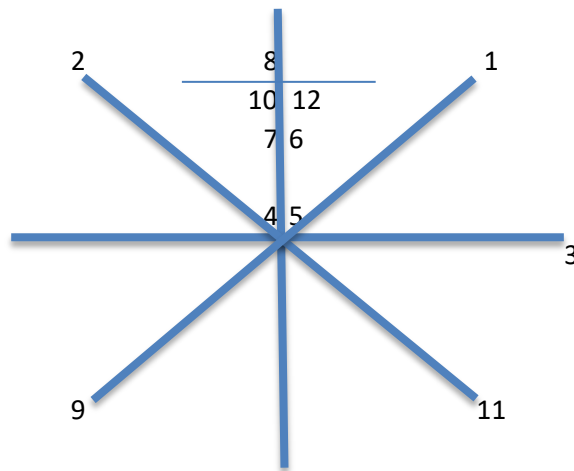


**Escrima  
Level 4  
(Brown Requirement)**

**12 Strikes of Serrada - White Tiger Form**

- 1 Top diagonal
- 2 Top diagonal
- 3 Ribs
- 4 Empty hand strike, strike (horizontal)
- 5 Upward thrust
- 6 Parry, hand strike, thrust
- 7 Parry, thrust
- 8 High stab block, empty hand strike, strike (horizontal)
- 9 Bottom diagonal
- 10 Empty hand strike, strike
- 11 Bottom diagonal
- 12 Empty hand strike & thrust together (step forward)



Sembrada

3 Centered Base

- a) Stationary
- b) Horse - 5 gates
- c) One Step, front corners, point

**Test: Escrima L4**      **Date:** \_\_\_\_\_      **Signature:** \_\_\_\_\_

8/30/2018