



ESKRIMA GRADING FORM

Students First Name _____ Current Belt Grade _____

Students Surname _____ Grading Day & Time _____

A true Martial Artist strives to develop themselves in all aspects of their life. Martial Arts without discipline, respect and traditional values is simply fighting. A true student is eager to assist fellow students and is supportive and loyal to their school and their instructors.

GRADING PRE-REQUISITES

- | | Y | N |
|--|--------------------------|--------------------------|
| 1 Will you have attended ALL THREE (3) Progress Checks before your grading? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 How many classes will you have attended by this grading (since last grading)
<i>If less than 18 please see front counter about catch-up lessons</i> | _____ | |
| 3 Are your training fees fully up-to-date? <i>They must be in order to be graded / promoted</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Red and above: Have you registered to grade / examine a student? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Black Red and above: Have you presented your essay to the Master Instructor | <input type="checkbox"/> | <input type="checkbox"/> |

GOAL SETTING

Correct goal setting will ensure you achieve your ambitions. It is a planning tool used by all successful people - "If you fail to plan, you are planning to fail". Goals must be realistic, measurable and have a set date for achievement. 'Inch by inch it's a cinch - Yard by yard it's Hard'

SHORT TERM GOALS - To Be Achieved in the next 3 months

Your Eskrima/Martial Arts Goals => _____

Your External Goals (optional) => _____

MEDIUM TERM GOALS - To Be Achieved in the next 12 months

Your Eskrima/Martial Arts Goals => _____

Your External Goals (optional) => _____

LONG TERM GOALS - To Be Achieved in the next 4 Years

Your Eskrima/Martial Arts Goals => _____

Your External Goals (optional) => _____

PERSONAL DEVELOPMENT

- | | Y | N |
|--|--------------------------|--------------------------|
| 6 Do you attempt to practice the 9 Tenets and Student Creed of Wilkes Martial Arts | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Have you shown improvement / made advancements | | |
| 1) in school OR work? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) physical fitness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Home life and / or community life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Most training inquiries at our school are thanks to satisfied students, recommending us to others. This ensures long term survival of your school. Have you recommended your Martial Arts school to any non-members / friends or given out any VIP Guest Passes since your last grading. | <input type="checkbox"/> | <input type="checkbox"/> |

GRADING FEE

Includes insurance, official rank certification and belt - Recognised by the WKA

White Belt to Pro-Orange Belt	\$35
Orange Belt to Pro-Green Belt	\$40
Green Belt to Pro-Red Belt	\$45
Red Belt to Black White Belt	\$50
Black Green and Above	\$80

Staff Sign _____

Date _____

- | | |
|--------------|--------------------------|
| Cash | <input type="checkbox"/> |
| Eftpos | <input type="checkbox"/> |
| Other | <input type="checkbox"/> |
| Direct Debit | <input type="checkbox"/> |





WHITE BELT

WARM UP EXERCISES

Snapping: Middle Cane Hold

Helicopters: (4 Variations)

- 1) Waist 2) Shoulders 3) Side 4) Overhead

PROGRESS CHECK 1

7 Strikes (Using Stick)

- 1) Forehand Downwards 45° 2) Backhand Downwards 45°
3) Forehand Upwards 45° 4) Backhand Upwards 45°
5) Low Thrust 6) Thrust Leftwards
7) Thrust Rightwards

4 Count Redonda

- 1) Right Forehand 2) Left Backhand 3) Right Backhand 4) Left Forehand

PROGRESS CHECK 2

Unarmed Application (Strikes must be demonstrated on pads)

- Fighting Stance (Both Stances)
Jab Punch
Cross Punch
Palm Strike

7 Strikes with Diagonal Stepping (Basic 7 Angles)

Vital Point Defence Demonstration

- Demonstrate on a stationary standing opponent

PROGRESS CHECK 3

7 Strikes With Diagonal Stepping Using Knife (Basic)

- 1 to 4 Slashes
- 5 to 7 Stabs (Same Grip As First 4 Strikes)

Training Rule 1: Treat others as you wish to be treated.



PRO YELLOW BELT

WARM UP EXERCISES

Drop Canes (End Cane Hold)

Snapping: End Cane Hold (2 Variations)

- 1) Same On Top
- 2) Alternating Different On Top

PROGRESS CHECK 1

Closed Blocking

- To all 7 Strikes (1 - 7)

7 Advanced Knife Strikes with Diagonal Stepping (Basic 7 Angles)

- 1 to 4 Ice Pick Stabs
- 5 to 7 Basic Strikes / Stabs

PROGRESS CHECK 2

6 Count Redonda

- 1) Right Forehand
- 2) Left Backhand
- 3) Right Hammer strike
- 4) Left Forehand
- 5) Right Backhand
- 6) Left Hammer Strike

C-Grip Blocking

- To knife attacks off the 7 Advanced strikes (diagonal stepping)

PROGRESS CHECK 3

High - Low (Double Vs. Double)

Partner work drill

Backward Breakfall

Training Rule 2: Learn from those above you and teach those below you

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Front Grab)

- Demonstrate softening blows and vital point strikes
- Ensure you are stepping off line after grip breaks
- Minimal resistance from partner to program reactions





WARM UP EXERCISES

Frontal X (2 Variations)

- 1) Downwards
- 2) Upwards

Eagle Wings

- 1) Single
- 2) Double

PROGRESS CHECK 1

Closed Blocking with Finger Line Breaks to all 7 Strikes (1 - 7)

Untol (High)

- 1) Right Forehand Strike
- 2) Left Backhand Strike
- 3) Right Backhand Strike
- 4) Left Forehand Strike
- 5) Right Backhand Strike
- 6) Left Backhand Strike

Parallel (2 Variations) - Can also be done clashing with partner

- 1) High
- 2) Low

PROGRESS CHECK 2

Amara (1 - 2)

Advanced Redonda

- 1) Right Forehand
- 2) Left Backhand
- 3) Right Forehand (Around Head)
- 4) Left Forehand
- 5) Right Backhand
- 6) Left Forehand (Around Head)

High - Low (Single Vs. Double)

Partner work drill

PROGRESS CHECK 3

C-Grip Blocking With Breaking (Arm Breaks)

- Advanced Knife Strikes 1 through to 7

Unarmed Application (Strikes must be demonstrated on pads)

Push Kick
Roundhouse Kick

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Front Grab)

- Attacker reacts to your defence





PRO ORANGE BELT

WARM UP EXERCISES

Circling (2 Variations)

- 1) Upwards
- 2) Downwards

Flywheels

- 2 Normal, 2 Reverse (Switch hands each time)

PROGRESS CHECK 1

Tripping and Chopping

- Attacker with **RIGHT** leg forward
- C-Grip Blocking
- Transfer to lead leg

Untol (3 Variations) - Can be done clashing

- 1) Low
- 2) High-Low-High
- 3) Low-High-Low

PROGRESS CHECK 2

Amara (3 - 4)

Parallel Vs Redonda (Clashing Drill)

- Parallel 4 Count against Redonda 4 Count

PROGRESS CHECK 3

Closed Blocking with BUTTING

- Strikes 1 through to 7
- Pull inwards

Unarmed Application (Strikes must be demonstrated on pads)

- Forward Knee
- Downward Elbow

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Rear Grab)

- Attacker reacts to your defence





ORANGE BELT

WARM UP EXERCISES

Reverse 4 Count Redonda

- | | |
|------------------|-------------------|
| 1) Left Backhand | 2) Right Forehand |
| 3) Left Forehand | 4) Right Backhand |

PROGRESS CHECK 1

Open Blocking with Disarms

- Strikes 1 through to 7
- 1 and 2 Palm DOWN
- 3 and 4 Palm UP

Redonda Vs Untol (Clashing Drill)

- Redonda 6 Count against Untol High(6 Count)

PROGRESS CHECK 2

Amara (5 - 6)

Wrist Twist and HOLD (1 - 7)

- Advanced Knife Strikes 1 through to 7
- C-Grip Blocking
- Counter with body strike on 1 and 3

PROGRESS CHECK 3

Unarmed Application Redonda 4 Count

- Must alternate hands to defend and counter off a chosen strike

Unarmed Application (Strikes must be demonstrated on pads)

- Hook Punch
- Uppercut Punch

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Grab)

- Random grabs against resisting opponent

1 Minute Baton Defence

- Against singular strikes





PRO BLUE BELT

WARM UP EXERCISES

Untol (Circling)

- 1) Clockwise
- 2) Anti-Clockwise

PROGRESS CHECK 1

Scissors (1 - 5) Off Basic Strike #1

- 1) Wrist Disarm
- 2) 1 Takes 2 with untol to LEFT side
- 3) Hand Strike, 6 Count Redonda advancing footwork
- 4) Pin with double Abenico Strike
- 5) Rising Block (Basic), Head, Toe, Hip, X-Stance

Hammer Fist Drill

- 1) Parry
 - 2) Re-Direct
 - 3) Pin
 - 4) Strike
- To be done unarmed and with knife

PROGRESS CHECK 2

Wrist Twist and DISARM

- Advanced Knife Strikes 1 through to 7
- C-Grip Blocking
- HOLD, then disarm weapon

Amara (1 - 7)

Rising Block Drill (BASIC)

- Step » Block » Parry

PROGRESS CHECK 3

Untol Clashing

- All Variations

Unarmed Application (Strikes must be demonstrated on pads)

- 1) Buddah Kick
- 2) Side Kick / Side Thrust Kick

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Grab)

- Random grabs against resisting opponent

1 Minute Baton Defence

- Against continuous strikes





BLUE BELT

WARM UP EXERCISES

Reverse 6 Count Redonda

- | | |
|--------------------------|---------------------------|
| 1) Left Reverse Flywheel | 2) Right Forehand |
| 3) Left Backhand | 4) Right Reverse Flywheel |
| 5) Left Forehand | 6) Right Backhand |

PROGRESS CHECK 1

Modified 7 Strikes (1 - 7)

- | | |
|--|--|
| 1) Forehand Downwards 45 (Knee) | 2) Backhand Downwards 45 (Knee) |
| 3) Forward Plansa (Hip) | 4) Reverse Plansa (Hip) |
| 5) Basic Strike Number 1 (Forehand Downwards 45) | 6) Basic Strike Number 2 (Backhand Downwards 45) |
| 7) Straight Downwards (Centerline) | |

Closed Blocking with Disarms (Attacker with Machete)

- Off basic 7 Strikes with diagonal stepping

PROGRESS CHECK 2

Stop Blocks (1 - 7)

- Off modified 7 Strikes

Rising Block Drill (ADVANCED)

- Step » Block » Parry

PROGRESS CHECK 3

Wrist Twist and DRIVE (1 - 7)

- HOLD, then DRIVE blade

REALITY BASED TRAINING (RBT)

Closed Blocking (Random Testing)

- Off any strike, random order chosen by attacker
- Defender may do any disarm or strikes as part of the Closed Blocking series
- Defender must successfully clear space between them and the attacker

30 Second Free Form Self Defence (Any Grab)

- Random grabs against resisting opponent

1 Minute Baton vs. Baton Defence

- 1 step Counters (opponent blocks defender and the defender must finish)





PRO GREEN BELT

PROGRESS CHECK 1

Thrust Sinawali (5 - 6 - 7)

- Exit with high-low
- Defender steps (alternate with partner)

Closed Blocking with Jamming & Removal

- 1 Stick must jam both opponents arms to stop blocking and countering

PROGRESS CHECK 2

Palakau Amara (1 - 4) - See Diagram

The Bird

- Off High-Low Sequence
- Exit with butterfly wrist lock
- Try with knife when confident

PROGRESS CHECK 3

Closed Blocking with Butting (Attacker with Machete)

- Off basic 7 Strikes with diagonal stepping

Demonstrate 5 Wrist Locks

- Demonstrate in self defence of your choice

REALITY BASED TRAINING (RBT)

30 Second Free Form Self Defence (Any Grab)

- Random grabs against resisting opponent

1 Minute Baton vs. Baton Defence

- Against resisting opponent



GREEN BELT

PROGRESS CHECK 1

3 Phase (1 - 7)

- Off 7 Basic Strikes

1) High

2) Low

3) Through

PROGRESS CHECK 2

Palakau Amara (5 - 7) - See Diagram

63 Disarms Series (1 - 7)

- Bottom Application (Stick faces Upwards)
- Off Basic Strikes 1 - 7

PROGRESS CHECK 3

3 Phase (Random Order)

- Attacker can use any of the 7 basic strikes and must exit safely and/or disarm
- Defender does not need to use all of 3 Phase each time but must show application of each movement

Cutters (1 - 7)

- Off Modified 7 Strikes
- 7 Advanced rising block and Defender butts twice - Jamming
- Learn both stick vs stick and knife vs knife

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

30 Second Knife Defence

- Any front held position

30 Second Knife Defence

- Any rear held position





PRO PURPLE BELT

WARM UP EXERCISES

The X (Knife)

- 1, 4, 3, 2, 5

PROGRESS CHECK 1

Open Blocking with Jamming & Removal

- 1 Takes 2

Armbar to Shoulder Lock Series

- Off Advanced knife strikes 1-7

PROGRESS CHECK 2

Palakau (1 - 7)

- With a partner alternating after each

Tripping and Chopping

- Attacker with LEFT leg forward on all 7 Advanced Knife Strikes

PROGRESS CHECK 3

X Parrying (Right Hand)

- Inner forearm block
- Finish with arm break

63 Disarms Series (1 - 7)

- Reverse bottom application (Stick faces downwards)
- Off Basic strikes 1 - 7

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

1 Minute Knife Defence

- Defend knife strikes against a resisting opponent





PURPLE BELT

WARM UP EXERCISES

Double Dagger / Stick and Dagger Redonda 4(Double Cane)

- 1) Double Dagger 2) Left Hand Stick, Right Hand Dagger 3) Right Hand Stick, Left Hand Dagger

PROGRESS CHECK 1

Ardigma (1 - 4) - See Diagram

Clipping (Attacker has RIGHT leg forward)

- Off basic 7 Strikes
- C-Grip Blocking to Knife

PROGRESS CHECK 2

Flip Strips (1 - 7)

- Work up the arm.
 - Closed Blocking off Basic strike 1
- 1) Flip Strip 2) Wrist 3) Elbow 4) Shoulder
5) Neck 6) Single Clip 7) Reverse Single Clip

PROGRESS CHECK 3

63 Disarms Series (Strikes 1 - 7)

- Top application (Stick faces upwards)
- Off Basic strikes 1 - 7

X Parrying (Left Hand)

REALITY BASED TRAINING (RBT)

1 Minute Self Defence: Testing of Held Positions

- 1) Arm Bar 2) Arm Held Behind Back 3) Single Clip/Hammer Lock
4) Double Clip 5) Front Bear Hug Arms Trapped 6) Rear Bear Hug Arms Trapped

1 Minute Machette Defence (Unarmed)

- Defend strikes against opponent (no resistance)





PRO RED BELT

PROGRESS CHECK 1

Lock Flows (1 - 6)

Winding (1 - 7)

- Off Basic Strikes 1 - 7
- C-Grip Blocking

PROGRESS CHECK 2

Ardigma (5 - 8) - See Diagram

Unarmed Application (Strikes must be demonstrated on pads)

- Overhand Punch
- Body Rip

63 Disarms Series (Counter 1)

- Bottom, Top and Reverse Bottom application
- Off Basic strikes 1 - 7

PROGRESS CHECK 3

X Parrying (Both Hands, interchanging)

Self Defence: Random Testing (Dynamic)

- Cross punch
- Push kick
- Roundhouse kick

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

1 Minute Machette Defence (Unarmed)

- Defend strikes against a resisting opponent



RED BELT

WARM UP EXERCISES

The T (Knife Flow Drill)

Plansa Slashes, Upward and downward Slashes

PROGRESS CHECK 1

Ardigma (9 - 12)

Bombing Series (1 - 7)

- Off angles 1 - 7
- Transfer upwards on Basic Strike 1

PROGRESS CHECK 2

Use of Amara (1 - 7) against basic strike 1 (Padded Cane)

Lock Flows (1 - 11)

PROGRESS CHECK 3

T Parrying (Right Hand)

63 Disarms Series (Counter 2)

- Bottom, Top and Reverse Bottom application
- Off Basic strikes 1 - 7

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

1 Minute Live Baton Defence (Unarmed)

- Opponent reacts fast and realistically

30 Seconds Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent



PRO BROWN BELT

PROGRESS CHECK 1

Eskrido (1 - 7)

- All off of number 1 strike
- 1 - 3 Closed Block
- 4 - 7 Rising Block

Use of Amara (1 - 7) against Basic Strike 2 (Padded Cane)

PROGRESS CHECK 2

Clipping (Attacker has LEFT leg forward)

- Off basic 7 Strikes
- C-Grip Blocking to Knife

63 Disarms Series (Attacker Lets Go Randomly When Enough Pressure)

- Top, Bottom and Reverse Bottom Application
- Off Basic strikes 1 - 7

PROGRESS CHECK 3

Ardigma (1 - 12)

T Parrying (Left Hand)

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

1 Minute Live Knife Defence (Unarmed)

- Opponent reacts fast and realistically

1 Minute Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent



BROWN BELT

WARM UP EXERCISES

Double Dagger / Stick and Dagger Redonda 6 Count(Double Cane)

- 1) Double Dagger 2) Left Hand Stick, Right Hand Dagger 3) Right Hand Stick, Left Hand Dagger

PROGRESS CHECK 1

Frontal Trips (Attacker Has RIGHT leg forward) (1 - 7)

- Off basic strikes 1 - 7
C-Grip Blocking to Knife

T Parrying (Both Hands, interchanging)

PROGRESS CHECK 2

Knife Defence Own Disarm Series (1 - 7)

X Parrying (Blindfolded)

PROGRESS CHECK 3

Scissors against backhand strike

- Basic Strike 2

REALITY BASED TRAINING (RBT)

1 Minute Free Form Self Defence (Any Grab, Lock or Hold)

- Random grabs against resisting opponent

1 Minute Live Machete Defence (Unarmed)

- Opponent reacts fast and realistically

1 Minute 30 Second Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent



BLACK WHITE BELT

PROGRESS CHECK 1

X-Blocks

- See Front Counter For Handout

Le Punte Abenico (Single Stick Kata)

- Read history on this kata
- 4 x Kata done North, East, South and West, ending facing North

PROGRESS CHECK 2

Filleting

- Strikes 1-12 (Advanced)
- Both partners have knives

Frontal Trips (Attacker Has LEFT leg forward) (1 - 7)

- Off basic strikes 1 - 7
- C-Grip Blocking to Knife

PROGRESS CHECK 3

Knife Self Defence from static hold positions

- | | | |
|-----------------|--------------------|--------------------|
| 1) Front Throat | 2) Front Chest | 3) Front Stomach |
| 4) Rear Throat | 5) Rear Upper Back | 6) Rear Lower Back |

REALITY BASED TRAINING (RBT)

2 Minute Self Defence (All Types)

- Unarmed attacks, Baton defence, Knife defence and Machete defence
- Grader will call when to change, attacker must be quick to switch weapons
- Roughly 30 Seconds each

2 Minute Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent



BLACK GREEN BELT

PROGRESS CHECK 1

Own Disarm Series (1 - 12)

- Show your favourite applications based on your own knowledge and what you have learnt

Le Punte Abenico (Single Stick Kata)

- Read history on this kata
- 4 x Kata done North, East, South and West, ending facing North

PROGRESS CHECK 2

Single Stick Kata (20 Seconds)

- Tested for fluency and can be asked for application on any move

PROGRESS CHECK 3

Random Testing Of Entire Syllabus (10 Items)

- | | |
|----|-----|
| 1) | 2) |
| 3) | 4) |
| 5) | 6) |
| 7) | 8) |
| 9) | 10) |

REALITY BASED TRAINING (RBT)

3 Minute Self Defence (All Types)

- Unarmed attacks, Baton defence, Knife defence and Machete defence
- Grader will call when to change, attacker must be quick to switch weapons
- Roughly 45 Seconds each

2 Minute 30 Seconds Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent



BLACK RED BELT

GRADING FORMAT

Random Testing Of Entire Syllabus (10 Items)

- | | |
|----|-----|
| 1) | 2) |
| 3) | 4) |
| 5) | 6) |
| 7) | 8) |
| 9) | 10) |

Single Stick Kata (40 Seconds)

- Add on from kata tested on Black Green
- Tested for fluency and can be asked for application on any move

Le Punte Abenico (Single Stick Kata)

REALITY BASED TRAINING (RBT)

3 Minute Self Defence (All Types)

- Unarmed attacks, Baton defence, Knife defence and Machete defence
- Grader will call when to change, attacker must be quick to switch weapons
- Roughly 45 Seconds each

3 Minute Stick Sparring (Padded Canes and Protective Gear)

- Both sides may attack and defend at any time
- Leave opponents stick on the ground if you disarm opponent

ATTITUDE IN THE SCHOOL

Humility

Poor OK Good Very Good Excellent

Attitude towards school / Students

Poor OK Good Very Good Excellent

ESSAY

What Eskrima Black Belt Means To Me

- Handed in 2 weeks prior to grading date





BLACK BELT

+3 Months

Jo: 7 Strikes

Jo: Grip Change Drill (with free form flow)

Jo: Disarms (3)

2 v 2 Canes

Free Form Jo Demonstration (30 Seconds)

+9 Months

Flip Block Counters

Standing Wilkes Flow

Clipping with Trip Counter

Outside Clips

Filleting (1 - 7)

+6 Months

Stop Blocks with Fanning

Amara (Left Hand)

Clearing (1 - 7)

Tripping and Chopping with Trip Counter

The Inside Roll

Personal Single Stick Kata

- 40 Seconds

+12 Months

Random Testing (White Belt Onwards)

Amara Right and Left Hand (Timed)

Free Form Jo Demonstration (30 Seconds)

Knife Defence Free Form (2 Minutes)

Padded Cane Sparring (1 Minute)

Research Questions (See Instructor)



2ND DEGREE BLACK BELT

+3 Months

Lepunte Abenico (Left Hand)