

KIDLAT ESKRIMA AT SANDATA CURRICULUM

Founder Luis Oliverez, 1st gen successor Billy Bryant, 2nd gen successor Chad Bailey

White Sash (KIDLAT ESKRIMA AT SANDATA = Lightning Eskrima Weaponry)

Footwork-	Tatsulok	Walking the Triangle
	Papeete (switch step front to rear)	Reverse Pappitay
	Ilag Yukok (ducking)	
	Luton (cross step)	
	Hakbang sa Tabi (step at right angle)	45° Pappitay (switch step r to f)
	Hakbang sa Kaliwa (step to right)	90° L right
	Hakbang sa Kanan (step to left)	90° L left
	Hakbang at Jumping (step with jumping)	
	Quick switch and stepping with a knee raise	
	Retirada Oliverez	Shuffles (all directions)
	Reverse Tatsulok	

Nine Strikes- (Sayan Palo Palo) (underlined numbers are thrusts)

Angles & Zones

- Angle 1- Diagonal downward forehand (tang san miguel)
- Angle 2- Diagonal downward backhand (aldabis sa itaas)
- Angle 3- Diagonal upward forehand (saboy)
- Angle 4- Diagonal upward backhand (aldabis sa ilalim)
- Angle 5- Thrust to the center and upward (sak sak sikmura)
- Angle 6- High backhand thrust (sungkeate sa kaliwa)
- Angle 7- High forehand thrust (sungkeate sa kanan)
- Angle 8- Vertical upward strike (buhat abjo)
- Angle 9- Vertical downward strike (buhat araw)

Striking Patterns- (Amara Abakatas) 13

- Ocho Ocho (Figure eight)- Forward/ downward or reverse/ upward 2
- Abaniko (Fanning)- vertical LL, horizontal HH, diagonal HL/LH 4
- Rompida (Up and down)- slash down, slash up 1/4 or 3/2 2
- Redondo (Round striking)- vertical backhand, diagonal forehand & horizontal forehand 3
- Baticao (Up and down)- slash down, thrust up* 1/4 or 3/2 2

Sinawali- Abecedario 4 count (with footwork 16)

Flows-

- Pala Pas 1 (Crossada) 1, 4, 3, 2 (PA 1,6,7,2)

Yellow Sash KIDLAT ESKRIMA AT SANDATA

Sinawali- Abecedario 6 count (with footwork 24)
Redondo 6 (heaven 6) (with footwork 24)

Deflecting Drills- (off the angles of attack- cut, safety factor, counter)

- 1- inside deflection -or- high wing- point up/ point down
 - 2- satik, safety factor, counter -or- shield- point up/ point down
 - 3- satik up, safety factor, roll, counter -or- point down inside deflection
 - 4- sanga (low wing block), safety factor, counter -or- drop stick
 - 5- quartering toward left (delpako) with saboy, counter -or- sweep, wetik
-or- quartering toward right, safety factor (palm up), counter
 - 6- luton, backhand jab -or- crossada
 - 7- luton, upward redondo -or- crossada
 - 8- sanga (low wing block), safety factor, counter -or- floor
 - 9- payong -or- kalasaag -or- satik (umbrella, shield, hook) with snake circle
- * defend and counter the nine angles

Eight Punyos (counters 1-9 with punyo strike to hand)

Forms- Baston Sayaw

Flows- Pala Pas 2 (sungkiti) 1, 4, 3, 2 (PA 1,6,7,2)

Green Sash (& Taga-Pagsanay/ Basic Instructor) KIDLAT ESKRIMA AT SANDATA

Sinawali- Double Sinawali (Standard 6/ Heaven & Earth 6)

Coordination Drills- (with a partner) 9

Forward figure 8- 1, 2, 1, low backhand snap, high backhand flow

Reverse figure 8- 1, 2, 1, low backhand snap, high backhand flow

Abaniko- 1, 2, 1, low backhand snap, high backhand flow (HHH, HEH 1/4/1, EHE 3/2/3, EEE 3/4/3)

Rompida (Up and down)- slash down 1, slash up 4, slash down 2, low backhand snap, high backhand flow

Redondo (horizontal forehand)- 1, 2, 3, low backhand snap, high backhand flow

Redondo (diagonal forehand)- 1, 2, 3, low backhand snap, high backhand flow

Flows-

Sumbrada Uno (Mag Bigayan)- Payong, Kalasaag, Satik

Pala Pas 3 (fraille) 1, 4, 3, 2 (PA 1,6,7,2)

Free Fighting-

Doblete Clock 36 up to 9 (Doblete Clock 48 up to 12)

Blue Sash KIDLAT ESKRIMA AT SANDATA

Sinawali- X Sinawali Reverse Sinawali (Earth 6)

Largo Mano- (long range fighting) - outside (shuffle & cross) and inside (L's) ranges
 - force to force abaniko doblete
 - vertical backhand redondo with backhand jabs (high & low)

Flows- Sumbrada Dos (Mag Bigayan 2)- Full box
 Higt Hubud Lubud (stick variation and dagger variation)
 Pala Pas 4 (inside deflection)(add single counter to Pala Pas 1-4)
 1, 4, 3, 2 (PA 1,6,7,2)(secondary footwork- angle/drop/cross/angle)

Stick Self-Defense- (5 techniques) striking only

- Ex. 1- Off #5: shuffle or step back (urong/ luton), pass & wetik (flick), wetik head
 2-
 3-
 4-
 5-

Purple Sash KIDLAT ESKRIMA AT SANDATA

Sinawali- Abaniko Sinawali 40 Reverse Umbrella Sinawali

Striking Patterns- Wetik sa Dulo at Abaniko 3
 Sungkeate y Abaniko at Baticao 7
 Sumbat (immediate counter charge/ quick hitting- qh + 1- qh + wda)

Stick Disarms- strip, ejection, snakes, stick snakes, punyo hook, vine

Flows- Sumbrada Tres/ Cuentada Sumbrada- 5/sweep 8/ shield 2/ drop 5
 Bigay Tama 1 (espada y daga vs espada y daga)
 Pala Pas 5 (outside deflection) 2, 4, 3, 2 (PA 2,6,7,2)

Free Fighting drills-

- 4/ 8/ 12 count backhand or forehand jab drill
 Sustained checking on 9 angles (check with hand first)

Stick Self-Defense- (five techniques) striking and disarming

- 1-
 2-
 3-
 4-
 5-

Brown Sash (and Taga-Pagturo) KIDLAT ESKRIMA AT SANDATA

Sinawali- Dungap 6
 Cadena Sinawali (4 count, 6 count, Redondo 6, Double Sinawali, Reverse Sinawali, Reverse Umbrella Sinawali)

Knife Flows- (6 flows)
 1- Daga Laro Laro sak sak & pakal
 2- Pakal disarm flow off 1 & 2
 3- **Pass/ cut, thrust Sumbrada**
 4- Sumbrada 6, Full Sumbrada, Hubud, Punyo Rolling, Punyo Sumbrada
 5- sak sak vs pakal
 6- triple hit/ tres puntos (sak sak 1,1,1/ 2,2,2/5,5,5; 1,2,5)(pakal 1,2,9)

Knife vs Knife disarms (strips, ejections)

Empty Hand disarms vs. Stick (strips, ejections, captures)

Stick Self-Defense- (five techniques) striking, disarming, locking, throwing and finishing
 1- , 2- , 3- ,4- ,5-

Double stick fighting tactics- BCS, Crossada, Palis Palis, Largo, Sungkiti, Shield Contradas, Quentada

Double Stick Self-Defense- (five techniques)
 1- , 2- , 3- ,4- ,5-

Free Fighting drills-
 Lanada 16 groups/ 64 strikes
 (1221, 1227, 1261, 1267; 1621, **1627**, 1661, 1667; 7621, 7627, 7661, 7667; 7221, 7227, **7261**, 7267)
 Marinas Uno/ Dos 1- L left sungkiti 7, redondo, backhand; 2- L right saboy, roll, rompida
 DeCuerdas 36 (hand down, hand up, other hand, head)

Flows- Bigay Tama 2 (espada y daga vs. stick)
 Sumbrada Kwarto (Defondo with application- variable entries)
 Pala Pas 6 (reverse tatsulok) 2, 4, 3, 2 or 2, 4, 2 (PA 2,6,7,2 or 2,6,2)
 (tertiary footwork- reverse angle/drop/cross/angle)

Basic Espada y Daga-
 Stick/ knife, knife/ stick
 Stick and knife simultaneously
 Coordination drills (forehand 4, 5, 6, H6, 7, 8, 9)(backhand 5, 6, 7)

Sibat (staff) Basic skills- 9 Angles, 9 Blocks (3 sections), 9 Counters (strikes & thrusts)
 Sibat Sumbrada 1/4/9 & **2/3/9**

Black Sash

KIDLAT ESKRIMA AT SANDATA

Sinawali- Lacoste 8 Inayan 6/8 Uno Dos Sinawali

Knife Self-Defense- (9 counters)(9 sak sak, 9 pakal)

- | | |
|------------------------------|--------------------------------|
| 1- daga at tang san miguel | 6- daga at sungkeate sa kaliwa |
| 2- daga at aldabis sa itaas | 7- daga at sungkeate sa kanan |
| 3- daga at saboy | 8- daga at buhat abjo |
| 4- daga at aldabis sa ilalim | 9- daga at buhat araw |
| 5- daga at sak sak sikmura | |

Empty Hand vs Knife Disarms (captures)

- | | |
|-----------------------|-----------------------------|
| 1- strip 1, 3, 7 | 6- their leg strip off 1 |
| 2- ejection 2, 4, 6 | 7- their leg ejection off 2 |
| 3- strip off 2 | 8- return to sender 1 |
| 4- leg strip off 1 | 9- return to sender 2 |
| 5- leg ejection off 2 | |

Hubud at Trancadas- (10 locks)

- | | |
|--|---------------------------|
| 1- Siklod labas (outer wrist throw) | 6- (hammerlock) |
| 2- Siklod loob (down center lock straight arm) | 7- (standing center lock) |
| 3- (down center lock- bent arm) | 8- (two finger up) |
| 4- (thumblock- chicken wing) | 9- (one finger downward) |
| 5- Siklod ipit (gooseneck) | 10- (arm bar) |
| Add your own locks | |

Forms- Baston Sayaw Advanced
(multiple counters, direction, pattern, additions, themes, DS/EYD/D/DD/EH)

Free Fighting Drills- Oliverez 54 footworks (shuffle, cross, L right, L left, tatsulok right, tatsulok left)

Flows- Sumbrada Cinco (Punyo Sumbrada) (stick, knife)
Daga Sumbrada Sectors- 1/6/9, 2/3/8, P/K/S, 5/8/6
Bigay Tama 3 (espada y daga vs. empty hands, Any)
Pala Pas 7 (Pala Pas 1-6 with multiple strikes)(Variable entries)

Espada y Daga-

- Disarming (agaw), locking (trancadas) and throwing (buno)
- Palis Palis Sungkeate- side circular thrusting
- Sagui Sagual Sungkeate & Espada y Daga

Espada y Daga Self-Defense- (five techniques)

- 1-, 2-, 3-, 4-, 5-

Daga vs. Empty Hands Knife Tapping 1/2/5 sak sak; 1/2/9 pakal (Tres Puntos- triple hit)

Sibat (staff)- Staff disarms and throws (snaking wrist, elbow, shoulder)

Staff Forms- Billy's Sibat

2nd degree Black Sash KIDLAT ESKRIMA AT SANDATA

Doble Daga (two knives)- 9 angles (attack and defense)

Olisi Palad (palm stick)- 9 angles (attack and defense)

Evolution of Baston Sayaw, Double Daga Sayaw, Cadena de Mano Sayaws 1-4 with double daga

3rd degree Black Sash KIDLAT ESKRIMA AT SANDATA

Jbang (sai)- 9 angles (attack and defense)

Evolution of Baston Sayaw, Jbang Sayaw, Cadena de Mano Sayaws 1-4 with Jbang

4th degree Black Sash KIDLAT ESKRIMA AT SANDATA

Hawakan (tonfa)- 9 angles (attack and defense)

Evolution of Baston Sayaw, Hawakan Sayaw, Cadena de Mano Sayaws 1-4 with Hawakan

5th degree Black Sash KIDLAT ESKRIMA AT SANDATA

Latico (Buggy whip, horse whip)- 9 angles (attack and defense)

Staff Forms- Cadena de Mano Sayaws 1-4 with staff

Evolution of Baston Sayaw, Latico Sayaw, Cadena de Mano Sayaws 1-4 with Latico

6th degree Black Sash & Guro KIDLAT ESKRIMA AT SANDATA

Cadena (chain)/ Lupid (rope)- 9 angles (attack and defense)

Evolution of Baston Sayaw, Cadena Sayaw, Cadena de Mano Sayaws 1-4 with Cadena

7th degree Black Sash KIDLAT ESKRIMA AT SANDATA

Bangkow (spear)- 9 angles (attack and defense)

Jbang Sutai (horse cutter)- 9 angles (attack and defense)(optional)

Evolution of Baston Sayaw, Bangkow Sayaw, Cadena de Mano Sayaws 1-4 with Bangkow

8th degree Black Sash KIDLAT ESKRIMA AT SANDATA

Balisong (flipping knife)- 9 angles (attack and defense)

Evolution of Baston Sayaw, Balisong Sayaw, Cadena de Mano Sayaws 1-4 with Balisong

9th degree Black Sash & Punong Guro (Senior Instructor) KIDLAT ESKRIMA AT SANDATA

Combination weapons- 9 angles (attack and defense)

Evolution of Baston Sayaw, Combo Sayaw, Cadena de Mano Sayaws 1-4 with combo

10th degree Black Sash Founder of KIDLAT ESKRIMA AT SANDATA

Dakilang/ Founder Luis Oliverez

Successor- Ama Guro Billy Bryant, Inheritor- Punong Guro Chad Bailey