

# REFLEX 'CACOY' DOCE PARES



## GRADING LEVEL SYSTEM

At the Reflex Martial Arts Centre Wollongong NSW, you can learn the authentic Cacoy Doce Pares Eskrima-Eskrido-Pangamot systems developed by the late Filipino Martial Arts legend, SGM Cacoy Canete.



**Doce Pares was founded in 1932. Supreme Grandmaster Ciriaco Cacoy Cañete of the Philippines, 12<sup>th</sup> degree black belt and the founder. Grand Master Vince Palumbo 10<sup>th</sup> Degree Black Belt in Cacoy Doce Pares Eskrima. Master Dominic Lavelle is a 3rd Degree Black belt in Cacoy Doce Pares Eskrima, as well as being a two time world Stick Fighting Champion in 2009 and 2012.**

Cacoy Doce Pares curriculum is made up of 3 major components, namely: Korto-kurbada Eskrima (Close range fighting using short and curving strikes), Eskrido (locks, take-downs and throws using the stick), and Pangamot (bare-hand defense methods). These components work as one, complementing each other, and is continually evolving. Committed to growth - Committed to advancement - Committed to betterment.



“Doce Pares” is a Spanish term that means ‘Twelve Pairs’. However, the term has been given several meanings. One, refers to the twelve basic strikes that are common in most Eskrima styles and schools and their twelve basic block and counters to these strikes. Another explanation is that it was meant to honor the twelve Masters, who originally formed the organization.

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# CACOY DOCE PARES CURRICULUM



### **Eskrima**

A weapons based system, from impact weapons, to blades. It has not only evolved to a highly effective self-defense system, but also serve as a sport that promotes fitness



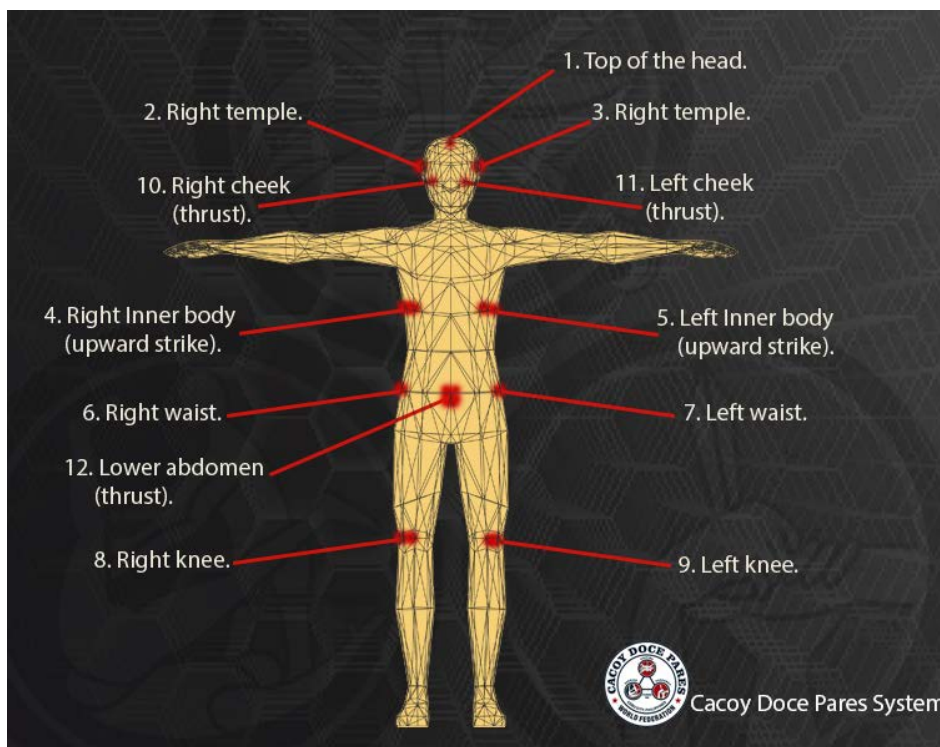
### **Eskrido**

It is a system of Eskrima, where one can use the stick as leverage to apply takedowns and throws. A product of SGM Cacoy 's background in FMA & various Japanese Martial Arts



### **Pangamot**

Barehand defense against opponents with sticks, dagger, and other bladed weapons. It is a street-based approach of the empty-hand System.





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## REFLEX DOCE PARES BELTS

### *Junior Students – aged 7 to 16 Years*

LEVEL	COLOUR BELT
BEG	WHITE BELT
ONE	YELLOW BELT
TWO	ORANGE BELT
THREE	GREEN BELT
FOUR	BLUE BELT
FIVE	PURPLE BELT
SIX	JUNIOR BLACK BELT - 16YEARS AND ABOVE



### *Senior Students – 17 Years and above*

LEVEL	CLASS/STRIPE
BEG	BROWN BELT
ONE	BROWN BELT 3 <sup>RD</sup> CLASS
TWO	BROWN BELT 2 <sup>ND</sup> CLASS
THREE	BROWN BELT 1 <sup>ST</sup> CLASS
FOUR	BLACK BELT