

# Antas - Dalawa

(#2 Yellow Belt)

## Rank Requirements

### Mano - Mano

Trapping		Backfist	___ ___ ___	Front Kick	___ ___ ___
• Punch	___ ___ ___	Open Palm	___ ___ ___	Side Kick	___ ___ ___
• Kick	___ ___ ___	Reverse	___ ___ ___	Back Kick	___ ___ ___
• Armbar	___ ___ ___	Fore Fist	___ ___ ___	Round Kick	___ ___ ___

### Dumog

Break Falls (4)	___ ___ ___
Armbar	
• Hand	___ ___ ___
• Leg	___ ___ ___
Walk Away	___ ___ ___
Backwards Throw	___ ___ ___

### Anyos

Baston Anyo Isa	___ ___ ___
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### Kali - Escrima

Daga Wrist Shock	___ ___ ___
Blocks (3)	___ ___ ___
Single Sinawali (2)	___ ___ ___
Angles Of Attack	___ ___ ___
Block, Check, Counter	___ ___ ___

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

# Terms

Antas – Level.

Anyo – Form or pattern.

Baston – Stick, cane or club.

Daga – Dagger or knife.

Dalawa – Two.

Dumog – Grappling, locking or throwing.

Isa – One.

Kali – Stick work.

Mano-Mano – Open hand training.

Sinawali – Weaving.

Single Sinawali: R1, R9 - L1, L9

Advance Single Sinawali: R1, R9, R2 - L1, L9, L2

