



Mobility: Byjong-Advance-Retreat-Male-Female-Pendulum-Coconut-Diamond-Open Triangle-Mirror-Weapon Evasion Drill.....

Striking Skills: Jun Fan Boxing-Stop Hit-Straight Blast-Filipino Hits-Head butts-3 Ways to Straight Blast-1 Inch Punch.....

Sensitivity: Don Chi-Lop Sau-Chi Sau-Hubud-Gunting Drills-Un attached Chi Sau-Continuous Trapping.....

Trapping: Pak Sau-Lop Sau-Jut Sau-Hun Sau-Jau Sau-Continuous Pak Sau- Continuous Lop Sau-Wedge-Roll-Gum Sau-Swinging Gate-Prayer Position-Counters to Pak Sau-Half Beats-Trapping 1 to 7 & Lock.....

Entries: Pak Sau-Tan Sau-Bong Sau-Salute-Heaven Six-Routes-Double Trap Pak Tan-Tan Pak-Gunting-Bridge-Thread-Walk By-Elbow Destruction Drill- Continuous Guntings Against Boxing Combinations-Neutral Entry Contact With Equipment Both JKD & Escrima-Classical Numerado.....

Dumog-Arm Locks 20-Leg Locks-Scarf Hold-Face Down-Putang Kapala-Reverse Putang Kepala-Dumog Series-Opponent As A Shield-Neck Breaks-Submission-Leg Compressions-Guillotine-Sleeper.....

Knife Grip-Escarla-Giron Passing Drill-Sumbrada-Tapping 1-2-3 Beat & Free-Flow-Magda 1 to 12-Insert Disarms- Tapping Disarms-Return To Sender-Pinch-Sticky Knife-Disarms from Flow Drills-Constant Disarms-Constant Cutting-Sparring.....

Baston Grip-Warm Up Drills- Angles 1 to 12-Signs-Serrada Basics-Lock & Block-Closing Drill-Sparring (both ways)-Abanico-Macabebe-Sonkete-Snake-Vine-Hitting 1 or 9-Quick Release-Pinch-Punyo Disarm-Center Line Lock & Block-Espada y Dagga Lock & Block-Redonda-Bolante-Elastico-Reterada-Coconut-Double Hits-Ritarada-Multiple Hits.....

Extra Curriculum After Graduation:

Defondo-Wooden Man Basics-Wooden Man Jun Fan Form- Wooden Man JKD Form-Pentjak Silat-Harimau Silat-

Only On Invitation:

Cabales Serrada Escrima Masters Training