



Dacayana Eskrima

Level 9 – 2nd Degree Black Belt

Solo Olisi

Demonstrate 12 Basic Strikes in Linear Form to a high standard.

Demonstrate Pay Pay - 5 Count

Solo Olisi Counters:

Demonstrate in Pairs: Countering dis-arms as directed but will include:

Dis-arm 2 - By sacrificing the stick; into counter flow to Cross Hand Tie Up.

Dis-arm 4 - (2 counters - Early & Late)

Dis-arm 5 - Forcing the counter (using double hand trap)

Solo Olisi Tapi

Demonstrate as directed:

1/ Basic Solo Olisi Tapi Drill

2/ Advanced Solo Olisi Tapi drill with Palusot & Pay Pay – total control

3/ High line striking (can include Pay Pay 5 count) from 'block and hold' positions - with total control

4/ 10 Applications from Advanced Tapi Tapi

Solo Olisi Consecutive Strikes

Demonstrate 30 consecutive strikes

Balla Balla Module - Solo Olisi

Close Range Balla Balla with Palusot, Pushing, Pulling & Dis-arming

Solo Olisi Tapi Tapi into BAHl drill

Solo Olisi Tapi Tapi & Applications from Solo Olisi Tapi (Demonstrate 10 techniques)

Combine the three drills: CRBB, SOT & BAHl with speed & flow

Advanced Sumbagay (Empty Hand System)

Advanced Tapi Drill with 7 count trapping set

Use everything in basic and intermediate plus: 7 count trapping set

Demonstrate the Advanced 'double tap' from the circular tapi drill

Saguidas (Module 6)

Show the correct saguidas palm stick positions

Show freeflow consecutive strikes using saguidas in pair form – with attacker feeding high straight attacks –

make sure to apply correct saguidas 'hold' on each strike

Demonstrate with speed the "Hagbung" double attack as part of the flow.

Demonstrate the **Saguidas 7 Count Trapping Set**