

Level 1

1. 3 Salutes in Inayan Eskrima

- Juniors & Peers
- Seniors
- Master (or instructor)

2. Angles 1-8, left & right (empty hand and knife)

3. 2 Basic Inayan KDM Knife Grips

- Heaven Grip (normal, standard)
- Earth Grip (inverted, ice pick)
- Add 3 secondary grips thumb extended, finger extended, thumb & finger extended

4. Stances

- Sword leg forward - (heaven & earth grip)
- Shield leg forward - (heaven & earth grip)

5. Footwork, Male & female triangles replacing at apex & base

6. 5 Basic Principals of defense for KDM. (Name and demonstrate against angle 1)

- Target Displacement or Evasion (advancing and retreating footwork)
- Interdiction or Blocking
- Redirection or Parrying
- Hitting or cutting
- Any Combination of the above

7. Reactionary gaps

- Knife to knife
- Empty hand to knife
- Empty hand to empty hand

8. KDM & Boxing on-guard stances

9. Relative positioning

- Knife to knife
- Empty hand to knife
- Empty hand to empty hand

10. Slap down defense angles 1 – 8 Sequential Feeding

11. Closest hand block angles 1 – 8 Sequential Feeding

12. Closest hand parry angles 1 – 8 Sequential Feeding

Inayan System of Eskrima - Kadena De Mano

13. Parry, parry, check

– Empty hand, heaven grip and earth grip

14. Block, Parry, Check

– Empty hand, heaven grip and earth grip

15. Boxing drills – striking and focus mitt holding and cueing

1 Jab	3 Jab Cross	6 Double-Jab Cross	9 Jab Cross Jab
2 Double jab	4 Jab Hook	7 Double Jab Hook	10 Jab cross Hook
	5 Jab Uppercut	8 Double Jab Uppercut	11 Jab cross uppercut

16. KDM Sikaran drills

- Lead leg front snap kick drill, replacing at the apex
- Rear leg front snap kick drill, replacing at the apex
- Rear leg shuffle step front snap kick drill
- Rear leg inside-sipa drill
- Front leg low side-kick drill
- Front leg low roundhouse/shin kick drill

17. Parry, Hit/Cut, Parry, Check

– Empty hand, heaven grip and earth grip

18. Block, Hit/Cut, Parry, Check

– Empty hand, heaven grip and earth grip

19. Chain punching

- Single Parrys
- Single Blocks

20. Parry, Parry, Check Left Side

21. Block, Parry, Check Left Side

21. 5/2 drill

– Defending and feeding, even and broken cadence, defender use earth grip