

# Likha - Isa

(#7 1<sup>st</sup> Brown Belt)

## Rank Requirements

### Mano - Mano

#### Sinawali Boxing

- Palm Center      \_\_\_ \_\_\_ \_\_\_
- Rotary Throw     \_\_\_ \_\_\_ \_\_\_

#### Four Count

#### Box + K-Box 4

#### Abaniko Siko

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### Dumog

#### Rotary Throw

#### Diving Throw

#### Spin Backwards Throw

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### Anyos

#### Anyo Tatlo

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### Kali - Escrima

#### Daga Figure 4

#### Daga Return Sender

#### X - Sinawali (4)

#### Cross Hand Tapi - Tapi

- Elbow Press       \_\_\_ \_\_\_ \_\_\_
- Hanging Lock     \_\_\_ \_\_\_ \_\_\_

#### Abecedario

#### Crossada Disarm

#### Palis - Palis

- Wrist Scissors    \_\_\_ \_\_\_ \_\_\_
- Slashing Armbar   \_\_\_ \_\_\_ \_\_\_

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Name: \_\_\_\_\_

## **Abaniko Siko Preset**

**Stance:** Cross Leg.

**Attack:** Jab, cross.

**Defense:** Right arm performs double fan block against the incoming punches, left upper elbow strike to chin, left hand hooks neck to pull head down while striking torso with left knee.

## **Trap:**

Four Count - Lead hand parry, rear hand back fist, lead hand check, rear hand fore fist.

## **Boxing Set #4**

Jab, cross, bob, cross, hook, cross.

## **K-Boxing Set #4**

Partner feeds a right hook, slapping with the focus mitt.

Left shield (placing palm on side of head and taking the brunt of the blow with the triangle formed by the arm. The elbow ought to be slightly turned outward.) Cross, Hook, Rear knee with grab of shoulder. Set foot back to original fighting stance.

## **X – Sinawali (4): R1, L1, R9, L9\*\***

**Variations:**

1. All Hi
2. All Low
3. Hi – Low\*\*
4. Low – Hi