

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 3: Head Lock

Bent over in a head lock position, C-step with your left leg in and back into a horse stance and simultaneously hammer fist with your right hand to your opponent's groin and with your left to your opponent's kidney. Reach behind your opponent with your left hand to grab their hair/face/throat, pull back and shift your left leg into a front stance and palm strike with your right hand to their chin/nose.

Side Kick Combination

Rear leg side kick,
Sliding side kick,
One-Step Flying Side Kick,
Pop up side kick,
Jab/Punch, Shout

One Step Sparring #3

Start at ready position,
Step diagonally forward/right,
Roundhouse with the left leg,
Spin back kick with the right leg,
Jab/Punch, Shout