

Inosanto LaCoste Kali

The backbone of the Filipino empty hand skills are derived from that of the knife. In a knife fight your entire body if utilized, you can kick with either leg and strike with your free hand. The difference between life or death rests solely on your skill....little wonder why the a Filipino martial arts are so effective.

There is no excuse for taking a man's life, for life is precious. Any man can take a life, but no man can give back a life. Killing is then a matter between a man and his personal conviction and conscience. It is a matter of your own personal belief of right or wrong. It is therefore important to train the mind before training the body.

I once asked a close friend, "What can I do to make this world a better place to live?" His answer, "Develop yourself first." The martial arts have been my way of developing myself physically, mentally and spiritually.

Bruce Lee once said, while philosophizing on martial arts, "Dan, before I studied the art, a punch to me was just like a punch and kick just like a kick. After I learned the art, a punch was no longer a punch, a kick no longer a kick. Now that I've understood the art, a punch is just like a punch, a kick just like a kick.

The height of cultivation is really nothing special. It is merely simplicity, the ability to express the utmost with the minimum.

To all seekers of the way, Knowledge comes from your instructor. Wisdom comes from within.

Guro Dan Inosanto

Outline of Inosanto LaCoste Kali

12 Areas of LaCoste Kali

1st Area

1. Single Stick
2. Single Sword
3. Single Axe
4. Single Cane

2nd Area

1. Double Stick (Double Olisi)
2. Double Sword
3. Double Axe

3rd Area

1. Stick and Dagger (Olisi-Baraw)
2. Cane and Dagger
3. Sword and Dagger
4. Sword and Shield
5. Long and Short Stick

4th Area

1. Double Dagger (Baraw-Baraw)
2. Double Short Sticks

5th Area

1. Single Dagger (Baraw-Kamot)
2. Single Short Stick

6th Area

1. Palm Stick (Olisi-Palad)
2. Double end Dagger

7th Area Pangamut, Kamot-Kamot or Empty Hands

1. Panatukan (Boxing to include use of the Elbows)
2. Panadiakan or Sikaran (Kicking to include use of Knees and Shin)
3. Dumog, Layug, or Buno (Grappling and Locking)
4. Ankab-Pagkusi (Bite and Pinch)
5. Higot-Hubud-Lubud (“Tying-untying, and blending the two”, which is a close range trapping and sensitivity exercise)

8th Area (Long Weapons)

1. Staff (Sibat)
2. Oar (Dula)
3. Paddle (Bugsay)
4. Spear (Bangkaw)
5. Spear and Circular Shield
6. Spear and Rectangular Shield
7. Spear and Sword/Stick
8. Spear and Dagger
9. Two Handed Method (Heavy stick, Olisi Dalawang kamot)
10. Two Handed Method (Regular stick)

9th Area (Flexible Weapons)

1. Sarong (clothing worn in Southern Phillipines and Indonesia)
2. Belt or Sash
3. Whip (Latigo)
4. Rope (Lubid)
5. Chain (Cadena)
6. Scarf, headband
7. Handkerchief
8. Flail (nunchucka) Olisi Toyok
9. Tobak Toyok
10. Yo-yo
11. Stingray Tail

10th Area (Hand thrown weapons, Tapon-Tapon)

1. Spear
2. Dagger
3. Wooden Splinter
4. Spikes
5. Coins, Washers
6. Stones, Rocks
7. Sand, Mud, Dirt
8. Pepper, Powder
9. Any object that can be thrown

11th Area (Projectile Weapons)

1. Bow and Arrow (Pana)
2. Blowgun (Sumpit)
3. Slingshot (Pana Palad)
4. Lantanka (Portable Cannon)

12th Area

1. Mental, Emotional, Spiritual training
2. Healing Arts
3. Health Skills
4. Rhythm and Dance
5. History, Philosophy and Ethics

Salutation from Inosanto LaCoste kali

1. I stand before the Creator and mankind on earth.
2. I am striving for the knowledge and wisdom of the third eye, of the five senses and beyond the five senses.
3. I am striving for the love of all mankinds and there will be no needless shedding of blood.
4. I bow down to you not in submission, but in respect to you.
5. I extend the hand of friendship, because I prefer it to the hand of war.
6. But if my friendship is rejected, I am trained to be a warrior with wisdom.

7. I stand in symbolism, for I serve only the Creator, my family, and my country.
8. With my mind and heart I cherish the knowledge given to me by my instructor,
9. For it is my very life in combat.
10. I am prepared to go against you even though your skill might be greater than mine.
11. Because even if my physical body should fall before you to the earth, I am no worried.
12. For I know that my spirit will arise to the heavens, as it is unconquerable.

The Symbolism behind the Filipino Martial Arts Logo of Inosanto LaCoste Kali Blend

1. The Universal triangle
2. The circle represents the Creator: form with continuous motion.
3. The Kali triangle: love, compassion, humility
4. The stick: the core of the Filipino martial art. The first weapon taught, from which to learn all other weapons
5. The blade (points upward toward "Life"); the blade is taught after the stick
6. The fist representing the empty hand art of the Philippines
7. The half moon symbolizes the "half" of the Philippines (Southern Philippines) which were never under Spanish rule, and also the "moonlight," which was the only time kali practitioners could safely practice their art during Spanish rule
8. The four parts of the circle represent the four saints called upon by Kali
9. practitioners: Saint Michael, Saint Gabriel, Saint Uriel and Saint Raphael
10. Ancient "K" for kali, kaliradman
11. Ancient "E" for eskrima, estocada and estoke
12. Ancient "S" for silat

7 Ways to train Inosanto LaCoste Kali

There are seven ways to train the 12 areas of Inosanto LaCoste Kali:

1. Abecedario – One side continually feeds, the other side defends and counter acts. Analogous to throwing batting practice. Abecedario has twelve stages.
2. Contra Sumbrada – a counter-for-counter training method. In other words, you hit me, I defend and hit you back, you defend and hit me back, etc. Analogous to playing catch. Sumbrada has twelve stages.
3. Mixing Abeceario and Sumbrada.
4. Solo Training.
5. Hitting Objects.
6. Sparring.
7. Visualization, meditation.

These 12 “areas” are sometimes referred to as “Sub-systems” due to the fact that each sub-system can be broken down with several individual parts and each have their own specific traits and personality.

At the Inosanto Academy they have added Muay Thai to the Sikaran to make it more complete and to adapt it’s training methods.

Guro Dan Inosanto often uses this system because of its efficient organizational structure.

Inosanto Kali Empty Hand numbering system

(Escala)

1. Jab
2. Cross
3. Left body Hook
4. Right body Hook
5. Left Uppercut
6. Right Uppercut
7. Left Tight Hook
8. Right tight Hook
9. Low Jab
10. Low cross

11. Wide left hook
12. Wide right hook
13. Left overhand
14. Right uppercut
15. Right overhand
16. Left uppercut
17. Left backhand bottom fist (#1 angle)
18. Right forehand bottom fist (#1 angle)
19. Right backhand bottom fist (#2 angle)
20. Right forehand bottom fist (#2 angle)
21. Left backhand bottom fist (overhead)
22. Right backhand bottom fist (overhead)
23. Right backhand bottom fist (overhead)
24. Left forearm bottom fist (overhead)
25. High left backhand
26. Low left backhand
27. High left backhand (spin)
28. High right backhand
29. Low right backhand
30. High right backhand

Basic Inosanto LaCoste Kali Drills

These drills will be in a simple code as follows:

I - Inward B - Backhand
 H- High M- Middle L- Low
 V - Vertical Hr - Horizontal D - Diagonal

Single Stick

First Drill (Downward Figure 8)
 (All Diagonal Strikes Are From High To Low)
 ID-BD-ID-BL(Bounce Back)-BH

Second Drill (Upward Figure 8)
 (All Diagonal Strikes Are From Low To High)
 ID-BD-ID-BL(Bounce Back)-BH

Third Drill
 IHHr-BLHr-BHHr

Double Sticks

First drill (Heaven Six)
 Start with one stick in open position and the other tucked under your arm
 IH-BH-BH, IH-BH-BH
 Second Drill (Standard Six)
 Start with one stick in open position and the other tucked under your arm
 IH-BL-BH, IH-BL-BH

Third Drill (Earth Drill)
 Start with one stick in open position and the other tucked under your arm
 IL-BL-BL, IL-BL-BL

Inosanto LaCoste Kali Amarra

1. Labtik-Witik
2. Witik-Labtik
3. Witik-Labtik-Witik
4. Labtik-Witik-Labtik
5. Witik-Labtik-Witik
6. Labtik-Labtik-Witik
7. Witik-Witik-Witik
8. Labtik-Witik-Witik
9. Kawayan
10. Alibangbang
11. Hangin Sa Upat
12. Entrada Sa Tatlo
13. Lawin to Abaniko Adlaw
14. Lawin to Paglipot
15. Lawin to Flourite
16. Lawin to Baho-Alto
17. Lawin to Dagat
18. Lawin to Double Flourite