

# Escrima Pathway Checklist

- Make 2 Escrima Sticks
- Escrima Drill #1
- Escrima Drill #2
- Escrima Drill #3
- Escrima Drill #4
- L Drill
- V Drill
- 3 Count Drill
- 4 Count Drill
- Overhead and Side-arm Throws
- Fox Walking + Target Throws
- Ninja Roll + Target Throws

