

# CKF: Youth Escrima Concepts Syllabus - Overview

STUDENT GRADES 1 & 2		STUDENT GRADE 3	STUDENT GRADE 4
DS Drill 1	DS Drill 2	Inside Cutting Disarm - SS & UA	Sparring Drill: #2-#1
Rotation 1: Inside	Rotation 2: Outside	Outside Vine Disarm - SS & UA	Sparring Drill: #5-#1
Defend #1 - SS & UA	Defend #1 - SS & UA	Low Blocks with Short/Medium/Long Range Follow Ups	Sparring Drill: #5-#2
Defend #3 - SS & UA	Defend #2 - SS & UA		Sparring Drill: #2-#5
Defend #5 - SS & UA	Defend #4 - SS & UA	DS Drill #3	Beginner Form
Passing In-Out	Defend #5 - SS & UA		
	Passing Out-In		

Grade 5: Disarms	Grade 6: Controls & Takedowns	Grade 7: Double Sticks
#1 Butt Strike to Arm Disarm - SS & UA	L-Frame - SS & UA	Defend #1 i/s & o/s
#2 Switch Disarm - SS & UA	Lock & Roll Vine - SS & UA	Defend #2
#3 Butt Strike to Knee Disarm - SS & UA	2 Circle TD - SS & UA	Defend #3 & #4
#4 Reverse Snatch Disarm - SS & UA	Bicep Vine TD - SS & UA	Defend #5
Aggressive Box - UA vs UA, UA vs SS	Mini Lock Flow - SS & UA (Shoulder, Elbow, Arm Bar)	Sparring Drills: #2-#1, 3-#1, #4-#1, #5-#1
STUDENT GRADE 8: REVISION		
See separate sheet for full details. Everything from previous 7 grades, plus:	Alternating #1-#5, Dynamic & Triangle	Single Stick Sparring

Grade 9: Tonfa	Grade 10: Knife	Grade 11: Staff
Shield Grip	Stick & Knife vs SS / SK / K	Mid Grip (x2)
Sword Grip	Knife vs SS / SK / K	Spear Grip
Hammer Grip	Unarmed vs SK / K / DK	Staff grip
Flat Hitting	Padded Stick vs DK	Changing Grips
Tipping	Defend All Angles	Defend All Angles
Short-8	2:2:4	2:2:4
Reverse Roofblock		
STUDENT GRADE 12: REVISION		
See separate sheet for full details. Everything from all previous grades, plus:	Stick & Knife Sparring	Double Stick Sparring