



# 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 2025**

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 or*

*[Johnmac10thqm@gmail.com](mailto:Johnmac10thqm@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- 11:00am Sunday, Philippine standard time (UTC)**

*January 05, 2025, Sunday*

*March 02, 2025, Sunday*

*January 12, 2025, Sunday*

*March 09, 2025, Sunday*

*January 19, 2025, Sunday*

*March 16, 2025, Sunday*

*January 26, 2025, Sunday*

*March 23, 2025, Sunday*

*February 02, 2025, Sunday*

*March 30, 2025, Sunday*

*February 09, 2025, Sunday*

*April 06, 2025, Sunday*

*February 16, 2025, Sunday*

*April 13, 2025, Sunday*

*February 23, 2025, Sunday*

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

*Chicago USA - 7:00 hrs. Sunday*

*Detroit USA – 8:00 hrs. Sunday*

*Dallas Texas – 7:00 hrs. Sunday*

*San Diego California- 5:00 hrs. Sunday*

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

*Abu Dhabi – 17:00 hrs. Sunday*

*New York USA – 8:00 hrs. Sunday*

*Miami Florida – 8:00 hrs. Sunday*

*Rome Italy – 14:00 hrs. Sunday*

*Athens Greece – 15:00 hrs. Sunday*

*Madrid Spain- 14:00 hrs. Sunday*

*Barcelona Spain – 14:00 hrs. Sunday*

*Amsterdam Netherlands – 14:00 hrs. Sunday*

*London England – 13:00 hrs. Sunday*

*Moscow RUSSIA – 16:00 hrs. Sunday*

## Dos armas Instructor training online course 2025 program schedule

### LEVEL 1

1) January 05, 2025, Sunday Time: 9pm- 11:00pm 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
  - Set A
  - Set B
  - Set C
  - Set D

2) January 12, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

- 5) 24 Basic defense techniques
  - Set A
  - Set B
  - Set C
  - Set D

3) January 19, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

- 6) Trangka defense techniques
- 7) Buyon or Parallel defense techniques
- 8) ASSAULT DRILLS

### LEVEL 2

4) January 26, 2025, Sunday Time: 9pm- 11:00 pm Manila, Philippine time

- 9) ONE Counterattack- ABCD normal defense techniques right hand vs right
  - One counterattack set A
  - One counterattack set B
  - One counterattack set C
  - One counterattack set D

5) February 02, 2025, Sunday Time: 9pm- 11:00am Manila, Philippine time

- 10) Two counter attacks
  - Two counterattack set A
  - Two counterattack set B

11) Asterisks Drills

- Open arms asterisks drills
- Right side half guard asterisks drills
- Left side full guard asterisks drills

6) February 09,2025, Sunday Time: 9pm- 11:00am Manila, Philippine time

12) QUADRANT DRILLS

- Quadrant drills set A
- Quadrant drills set B
- Quadrant drills set C
- Quadrant drills set D

13)1st sets of Delta Drills-Set A, B, C, D & E

- Delta drills set A
- Delta drills set B
- Delta drills set C
- Delta drills set D
- Delta drills set E

7) february 16,2025, Sunday Time: 9pm- 11:00 pm, Philippine time

2nd sets of Delta Drills-Set F, G, H, I & J

- Delta drills Set F
- Delta drills Set G
- Delta drills Set H
- Delta drills Set I
- Delta drills Set J

14) 83 STRIKES KALANDRAKAS-

8) February 23,2025, Sunday Time: 9pm- 11:00pm Manila,Philippine time

15) Pengke-pengke open arms and application

- 4 counts open arms pengke pengke and application
- 5 counts open arms pengke pengke and application
- 6 counts open arms pengke pengke and application
- 7 counts open arms pengke pengke and application
- 8 counts open arms pengke pengke and application
- 9 counts open arms pengke pengke and application
- 10 counts open arms pengke pengke and application
- 11 counts open arms pengke pengke and application
- 12 counts open arms pengke pengke and application

9) March 2, 2025, Sunday Time: 9pm- 11:00am Manila, Philippine time

16) Counterattacks from Set A

- 3 counterattacks set A
- 4 counterattacks set A
- 5 counterattacks set A
- 6 counterattacks set A
- 7 counterattacks set A
- 8 counterattacks set A
- 9 counterattacks set A
- 10 counterattacks set A
- 11 counterattacks set A
- 12 counterattacks set A

10) March 09, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

17) Counter attacks set B

- 3 counterattacks set B
- 4 counterattacks set B
- 5 counterattacks set B
- 6 counterattacks set B
- 7 counterattacks set B
- 8 counterattacks set B
- 9 counterattacks set B
- 10 counterattacks set B
- 11 counterattacks set B
- 12 counterattacks set B

11) March 16, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

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

Set A- angle 1 3 6

Set B- angle 2 5 8

12) March 23, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

Set C- angle 7 3 1

Set D- angle 10 1 12

Set E- angle 11 4 9

13) March 30, 2025, Sunday Time: 9pm- 11:00pm Manila, Philippine time

18) Sal-ob or snaking drills

-Sal-ob or snaking drills against forehand attack

-Sal-ob or snaking drills against backhand attack

14) April 6, 2025, Sunday time: 9pm-11:00pm Manila, Philippine time

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

15) April 13, 2025, Sunday time: 9pm-11:00pm Manila, Philippine time

20) Attack and defense drills- Angle 1,2,3,12,8,9