

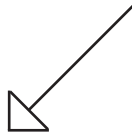


Wilkes Martial Arts - Eskrima

Amara - Single Stick Form (#1 - #7)

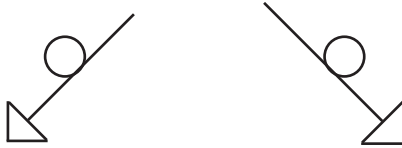


1



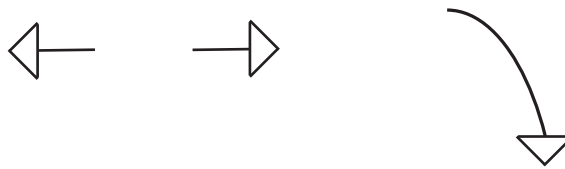
Strike 1, Strike 2 (also known as cut out).

2



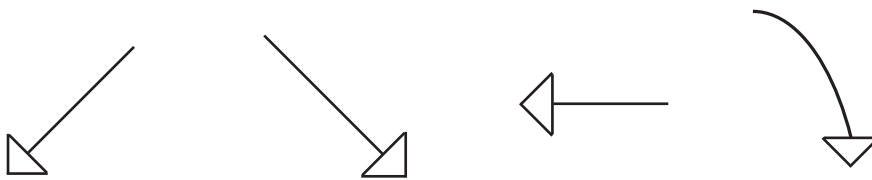
Arco 1, Arco 2.

3



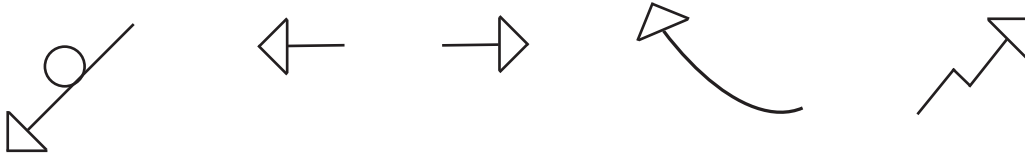
Abenico, Flywheel, Strike 2.

4



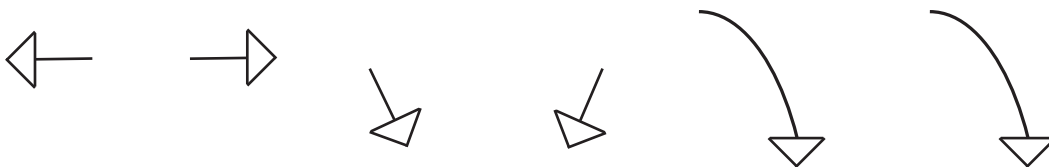
Strike 1, Strike 2, Plansa, Flywheel, Strike 2.

5



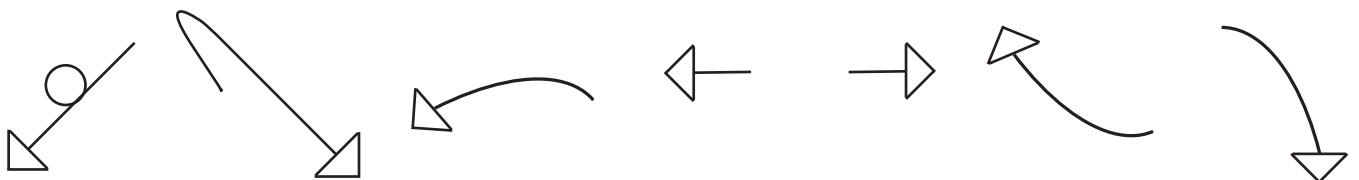
Arco 1, Abenico, Strike 3, Overhead Snap, Strike 2.

6



Abenico, Frontal Abenico, Flywheel, Flywheel, Strike 2.

7



Arco 1, Punya Parry, plansa stab, Abenico, strike 3, Flywheel, strike 2.