



# Samahang Tatlong Laban Escrima

## Foundation Curriculum

### Level 1 – Antas Isa – Yellow Belt

#### Basic Stances and Footwork

##### Stances

- Bow Stance
- Front Stance
- Rear Stance / Back Stance
- Cat Stance
- Lunge Stance

##### Footwork

- Sliding Step
- Triangular Footwork

##### Basic Strikes

- **Lobtik** – full-through strike
- **Witik** – snap strike
- Diagonal Strike
- Horizontal Strike
- Vertical Strike
- Half Strike
- Thrust
- **Punyo** – butt-end strike
- **Curvada** – snapping backfist-like strike
- **Abaniko** – fan strike
- **Sonkete** – upper-end / tip strike

## Basic Drills

- Figure 8
- Reverse Figure 8
- 12 Angles of Attack

## Combinations

- **A:** 1 – 2 – 3 – 4 – 5
- **B:** 1 – 2 – 3 – 4
- **C:** 1 – 2 – 12
- **D:** 1 – 6 – 9 – 10
- **E:** 2 – 3 – 10

# Level 2 – Antas Dalawa – Green Belt

## Single-Stick Flow and Basic Defense

### Flow Drills

- Redondo: wrist rolling forward and backward
- Abecedario 1–2
- Abecedario 1–2–3
- Abecedario 7–6
- Abaniko-Witik Drill

### Basic Blocks

- **Angle 1:** meet with Angle 1
- **Angle 2:** meet with Angle 2
- **Angle 3:** inward pinky-up block
- **Angle 4:** outward pinky-up block
- **Angle 5:** inward pinky-up block

### Combinations

- **F:** 3 – 4 – Abaniko – Abaniko – 1 – 2
- **G:** 5 – 1
- **H:** 6 – 1 – Curvada
- **I:** 6 – 3 – Curvada
- **J:** 9 – 10 – 1 – 2
- **K:** 9 – Abaniko – Abaniko – 1

### Anyo Isa – Form One

1. **12 o'clock:** right front stance, 1 – 2, step forward into left stance with 5.
2. **9 o'clock:** right front stance, 1 – 2, step forward into left stance with 5.
3. **6 o'clock:** right front stance, 1 – 2, step forward into left stance with 5.
4. **3 o'clock:** right front stance, 1 – 2, step forward into left stance with 5.
5. **12 o'clock:** right front stance, 1 – 2, step forward into left stance with 5.

# Level 3 – Antas Tatlo – Brown Belt

## Applied Single Stick, Checking Hand and Cadena de Mano

### Advanced Flow Drills

- Abecedario 1–2–7–6
- Abecedario 7–6–7–6–1–2
- Block and Figure-8 Strike
- Block and Slash
- Step-and-Strike Concept
- Walking Through the Strike

### Combinations

- **L:** High 3 – Low 4
- **M:** Abaniko – Abaniko – 3 – 9
- **N:** Abaniko – Abaniko – 3 – 4
- **O:** Curvada – 4 – 1 – Curvada

### Concepts

- “Defang the Snake”
- Using the live hand / checking hand
- Stick-to-empty-hand transition
- Basic entry to punyo range

### Cadena de Mano

#### Against a hook punch

- Inside palm entry
- Outside knife-hand motion
- Finish with knife-hand to the neck or backfist

#### Stick against stick

- Inward stick block
- Knife-hand check / trap with the live hand
- Step in with punyo

### Hubud Drills

- **Hubud A – Empty Hand:** hook punch, straight punch, overhead strike, backhand, elbow
- **Hubud B – Single Stick:** punyo range
- **Hubud C – Empty Hand against Stick**

# **Level 4 – Antas Apat – Black Belt**

## **Double Stick Fundamentals and Advanced Concepts**

### **Double Stick Drills**

#### **Basic Double Stick Drill – Sinawali 1**

1. Right stick above the right shoulder; left stick by the right armpit.
2. Switch to right stick by the left armpit and left stick by the left shoulder.

#### **Basic Double Stick Drill – Sinawali 2**

1. Right stick on the right shoulder and left stick on the left shoulder.
2. Right diagonal 1, right diagonal backhand 7 return.
3. Left diagonal 1, left diagonal backhand 7 return.

#### **Basic Double Stick Drill – Redondo Flow**

1. Right stick on the right shoulder and left stick on the left shoulder.
2. Right redondo down to the left side, then reverse right redondo back to the right shoulder.
3. Left redondo down to the right side, then reverse left redondo back to the left shoulder.

#### **Basic Double Stick Drill – Sonkete to Redondo**

1. Right sonkete to redondo.
2. Left sonkete to redondo.

### **Angles 1–5 – Double Stick**

1. Let both sticks rest on their respective shoulders.
2. Right diagonal 1, landing by the left armpit.
3. Left diagonal 1, landing by the right shoulder.
4. Right diagonal 2, ending on the right side.
5. Left diagonal 2, ending on the left side.
6. Right horizontal 3, ending in backhand position.
7. Left horizontal 3, ending in backhand position.
8. Right horizontal 4 backhand.
9. Left horizontal 4 backhand.
10. Right straight 5, sonkete.
11. Left straight 5, sonkete.

### **Heaven Six Sinawali**

1. Right stick above the right shoulder; left stick by the right armpit.
2. Right diagonal 1 lobtik. The stick finishes by the left ear.
3. Left horizontal 4 lobtik. The stick finishes beside the other stick.
4. Right witik straight forward. The stick finishes by the left armpit.
5. Repeat on the opposite side in mirror image and continue flowing.

## Advanced Single-Stick Concepts

- Single-Stick Abaniko Concepts
- Single-Stick Redondo-Witik Concepts
- Single-Stick Freestyle Concepts
- Transition between long range, middle range and punyo range
- Recovery from missed strikes
- Flow from angle striking into checking-hand control
- Principle Transfer and Blade Awareness

## Advanced Defensive Concepts

- X-Block Concept against overhead strikes
- X-Block, move to the outside, press down / trap and strike with the live hand
- Possible finish with elbow lock
- Arm-Wrap Disarm

## Anyo Dalawa – Form Two

1. **12 o'clock:** left front stance, diagonal 1, sonkete, redondo, down to the leg, step forward into right stance, diagonal 6 to redondo.
2. **9 o'clock:** roof block, left front stance, diagonal 1, sonkete, redondo, down to the leg, step forward into right stance, diagonal 6 to redondo.
3. **6 o'clock:** roof block, left front stance, diagonal 1, sonkete, redondo, down to the leg, step forward into right stance, diagonal 6 to redondo.
4. **3 o'clock:** roof block, left front stance, diagonal 1, sonkete, redondo, down to the leg, step forward into right stance, diagonal 6 to redondo.
5. **12 o'clock:** roof block, left front stance, diagonal 1, sonkete, redondo, down to the leg, step forward into right stance, diagonal 6 to redondo.