

Bernas Estocadas System: Progressions Table

Criteria <i>Technical capability to focus on at each Level</i>		Standards <i>Combative attributes to focus on at each level</i>			
 Dágway <i>(Form)</i>	 Pang-áway <i>(Combatives)</i>	 Form <i>Kalibútán (Earth)</i>	 Flow <i>Dágat (Sea)</i>	 Focus <i>Lángit (Sky)</i>	
Manunúdlò <i>Teacher</i>	<p>Seamlessly moving with <i>Combáte Henéral</i> (general 'everything you know' combat methods), during <i>Karánza</i> (free movement). Capacity to demonstrate, explain, and facilitate drills required to attain mastery of the art.</p>	<p>Defending against random attacks with <i>Combáte Henéral</i> (general 'everything you know' combat methods), during high intensity <i>Depénsa-Opénsa Hánas</i> (defence & attack rehearsal). Capacity to demonstrate, explain, and facilitate drills required to attain mastery of the art.</p>	<p>Refining Form: principle-driven performance of technique, even with unfamiliar tasks or challenges; unified application of art's core principles for maximum effectiveness, even when improvising at high speed.</p>	<p>Refining Flow: effortless, seamless, fluid, and graceful movement within and between techniques, even when improvising at high speed.</p>	<p>Refining Focus: unwavering focus with intuitive, purposeful movement and intensity throughout; with rhythmic, distance, and energetic changes that reflect a vividly imagined opponent.</p>
Hínog <i>Level 5 Ripe</i>	<p>Seamlessly blending the system's <i>Abierta Opénsa</i> (open consonants) and <i>Serrada Opénsa</i> (closed consonants) with the <i>Palabúlk</i> (4 vowels) in complex <i>Lákot</i> (mixed non-consecutive) multi-strike sequences while moving in multiple directions, during <i>Dágway</i> (forms).</p>	<p>Defending against random attacks with <i>Sagáng</i> (blocks), <i>Palápaw</i> (parries), and <i>Paiway</i> (evasions), incorporating <i>Pang-Ágaw</i> (disarms) and being able to switch from <i>Opénsa</i> (attack) to <i>Depénsa</i> (defence) as needed, during high intensity <i>Depénsa-Opénsa Dógsing</i> (defence & attack play).</p>	<p>Refining Form: principle-driven performance of technique, even with unfamiliar tasks or challenges; unified application of art's core principles for maximum effectiveness.</p>	<p>Refining Flow: effortless, seamless, fluid movement within and between techniques, even when improvising at high speed.</p>	<p>Maturing Focus: purposeful movement and intensity throughout.</p>
Habál <i>Level 4 Ripening</i>	<p>Performing the <i>Opénsa</i> (12 strikes or consonants) and <i>Palabúlk</i> (4 special flowering strikes or vowels) in complex <i>Pasúnod</i> (consecutive) two, three, and four strike sequences while moving in multiple directions, during <i>Dágway</i> (forms).</p>	<p>Defending against random attacks with <i>Sagáng</i> (blocks), <i>Palápaw</i> (parries), and <i>Paiway</i> (Evasions), during moderate intensity <i>Depénsa-Opénsa Dógsing</i> (defence & attack play).</p>	<p>Refining Form: principle-driven performance of technique; unified application of art's core principles.</p>	<p>Maturing Flow: fluid movement within and between techniques.</p>	<p>Developing Focus: attention jumps from one element to another; a sense of purpose but intensity inconsistent.</p>
Gúlang <i>Level 3 Maturing</i>	<p>Performing the <i>Opénsa</i> (12 strikes or consonants) and their <i>Depénsa</i> (12 defences) in a range of <i>Pasúnod</i> (consecutive) two, three, and four strike sequences while advancing, retreating, and switching directions, during <i>Dágway</i> (forms).</p>	<p>Defending against random attacks with <i>Ságang</i> (blocking) and <i>Bálos Dámò</i> (multiple counters), during moderate intensity <i>Depénsa-Opénsa Dógsing</i> (defence & attack play).</p>	<p>Maturing Form: all key elements are present; unified application of art's core principles.</p>	<p>Developing Flow: mostly continuous motion, occasional stops or pauses.</p>	<p>Emerging Focus: attention locks into only one element; purpose not always clear, and intensity inconsistent.</p>
Língod <i>Level 2 Unripe</i>	<p>Performing the <i>Opénsa</i> (12 strikes or consonants), and their <i>Depénsa</i> (12 defences) in <i>Páres Páres</i> (paired) sequences, while advancing and retreating, during <i>Dágway</i> (forms).</p>	<p>Defending against random attacks with <i>Ságang</i> (blocking) and <i>Bálos</i> (single counter), during low-intensity <i>Depénsa-Opénsa Dógsing</i> (defence & attack play).</p>	<p>Developing Form: several key technical elements present; adherence to many core principles.</p>	<p>Emerging Flow: flow within techniques, but awkward or hesitant transitions with stops or pauses.</p>	<p>N/A Focus: lack of focus and intensity not important at this stage; and excessive attention on speed or power at the expense of good form can be counter-productive at this stage.</p>
Bag-óhan <i>Level 1 New</i>	<p>Performing the <i>Opénsa</i> (12 strikes or consonants) and their <i>Depénsa</i> (12 defences) in <i>Tagísá Abánté</i> (singular advancing) format.</p>	<p>Defending against random attacks with <i>Ságang</i> (blocking), during low-intensity <i>Depénsa-Opénsa Dógsing</i> (defence & attack play).</p>	<p>Emerging Form: one main key technical element present (ie. striking angle); adherence to a core principle (ie. body and weapon move together in attack).</p>	<p>N/A Flow: hesitation and a lack of fluidity not important at this stage.</p>	<p>N/A Focus: lack of focus and intensity not important at this stage; and excessive attention on speed or power at the expense of good form can be counter-productive at this stage.</p>
<i>Level 1 Pre-structural (Not Evident):</i> Does not yet have an understanding of the specifics of the system.		<i>Level 2 Uni-structural (Emerging):</i> Demonstrates one key component but is not yet able to connect it to anything else.	<i>Level 3 Multi-structural (Developing):</i> Demonstrates many key components, but they remain disconnected from each other and are treated as separate elements.	<i>Level 4 Relational (Maturing):</i> Demonstrates a capacity to integrate the various key components into a coherent whole, demonstrating an understanding of how the elements relate to each other for maximum effectiveness.	<i>Level 5 Transformational (Refining):</i> Demonstrates a capacity to generalise and apply their integrated understanding and capabilities to new contexts, situations, and novel problems, showing creativity, versatility, and adaptability.