

The Filipino Martial Arts

Inosanto LaCoste System of Kali

The Arts of the Inosanto LaCoste System



Filipino Martial Arts: Kali, Escrima, Kuntaw, Silat: Over 40 styles of FMA make up the system including, LaCoste, Villabrille, Ilustrisimo, Lantoso, Pakiti, Tirsia, Dage Pares, Serada, and more. Magulang Na Guro Inosanto is recognized by many as the world's leading authority on the Filipino Martial Arts



Majapahit Martial Arts: Consist of Martial Arts from the Philippines, Indonesian, Malaysian, and South East Asia, They include Kabri Kabrang, Bando, Kali Escrima Arnis, and Silat

Maphilindo Silat: is composed of styles from Malaysia (Ma), the Philippines (Phil) and Indonesia (Indo). It consists of Malaysian Bersilat, Kuntao Silat, Penjak Silat, Mande Muda Silat, Bukti Negara Silat, Langka Silat, etc.



12 Areas of Inosanto LaCoste System

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 includes 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 (Hogon Toyok, Olisi Toyok, Pang kamot)
10. Two Handed Method (Circular 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, Sensory Training
2. Healing Arts
3. Health Skills
4. Rhythm and Dance
5. History, Philosophy and Ethics

