



Dacayana Eskrima Level 3 - Yellow Belt Syllabus

Solo Olisi 12 Basic Strikes

Demonstrate solo:

12 Basic strikes (With Basic Footwork)

Demonstrate in pairs:

Blocking, Tapi defences & countering versus angles 1 & 2 (With Basic Footwork)

Demonstrate in Pairs:

Disarm Number 1

Disarm Number 2

Solo Olisi 5 Consecutive Strikes

Demonstrate the 5 consecutive strikes (Angles 11,6,1,6 & 9) with moving forward and backward footwork