

**Escrima
Level 3
(Green requirement – 2 sticks)**

STANCES

1. Stationary (feet together)
2. Universal pattern (broken bow)

KATAS – 2 sticks

UNIVERSAL BLOCKING/STRIKING
(Sound Off / Kiaii)

Stepping Sequence

1. One-step pivot (right C-step)
2. One-step pivot (left C-step)
3. Corners (front) RT/LFT
4. Point triangle (rear) RT/LFT
5. Parry/Strike

LINE FORM KATA – 2 sticks
(zig/zag pattern, broken bow)

Salutation
Step forward right, Roof
Side
Cross
Down
Parry
Stab block
Strike
Turn, Left Cat

BAG WORK (9 strikes)

1. Stationary
2. Point, corners
3. Free form

DRILLS (3 sets of 40)

1. Whips
2. Fans
3. Spins

TORI/UKE

1. Blocking & Striking Kata
2. Latosa 2 stick striking drills
3. Figure 8 (2 man drill)
4. 6 count (2 man drill)
5. Block/Strike (2 man drill)
 - a) Stationary
 - b) Point, corners
 - c) Free form

LINE FORM KATA (cont.)

Step forward left
Roof
Side
Cross
Down
Parry
Stab block
Strike
Turn, right Cat
Salutation

Test : Escrima L3

Date: _____ Signature: _____