

Eskrima Form #1

Double Eskrimas

12
9 3
6

Instructions

This form will incorporate a 6 count abesedario.
Always step toward your target on the last strike.
All blocks in the 6 count abesedario are executed with the front hand.

1. Starting at attention with the sticks crossed in front of the chest – step backward with your right foot into a defensive stance keeping your hands low & sticks pointed up and out - Kihop
2. Step toward 12 with your right foot - #1 block & check.
3. Pivoting on your right foot, spin backward and step toward 12 with your left foot – downward figure 8 (step forward with your right foot on the first two strikes – step backward with your right foot on the 3rd & 4th strikes) - Kihop
4. Execute a #2 block while stepping toward 3 (execute a 6 count abesedario)
 - e. Left hand bock – right hand check (under left) – left hand downward strike – right hand horizontal strike – left hand horizontal strike – step forward with your right foot – right hand downward strike
6. Step toward 9 with your right foot & execute a #3 block & 6 count abesedario
 - g. Right hand bock – left hand check (under right) – right hand downward strike – left hand horizontal strike – right hand horizontal strike – step forward with your left foot – left hand downward strike
8. Step backward with your left foot – right hand downward strike – step backward with your right foot - right hand block – left hand check – left hand high horizontal media – spin clockwise – right backhand horizontal media - Kihop
9. Turn toward 6 – upward figure 8 (4)

10. Step forward toward 6 with you right foot and turn counter-clockwise to face 12 then step backward with your left foot toward 6 - #7 block & counter
 - k. Low right hand bock – left hand check (under right) – right hand downward strike – left hand horizontal strike – right hand horizontal strike – step forward with your left foot – left hand downward strike
12. Step forward with your right foot toward 12 – right hand downward strike – backhand downward twirl – backhand downward strike
13. Step forward with your left foot toward 12 – left hand downward strike – backhand downward twirl – backhand downward strike
14. Step forward with your right foot toward 12 – right hand downward strike – backhand downward twirl – backhand downward strike
15. Step forward with your left foot toward 12 – left hand downward strike – backhand downward twirl – backhand downward strike
16. Step backward with your left foot toward 6 – right hand overhead arco (twirl) – downward diagonal strike
17. Step backward with your right foot toward 6 – double hand overhead arco (twirl) – left hand downward diagonal strike
18. Step backward with your left foot toward 6 – double hand overhead arco (twirl) – right hand downward diagonal strike
19. Step backward with your right foot toward 6 – double hand overhead arco (twirl) – left hand downward diagonal strike
20. Turn to your right (toward 3) - #11 block & counter
 - u. High right hand block – left hand check (under right) – right hand downward strike – left hand horizontal strike – right hand horizontal strike – step forward with your left foot – left hand downward strike
22. Step across with your right foot (deodra) to turn toward 9 – step toward 9 with your left foot - #12 block & counter
 - w. High right hand block – left hand check - right hand horizontal strike – left hand horizontal strike – step forward with your right foot – right hand downward strike – left open hand media – Kihop
24. Step with your right foot clockwise to turn toward 12 - Junbi