

## Escrima student programs of the I.U.E.WT/U.F.E.WT

| Grade | Form                                                                                                  | Drill                                                                       | Application/Basics                                                                                                                                                                  | Theory                                                                    | badge  | minimum preparation time |
|-------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------|--------------------------|
| 10    | Long weapon preparation:<br>Short form with long weapon<br><br>Main Form complete                     | Old free hitting from instructor drill with 1 and 2 sticks/also with Tonfa  | - Application of the form<br>- Environmental training – special situations/height<br>- Butt-strikes<br>- Escape locks: (resolve from locks/jammed position)                         | - Transition<br>- legitimate self defence                                 | red    | 3-6 months               |
| 9     | Basic Form with Tonfa concept<br><br>All forms till now done in free directions                       | -4th drill with tonfa against stick/staff<br>-tri-sparring with tonfa       | - Application of the form<br>- Tonfa red man<br>- against multiple opponents<br>- Short and long turns with stick/Tonfa<br>- tonfa disarms all strikes                              | - Balance                                                                 | red    | 3-6 months               |
| 8     | Basic Form with largo single + corto single + double stick (corto: short cuts to hand) concept        | 4th drill (rlr lrl / rlr lrl - Heaven-six)<br><br>Largo with drills         | - Application of the form<br>- 5 largo strikes<br>- leg stretches<br>- knee and elbow break<br>- double stick disarm 5 and further                                                  | - Check largo line                                                        | blue   | 3-6 months               |
| 7     | Basic Form with stick and knife concept (Espada y daga)                                               | 3rd drill (1: rlr / rlr<br>rlr / rlr<br>2: lrl / lrl<br>lrl / lrl)          | - Application of the form<br>- environment stick/knife<br>- 4 sparring techniques stick and stick/knife<br>- Stick against knife - Lock and block<br>- double stick disarm 3 & 4    | - Emphasize on stabs, point of the weapon<br>- Blade awareness            | blue   | 3-6 months               |
| 6     | Basic Form with cadena di mano (holding stick at both ends) concept:<br>+ short power<br>+ palm stick | 2nd drill (hi-hi-lo)<br><br>camouflage F8 (suppressed hits)                 | - Application of the form<br>- All block attacks to be done with two sticks<br>- double stick disarms 1 & 2                                                                         | - Weapon awareness and the danger of blocking and the advantage of attack | white  | 3-6 months               |
| 5     | Basic Form with two sticks (crossed, stabs) concept                                                   | 1st drill (hi-lo-hi-lo - hi-lo-lo-hi)<br><br>Kob-kob                        | - Application of the form<br>- F8 with 2 sticks [open & closed F(8)]<br>- doubleto/with stored and released hits/with stabs<br>- 4 sparring techniques: 2-1-1/<br>2-5-5/2-5-1/5-2-1 | - Speed/Timing/<br>Distance                                               | white  | 3-6 months               |
| 4     | Basic Form with two sticks (kob kob) concept                                                          | Single stick drill (1/1 - 3/3 - 4/4)<br><br>double stick Drill: hi-lo-hi-lo | - Application of the form<br>- Further disarms, locks + jamming<br>- concept passing block attack with stab                                                                         | - Box and V                                                               | yellow | 3 months                 |
| 3     | Basic Form with alive hand concept: Form stick up, stabs, aggressive box at the end                   | Drills: Strikes including with alive hand                                   | - Application of the form<br>- Point footwork solo exercises<br>- Stick grab<br>- Low block attacks (UNL)<br>- Box and V exercises<br>- disarms against stabs                       | - Focus                                                                   | yellow | 3 months                 |
| 2     | Basic Form complete                                                                                   | single F8 strikes with left and right hand against target/with partner      | - Application of the form<br>- dir. hits to wrist/arm<br>- Stored and released hits<br>- shoulder/outside attack concept against 3/4<br>- disarms against 3 & 4                     | - Quality of strikes<br>- Power                                           | green  | 3 months                 |
| 1     | 5 hits as preparation for the form                                                                    | Controlled hitting against target/all 5 strikes                             | - „Red Man" exercise<br>- doubleto concept<br>- Roof attack concept against 1/2<br>- Cutting disarm                                                                                 | Escrima is an attacking system                                            | green  | 3 months                 |

## Escrima technician programs of the I.U.E.WT/U.F.E.WT

| Grade | Form                                                                                                            | Drill                                                                                                                                                                                            | Application/Basics                                                                                                                                                                                                                                                                                                            | Theory                                                                                         | badge | minimum preparation time |
|-------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------|--------------------------|
| 1.TG  | Long weapon part 1:<br>Basic form with long weapon<br><br>Use of the 'non-weapon-hand': basic form single stick | Long weapons:<br>- application drills short form<br>- basic drill 4.SG<br>- other<br><br>- basic drill 4.SG with 'non-weapon-hand'<br>- Transfer single stick drill from 4 in double stick drill | - all training concepts from students programs with long weapons<br>- all basic defences with long weapons<br><br>single weapon:<br>- all basic defences with 'non-weapon-hand'                                                                                                                                               | optional:<br>written essay or oral exam:<br>description of the Focus-principle                 |       | 1 year                   |
| 2.TG  | Basic form/Main Form with double stick 'Dos Manos' concept<br><br>Long weapon part 1:<br>Long pole form         | Long weapons:<br>- application drills basic form<br><br>Dos Manos (double handed/ open):<br>- application drills form<br>- basic drill 4.SG<br>- other                                           | - sparring long weapons against long weapons<br><br>single weapon:<br>- simple sparring exercises with 'non-weapon-hand' against 'weapon-hand' of partner<br><br>- free sparring with hand checks on the right side against 2's and 4's<br><br>double stick:<br>- application Dos Manos concept against all attacks           | optional:<br>written essay or oral exam:<br>description of the Power-principle                 |       | 1 year                   |
| 3.TG  | Basic form/Main Form with bladed weapons (machete/medieval weaponry) concept                                    | Long weapons:<br>- application drills long pole form<br><br>bladed weapons (single handed):<br>- application drills form<br>- basic drill 4.SG<br>- other                                        | - sparring long weapon against double stick/Single stick<br><br>double stick:<br>- reversed (from below to up) Fig 8 counter against all strikes<br>- normal Fig 8 Konter against all strikes<br>- reversed Fig 8 frontal & sideways<br>- normal Fig 8 frontal & sideways<br><br>Buckler                                      | optional:<br>written essay or oral exam:<br>description of the Speed/Timing/Distance-principle |       | 2 years                  |
| 4.TG  | Basic form/Main Form with knife concept                                                                         | knife:<br>- application drills form<br>- basic drill 4.SG<br>- other<br><br>bladed weapons (double handed):<br>- application drills form<br>- basic drill 4.SG<br>- other                        | - sparring bladed weapons with different composition of weapon types<br><br>single weapon:<br>- all training concepts from students programs with bladed weapons<br>- sabre exercises<br>- No. 4 strike passing Block roll and climb also against 3's and 4's with stick/bladed weapons<br><br>- sparring knife against knife | optional:<br>written essay or oral exam:<br>description of the Balance-principle               |       | 2 years                  |
| 5.TG  | From this grade on weaponless Escrima is the sole focus. The single program blocks are still to be structured.  |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                               |                                                                                                |       |                          |