

Antas - Anim

(#6 Purple Belt)

Rank Requirements

Mano - Mano

Box + K-Box 3 __ __ __

Inverted Trap __ __ __

Sinawali Boxing

• Basic __ __ __

• Armbar __ __ __

Falling the Tree __ __ __

Single Sinawali Drill

• Armbar __ __ __

• Palm Center __ __ __

Dumog

Figure 4 __ __ __

Finger Lock Flow Set __ __ __

Anyos

Baston Anyo T atlo __ __ __

Kali - E scrima

Strip Disarm __ __ __

Daga Armbar __ __ __

Daga Side-by-Side __ __ __

Pera - Peral Sinawali __ __ __

Tapi - Tapi

• Arm Lock Set __ __ __

Cross Hand Tapi - Tapi

• Strip __ __ __

• Back Hand Lock __ __ __

Palis – Palis

• Neck Vise __ __ __

• Goose Neck __ __ __

Name: _____

Trap

Inverted trap - Lead hand inside block, rear hand parry, lead hand fore fist.

Falling the Tree Preset

Stance: Same side

Attack: Rear round kick

Defense: Step off to the right while striking opponent's supporting leg with left round kick.

Boxing Set #3

Jab, cross, hook, uppercut.

K-Boxing Set #3

Jab, Cross, Hook, Cross, Rear leg roundhouse, setting leg front.

Pera - Peral Sinawali: R1, L9, R1 - L1, R9, L1

Finger Lock Template

