

Teaching structure

Module	Contents		
1	Simple attacks from above Answers to attacks from above with or without weapon Attack principles	Basic level	White T-shirt
2	Simple attacks to the sides Answers to attacks to the sides with or without weapon Movement principles		
3	Simple attacks from below or stabs Answers to attacks from below or stabs with or without weapon Distance principles		
4	Simple attacks from above with two weapons Answers to attacks from above with two weapons Figure 8 principles	Intermediate level	Grey T-shirt
5	Simple attacks to the sides with two weapons Answers to attacks to the sides with two weapons Power principles		
6	Simple attacks from below or stabs with two weapons Answers to attacks from below or stabs with two weapons Different length weapons Distance – and Movement principles for different length weapons		
7	Simple attacks from above with bladed weapon Answers to attacks from above with bladed weapon Unarmed answers stabs or attacks from above with bladed weapon Attack principles for blades	Advanced level	Black T-shirt
8	Simple attacks to the sides with bladed weapon Answers to attacks to the sides with bladed weapon Unarmed answers stabs or attacks to the sides with bladed weapon Movement principles with blades		
9	Simple attacks from below or stabs with bladed weapon Answers to attacks from below or stabs with bladed weapon Unarmed answers stabs or attacks from below with bladed weapon Distance principles with blades		
10	Simple attacks from above with staff in half- or quarterstaff grip Answers to attacks from above with staff in half- or quarterstaff grip Understand and teach Basic level	Instructor level	Red print
11	Simple attacks to the sides with staff in half- or quarterstaff grip Answers to attacks to the sides with staff in half- or quarterstaff grip Understand and teach Intermediate level		
12	Simple attacks from below or stabs with staff in half- or quarterstaff grip Answers to attacks from below or stabs with staff in half- or quarterstaff grip Understand and teach Advanced level		
1	Specialisation in single stick Superstructure basic level	Senior instructor level	
2	Specialisation in double stick Superstructure Intermediate level		
3	Specialisation in bladed weapons Superstructure Advanced level		
4	Specialisation in staff Understand and teach all grades Innovation		

Weapons Combat
ESCRIMA