

Level 2

1. Three Salutes in Inayan Eskrima

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

2. Angles 1-12, left & right (empty hand and knife)

3. Five zones around a target

- Inside, 1, 1&1/2, 2, 3

4. Slip 6, slip7, b/w 6, b/w 7 drill

5. Hit and evade empty hand and knife

6. Evade and cut

7. Boxing drills – Add Bob and Weave - striking and focus mitt holding and cueing

- | | | | |
|---------------|-----------------|------------------------|------------------------|
| 1 Jab | 3 Jab B/W Cross | 6 Double-Jab B/W Cross | 9 Jab Cross B/W Jab |
| 2 Jab B/W Jab | 4 Jab B/W Hook | 7 Double Jab B/W Hook | 10 Jab cross B/W Hook |
| | 5 Jab B/W Upper | 8 Double Jab B/W Upper | 11 Jab cross B/W upper |

8. Anti kicking drills

- Heel-in sipa for sipa checking drill
- Rear leg front snap kick, heel-in sipa checking drill
- Front leg front snap kick, shin/knee checking drill
- Low side kick, back heel sipa checking drill
- Roundhouse knee checking drill

9. 3 ranges of Inayan KDM

- Kicking
- Kicking, punching, and knife
- Knee, elbow, and grappling

10. Covering Drill

- (angles 1-4, punch right, punch left, low punch right, low punch left, upper, upp)

11. Slap down defense angles 1 – 8 Random Feeding

12. Closest hand block angles 1 – 8 Random Feeding

13. Closest hand parry angles 1 – 8 Random Feeding

14. Spear Defense (angles 1 – 8)

16. Reactive Knife Defense angles 1 – 5

17. New Hand Drills

- Parry, parry/pull check
- Parry, parry check - left and right transitions
- Block, parry, check – left and right transitions
- Parry, parry, check/heel in Sipa
- Block, parry, check/heel in Sipa
- Parry, parry/pull check/heel in sipa
- Block, cut, parry check, advancing and retreating footwork
- Parry/elbow, parry/elbow, check
- Block, inside elbow, parry, check
- Block, parry, outside elbow, check

18. Chain punching – single and double parrys, mix and match

19. 6/4 Drill broken and even cadence (defender earth)

20. 5/2 6/4 Drill broken and even cadence (defender earth)

21. Lock Flow #1 to lock number 5.... Second Arm Bar.

Level 2 Written Requirements

1. What is the name of this Eskrima style? – **Inayan Kadena De Mano**
2. What geographical location does Eskrima originate from? – **Philippines**
3. What is the name of the system you are learning this style in? – **Inayan System of Eskrima**
4. Who is the founder of the system? – **Mangisursuro Mike Inay**
5. Who is the head of the system? – **Suro Jason Inay**
6. What is Guro? – **Teacher**
7. Which Inayan KDM strike is a thrust to the stomach or belly? – **5**
8. If a person is right handed, which arm is their sword arm? – **Right**
9. Name at least two other styles in the Inayan System of Eskrima.
10. What does KDM stand for and mean? – **Kadena De Mano, chain of hands**
11. Name the five main principles of Inayan KDM – **Evasion, blocking, parrying, striking, cutting, and and combination of the two.**
12. T/F. Eskrima is a stick art. – **False**
13. T/F. There is only one way to show respect in Inayan KDM. – **False**
14. Who did Mike Inay learn KDM from? – **Max Sarmiento**
15. Name the five elements for improving martial arts movements. – **Technique, fluidity, timing, speed and power.**
16. Name the two triangles used in Inayan Eskrima. – **Male & female**
17. The _____ triangle has the apex pointing or facing the opponent. – **Male**
18. Of the five elements in #14, which three should be concentrated on during the development of basic KDM skills? – **Technique, timing & fluidity.**
19. There are ___ strikes used in Inayan KDM. – **12**
20. There are ___ primary grips and ___ secondary grips for each primary grip used in Inayan KDM. – **2 & 3**
21. There are ___ ways to show respect in Inayan KDM. – **3**
22. Name two primary knife grips. – **Heaven & earth**
23. Which is the preferred training knife for Inayan KDM? – **Single-edge blade**
24. T/F There are three movements in the master's salute. – **False, 4**
25. T/F Hits or strikes are also known as lines or angles. – **True**
26. T/F Strikes (angles) take three forms, ducks, parrys, and blocks. - **False**