



ESKRIDO MALAYBALAY

BASIC DOS ARMAS BOOTCAMP 2028

Registration form 2028

Date:

Name:

Surname:

Age:

Address:

Martial arts background:

Email address:

Purpose of the Basic Dos Armas Bootcamp

The Dos Armas, or Two Weapons System, is a complex and highly structured discipline. Because of this, it is essential for every practitioner to understand and internalize its fundamental principles. Mastery of the basics ensures that each student gains a complete understanding of the system's structure, purpose, and progression. With a strong foundation, practitioners are better equipped to preserve the integrity of the art and continue the program with accuracy, consistency, and respect for the system's lineage.

In addition, the event will introduce key components of Filipino martial arts, including:

- **Pangamot** – Barehand self-defense against knife attacks
- **Duhay Pinuti** – Techniques involving two Filipino fighting blades
- **Duhay Kutsilyo** – Combat using two knives
- **Olisi y Daga** – Stick and dagger fighting methods

We welcome beginners and practitioners from all disciplines who are eager to learn and become part of the Dos Armas team. Whether you're just starting your journey or bringing experience from another martial arts background, we invite you to train, grow, and uphold the values and standards of Eskrido Malaybalay.

Facilitators: Led by certified Dos Armas instructors, accompanied by two masters' for training support.

Suggested Accommodation: Kokosnuss Garden Resort & Restaurant, as most of the training starts at 6:00am in the morning (Please note that **booking of accommodation and round-trip plane tickets is the sole responsibility of each participant**. While we recommend **Kokosnuss Garden Resort & Restaurant** for lodging, attendees are free to choose their preferred place to stay. All travel and accommodation expenses are **self-funded** and not included in the registration fee.

Group Chat Setup & Room Sharing

To help everyone connect ahead of the event, please create or join the official Messenger group chat for the Basic Dos Armas bootcamp 2028. This will be the space for introductions, updates, and coordination.

We encourage participants to:

- Get to know each other before the event
- Discuss shared accommodations to help reduce lodging expenses
- Coordinate travel plans if you're arriving from the same region
- Ask questions and stay informed about event updates

Let's build camaraderie even before the training begins!

Note: March is an ideal month for travel and training in the Philippines, as it falls outside the typhoon season.

Itinerary

Day 1- (March 10,2028 Friday) – Cebu city tour

- Call time 5:30 am at the CCDP HQ Distribution of Dos Armas T-shirts and equipment's
- 6:00am- 12:00noon Guided City tour
- 1:00pm – Lunch at the HQ for Free

Day 2- (March 11,2028 Saturday) – Indoor training at the CCDP HQ agenda -Pangamot

- 8:00 – 11:00 am Training session (water and Gatorade will be provided for free)
- 11:00am. -12:00 noon break with free snacks (Pizza, Mango and Banana)
- 12:00noon – 3:00 pm Training continues
- Free time

Day 3- (March 12,2028 Sunday) – Indoor training at the CCDP HQ

Agenda-

- 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
- 8:00 – 11:00 am Training session
- 11:00 -12:00 noon break with free snacks (Pizza,Mango and Banana)
- 12:00 – 3:00 pm Training continues
- Free time

Day 4- (March 13,2028 Monday) –Heading to Coron Palawan

- 8:20 – 10:00am – Airport (Philippine Airlines or Sunlight Airlines or Cebu Pacific)
- 3:00pm-5:00pm – 24 Basic strikes and their corresponding targets set C and D.
- 5:20pm - Going to the town I LOVE CORON to see the sunset
- 7:00pm – Dinner at any restaurant

Day 5- (March14,2028 Tuesday) – Kokosnuss Garden and resort Continuation of Basic Dos Armas Program (Provide your own water and electrolytes)

- 24 Basic defense techniques
- Right hand vs right hand
- Right hand vs left hand
- Set A
- Set B
- Set C
- Set D

6:00 am – 9:00am training (coffee break in between for 15 minutes)

9:00am-10:00am (Break time)

10:00 am – 1:00pm

Free time – prepare for your own water and heavy snacks for Cabo Beach tomorrow

Day 6 – (March15,2028 Wednesday) Cabo Beach resort Agenda -Continuation of Dos Armas (Provide your own water and Electrolytes and heavy snacks)

- Set A- 12 basic counter attacks
- Set B- 12 basic counter attacks
- 6:30 am – Heading to Cabo Beach resort
- 7:30 am- 10:30 am Continuation of Dos Armas program
- 10:30am-11:30 am (Short break)
- 11:30 am – 2:30 pm
- 3:00pm heading back to hotel
- Free time

Day 7- (March 16, 2028, Thursday) First Island hopping (Bring Pinuti or Long blade for training while in the Beach)-(Provide your own water and Electrolytes and heavy snacks)

- 7:00 am Call time at Lualhati or I LOVE CORON or in Kokosnuss Garden
- 1:00 - 3:00 pm Training at ATWAYAN beach (Duhay Pinuti or Long Blade drills)
- Duhay Pinuti ABC Drills of Angle 1-3-6 and 7-3-1

Day 8 – (March 17,2028 Friday) Kokosnuss garden resort and restaurant, Agenda- Continuation of Dos armas(Provide your own water and Electrolytes and heavy snacks)

- 12 Basic Counterattack set C
- 12 Basic counterattack set D
- 6:00 am -9:00 am Training with (coffee break 15 minutes) in Between.
- 9:00-10:00am (Break time)
- 10:00 am – 1:00pm Training
- Free time

Day 9 – (March 18,2028 Saturday) Kokosnuss garden resort and restaurant, Agenda- Continuation of Dos armas(Provide your own water and Electrolytes and heavy snacks)

- Trangka Defense Techniques
- Buyon or Parallel Defense Techniques

- 6:00 am -9:00 am Training with (coffee break 15 minutes) in Between.
- 9:00-10:00am (Break time)
- 10:00 am – 1:00pm Training
- Free time

Day 10 – (March 19,2028 Sunday) 2nd Island hopping (Duhay Kutsilyo Drills) (Provide your own water and Electrolytes and heavy snacks)

- 7:00 am Call time at the I LOVE CORON port
- 1:30pm – 3:30 pm Coco Beach resort (Duhay Kutsilyo Drills 1-3-6)

Day 11 – (March 20,2028 Monday) Kokosnuss garden resort and restaurant, Agenda- Continuation of Dos armas(Provide your own water and Electrolytes and heavy snacks)

- Assault drills Dos Armas
- Kalandrakas 83 strikes Drills
- Olisi Y Daga or stick and Dagger
- 6:00 am -9:00 am Training with (coffee break 15 minutes) in Between.
- 9:00-10:00am (Break time)
- 10:00 am – 1:00pm Training and followed by
- Certificate of participation distribution
- 7:00pm – Dinner Budol fight for 1,500.00 pesos per head with free soft drinks and Beer at the Kokosnuss garden resort and restaurant.

Day 12- (March 21, 2028, Tuesday) Heading back to Cebu

Registration Fee: \$850 USD

Inclusive of:

- 2 Aluminum or carbon steel *Pinuti* Blades (Filipino fighting swords)
- 2 Training Sticks
- 2 Aluminum *Kutsilyo* (Training knives)
- 2 Official Dos Armas T-Shirts
- 2 Island Hopping (Renting of Snorkels,goggles and kayak is to be paid by individuals)

This package ensures each participant is fully equipped for the entire duration of the Basic Dos Armas Bootcamp 2028. All gear provided meets the standards set by Eskrido Malaybalay.

Payment Terms

To confirm your participation in the **Basic Dos Armas Bootcamp 2028**, we kindly request the following:

- **30% of the registration fee plus the 5% Paypal transaction fee (\$267.75 USD)** must be sent in advance This will cover the preparation of equipment, materials, and logistical arrangements.
- A **signed registration form** must accompany the initial payment.
- The **remaining 70% plus the 5% Paypal transaction fee (\$624.75 USD)** will be collected one week **prior to the start of the event**.

Please ensure timely submission to secure your slot and allow smooth coordination of resources.

Please send your payment to these PayPal account:

Johnmac10thgm@gmail.com

Disclaimer: The ESKRIDO MALAYBALAY or the organizer shall not be held liable for any accidents, injuries, losses, or damage to personal belongings occurring within the training. All individuals are responsible for their own safety and property.

Declaration of Understanding

I hereby declare that I have fully read, understood, and accepted all the terms, conditions, and guidelines set forth by Eskrido Malaybalay. I acknowledge my responsibility to uphold the standards and principles of the organization throughout my participation in the Basic Dos Armas Bootcamp.

Signature: _____

Printed Name: _____