



## Dacayana Eskrima Level 5 - Blue Belt Syllabus

### **Solo Olisi**

#### **Demonstrate**

12 Basic strikes in 'Flowmotion'

#### **Demonstrate in pairs:**

1,2,3 Blocking Drill & 4,5,6 Blocking Drill

Blocking, Tapi or Countering versus angles 1 – 6 (choose most suitable response e.g begin 5 strikes at strike 3 (angle 1) or use a disarm).

Disarm number 5, Disarm Number 6 & Disarm 7

#### **Demonstrates solo:**

Advance and retreat with 5 consecutive strikes

### **Doble Olisi Drills**

Demonstrate solo:

Flywheel drill

Arco Drill

Demonstrate in Pairs:

Double cane blocking drill with Block and Hold & 5 strike counters

### **Balla Balla Drills**

Demonstrate in pairs the close range Balla Balla Drill with wrist trap & hold

Demonstrate in pairs the BAHl Medium range Drill (strikes 2,1,8,9)

Sword/Stick and dagger (**Olisi Kutselyo**)

**Demonstrate** the 5 count short form moving forwards and backwards

**Sumbagay** (Empty hand system)

Demonstrate the tapi drill (circular hammerfist) with 2 & 4 count attacks

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