonda
 - Abaniko
 - Palpal
- Dágway Level 1: Tag-Isa
 - #1: Opensa Abante/Atras
 - #2: Depensa Abante/Atras
 - #3: Opensa Krus
 - #4: Depensa Krus

Maintains **form and fluidity during low intensity** attack and defence partner drills.

- Opensa-Depensa
 - 3: Balos Dámò
 - 4: Paíway

Mostly maintains **form during moderate intensity** attack and defence partner drills.

- Dógsing
 - 1: Sagáng
 - 2: Balos



HABÁL Level 3

Ripening
Relational
Complex Sequences

Demonstrates the 12 Strikes, 12 Blocks, and Special Strikes, in **complex consecutive sequences**, maintaining correct footwork, stick and body positioning, while **moving fluidly in multiple directions** (no unnecessary pausing).

- Palabúlak Dámò
 - Redonda-Wasiwas
 - Palpal-Wasiwas-Redonda
 - Palpal-Wasiwas-Abaniko-Redonda
- Palabúlak Páres Páres
- Dágway Level 2 & 3: Dámò
 - #1: Opensa Abante/Atras
 - #2: Depensa Abante/Atras
 - #3: Opensa Krus
 - #4: Depensa Krus
 - #5: Letter I, H, and T

Maintains **form and fluidity, and functionality, during low intensity** attack and defence partner drills.

- Opensa-Depensa
 - Ímo-Ákon
 - Balos-Balos
 - Paíway-Sagáng

Maintains **form and fluidity during moderate intensity** attack and defence partner drills.

- Dógsing
 - 3: Balos Dámò
 - 4: Paíway

Mostly maintains **form during high intensity** attack and defence partner drills.

- Hánas
 - 1: Sagáng
 - 2: Balos



HINOG Level 4

Ripe
Functional
Fluent Dialogue

Demonstrates the 12 Strikes, 12 Blocks, and Special Strikes, in **complex non-consecutive sequences**, maintaining correct footwork, stick and body positioning, while **moving fluidly and powerfully, in multiple directions**.

- Lakót
 - Lakót Tagduhá
 - Lakót Tagtátlo
- Dágway Level 4: Karansa
 - Bátak
 - Barína
 - Kíwal
 - Túmbada

Maintains **form, fluidity, and functionality, during low intensity** attack and defence partner drills.

- Opensa-Depensa
 - Pangágaw

Maintains **form and fluidity, and functionality, during moderate intensity** attack and defence partner drills.

- Dógsing
 - 5: Paíway-Sagáng
 - 6: Balos-Balos

Mostly maintains **form, fluidity, and functionality, during high intensity** attack and defence partner drills.

- Hánas
 - 3: Balos Dámò
 - 4: Paíway



MANUNÚDLÒ Instructor

Matured
Pedagogical
System Grammar

Demonstrates the 12 Strikes, 12 Blocks, and Special Strikes, in **complex non-consecutive sequences**, with correct footwork, stick and body positioning, while **moving freely, fluidly, intuitively, rapidly, and powerfully**.

- Dágway Level 5: Rompida

Maintains **form, fluidity, and functionality, during low intensity** attack and defence partner drills.

- Opensa-Depensa
 - Pangágaw Balos Dámò

Maintains **form and fluidity, and functionality, during moderate intensity** attack and defence partner drills.

- Dógsing
 - Abierta/Serrada
 - Ímo-Ákon
 - Pangágaw

Maintains **form, fluidity, and functionality, during high intensity** attack and defence partner drills.

- Hánas
 - 5: Paíway-Sagáng
 - 6: Balos-Balos

Accurately **explains and demonstrates** the entire Abesedario and Pang-Áway Solo Banton curriculum of the Bernas Estocadas System.