

12 Strikes System of the Solo Baston of Kalis Ilustrisimo

(Assuming a right hander)

The Abecedario of Kali Ilustrisimo' single stick may be summarized as:-

- 1) Diagonal downward (abeirta) to opponent's left side of the head/neck
- 2) Diagonal upward (cerada) to opponent's right flank/ribs
- 3) Diagonal upward to (abeirta) opponent's left flank/ribs
- 4) Diagonal downwards (cerada) to opponent's right side of the head/neck
- 5) Thrust to abdomen/solar plexus
- 6) Thrust to opponent's right chest
- 7) Thrust to opponents left chest (heart)
- 8) Strike (cerada) to opponent's right knee
- 9) Strike (abeirta) to opponent's left knee
- 10) Thrust (cerada) to opponent's left eye
- 11) Thrust (abeirta) to opponent's right eye
- 12) Vertical strike (abeirta) to head

and this is continued to the next sequence which is the same for the first 7 moves, but which changes at the 8th strike:-

- 1) Diagonal downward (abeirta) to opponent's left side of the head/neck
- 2) Diagonal upward (cerada) to opponent's right flank/ribs
- 3) Diagonal upward to (abeirta) opponent's left flank/ribs
- 4) Diagonal downwards (cerada) to opponent's right side of the head/neck
- 5) Thrust to abdomen/solar plexus
- 6) Thrust to opponent's right chest
- 7) Thrust to opponents left chest (heart)
- 8) Strike (abeirta) to opponent's left knee
- 9) Strike (cerada) to opponent's right knee
- 10) Thrust (abeirta) to opponent's left eye
- 11) Thrust (cerada) to opponent's right eye
- 12) Vertical strike to head

Which, in all, is a flow of 24 movements.

This may be depicted in the following diagram:-

(put diagram here)

These strikes are shown in detail in the following photographs

(put photographs here, with brief explanations)

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