



Dacayana Eskrima Level 4 - Green Belt Syllabus

Solo Olisi 12 Basic Strikes

Demonstrate solo:

12 Basic strikes (With Basic Footwork) in sections to the count 1 = 1,2,3..... 2= 4,5,6 etc

Demonstrate in pairs:

12 Basic strikes with countering (Blocking, Tapi defences & 5 strike countering on angles 1&2) (Blocking & 5 strike countering on angles 3-12)

Demonstrate in Pairs:

Disarm number 3

Disarm Number 4

Solo Olisi 5 Consecutive Strikes

Demonstrate the 5 consecutive strikes (Angles 11,6,1,6 & 9) with quarter turn pivoting footwork

Doble Olisi Drills

Demonstrate in Pairs:

Double cane blocking drill (Basic)

Demonstrate solo or pairs as requested: Ekis drills from both closed and open positions

Balla Balla

Demonstrate the Basic Close Range Balla Balla drill in pairs

Sumbagay (Empty hand system)

Tapi Drill (Circular hammerfist) Basic form moving forwards and backwards.

Dacayana UK Eskrima Syllabus written and prepared by: Marcie Harding Under the guidance of, and Authorised by: Grandmaster Jun Dacayana, Cebu City, Philippines.