



Dacayana Eskrima

Level 8 – 1st Degree Black Belt

Solo Olisi 12 Basic Strikes

Demonstrate in Pairs:

Defences, Counters & Dis-arms versus basic angles as directed by examiners.

Solo Olisi Consecutive Strikes

Demonstrate as directed but will include: Consecutive strikes in Sayaw free form movement as a complete form presentation.

Balla Balla Drill

Demonstrate in pairs as directed but will include: the close range Balla Balla Drill with wrist trap & hold, outer Pu-An techniques and add the 1,2,3, Blocking drill, 5 strikes long range moving freely

Also demonstrate hitting the target (palasut) trapping, clearing, pushing pulling and disarming

Demonstrate the drill using **empty hands** applying trapping, clearing, pushing, pulling low line kicks, and takedowns if directed.

Solo Olisi Tapi Tapi

Demonstrate the basic drill.

Sumbagay (Empty Hand System)

Demonstrate in pairs:

Circular Tapi drill with 2 & 4 count moving forwards and backwards

Circular Tapi drill with wrist lock entry

Circular Tapi drill with wrist lock entry and countering rear punch

Circular Tapi drill with entry and countering with Sumbagay consecutive strikes

Olisi Kutselyo (Sword/Stick & Dagger)

Sword/stick and dagger (Olisi Kutselyo) Forms and Application – show excellence as directed by examiners

Demonstrate in pairs the **BAHI Medium range Drill** (Strikes 2,1,8,9) with Stick & Knife flowing into 10 count form.