



THE 12 AREAS OF KALI *Inosanto/LaCoste*

1st Area

-single weapon

1. Single stick.
2. Single sword.
3. Single axe
4. Single cane.

2nd Area

-double weapon

1. Double stick.
2. Double sword.
3. Double axe.

3rd Area

-long & short weapon

1. Stick & dagger.
2. Long & short stick.
3. Sword & dagger.
4. Sword & shield.
5. Axe & shield.

4th Area

-double short weapon

1. Double dagger.
2. Double short stick.

5th Area

-single short weapon

1. Single dagger.
2. Single short stick.

6th Area

-specialized short weapon

1. Palm stick.
2. Double end dagger.

7th Area

-empty hands

1. Panatukan (boxing).
2. Panadiakan (kicking).
3. Dumog (grappling).
4. Higot hampak (tie & hit).
5. Hubad hampak (untie & hit).
6. Lubuf hampak (blend & hit).
7. Ankab pagkusi (bite & pinch).

8th Area

-long weapons

1. Staff (sibat).
2. Oar (dula).
3. Spear (bangkaw)
4. Spear & shield.
5. Spear & stick.
6. Spear & sword.
7. Spear & dagger.
8. Heavy stick (two hands).
9. Long stick (two hands).

9th Area

-flexible weapons

1. Sarong.
2. Belt.
3. Latigo / Whip.
4. Rope.
5. Chain.
6. Scarf.
7. Head band.
8. Panyo.
9. Olisi toyok.
10. Tabak toyok.
11. Tabak kubid.
12. Yo-yo.

10th Area

-throwing weapons

1. Spear.
2. Dagger.
3. Wooden splinter.
4. Spikes.
5. Coins/washers.
6. Stone/rocks.
7. Sand/mud/dirt.
8. Pepper/dust
9. Any object.

11th Area

-projectile weapons

1. Bow & arrow.
2. Blow gun.
3. Pana palad.
4. Lantanka.

12th Area

-additional training

1. History, philosophy, ethics.
2. Mental, emotional, spiritual.
3. Healing arts.
4. Health skill.
5. Rythem & dance.