

BERNAS ESTOCADAS SYSTEM



LÍNGHOD
Unripe



GÚLANG
Maturing



HABÁL
Ripening



HINOG
Ripe



MANUNÚDLÒ
Instructor



AGÁLON
Master

The Línghod candidate focuses upon developing their technical vocabulary, performing the techniques required for their level without prompting, and with a reasonable degree of technical accuracy and some fluidity. Speed and power are of little concern.

The Gúlang candidate focuses upon performing the techniques required for their level without prompting, and with a good degree of technical accuracy and fluidity. As the pressure and intensity of a drill increases some degradation of technique is expected.

The Habál candidate focuses upon developing their capacity to maintain good technique and fluidity, with only slight losses of technical integrity and fidelity, as the pressure and intensity of a drill increases.

The Hinog candidate focuses upon developing their capacity to maintain a high degree of technical accuracy, fluidity, and effectiveness as the intensity of a drill increases. Executing technique with speed and power is also of critical importance.

The Manunúdlò candidate focuses upon refining their understanding of the *Abesedario* and fundamental *Pang-Áway* of the system; and to be able to communicate and teach the system to others. At this level, there is equal focus on the martial and art.

The Agálon candidate focuses upon developing high levels skills in, a deep understanding of, and ability to teach, the complete Bernas Estocadas system; (including *Solo Baston*, *Doble Baston*, *Espada y Daga*, and *Estokido*).

All the following requirements:

- **Pagsolóndan** (Fundamentals)
- **Paníndog** (Stances Routine)
- **Palakát** (Footwork Routine)
- **Opensa** (12 Strikes)
- **Depensa** (12 Blocks)
- **Páres Páres** (Pairs)
 - *Pares Pares* (Paired Strikes; Paired Blocks)
 - *Pasnuod Pares Pares* (Consecutive Paired Strikes; Consecutive Paired Blocks)
- **Dágway** (Forms)
 - *Small-L Opensa* (Level 1: Striking)
 - *Small-L Depensa* (Level 1: Blocking)
 - *U-Turn Opensa* (Level 1: Striking)
- **Opensa-Depensa (Imo) 1-3** (Attack & Defence: Your Turn Only)
 - *Sagang* (Level 1: Blocking)
 - *Balos* (Level 2: Counter)
 - *Balos Damo* (Level 3: Multiple Counters)

All Línghod requirements plus:

- **Pasunód Tagduhá** (Consecutive 2-Strike Combinations: Standard & Mirrored)
- **Palabúlak** (Flowering Strikes)
 - *Redonda* (Rotating)
 - *Wasiwas* (Wagging)
 - *Palpal* (Pegging)
 - *Abaniko* (Fanning)
- **Páres Páres + Palabúlak** (Combining Paired Opensa and Flowering Strikes)
- **Dágway** (Forms)
 - *T Form* (Level 1 Striking)
 - *Capital-I Form* (Level 1 Striking)
 - *Small-L Opensa* (Level 2 Striking)
 - *U-Turn Opensa* (Level 2 Striking)
- **Opensa-Depensa (Imo-Akon) 1-3** (Attack & Defence: Your Turn, My Turn)
 - *Sagang* (Level 1: Blocking)
 - *Balos* (Level 2: Counter)
 - *Balos Damo* (Level 3: Multiple Counters)

All Gúlang requirements plus:

- **Pasunód Tagtatlo** (Consecutive 3-Strike Combinations)
- **Lakot Tagduhá** (Mixed 2-Strike Combinations)
- **Palabúlak Combinations** (Combining Flowering Strikes)
- **Dágway** (Forms)
 - *Cross Form* (Level 1 Striking)
 - *Cross Form* (Level 1 Blocking)
 - *T Form* (Level 2 Striking)
 - *Capital-I Form* (Level 2 Striking)
 - *Small-L Opensa* (Level 3 Striking)
 - *U-Turn Opensa* (Level 3 Striking)
- **Opensa-Depensa (Imo-Akon) 1-4** (Attack & Defence: Your Turn, My Turn)
 - *Sagang* (Level 1: Blocking)
 - *Balos* (Level 2: Counter)
 - *Balos Damo* (Level 3: Multiple Counters)
 - *Paiway* (Level 4: Evasion)

All Habál requirements plus:

- **Lakot Tagtatlo** (Mixed 3-Strike Combinations)
- **Dágway** (Forms)
 - *Small-L Form* (Level 4 Karenza)
 - *U-Turn Form* (Level 4 Karenza)
 - *T Form* (Level 4 Karenza)
 - *Capital-I Form* (Level 4 Karenza)
 - *Cross Form* (Level 4 Karenza)
- **Opensa-Depensa (Imo) 5 & 6** (Attack & Defence: Your Turn Only)
 - *Pang-Agaw* (Level 5: Disarming)
 - *Pang-Away + Balos Damo* (Level 6: Disarming w/ Multiple Counters)

All Hinog requirements plus:

- **Leading, Demonstrating, Explaining, and Applying Full Solo Baston Curriculum**

All Manunúdlò requirements plus:

- **Doble Baston**
- **Espada y Daga**
- **Estokido**

JUNIOR STUDENTS

SENIOR STUDENTS

INSTRUCTORS

The rank of LOLO ÁMO (Grandmaster) is reserved for Grandmaster William Bernas, the founder of the system.