

## Escrima Concepts TG1 Syllabus

**Pressure the box strategic exercises;** ensuring you all take care of each other, no uncontrolled defences or attacks – allow the exercises to work then increase pressure, speed and power (consensual exercises for safety):

**Ex.1:** From a 3# use different footwork to get behind their box (using a stab or a hook, repeat attack and pressure via continued movement by rolling from 3# to a 1#) be aware of your Free Hand and their Free Hand (hand check or grab, etc if you need too). Try to collapse their box/defence as you pressure with your attacks.

From the above defender adjusts his distance and defends (don't stand still) the pressured attack – learn to move, change angles and adapt to be in a position to strike back (strike back only if safe to do so) - if going backward use forward energy. Then from last counter the first initial attacker goes long range and attacks arm or head and finishes or steps away to avoid danger for safety in training (a win or an impasse).

**Ex.2:** Giving a 4# or 2# attack their box (defender in O/S 2 or O/S 4 position) using different footwork try to get left side and drive in against their defence (perhaps use RT/L lead followed by LT/L with a pivot) to either get behind defence or drive forward lifting against their box defence (may use Free Hand as a back-up) – or push and angle right with RF/L to drive behind their box defence then finish with the attacks of your choice.

4# or 2# attack their box with different footwork try to get right side and drive in against their defence using a BS, if no interference finish with BS strike then a long range strike. If there is interference use elbow discipline and transfer power to the tip. Depending on situation close in or go to a long range strike - finish with attacks of your choice.

From the above 4# or 2# exercises defender adjusts his distance and defends at angles (don't stand still) to avoid from getting hit, move, change angle and adapt - if going backward use forward energy. Then from last counter the first initial attacker goes long range and attacks arm or head and finish or step away to avoid danger for safety in training (a win or an impasse).

From 4# or 2# draw their O/S interference defence and curve strike around their defence using footwork, timing and energy. Then defend from curved attack. Then defend/attack their defence of your curved attack if possible.

**Ex.3:** 1# (use different leg leads, angles and pressure) if opponent is static with their Roof defence then attack with flat strike with tip down and drop knees (use free hand if needed to crash down, pull/push or turn with footwork of your choice), or attack and take RT Off/L and angle in (pivot) to strike opponent with Free Hand aggressive support. 1# (use different leg leads, angles and pressure) if opponent Off/L's – occupy their space by SQ/Off. Attempt to force them where you want them by using your footwork to pressure them as you attack (control the space).

From the above defender adjusts his distance and defends at angles (don't stand still) to avoid getting hit, move, change angle and adapt - if going backward use forward energy. Then from last counter, the first initial attacker goes long range and attacks arm or head and finishes or steps away to avoid danger for safety in training (a win or an impasse).

**Ex.4:** 5# SQ/Off if opponent Off/L's with contact then maintain pressure on his contact and move at angles to attack. If opponent avoids weapon contact and decides on a direct strike then keep moving and choose to turn 5 strike into aggressive box with angles, pressure and releasing to attack, or attack (hit through their strike), keep moving, keep pressure have Free Hand back-up and change distances. If defender Off/L's and attacks with 1# (using a long or short range attack), use High I/S Shoulder stick-down (Kali type defence) keep moving forward and attack – if defender Off/L's with a 2# then use O/S 2 or High O/S 4 stick-down and support with Free Hand. Then if defender uses Free Hand to interfere then use tip with elbow discipline (can use Free Hand to back-up) to maintain pressure and attack. If defender adjusts and the range changes move away with a long range strike stop and lock off/stance (a win or impasse).

**Staff Training** To train all below, consider hand and foot coordination, use all available Box, Fig 8 and other theories, think strategy/psychology, use all the concepts and analyse. When possible use Staffs of different lengths and weights and combine weapon and body mechanics with an awareness of movement (yours and your opponents). Consider smooth, rough or very flexible types of staff then analyse. Structure, line up your points!

**Ex.5:** Get familiar and comfortable with the staff before contact by moving around solo using hand a foot coordination then repeat with hand changes short to long to short on every step. Use Push and Pull movements (to change direction quickly or to use as a braking system if partner makes a mistake), understand Tiller movements (both sides of body), Fig 8 Staff Theories (training right and left sides) practice Fig 8, Paddle attacks (no hand changes) normal and reverse (then mix them together), Reverse Fig 8's done on both sides too. Try power strikes at imagined targets, from high power long grips from front of head (not behind head at this time) then from all heights at long grip – then same with short grips then mix them together with suppressed and free flowing strikes high and low mixing everything above. Add some soft movements, let go with one hand – reverse grip turning staff with remaining hand and reconnect with both hands.

**Ex.6:** SS v Staff at a sensible and constant pace start with one Staff strike, then two and finally three strikes – why?

**Ex.7:** DS v Staff at a sensible and constant pace start with one Staff strike, then two and finally three strikes – why?

**Ex.8:** Two drills to aid basic movement with contact no power or speed at this time. The first drill does everything facing one way, the second drill involves turning to face all the points of the + sign not all done facing one way:

First do without contact (mirroring) then repeat at a sensible constant pace with contact: following a pattern of the plus sign + start facing each other; with a partner giving 3 strikes moving forward, defender blocks going backwards (awareness of angles, structure, movement and EC Concepts for all staff work) from defence the defender returns 3 strikes going forward, then repeat this sequence going left, repeat sequence going backwards, repeat sequence going right. Repeat going the other way around (forward, right, backwards, left). Now repeat with 5 strikes and then with hand changes (short and long grips);

Again, following a pattern of the plus sign + start facing each other; with one partner giving 3 strikes moving forward, defender blocks going backwards (awareness of angles, structure, movement and EC Concepts for all staff work) from defence the defender walks to left or right side and attacks with 3 strikes going forward the defender having turned to face the attack from the side then returns with their 3 strikes; then repeat this sequence going left or right, repeat sequence going backwards, repeat sequence going left or right. Now do with 5 strikes, then with hand changes (short and long grips).

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**Ex.9:** Attack – defend then attacker states how you attack again; knock down and/or away, knock up and/or away, or to attack to go behind their weapon (high and low). Repeat attack, defend but now decide how you want to deal with your second attack (attacker to watch partner to recognise attacks and movement).

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**Ex.10:** Change grips; long range, short range using 5 strikes try to learn to disguise some strikes/defences.

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**Ex.11:** Strike and Defend: one hit high then with one hit low then two hits high then two hits low and variations of this - mix hits, add extra hits (up to 5), using a variety of grips.

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**Ex.12:** Then learn to slip hits/defences and soak their strikes for strategy. Solo drill from the Soak go to High Power strike with a slip/slide to clear space and strike (then do with a partner).

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**Ex.13:** Analyse Speed: how fast can you move (and how fast do you need to move?) with control and continue moving? (All hits high then all hits low then mix them).

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**Ex.14:** Analyse Power: how hard can you hit (and how hard do you need to hit?) with control and continue moving? (All hits high then all hits low then mix them) Try when possible to roll your power.

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**Ex.15:** Defend and attack at same time (when possible) - example protect your knee from a strike at same time attack his knee be aware of angles.

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**Ex.16:** When to grab - when to let go of your staff? Analyse!

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**Ex.17:** Mix the strikes (3 – 5 strikes from the attacker), ranges, speed and power - taking advantage of different grips. Repeat with one partner giving 2 strikes and partner returns with 3 strikes then finish - the partner who finishes moves around their partner giving 5 random suppressed strikes (without interference from partner same as previous grades).

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**Ex.18:** What grips are best and why and under what circumstances?

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**Ex.19:** Slow Tri-Sparring using all the grips (with control) – why? Analyse, Theory, Concepts and Strategy

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Evaluate the grips and their advantages, assess how to interfere against strikes; with power, energy and softness. Understand interference via; direct force, reverse strategies, slipping the grip, use overhand and underhand grips.

Know why, when and how to use soft movements, example let go with one hand – reverse grip turning staff with remaining hand and reconnect with both hands (part of reverse strategies).

Deal with and use power: soak, attack, pass, parry, re-direct, roll-off the power using all ranges and angles.

Understand; positioning, targeting, point-work, realignment, recovery, tactics, pressure, SWOT, concepts and illusions (setting traps; attack in a sequence to attack their grip to disarm or they let go or they lose their position long enough for you to take advantage then train to attack strong, reverse weak – recover strong to get behind partner.

Understand body language and mental preparation, be in control of your body, be calm and read/know/feel your opponent's body and intentions, be instinctive with attitude and intent.

Many of the above training methods will be useful for adding more power and speed into your PS's and UA and strengthens your stick work too so be careful when training with lower grades. In addition, if you train to help each other and not to beat each other you will notice much of this training assists in Spear training too.

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**Ex.20:** Create A Staff Form (minimum ten movements). Solo, then with partner – explain each movement.

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**Ex.21:** The 1st TG Single Machete Form will be published in due course.