

Antas - Tatlo

(#3 Orange Belt)

Rank Requirements

Mano - Mano

Trapping		Jab	___	Hammer	___
• Two Count	___	Cross	___	Ridge	___
• Decadena	___	Knife Hand	___	Elbows	___
				Knees	___

Dumog

Transfer Center	___	Armbar	
Outside Wrist Lock	___	• Standing	___

Anyos

Anyo Isa	___
Baston Anyo Dalawa	___

Kali - Escrima

Daga Crossada	___	Palis - Palis	
Figure 8	___	• Basic	___
Rompida	___	• Armbar	___
Up & Down	___	• Knee	___
Banda Y Banda	___	X - Sinawali	___

Name: _____

Terms

Banda y Banda: Side to side.

Daga: Knife.

Palis - Palis: Passing.

Rompida: Up & down cutting.

Solo: One.

Tatlo: Three.

X - Sinawali (4): R1, L1, R9, L9**

Variations:

1. All Hi
2. All Low
3. Hi - Low**
4. Low - Hi

Traps

Two count A - Parry and back fist with same hand.

Two count B - Lead hand parry, rear hand fore fist.



Banda y Banda
Cutting



Rompida
Cutting

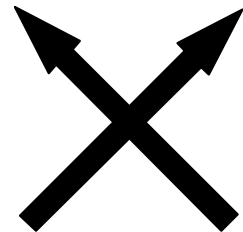


Figure 8
Cutting