



Third Degree Black Belt

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Segment Test at 12 Months

Classical Basics

1. All Under Black Belt Marching Basics
2. Sudo Block + High Block + Punch
3. Sudo Block + Low Block + Punch

Kicking Basics

1. All Under Black Belt Level Kick

X-Ray Paper Kicks

1. All Under Black Belt Level Kicks
2. Spin Wheel Kick
3. Step Through Spin Wheel Kick (Favorite Leg)
4. 20 Multiple Tornado Kick

Pad Kicks

1. All Under Black Belt Level Kicks
1. Back Leg Thrust Kick + Defensive Side Kick Combo
2. Offensive Side Kick + Defensive Turn Side Kick Combo
3. 360 Side Kick
4. 360 Round Kick (Favorite Leg)

Board Breaks

1. Students must break a total of 4 board

Eskrima

Eskrima, or Kali also known as Arnis, is the national sport and martial art of the Philippines. The three terms are roughly interchangeable umbrella terms for the traditional martial arts of the Philippines that emphasize weapon-based fighting with sticks, knives, bladed weapons and various improvised weapons.

Eskrima (also spelled Escrima) is a Filipinization of the Spanish word for fencing. Think of Eskrima as fencing with sticks.

Eskrima Sticks are the most common weapon in Arnis/ Eskrima. They are typically constructed from rattan, a stem from a type of Southeast Asian vine. Hard and durable yet lightweight, it shreds only under the worst abuse and does not splinter like wood, making it a safer training tool. This aspect also makes it useful in defense against blades. Bahi (heart of the palm) are sometimes used after being charred and hardened.

Basic Eskrima Strikes

1. Downward
2. Upward
3. Diagonal (Up & Down)

4. Horizontal Thrust
5. Ocho-Ocho (Figure Eight)

6. Abanico (Fan)
7. Punyo (Back of Handle Strike)

Basic Eskrima Strikes

1. Two Count
2. Four Count
3. Six Count

Sparring

2nd Segment Test at 24 Months

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS SEGMENT(S)

Gun Defense

Gun Pointed at the Side of the Head (in front of the ear)

1. Defender raises both hands up, lower than the height of the gun.
2. The defender cowers their head forward to help reposition the gun.
3. The defender swings their head back as they grab the slide of the gun with their closest hand.
4. The defender pushes the attacker's arm across their body like a seat belt.
5. While redirecting the weapon, the defender should be stepping in towards the attacker with the same side they used to grab the weapon with.
6. The defender "tilts" the gun away as they follow up with a palm heel strike to the attacker's face.
7. The defender then reaches under the weapon with their free hand to grip the hammer of the gun.
8. The defender twists the gun out of the attacker's grip while ripping the gun out of their hands.
9. The defender points the gun at the attacker with their finger at the side of the trigger.

Rifle Pointed at the Head/Chest

1. Defender raises both hands up, lower than the height of the gun.
2. The defender uses both hands to grab the barrel of the weapon and push it up on an angle towards the ceiling.
3. Defender should sidestep away from the weapon while redirecting the weapon.
4. The defender pulls the weapon to help pull the attacker off balance and possibly loosen up their grip.
5. The defender follows up with a kick to the groin.
6. The defender reaches under the weapon while hooking one hand towards the handle of the weapon.
7. The defender pulls down on the weapons, pulling it free.
8. The defender strikes the attacker with the end of the weapon.
9. The defender distances themselves away from the attacker.
10. The defender points the gun at the attacker with their finger at the side of the trigger.

Rifle Pointed at the Back

1. Defender raises both hands up, lower than the height of the gun.
2. The defender turns towards the attacker and wraps their leading arm under and over the weapon into a snake position.
3. The defender follows up with an elbow strike to the attacker's face.
4. The defender uses their free arm to push down on the weapon and pull the weapon out of the attacker's grip.
5. The defender strikes the attacker in the face with the bottom end of the weapon.
6. The defender distances themselves away from the attacker.
7. The defender points the gun at the attacker with their finger at the side of the trigger.

Eskrima Defenses

Stick Against Stick

1. Attacker strikes with an overhead downward strike.
2. The defender steps in as they perform a high block.
3. Once past the strike, the defender follows up with a punyo strike to the side of their head.
4. The defender hooks behind the attacker's neck and drives in two knees to their groin.
5. The defender grabs the attackers stick and strikes the attackers grip with an eskrima strike.
6. Defender backs away striking them in the head on their way out.

Open Hand against Stick

1. Attacker swings at the defender.
2. The defender dives in at the attackers swinging arm putting pressure over their arm.
3. The defender follows up with two knees to the groin.
4. The defender slides down the attacker's arm and positions one hand on the weapon and the other on their wrist.
5. The defender drops their knee on the attacker's grip, stripping the weapon away.
6. Defender backs away striking them in the head and then back of the leg on the way out.

Stick Against Knife

1. Attacker stabs at the defender.
2. The defender side steps as the strike the attacker's hand with their eskrima.
3. The defender then immediately strikes the attacker face with an Abanic strike (fan strike)
4. Defender backs away striking them in the head on the way out.

3rd Segment Test at 36 Months

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS SEGMENT(S)

Fudoshin

"Indomitable Spirit"