

Escrima Orientation

What is an orientation? Can you list the orientations you have already been in? What did you learn in your other orientations?

Answers: Uke, Jo, Orange Belt, TC, Purple Belt

An orientation at White Tiger

- Reviews the outline, requirements and expectations for new skill you will be learning.
- There is an outline with the standards and guidelines for everything we do
- Each new skill or weapon you learn will build on the basics you have learned so far
- In orange, Kata 2 is a progression of Kata 1
- Escrima is a progression of the Jo, as well all of your blocks, strikes, and stances.
 - In Jo you used hard bow stances, in Escrima you will use broken bows
 - Your blocks and strikes will be to the same corners or diagonals
 - The sound off will almost the same for the blocking/striking Kata
 - You can apply your Jo sound off to Escrima

Look in your books at the outline for Jo Level 1 and for Escrima Level 1. This is what we will go over today.

Purple Requirements: You will need to pass an Escrima Level 1, a Jo Level 2, and a Technical Conditioning L2 test to move out of purple into blue.

Follow Escrima Outline and show them how to do:

Drills:

- Use soft hand power (purple theory),
- Hold stick with fist/punching position, not like a wand or tennis racket
- Bend knees and pivot – motion begins with your feet – your feet tell your hands what to do
- Show them 8 rounds, 8 followings, 7 stars, 4 directions of motion
- octagon on ground for escape, octagon in front of you for strikes
- See your target, hit your target

Blocking/Striking Kata

- Centered base, stationary, point, corner
- Get behind your weapon
- Use blue belts for uke work

Bag work

- Fist position
- 4 directions of motion (up, down, right left)
- Feet start motion