ANTAS 1 – CHO DAN LEVEL

I Limbering Exercises

1. Neck Rotation
2. Shoulder Stretch
3. Wing Stretch
4. Hip Twisting
5. Side Bending
6. Front and Back Bending
7. Leg Stretching
8. Knee Bending
9. Knee Rotation
10. Knee High
11. Wrist Exercise (w/ olisi)
    a. Side Banda-nat. stance
    b. Front Banda Center Stance
    c. Downward Strike (#12 stike in Center St.)
    d. Whirling in Fwd
    e. Whirling in Bwd
    f. Whirling out Fwd
    g. Whirling out Bwd
    h. Whirling in & out Fwd
    i. Whirling in & out Bwd

Shifting Technique

1. Step 45 Fwd & Bwd
2. Sliding Fwd & Bwd
3 Side Step or Jumping Sideward
4. Jumping Forward & Bwd
5. Segida
6 Retirada

Striking technique

1. Sais Teros (6 Basic Strike)
2. Witik (Snap Strike)
3. Banda Redonda
4. Rolyo
5. Ocho Ocho
   - From inside Downward (serada)
   - From outside downward(abuerta)

Ocho Ocho

- From Inside Upward (serada)
- From outside Upward(abuerta)

IV BLOCKING TECHNIQUE

Sais Depensa

1. Inside Block
2. Outside Block
3. Downward Inside Block
4. Downward Outside Block
5. Rising Block
6. Vertical Block

V DRILLS

1. Sais Teros w/ Stepping
2. Sais Depensa w/ Stepping
3. Sais Teros/Depensa w/ Stepping w/ partner.
4. Sais Teros/Sais Depensa Advance
5. Sinawali Single Stick 2 strike
6. Senawali Single Stick 3 strike
7. Sinawali Double stick 2strike
8. Sinawali Double Stick 3 strike

VI ANYO

6TEROS 6DEPENSA

VII BASIC DISARMING

1. With Stick
2. without Stick(serada & abuerta) for strike #1 and #2

VI1I GEN. INFORMATION

1. Punong Guro/ Founder
2. Pangalawang Guro/ Seniors
3. Pagpugay
4. Pamitagan at Disiplina
5. Panuntunan
6. kasaysayan ng Escrima at ng Kapatiran