



Dacayana Eskrima Level 1- Red Belt Syllabus

Solo Olisi 12 Basic Strikes

Discuss 6 of the key principles of the Dacayana system

Show the correct Salutation

Show the correct way to hold the Olisi

Demonstrate solo:

12 Basic strikes (With Basic Footwork)

Demonstrate the following strikes:

Angles 1 & 2 – Pay Pay