

# ESKIDO Eskrima, Jiu-Jitsu, Judo Integrated

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Praise for Grandmaster Cacoy

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Strike 1 (to the top of the head)

Strike 2 (to the right temple)

Strike 3 (to the left temple)

Strike 4 (to the right ribs)

Strike 5 (to the left ribs)

Strike 6 (to the waist)

Strike 7 (to the waist)

Strike 8 (to the knee)

Strike 9 (to the knee)

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### PHASE 2

On-guard position - Grabs, Strikes, Hooks,Locks, Shoves, Disarms and Throws

### PHASE 3

On-guard position - Grabs, Strikes, Hooks,Locks, Shoves, Disarms and Throws

PHOTOGRAPHS taken during Seminars and Demonstrations