

Blackbelt Weapon Form

Eskrima Form #2

1. Bow
2. Prepare (Eskrima in right hand held against your body with the end of the stick at your left shoulder)
3. Saka – Hulog: (Saka) Stepping back toward B with your left foot – upward strike – step back with your right foot into an X-stance (right foot behind left) with an open downward strike & hook – horizontal media to the ribs – step forward with your right foot – downward strike – step forward with your left foot – downward strike
4. Saka – Hulog: (Hulog) Stepping back with your left foot – downward strike – Step back with your right foot into an X-stance with an open downward strike & hook – horizontal media to the ribs – step forward with your right foot – downward strike – step forward with your left foot – downward strike
5. Stepping with your right foot – spin backward to face B - #6 (middle) block – High open horizontal strike – low closed horizontal strike – straight thrust
6. Stepping with your right foot – spin $\frac{1}{4}$ turn clockwise to face C while executing two backhand arkos then 2 downward arkos
7. #1 block – low closed horizontal strike – high open horizontal strike – straight thrust
8. Saka – Hulog: (Saka) Upward strike – Step back with your right foot into an X-stance with an open downward strike & hook – horizontal media to the ribs – step forward with your right foot – downward strike – step forward with your left foot – downward strike
9. Step across (Diodra) with your right foot turning clockwise toward D - #5 block – downward strike – tap the floor – upward strike – low closed horizontal strike – straight thrust
10. Spinning clockwise – step with your right foot toward c - # 3 block – low closed hand horizontal strike – high open hand horizontal strike – low closed hand strike – straight thrust
11. Horizontal twirl (above head) as you spin clockwise stepping with your left foot toward B – diagonal downward Strike (r – l) – diagonal upward strike (l – r) – horizontal open media
12. Stepping with your left foot clockwise toward C - #4 block – 2 downward strikes to the arm – high open horizontal strike – high closed horizontal strike – Horizontal twirl - downward butt thrust
13. Stepping with your left foot, return to Junbi facing A