World Modern Arnis Alliance

Presas Arnis Program

Level #10 Lakan / Dayang ~ Isa ~ 1st Black Belt Requirements

Version 1.0 January 1, 2010

Mano ~ Mano

Pali ~Palit ___ ___ ___

Stick Disarms ___ ___ ___

Glancing Mace ___ ___ ___

Dumog

Lock Flow Drill ___ ___ ___

Anyos

Anyo Lima ___ ___ ___

Arnis ~ Kali ~Escrima

Stick Sparring ___ ___ ___

Cane Releases ___ ___ ___

Sibat Counters ___ ___ ___

Daga Thrusting Set (Back Grip) ___ ___ ___

Daga Drill 2 (Back Grip) ___ ___ ___

Largo Mano Destructions ___ ___ ___

Baston Seguidas w/ Disarms ___ ___ ___

Sumbrada Drill

1. Six Count ___ ___ ___
2. Sungkiti ___ ___ ___
3. Abaniko ___ ___ ___

Name:_____ Date Completed: _____

Trap

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