

# 4th Level

# ISE Student Rank Requirements



## Medallion: Silver Triangle, Gold Circle (Know the Art)

In order to be acknowledged for their progress in the Inayan School of Eskrima and achieve the Level Four rank, Students will need to be knowledgeable and proficient in the following areas. A STUDENT MUST ALSO MAINTAIN KNOWLEDGE AND PROFICIENCY OF THE REQUIREMENTS FOR THE LOWER LEVELS.

- Know three basic Serrada counters for each of the formal Serrada strikes nine through twelve.
- Know three basic Kadena counters for each of the formal Kadena strikes nine through twelve.
- Be proficient at basic Lock and Block (Serrada Reflex Drill).
- Be proficient at basic Serrada Flow Sparring (Serrada Reflex Drill).
- Begin training in "basic-advanced" Lock and Block drills.
- Begin training in "basic-advanced" Flow Sparring drills.
- Know one weapon vs. weapon and one hand vs. weapon disarm for the formal Inayan angles nine through twelve.
- Know one wrist/arm lock for each of the formal Inayan angles one through twelve.
- Be proficient in a secondary short range weapon.
- Begin training with a flexible or semi-flexible weapon (i.e., chuks, whip, rope, chain, belt, etc.).
- Begin learning about, and become familiar with a healing art (i.e., Herbology, Iridology, Reflexology, Accupressure, Accupuncture, Shiatsu, etc.). ((Pick one to study)).
- Be able to explain the difference between Evasion, Passing, Blocking and/or any combination of the three defensive theories.
- Begin mandatory full contact training within Serrada, Kadena, Largo, Dumog, Panuntukan, Etc...
- Be exposed to Chemical Agent. (Must be sprayed and show signs of composure and ability to protect yourself and/or others during exposure).
- Turn in paper on what it means To Serve (the word Samurai, to be in service of, to serve a great cause, etc.).
- Organize and assist Tagaturo and other Guros in teaching a Seminar. (All current 4th Level candidates may collaborate).
- Creation: Make a personal training weapon that has meaning for you, is designed by you and that will be used by you in your training.
- Know the following terms and their meaning:
  - Mahusay, Galang, Manong, Tabak maliit, Takbo at gulong, Bastos
- Required reading: Medical - as related to healing art the student chooses to study and Lt. Col. Dave Grosman's "On Killing".