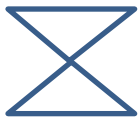


**Escrima
Level 1
(Purple requirement)**

STANCES

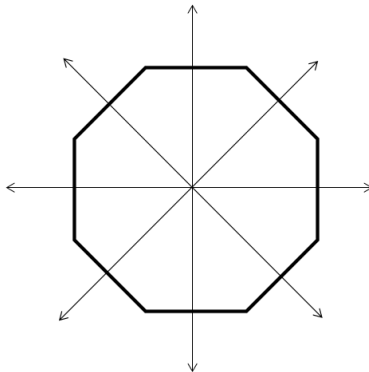
1. Stationary (feet together)
2. Point triangle RT/LFT (Front broken bow)
3. Corner triangle RT/LFT (Rear broken bow)



Point
Corners

BLOCKING & STRIKING KATA

(Sound Off & with Kiaii)

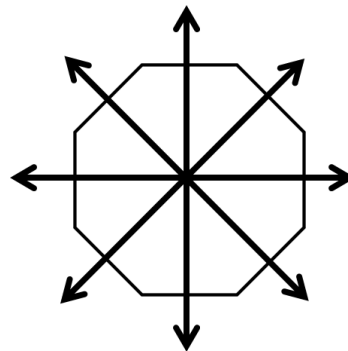


Blocking:

1. Block down, set
2. Block up, set
3. Block side, set
4. Block side, set
5. Top diagonal
6. Top diagonal
7. Bottom diagonal
8. Bottom diagonal
9. Parry
10. Stab block, strike

DRILLS (3 sets of 20)

1. Whips
2. Fans
3. Spins
4. Bag work (9 strikes)
5. Latosa 2 stick striking drills:
 - a) Alternate: RT top corner, top corner, LFT top corner, top corner
 - b) Both sticks in 1 hand: RT top corner 2x, LFT top corner 2x
6. Figure 8 (2 man drill) 4 high/4 low



Striking:

1. Top diagonal
2. Top diagonal
3. Bottom diagonal
4. Bottom diagonal
5. Ribs
6. Ribs
7. Groin
8. Head
9. Strike
10. Home

Test : Escrima L1

Date: _____ **Signature:** _____