



# ESKRIDO MALAYBALAY

*Barangay Casisang, Purok 3,  
Malaybalay City, Bukidnon, Philippines*

*DTI# 1192645*

*TIN # 747-340-939-000*

## **DOS ARMAS INSTRUCTOR TRAINING ONLINE COURSE Registration form 2024**

Date:

Name:

Surname:

Age:

Address:

Martial arts background:

Email address:

*Please check the box:*

<input type="checkbox"/>	I would like to participate and learn the Dos Armas
<input type="checkbox"/>	I want to be affiliated and represent my region or city
<input type="checkbox"/>	I want to be affiliated and represent my country

*-Dos Armas instructor training online course 2024 fees are 1500 USD and 200 USD additional charges as annual affiliation fee to represent your region or city, and 3500 USD additional charges as annual affiliation fee to represent your country.*

Please send your payment to these PayPal account:  
[info@gmjohnmac.com](mailto:info@gmjohnmac.com) or [Johnmac10thgm@gmail.com](mailto:Johnmac10thgm@gmail.com)

I accept and hereby declare that I fully read and understand the Laws and Policies of Eskrido Malaybalay.

The Dos Armas instructor training online course will take effect on the dates given below. The Dos Armas program will begin in Level 1 or fundamentals and followed by Level 2 in progression.

All participants will receive a Dos Armas Instructor Certificate of Eskrido Malaybalay at the end of the program. Recorded zoom video can be accessed on the website for free at the end of the whole course.

**Dates and Time: 9pm- 12:00am Sunday Philippine standard time (PST)**

*January 28, 2024, Sunday*

*March 3, 2024, Sunday*

*February 4, 2024, Sunday*

*March 10, 2024, Sunday*

*February 11, 2024 Sunday*

*March 17, 2024, Sunday*

*February 18, 2024 Sunday*

*March 24, 2024, Sunday*

*February 25, 2024, Sunday*

*March 31, 2024, Sunday*

**PLEASE CHECK THE TIME DIFFERENCE IN YOUR COUNTRY:**

*Chicago USA - 8:00 hrs. Saturday*

*Detroit USA – 9:00 hrs. Saturday*

*Dallas Texas – 8:00 hrs. Saturday*

*San Diego California- 6:00 hrs. Saturday*

*Los Angeles California – 6:00 hrs. Saturday*

*New York USA – 9:00 hrs. Saturday*

*Miami Florida – 9:00 hrs. Saturday*

*Rome Italy – 15:00 hrs. Sunday*

*Athens Greece – 16:00 hrs. Sunday*

*Madrid Spain- 15:00 hrs. Sunday*

*Barcelona Spain – 15:00 hrs. Sunday*

*Amsterdam Netherlands – 15:00 hrs. Sunday*

*London England – 14:00 hrs. Sunday*

*Moscow RUSSIA – 16:00 hrs. Sunday*

*Abu Dhabi – 17:00 hrs. Sunday*

## LEVEL 1

January 28, 2024, Sunday

Time: 9pm- 12:00am Manila, Philippine time

- 1) Foot work and stances
- 2) Stick exercises
- 3) Introduction double stick mobility drills
- 4) 24 Basic strikes and their corresponding targets

February 4, 2024, Sunday

Time: 9pm- 12:00am Manila, time

- 5) 24 Basic Defense techniques- Set-A, B, C & D
- 6) Trangka defense techniques
- 7) Buyon or Parallel defense techniques

February 11,2024, Sunday

Time: 9pm- 12:00am Manila, Philippine time

- 8) ASSAULT DRILLS
- 9) ONE Counterattack- ABCD
- 10) ASTERISKS DRILLS

## LEVEL 2

February 18, 2024, Sunday

Time: 9pm- 12:00 pm Manila, Philippine time

- 11) Two counter attacks- Set A & B
- 12) QUADRANT DRILLS-Set A, B, C & D

February 25, 2024, Sunday

Time: 9pm- 12:00am Manila, Philippine time

- 13)1<sup>st</sup> sets Delta Drills-Set A, B, C, D & E

March 3,2024, Sunday

Time: 9pm- 12:00am Manila, Philippine time

- 2nd sets Delta Drills-Set F, G, H, I & J
- 14) 83 STRIKES KALANDRAKAS-

March 10,2024, Sunday

Time: 9pm- 12:00 pm, Philippine time

- 15) Pengke-pengke open arms set-A and application

March 17,2024, Sunday

Time: 9pm- 12:00pm Manila,Philippine time

16) Counter attacks from 3-12 counts set A & B

March 24,2024, Sunday

Time: 9pm- 12:00am Manila, Philippine time

17) ABC Drills- Set A, B, C, D & E

18) Sal-ob or snaking drills

March 31, 2024, Sunday

Time: 9pm- 12:00pm Manila, Philippine time

19) Side winder drills- set A, B, C, D, E, F, G & H

20) Attack and defense drills-