

# ESCRIMA - LEVEL 3

## 3 STRIKE PATTERN

**PROGRESS**

**PRE-TEST**

DOWNWARD FIGURE 8 WITH # 3 STRIKE

DOWNWARD FIGURE 8 WITH # 4 STRIKE

## (2) STICK PATTERNS

**PROGRESS**

**PRE-TEST**

TURK PATTERN

## STICK DEFENSE (#3 STRIKE)

**PROGRESS**

**PRE-TEST**

LONG RANGE LEFT

LONG RANGE RIGHT

DOWNWARD DEFLECTION

CROSS DEFLECTION

CROSS DOWNBEAT DEFLECTION

DEFLECTION WITH BACKUP

OUTSIDE ABANICO, PAK, STRIKE TO HEAD & KNEE

OUT TO IN ABANICO, UPWARD SAWBOY , PAK, STRIKE TO HEAD

INSIDE BLOCK ABANICO TO HEAD

INSIDE ABANICO, CROSS BLOCK, STRIKE TO TORSO OR HEAD

THRUST (EVADE WITH #5 STRIKE)

EMPTY HAND

## NOTES, QUESTIONS, ETC..

ABANICO: REFERS TO "FAN" OR "FLIP" HIT

PAK: REFERS TO PERRY OUTSIDE