

IUEWT
INTERNATIONAL UNION
FOR ESCRIMA & WING TSUN

Dai-Sifu Johannes Olbers



Grade	Basic Motion Pattern/Functional Motion Gymnastics	PCR (Power-Motoric Conditioning Routine)	Application/Basics/Sparring	Theory	badge	minimum preparation time
10		Main Motion Pattern 1/2 Sticks against multiple opponents Environmental training Working on the Coaching Mitt Keep-Off Exercise		Transition of the Escrima concepts to non standard situations legitimate self	red	3-6 months
9		Basic Motion Pattern Tonfa Turnings Working on the Coaching Mitt Keep-Off Exercise		Zoning	red	3-6 months
8		Basic Motion Pattern Largo Working on the Coaching Mitt Keep-Off Exercise		Distance	blue	3-6 months
7		Basic Motion Pattern Espada y Daga Short Power Part 2 Working on the Coaching Mitt Keep-Off Exercise		Timing	blue	3-6 months
6		Basic Motion Pattern Short Power Part 1 Working on the Coaching Mitt Keep-Off Exercise		Short Power	white	3-6 months
5		Basic Motion Pattern Point footwork Working into the Zone Working on the Coaching Mitt Keep-Off Exercise		Balance through triangle	white	3-6 months
4		Basic Motion Pattern Point footwork Box Working on the Coaching Mitt Keep-Off Exercise		Box	yellow	3 months
3		Basic Motion Pattern Alive Hand Direct hits Working on the Coaching Mitt Disarms Keep-Off Exercise		Focus through triangle	yellow	3 months
2		Basic Motion Pattern Working on the Coaching Mitt Disarms Keep-Off Exercise		Quality of strikes (Power)	green	3 months
1		5 basic hits Working on the Coaching Mitt Disarms Keep-Off Exercise		Escrima is an offensive system because of its universal concept (Umbrella concept)	green	3 months

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1.TG	Long Weapons			Optional: Schriftliche Ausarbeitung oder mündlich: Darstellung des Focus-Prinzips		1 year
2.TG	Dos Manos			Optional: Schriftliche Ausarbeitung oder mündlich: Darstellung des Power-Prinzips		1 year
3.TG	Bladed Weapons			Optional: Schriftliche Ausarbeitung oder mündlich: Darstellung des Geschwindigkeit/ Timing/Distanz- Prinzips		2 years
4.TG	Knife			Optional: Schriftliche Ausarbeitung oder mündlich: Darstellung des Balance-Prinzips		2 years
5.PG	Sparring Knife against Knife Sparring 2 Knives against gegen 2 Knives Cadena De Mano Entire preceding programs have to be evolved to a Master Level					
ab 6.PG und höher	All programs have to be evolved to a Master / Grandmaster Level					