

Antas - Lima

(#5 Green Belt)

Rank Requirements

Mano - Mano

Trapping		Hook Kick	___	Siko Destructions	___
• w/Sipa	___	Spin Kicks	___	Backfist Destruction	___
• Serpent's Kiss	___	Inner Forearm	___	Outer Forearm	___
Free Sparring	___				

Dumog

Thumb Lock	___
2 Finger Choke	___
Finger Drop Lock	___
1 & 2 Finger Locks	___
2 Finger Wing Lock	___

Anyos

Anyo Tatlo	___
Baston - Anyo Apat	___

Kali - Escrima

Daga Back Throw	___	Abaniko (4)	___
Daga Standing Arm Bar	___	Hitchhiker Disarm	___
Crossada Flow Drill		Obstruction Removal Set	___
• Knife	___	Heaven 6 Sinawali	___
• Stick	___	Palis - Palis	
• Espada Y Daga	___	• Vise	___
		• Fang Choke	___

Name: _____

Terms

Abaniko - Fan.

Gunting - Cutting.

Siko - Elbow.

Sipa - Kick or foot.

Tuhod - Knee.

Heaven 6 Sinawali; R1, L2, R2 - L1, R2, L2

Trap

Serpent's Kiss - Lead hand downward parry, same hand ridge hand.