



## Medallion: Gold Triangle, Gold Circle - (Understand the Art) SENIOR STUDENT

In order to be acknowledged for their progress in the Inayan School of Eskrima and achieve the Level Five 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.

- Be proficient in basic-advanced Serrada flow-sparring and Lock and Block reflex drills.
- Be proficient in all known counters - all styles (must show ability to block full powered, full speed strikes).
- Begin training in advanced Lock and Block reflex drills.
- Begin training in advanced Serrada, Kadena and Largo counters.
- Begin training in advanced Inayan drills and exercises.
- Be able to translate weapon vs. weapon techniques into hand vs. hand, and hand vs. weapon techniques.
- Begin training with a flexible or semi-flexible weapon.
- Begin training with a long range weapon such as the staff, spear, whip, whip stick, etc.
- Have a working knowledge of a healing art.
- Be certified in basic First Aid.
- Begin training with projectile weapons. The student must show working knowledge in one of the hand-thrown and one of the mechanically assisted projectile weapons listed below.

### A. Hand Thrown:

Knives  
Rock  
Disks (such as Silver Dollars)  
Darts  
Axe  
Spear (or bangkow)  
Other \_\_\_\_\_

### B. Mechanically Assisted:

Bow  
Blow Gun  
Sling  
Slingshot (or Indian Pana)  
Crossbow  
Other \_\_\_\_\_

- TN Carry Permit must be attained.
- Know the following terms and their meaning:  
Atras, Avante, Handa, Laban, Hampas, Hambalos, Saksak, Labang patayo,
- Creation: Submit a piece of art, poem, film or song relating to Inayan Eskrima and created by you.
- Required reading: Vic Hurley's "Swish of the Kris" AND "Jungle Patrol".