

Likha - Dalawa

(#8 2nd Brown Belt)

Rank Requirements

Mano - Mano

Box + K-Box 5 — — —
Gunting Siko — — —
Glancing Spear — — —

Dumog

Shin Armbar — — —
Side-By-Side — — —

Anyos

Baston Anyo Apat — — —

Kali - E scrima

Thumb Lock Disarm	— — —	Open Double Sinawali	— — —
Palis - Palis		Mano Tranka	— — —
• Side-by-Side	— — —	Abecedario w/ Footwork	— — —
• Wrist Scissors	— — —	Cross Hand Tapi - Tapi	
Daga Peel	— — —	• Gunting	— — —
Daga Gunting Throw	— — —	• Flow set	— — —

Name: _____

Terms:

Tranka – Lock.

Gunting Siko Preset

Stance: Cross leg

Attack: Jab, cross

Defense: Right hand parries jab while left elbow smashes hand, left hand parries and grabs the cross, right upward elbow to arm, right hand parries arm down for left round elbow to same arm, finish with left arm hooking head to pull opponent into left knee strike.

Trap:

Glancing Spear - (Mirror stance) Lead cutting forearm block, eye jab.

Boxing Set #5

Jab, round elbow, hook, and uppercut.

K-Boxing Set #5

Slide up front kick. Jab, Cross, Rear knee with grab of shoulder.

Open Double Sinawali: Double Sinawali from an open guard.