

Likha - Isa

(#7 1st Brown Belt)

Rank Requirements

Mano - Mano

Sinawali Boxing

- Palm Center
- Rotary Throw

___ ___ ___
___ ___ ___

Hubod

Four Count

___ ___ ___
___ ___ ___

Dumog

Rotary Throw

Diving Throw

Spin Backwards Throw

___ ___ ___
___ ___ ___
___ ___ ___

Anyos

Anyo Lima

Sibat Anyo Isa*

___ ___ ___
___ ___ ___

Kali - Escrima

Daga Figure 4

Daga Return Sender

Pera-Peral Sinawali (3)

Abecedario

___ ___ ___
___ ___ ___
___ ___ ___
___ ___ ___

Crossada Disarm

Palis - Palis

- Wrist Scissors

- Slashing Ambar

___ ___ ___
___ ___ ___
___ ___ ___
___ ___ ___

Name: _____

Trap:

Four Count - Lead hand parry, rear hand back fist, lead hand check, rear hand fore fist.

Pera - Peral Sinawali: R1, L9, R1 - L1, R9, L1