

Antas - Apat

(#4 Blue Belt)

Rank Requirements

Mano - Mano

Single Sinawali Drill		Oblique	_____	Spear Hand	_____
• Trap	_____	Upper Cut	_____	Hook Punch	_____
• Standing Center	_____	Crossada Trap	_____		

Dumog

Single Lock	_____
Cross Hand Center	_____
Standing Center	_____
Same Side Center	_____

Anyos

Anyo Dalawa	_____
Baston - Anyo Tatlo	_____

Kali - Escrima

Snake Disarm	_____	EDT Template	
Double Sinawali (Heaven & Earth) (2)	_____	• Escape	_____
Tapi - Tapi ~ Solo Baston		• Strike	_____
• Striking Pattern	_____	• Disarm (Strip)	_____
• Basic Entries		Palis - Palis	
1. BCC #2	_____	• Choke	_____
2. BCC #9	_____	• Cradle	_____
• Butting	_____	• Compress Elbow	_____
• Escapes	_____		

Name: _____

Terms

Apat - Four.

Double Sinawali: R1, L9, R2 - L1, R9, L2

Trap

Crossada - Two hand inward parry (one on wrist, one on elbow), back fist.