

**Escrima
Level 2
(Blue requirement)**

STANCES

1. Stationary (feet together)
2. Universal pattern (broken bow)

KATAS

UNIVERSAL BLOCKING/STRIKING
(Sound Off / Kiaii)

Stepping Sequence

1. One-step pivot (right C-step)
2. One-step pivot (left C-step)
3. Corners (front) RT/LFT
4. Point triangle (rear) RT/LFT
5. Parry/Strike

**LINE FORM KATA (zig/zag pattern,
broken bow)**

Salutation
Step forward right, Roof
Side
Cross
Down
Parry
Stab block
Strike
Step Across, Left Cat

BAG WORK (9 strikes)

1. Stationary
2. Point, corners
3. Free form

DRILLS (3 sets of 30)

1. Whips
2. Fans
3. Spins

TORI/UKE

1. Blocking & Striking Kata
2. Latosa 2 stick striking drills
3. Figure 8 (2 man drill)
4 count high/4 count low
4. Block/Strike (2 man drill)
 - a) Stationary
 - b) Point, corners
 - c) Free form

LINE FORM KATA (cont.)

Step forward left
Roof
Side
Cross
Down
Parry
Stab block
Strike
Step Cross, Left Cat
Salutation

Test : Escrima L2

Date: _____ Signature: _____