



## ***Escrima Stick Pattern Drew Hall***

Pattern Drew Hall is named after its designer, one of LCTKD's Directors, who designed it in both stick and empty hand forms for his 3rd Dan grading in 2014, and first taught this modified version (omitting high and spinning kick movements) to Ensodo students in 2016.

It is the first ensodo weapons pattern, learnt by students who have achieved their 8th Kup (orange belt).

### **Notes about the pattern description.**

The pattern is designed to practice routine stick strikes and blocks, and to reinforce Ensodo's twisting and rotational approach. The pattern is also learnt as an empty hand form, demonstrating how the stick movements help enhance the empty hand.

Two sticks are used throughout, one in each hand. When a strike is indicated as "left" it means using the stick in your left hand.

Five stances are used: closed stance (with feet together) at the beginning and end; short walking stance (named by the front foot, so a right walking stance has the right foot forward); long walking stance; L stance (named by the back foot, so a right L stance has the right foot back); and bending stance (named by the standing foot, so a right bending stance has the right foot on the ground). Unless told otherwise, remain in the last given stance.

"Right Guard" is with right stick resting on right shoulder, and left stick under right armpit.

Series of movements intended to be done in a flowing sequence are noted in the description. Each of these sequences may be repeated a number of times before moving on.

All movements are executed facing forward - that is, the same way as the starting position.



## Pattern Moves

Starting position: closed stance, with sticks held upright in each hand.

1. Step forward into a left walking stance.

*Sequence: moves 2-3*

2. Swing both sticks across body, so that arms cross, right over left, and take them back.
3. Swing both sticks across body, so that arms cross, left over right, and take them back.
4. Return to a right guard.

*Sequence: moves 5-7*

5. Strike right across body and return to right guard.
6. Strike left across body and return to right guard.
7. Strike right down and return to right guard.
8. Bring right foot forward, and left foot back, creating a right walking stance, and adopt a left guard.

*Sequence: moves 9-11*

9. Strike left across body and return to left guard.
10. Strike right across body and return to left guard.
11. Strike left down and return to left guard.
12. Bring left foot forward, and right foot back, creating a left walking stance, and adopt a right guard.

*Sequence: moves 13-14*

13. Describe a figure of 8 with the right, coming from right shoulder to left hip, up to left shoulder, down to left hip.
14. Allow left to follow right, so that figures of 8 are being described by both hands flowing together.
15. Return to right guard.

*Sequence: moves 16-21*

16. High strike right, keeping right arm extended on left side.
17. High strike left, keeping left arm extended on left side.
18. High strike right (that is, coming in to centre from your left side), and return to left guard.
19. High strike left, keeping left arm extended on right side.
20. High strike right, keeping right arm extended on right side.
21. High strike left (that is, coming in to centre from your right side), and return to right guard.
22. Step right foot forward, creating a right walking stance, maintaining the right guard.

*Sequence: moves 23-28*

23. High strike right, keeping right arm extended on left side.
24. High strike left, keeping left arm extended on left side.
25. Low strike right (that is, coming in to centre from your left side), and return to left guard.
26. High strike left, keeping left arm extended on right side.



27. High strike right, keeping right arm extended on right side.
28. Low strike left (that is, coming in to centre from your right side), and return to right guard.
29. Step right foot back, creating a left walking stance, maintaining the right guard.

*Sequence: moves 30-35*

30. High strike right, keeping right arm extended on left side.
31. High strike left, keeping left arm extended on left side.
32. Withdraw right hand behind head on left side, and describe an anti-clockwise circle around the head into a low strike right (that is, coming in to centre from your right side), and return to left guard.
33. High strike left, keeping left arm extended on right side.
34. High strike right, keeping right arm extended on right side.
35. Withdraw left hand behind head on right side, and describe a clockwise circle around the head into a low strike left (that is, coming in to centre from your left side), and return to right guard.
36. Step forward with your right foot into a left L stance, and execute a low block right.
37. Pull left hand out and back, and lift right hand. Raise right knee into a left bending stance, and bring both sticks down to be crossed above the right thigh, with left above right.
38. Put right foot down, and from it jump and spin 360 degrees anti-clockwise, landing with a right downward strike, while keeping left hand behind, back of hand into back, so that the left stick is held upright. (Note that this movement can be modified, so that the spin does not involve a jump.)
39. Pivoting on the left foot, rotate anti-clockwise into a left long walking stance, striking down right, with left hand held as in movement 38.
40. Bring right foot up to closed stance, with sticks held upright in each hand.