

# 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 4: Rear Strangle**

Grab the hand at your throat with your right hand and simultaneously pull/twist it to release it from your neck while you step out with your right leg into a horse stance and elbow strike with your left arm to their solar plexus. Hammer fist with your left hand to their groin. Claw to their face with your left hand. Grab your opponent's head with your left hand and throw them forward by pulling them to your hip and twisting them to the right, dropping to your left knee to maintain balance. Reverse punch with your right hand to their face.

## **Multiple Kick Kicking Combination**

Rear leg front kick,  
Rear leg side kick,  
Rear leg round house kick,  
Spin back kick,  
Jab/Punch, Shout

## **One Step Sparring #4**

Start at ready position,  
Step diagonally to the back/right,  
Side kick with the left leg,  
Spin back kick with the right leg,  
Pop-up side kick with the right leg,  
Jab/Punch, Shout