

ESKRIMA TRAINING SYLLABUS

BEGINNER - 1

(White Sash)

- Introduction to Eskrima Lecture
 - A short lecture on the origin of Eskrima, weapons used and the existence of the different systems and styles of Eskrima.
- Grip
- Stances
 - Right Foot Lead
 - Left Foot Lead
- Footwork
- Strikes using a Single Stick (Solo Baston)
 - Whips & Slashes:
 - X-Strike (Forehand & Backhand)
 - Plantsa (Forehand & Backhand)
 - Hagbong (Forehand & Backhand)
- Basic Blocks & Parries
 - Blocks & parries against whips & slashes (horseshoe form).
- Single Counter
 - Single counter strikes after blocking or parrying whips and slashes.
- Basic Disarms (*Static*)
 - Snake disarm with the live hand against a forehand slash.
 - Snake disarm with the live hand against a backhand slash.
- Basic Pingki-pingki
 - High and low slashes.

TEST (White - White with Yellow Stripe)

- Footwork
 - Attacking footwork
 - Retreating footwork
 - Right side switches on a right foot lead.
 - Left side switches on a left foot lead.

- Basic Strikes (Whips)
 - X Strike - downward & upward
 - Plantsa - forehand & backhand
 - Hagbong - forehand & backhand

- Disarms (*static*)
 - Disarm using the “live hand” against a forehand slash.
 - Disarm using the “live hand” against a backhand slash.

- Sparring (*padded stick*)

- Questions:
 - Where is the origin of Eskrima?
 - What is “Bow” in Pilipino?
 - What is “Ready” in Pilipino (*Visayan*)?
 - What is “Start” in Pilipino (*Visayan*)?
 - Name the four strike categories.
 - Which hand is your “stick hand” on a right foot lead?...Why?
 - What is an “Olisi”?

BEGINNER - 2

(White Sash with Yellow Stripe)

- Footwork:
 - Left side switches on a right foot lead.
 - Right side switches on a left foot lead.

- Intro to Shadow Fight Footwork

- Strikes:
 - Eclipse:
 - Forehand Eclipse
 - Backhand Eclipse
 - Thrusts:
 - Forehand Thrust to the midsection
 - Forehand High Thrust
 - Backhand Thrust
 - Tampok:
 - Forehand Tampok
 - Backhand Tampok

- Combination Strikes:
 - H, A, Z, XP, USP, UPS

- Basic Attack, Defense & Counter
 - Six count Pingki-pingki (*types of strikes can be changed in the pingki-pingki drill*).

- Disarms (*static*)
 - Snake disarm with the “stick hand” against a forehand slash inside the “red zone” with a single counter.
 - Snake disarm with the “stick hand” against a backhand slash outside the “red zone” with a single counter.

- Form #1 (Triangle Form)

TEST (White with Yellow Stripe - Yellow)

- Footwork
 - Left side switches on a right foot lead.
 - Right side switches on a left foot lead.

- Strikes:
 - Eclipse, Thrusts, Tampok

- Combination Strikes
 - H, A, Z, XP, USP, UPS
- Controlling the “stickhand”.

- Disarms (*Static*)
 - Snake disarm with the “stick hand” against a forehand slash with a single counter.
 - Snake disarm with the “stick hand” against a backhand slash with a single counter.
 - Snake disarm with the “live hand” against a high forehand thrust with a single counter.
 - Snake disarm with the “stick hand” against a high backhand thrust with a single counter.

- Form #1

- Sparring (padded stick)

- Questions:
 - Name the four types of disarms.
 - What is a “red zone”?
 - What does “BDU” stand for?
 - What is a Kampilan?
 - What is “serrada” in Eskrima?
 - What is “abierta” in Eskrima?
 - What is the Eskrima term for parry?
 - What is the term for a block?

INTERMEDIATE - 1

(Yellow Sash)

- Strikes
 - Snaps:
 - Forehand Overhead Snap
 - Forehand Side Snap
 - Backhand Overhead Snap
 - Backhand Side Snap
 - Arko:
 - Forehand Arko
 - Backhand Arko

- Shadow Fight

- Attack, Defense & Counter

- Disarms (*dynamic*):
 - Snake disarms with the “live hand” & with the “stick hand”.
 - Rips
 - Impact
 - Combination of any of the above disarms.

- Breakfall (*Start from a seating position then on to standing*):
 - Forward breakfall (*leading with the right foot & the left foot*)
 - Back breakfall
 - Side breakfall (*left side & right side*)

- Basic Locks
 - Wrist lock with the “live hand” snaking in when you step inside the “red zone”.
 - Wrist lock with the “live hand” snaking out when you step outside the “red zone”.
 - Wrist lock with the “stick hand” when you step outside the “red zone”.
 - Elbow lock with the “live hand” snaking in when you step inside the “red zone”.
 - Elbow lock with the “live hand” snaking in when you step outside the “red zone”.
 - Elbow lock with the “stick hand” snaking out when you step

outside the “red zone”.

- Form #2

TEST (Yellow – Yellow with Blue Stripe)

- Shadow fight with a single stick.
- Strikes
 - Forehand Overhead Snap
 - Forehand Side Snap
 - Backhand Overhead Snap
 - Backhand Side Snap
 - Forehand Arko
 - Backhand Arko
- Disarms (*Dynamic*)
 - Disarm against a thrust to the abdomen when you step inside the “red zone” with multiple counters.
 - Disarm against a thrust to the abdomen when you step outside the “red zone” with multiple counters.
 - Combination of rip and impact disarm with the “live hand” snaking in when you step inside the “red zone”.
 - Combination of rip and impact disarm with the “stick hand” snaking out when you step outside the “red zone”.
- Locks (*Dynamic*)
 - Wrist lock with the “live hand” snaking in when you step inside the “red zone” with multiple counter strikes.
 - Wrist lock with the “live hand” snaking out when you step outside the “red zone” with multiple counter strikes.
 - Wrist lock with the “stick hand” when you step outside the “red zone” with multiple counters.
 - Elbow lock with the “live hand” snaking in when you step inside the “red zone” with multiple counter strikes.
 - Elbow lock with the “live hand” snaking out when you step outside the “red zone” with multiple counter strikes.
 - Elbow lock with the “stick hand” snaking in when you step outside the “red zone” with multiple counter strikes.

Note: To shorten the duration of the test, the student may be asked to execute only one elbow lock as long as he/she understands that the difference between an elbow lock and a wrist lock in the above techniques is the placement of the "live hand" or the "stick hand" on the opponent's arm.

- Form #2
- Sparring (*padded stick / live stick*)
- Questions:
 - What's the difference between our snaps and all the other snaps being practiced by other systems?...
 - Why do we do snaps this way?
 - What is an "arko"?
 - What's the purpose of "breakfall"?
 - What's the Eskrima term for "lock"?

INTERMMEDIATE - 2

(Yellow Sash with Blue Stripe)

- Basic Tapi-Tapi
Sensitivity and flow drill.
- Locks & Takedowns
Locks and takedowns inside the “red zone”.
Locks and takedowns outside the “red zone”.
- Intro to Double Sticks (Doble Baston)
Basic double sticks pingki-pingki drills:
 - Four count high pingki-pingki from the open & close positions.
 - Four count high and low pingki-pingki from the open & close positions.
 - Four count high and four count low pingki-pingki from the open and close positions.
 - Six count high & low (Heaven and Earth) pingki-pingki.

Note:
Types of strikes and number of strikes in a pingki-pingki drill can be changed.
- Double Sticks Attack, Defense and Counter
- Double Sticks Disarms
- Form #3

TEST (Yellow Sash with Blue Stripe – Blue Sash)

- Locks & takedowns inside the “red zone.”
- .
- Locks & takedowns outside the “red zone.”
- Shadow fight with double sticks.
- Double sticks strikes on a bag starting from open & close positions to test a fighter’s footwork & timing when using double sticks.

- Attack, defense & counter using double sticks (*dynamic*)
with both fighters starting from double sticks pingki-pingki
and taking turns disarming & countering.
- Form #3
- Sparring (*padded stick / live stick*)
- Questions:
 - What is “tapi-tapi”?
 - What is “sinawali”?
 - What’s the Eskrima term for “double sticks”?
 - Do you switch leads when you fight with double sticks?..Why?
 - What is “hubad” in Eskrima?

ADVANCE - 1

(Blue Sash)

- Intro to Knife/Blade Techniques
 - Knife/Blade Strikes
 - Knife against Knife defense & counter
 - Knife against Stick defense & counter
 - Knife against Empty Hands defense & counter
- Intro to Espada y Daga
 - Espada y Daga against Single Stick
 - Espada y Daga against Double Stick
 - Espada y Daga against Knife (Daga)
 - Espada y Daga against Espada (Long Blade/Sword)
 - Espada y Daga against Espada y Daga
- Form #4

TEST (Blue Sash – Blue Sash with Red Stripe)

- Shadow fight with a knife
- Shadow fight with a long blade / sword
- Shadow fight with espada y daga
- Knife attack, defense & counter against knife, stick & empty hands (*dynamic*).
- Long blade / sword attack, defense & counter against a knife, long blade & empty hands (*dynamic*).
- Espada y daga attack, defense & counter against single stick, double stick, knife, long blade & espada y daga.
- Form #4
- Sparring (padded stick / live stick)

- Questions:

What is the Eskrima term for dagger?

What is the Eskrima term for a sword or long blade?

What do you call the Eskrima techniques using sword & dagger or stick & dagger?

ADVANCE - 2

(Blue Sash with Red Stripe)

- Defense against a Handgun
- Intro to Empty Hands (*Mano-mano*)
- Basic Grappling Techniques (*Dumog*)
Assuming the “guard position” after being taken down.
Controlling from the “Offense” & “Defense” positions.
- Form #5

TEST (Blue Sash with Red Stripe – Red Sash)

- Defense against a gun pointed at you:
Frontal, directly from behind, from behind to your left,
& from behind to your right.
- Empty hand defense and counter against a single stick, double stick, knife, long blade, espada y daga & empty hands.
- Gaining control from offense & defense positions.
- Form #5
- Sparring (*padded stick / live stick*).
- Questions:
What is “empty hands” in Eskrima?
What is the Filipino term for punch?
Can you change the sequence of a “tapi-tapi” drill?
What is the Eskrima term for grappling?

DEPUTY BLACK BELT

(Red Sash)

- Intro to Malong Techniques
 - Different ways to wear a Malong.
 - Malong against Stick.
 - Malong against Knife.
 - Malong against Sword.
 - Malong against Empty Hands.

- Intro to Karambit
 - Grip
 - Target areas
 - Cutting techniques.
 - Karambit against Stick.
 - Karambit against Knife.
 - Karambit against Sword.
 - Karambit against Empty Hands.

- Free Form
 - The Black Belt candidate is required to make his/her “form” and explain it.

TEST (Red Sash – Black Belt)

- Attack, defense & counter using a malong against a stick, knife & empty hands.

- Attack, defense & counter using a karambit against a stick, knife & empty hands.

- Attack, defense & counter against multiple attackers with various weapons (the panel will decide what weapons to use based on available weapons).

- Free Form
 - The Black Belt candidate will perform his/her own form then explain it to the panel.

- Sparring (*padded stick / live stick*)
- Questions:
 - What is a “karambit”?
 - What is a “malong”?
 - What is the Pilipino term for a “cut”?
 - Can you use the “ocho-ocho” pattern of striking using a karambit?

BLACK BELT

(Black Sash with Red Stripe)