

## MMAC Syllabus (Winter Quarter)

*Purpose:* Students will expand on and refine their basic striking abilities by focusing a single core concept each week. Students will split into groups and study a weapon art of their choosing; either Filipino stick and knife or Irish Shillelagh and American Bowie. By the end of the quarter, students will be introduced to grappling and ground striking.

*Time Period:* 1 quarter (10 weeks).

*Warm up:*

- 1) Jumping Jacks
- 2) Shadowboxing
- 3) Push up pyramid
- 4) Joint rotations
- 5) Light stretch

### Week 1

*Striking Concept: Review of Core Combinations*

- 1) Guru Brown Boxing 4
- 2) Master Chai 4
- 3) IMA 7
- 4) Knee Drills (Knee flow and Plume drill)

*Filipino Martial Arts*

- 1) History (Often invaded, Fluid Attacks, Weapon Intensive, Vectoring and evasive footwork)
- 2) Male and female triangle footwork
- 3) How to hold a stick
- 4) Cup-Cup and Bisadario 6 count
- 5) Leg strength and body mechanics
- 6) Angles 1-5
- 7) Angle 1 Hubad

*Western Martial Arts*

- 1) Irish history and culture
- 2) Footwork: Following, mirror, matching stance
- 3) Single hand style, strikes 1-6

- 4) Single hand style, blocks 1-6
- 5) Catch and return drills (stationary)

## **Week 2**

*Striking Concept: Forward Pressure/Continuous Attack*

- 1) T.B.A. 15 Count
- 2) Minnesota Shuffle
- 3) Knee flow Drill
- 4) Knee range drill

*Filipino Martial Arts*

- 1) Review Angles 1-5
- 2) House part 1 (*Umbrella, Reverse Umbrella, Angle 7 stop hit, Angle 6 stop hit, clockwise low to high sweep, counter clockwise high to low sweep*)
- 3) Review Footwork (*Put M and F triangles into House and angle flow, Footwork in striking*)
- 4) Intro angles 6 and 7
- 5) Intro angle 1 Hubad switch
- 6) Intro vertical punch Hubad

*Western Martial Arts*

- 1) Footwork
- 2) Single hand style, strikes 7-12
- 3) Catch and return drills (with movement)
- 4) Free drills

## **Week 3**

*Striking Concept: Responding to Linear Attacks*

- 1) Teep (Shield, Scoop in and out, catch)
- 2) Rear Spear Knee (Pass, Jam, Spike)
- 3) Rear Cross (Parry/Teep, Parry/Front Round)

*Filipino Martial Arts*

- 1) Review angles 1-7
- 2) Review House part 1
- 3) Review footwork (evading the 100% zone w/ deflections, Bisadario 6, Cup-Cup)
- 4) Intro Dead Patterns (Deflect and three follow up strikes)
- 5) Use Dead Patterns to Introduce (Arco Witick, Abaniko Witick, Redondo)
- 6) Double stick Dead Patterns
- 7) Intro Low Line (single leg take down) Hubad

*Western Martial Arts*

- 1) Footwork

- 2) Two hand style, all strikes
- 3) Two hand style, all blocks
- 4) Two hand style catch and return (with and without movement)

#### **Week 4**

*Striking Concept: Responding to Circular Attacks*

Review '100% zone'

Hooks (wing, check, supported wing, bob and weave)

Curve knees (circle to evade, jam, spike)

Round kicks (Shield block, gate, cut kick, grab)

*Filipino Martial Arts*

- 1) Review angles 1-7
- 2) Review House part 1
- 3) Review footwork
- 4) Introduce Angles 8 & 9
- 5) Introduce Angle 10
- 6) Introduce Angle 11 and Angle 12
- 7) Introduce last three deflections in house Roof, Inside and outside Deflections
- 8) Continue with dead patterns
- 9) Use dead patterns to introduce use of:
  - a. Angles 8-12
  - b. Roof, Inside and Outside deflections
- 10) Introduce uppercut hubud/sensitivity

*Western Martial Arts*

- 1) All footwork
- 2) Doyle style strikes
- 3) Doyle style locks
- 4) Doyle style throws
- 5) Blending of styles (Single hand, double hand combos)

#### **Week 5**

*Striking Concept: Entering Concepts*

- 1) Attack by combination
- 2) Attack by drawing
- 3) Faking strikes

*Filipino Martial Arts*

- 1) Review angles 1-12
- 2) Review House part 1 (Umbrella, Reverse Umbrella, angle 7 stop-hit, angle 6 stop hit, clockwise low to high sweep, counter-clockwise high to low sweep)

- 3) Review House part 2 (Roof, Inside and Outside Deflections)
- 4) Review footwork
- 5) Dead patterns
  - a. With “no-wind” drills (constant slow feed)
- 6) Sinawali
  - a. Review 6 count high
  - b. Introduce medium (a.k.a. Heaven and Earth)
- 7) Introduce Power Angles
- 8) Introduce Elbow hubad/sensitivity

*Western Martial Arts*

- 1) Doyle throws
- 2) Blending styles
- 3) Limited sparring

**Week 6**

*Striking Concepts: Gunting*

- 1) Gunting #1 – Backfist, L. Elbow, Shovel hook.
- 2) Gunting #2 – Shovel hook, Hook, Cross.
- 3) Gunting #3 – R. Oblique kick, Uppercut, Overhand.

*Filipino Martial Arts*

*Focus:* Review all single stick and double stick exercises

- 1) Review Inosanto Blend angles 1-12.
- 2) Review House part 1
- 3) Review House part 2
- 4) Review footwork (M and F triangles, triangle exercises, striking while moving)
- 5) Review all 5 Hubad/Sensitivity drills

*Western Martial Arts*

- 1) Bowie knife grip
- 2) Bowie stances
- 3) Basic Bowie strikes (using segno)
- 4) Types of Bowie strikes (back cut, slash, stab, chop, etc)
- 5) Full shillelagh sparring

**Week 7**

*Striking Concepts: Destructions and Cimande*

- 1) *Destruction #1(horizontal) – Back fist, H, U, H*
- 2) *Destruction #2(Vertical) – Spear knee, Round kick*
- 3) *Cimande #1 – Front Round, C, H, U*
- 4) *Cimande #2 – Elbow to body, spear knee, puda capaula.*
- 5) *Cimande #3 – Back fist, C, Round kick*

*Filipino Martial Arts*

*Focus:* Intro knife concepts/empty hand applications from knife and stick

- 1) Knife angles 1-12 (Slash, Hack, Stab, “J-Cut”)
- 2) Intro Pekiti-Tirsia passing drill
- 3) Intro self contained disarm drill from angle 5
- 4) Intro ‘defanging the snake’ with hand destructions

*Western Martial Arts*

- 1) Bowie knife blocks
- 2) Snap cuts
- 3) Interruptions
- 4) Back cuts

**Week 8**

*Striking Concepts: Fundamentals of Ground Striking*

- 1) Principles: Importance of dominant positions, throws as impacting weapons.
- 2) 3 basic dominant positions (Mount, Cross body, Knee on chest)
- 3) Striking from the 3 basic dominant positions
- 4) Basic escapes from K.O.C., Mount, and Cross Body.

*Filipino Martial Arts*

*Focus:* Knife concepts, empty hand applications from knife and stick.

- 1) Review angles 1-12,.
- 2) Pekiti Tirsia passing drill (All 12 angles, w/ knives, show Marcial Tirrada disarms 1 and 2).
- 3) Espada y daga 8 count.
- 4) Snake disarm from “caveman ice pick attack” (angle 1).
- 5) Hubad/Sensitivity 1-5.

*Western Martial Arts*

- 1) Single stick basics (strikes, stances, guards, blocks)
- 2) Back cuts, stabs, lunges
- 3) Limited single stick sparring
- 4) Full shillelagh sparring

**Week 9**

*Striking Concepts: Ground Striking continued*

- 1) Mount submits: Paintbrush (both sides), Scissor choke, Guillotine.
- 2) Cross Body submits: Brach up, Arm bar, Goose neck, Branch down.
- 3) Drill basic escapes.

*Filipino Martial Arts*

*Focus:* Knife concepts, empty hand applications from knife and stick.

- 1) Pekiti Tirsia drill with all angles. Reversal disarm and reverse kotegesch (#4 and #11 Marcial Tirrada system).
- 2) Dead patterns with single stick and single knife.
- 3) Combos with knife.
- 4) Hubad/Sensitivity 1-5.

*Western Martial Arts*

- 1) Troid de Bata, block/strike, open/close combos
- 2) Off hand strikes/blocks, high/low combos, double strike, feint/strike
- 3) Full Troid de Bata sparring
- 4) Single stick sparring
- 5)

**Week 10 (Finals Week)**

*Open Gym:* Weapons sparring, hand to hand sparring, grappling.

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