Lakan / Dayang - Isa

1st Degree Black Belt

Rank Requirements

Mano - Mano

Stick Disarms _ _ _
Glancing Mace _ _ _

Dumog

Lock Flow Drill _ _ _

Anyos

Anyo Walo _ _ _

Kali - Escrima

Stick Sparring _ _ _
Sibat Counters _ _ _
Daga Drill 2 (Back Grip) _ _ _
Baston Seguidas w/ Disarms _ _ _
Largo Mano Destructions _ _ _

Name: _____

Version 5.0 1-1-09

Trap

Glancing Mace - Lead hand parry, rear round elbow and back fist.