

JFJKDGA

Sifu Larry Hartsell's Training Guide

KALI – ESCRIMA – SILAT KNIFE BASICS

- 1. SLASH-SLASH-SLASH**
- 2. SLASH-SLASH-THRUST**
- 3. SLASH-THRUST-THRUST**
- 4. SLASH-THRUST-SLASH**
- 5. THRUST-THRUST-THRUST**
- 6. THRUST-THRUST-SLASH**
- 7. THRUST-SLASH-SLASH**
- 8. THRUST-SLASH-THRUST**

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KALI – ESCRIMA KNIFE TRAINING DRILLS

1. SLASH
2. THRUST
3. BUTT
4. TEAR (RIP)

ESCALA EXERCISES

1. SLASH-THRUST
2. THRUST-SLASH
3. SLASH-SLASH
4. THRUST-THRUST
5. SLASH-BUTT
6. BUTT-SLASH
7. BUTT-BUTT
8. THRUST-BUTT
9. BUTT-THRUST
10. SLASH-TEAR
11. TEAR-SLASH
12. TEAR-TEAR
13. TEAR-BUTT
14. BUTT-TEAR
15. TEAR-THRUST
16. THRUST-TEAR