

Escrima Form

1. Start from ready position and step forwards with the right leg first as you strike with the right hand at a 45° angle aiming for the collar bone.
2. Step back with the right leg and then forwards with the left as you strike to the opposite collar bone, basically creating an "X".
3. Step back with the left and then forwards with the right as you strike horizontally at rib height.
4. Step back with the right and then forwards with the left as you do the same horizontal strike on the opposite side.
5. Step back with the left and forwards with the right as you poke to the throat.
6. Keep the right foot where it is and do a diagonal upper strike (think of striking from the hip to the shoulder).
7. Do the same strike on the other side.
8. Slightly lift the front leg as you strike the head and right down the center.
9. Repeat all strikes on the left.

Self Defense 5: Rear Shoulder Grab

Step forward with your left foot and knife hand middle block behind you with your right hand, knocking the hand off your shoulder. Grab your opponent's wrist with your right hand. Pull them in as you side kick with your right foot. Tiger claw with your left then right hand.

Spin Kick Combination

Spin back kick,
Pop up side kick,
Inside crescent kick,
Spin outside crescent kick,
Jab/Punch, Shout

One Step Sparring #5

Start at ready position,
Leap to the right,
Front kick with left leg,
Round house with right leg,
Jab/Punch, Shout