

INAYAN SCHOOL OF ESKRIMA

The Martial Art with an "edge"...

STUDENT HANDBOOK

Last Updated: 12/11/11

1st LEVEL -

Medallion: Bronze Triangle, Bronze Circle (Find the Path)

In order to be acknowledged for their progress in the Inayan School of Eskrima and achieve the Level One rank, Students will need to be knowledgeable and proficient in the following areas.

- Know the name of the martial art you are taking.
- Know the name of the school you train at.
- Know how many student and how many instructor ranks there are in this school.
- Know who the Chief Instructor of the school is.
- Know the Filipino names of the ISE Instructor ranks.
- Know what medallion is used to designate each level.
- Know (explain) and perform the different salutations (respects).
- Know the two basic footwork patterns and what geometric shape they are derived from.
- Know the names of the seven different styles of Eskrima that are taught in our school.
- Know the names of the three core styles.
- Know and perform the formal Serrada striking angles (1-5).
- Know and perform the formal Largo Mano striking angles (1-9).
- Know and perform the formal Dequerdas striking angles (1-8).
- Know what Katalungan Guro, Guro, Lahong Guro, Masirib Guro, Tagaturo and Mangisursuro mean.
- Know the terms “Feed Me” & “Gauge” and what “body tapping” & “stick signals” mean.
- Know how to perform all of the standard Inayan Sinawali drills (2-count thru 9-count)
- Know the lineage of the Inayan School of Eskrima.
- Learn or know the meaning of respect and honor - be prepared to cite an example of each.
- Be very familiar with the Inayan School of Eskrima’s Code of Conduct.
- Possess a valid TN. drivers license.
- Know the following terms and their meaning: Eskrima, Serrada, Kadena de Mano, Decuerdas, Sinawali, Espada y Daga, Isa, Dalawa, Tatlo, Apat, Lima, Baston, Daga, Mano, Eskrimador
- Required reading: A.L. Sadler's “The Code of the Samurai”. Also, start a personal Inayan Eskrima journal (this should be kept up to date at least until 3rd Level).

Inayan Systems International

(Basic Serrada Counters)

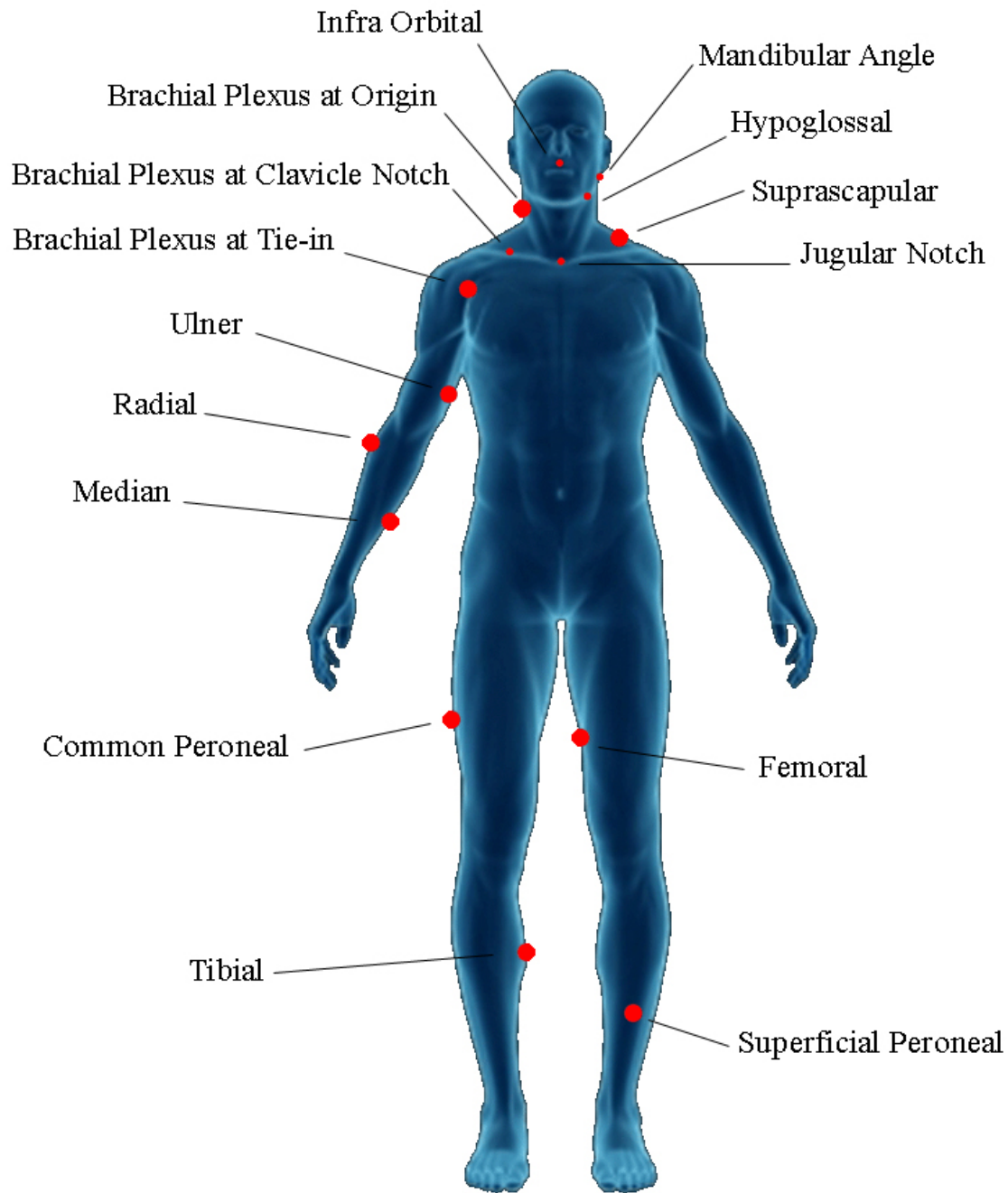
# 1	Outside Pass Cross Block Inside Sweep	# 7	Five For Seven Shoulder Block Sweep Block
# 2	Umbrella Block Shoulder Block Sweep Block	# 8	Cross Block Pass Punch Block
# 3	Cross Block Two Step Pass One Step Pass	# 9	Punch Block Pass Sweep Block
# 4	Cross Block Pass Punch Block	#10	Outside Pass Two Step Pass Sweep Block
# 5	Cross Block Sweep One Step Pass	#11	Cross, Cross Sweep, Sweep Sweep, Cross
# 6	Inside, Outside Cross Block Inside Sweep	#12	Outside Pass Five For Twelve Shoulder Block

— Inayan laws of knife encounters —

don't carry a knife unless you're prepared to draw it
don't draw a knife unless you're prepared to use it
don't use it unless you're prepared to live with the consequences

- **If at all possible, escape from any knife confrontation**
- Realize before all else, you will be cut and you will bleed
- Keep your elbows “glued” to your ribs and keep your palms down
- Be patient
- Keep yourself moving
- Breath
- Do not plan disarms - regard them as techniques of opportunity only
- If a good opportunity presents itself, finger jab your opponent's eyes
- When possible, control opponents weapon arm to your hip area
- There are 7 body areas to be utilized for “practical” fly-aways/disarms
 - knife hand
 - elbow
 - low shoulder
 - Hipbone
 - outside thigh
 - Kneecap
 - Shinbone
- If cut in a lethal area: neck, inside arm, inside thigh etc... you must immediately crash opponent, restrain weapon arm and incapacitate him/her and immediately put pressure on your wound
- Use your environment to even or better your odds - such as:
 - position opponent facing the sun or any distracting light
 - place objects between you and opponent
 - throw objects at opponent: keys, watch, purse, hat, coins etc....
 - zip up your coat or take it off and use as shield
 - use your belt, purse, jacket or briefcase as a weapon/shield

Pressure Sensitive Nerve Areas (PSNA's)



Inayan School of Eskrima Vocabulary

Tagalog

English

Angles:

isa	one
dalawa	two
tatlo	three
apat	four
lima	five
anim	six
pito	seven
walo	eight
siyam	nine
sampu	ten
lambing isa	eleven
lambing diliwa	twelve

Inayan Ranks & respects:

Kadua Guro	Associate Instructor
Katalungan Guro	Assistant Instructor
Guro	Instructor
Lahong Guro	Seasoned Instructor
Masirib Guro	Senior Instructor
Punong Guro	Principal Instructor
Tagaturo	Guide, Pointer, Master Teacher
Mangisursuro (Suro)	Master Instructor
Mahusay	Adept or skilled
Manong	Elder (respectful)
Galang	Respect
Mandirigma	Warrior

Inayan Styles:

Kadena de Mano	Chain of hand
Serrada	To close
Largo Mano	Long hand
Dequerdas	Cord (made of rope)
Sinawalli	Pattern
Espada y Daga	Sword and Dagger
Dumog	Wrestling/to crowd
Sibat/Bankow	Staff/Spear
Lipad-lipad	Bow/arrow, blowgun
Tapon-tapon	Projectiles, darts

Body Parts:

ulo	head
leeg	throat/neck
mukha	face
dibdib	heart
siko	elbow
mano	hand
bayag	groin
tiyan	stomach
tuhod	knee

Actions:

sipa	kick
sipain	to kick
sipa sa unahan	front kick
sipa sa tabi	side kick
sipa sa likod	back kick
pataas na suntok	upper punch
suntok sa gitna	idle punch
pababang suntok	lower punch
sangga	block
harang na pataas	upper block
tagga na kamay	Grab & chop
takbo at gulong	Run & roll
pansariling supporta	self defense
atras	retreat
avante	advance
kawit	hook
ikot	turn or spin
handa	ready
hiwa	slice
hampas	strike
hambalos	full power strike
saksak	stab
payong	umbrella movement
abaniko	fan strike
witik	snapping back fist
pangayo	beggar's hand
laban	fight(er) (ing)
labang patayo	fighting stance
gunting	scissors
pigil	jamming
paayon	flowing
suntok-tusok	punch or thrust
dukot-batok	head grab
punyo	butt or pommel
hawak-sunggab	hold or grab
crossada	crossing
solo baston	single stick
double baston	double stick
palampasin	to make it pass

Things:

tulison	bandit
bubong	roof
dingding	wall
sahig	floor
maigsi na kahoy	short stick
tabak maliit	pocket stick
mahabang kahoy	long stick
maliit na kutsilio	small knife
malaking itak	large knife
espada	sword
pantusok nang yelo	ice pick
bottilya	bottle
bantay-kamay	alive hand
eskrima	skirmish
cinco terros	five strikes
pamuok	hand to hand fighting

Panananadata	weapons art
panuntukan	Filipino boxing
pangamut	empty hands
albolario	herbalist
Kadaanan	old style
Kabaroan	new style
pinageensayohan	workout place
takipan	to cover
anting-anting	medallion/amulet
oracion	prayer
panalo	winner
aray	ouch
malakas	strong
mahina	weak
bastos	curt, disrespectful
kalasag	shield

Phrases:

bahala na	come what may
mabuhay ang eskrima	live in eskrima

Inayan Forums -

All announcements and other pertinent information will be made on the Inayan Forums in the School section. All new Students should register to the forums as soon as possible after being accepted to the ISE.

Students are asked to join the forums to keep up to date with School happenings. All members of the ISE are required to check the ISE section of the Inayan Forums twice a month at a minimum.

Once you register for the forums it is imperative to send an email to Tagaturo Klement so that he can approve your registration. When doing so, simply state your name and the username that you signed up with and state you are a new Student with the ISE. Email: klement@inayan.com

Forums address: www.INAYAN.com/forums