



# World Modern Arnis Alliance

Presas Arnis Program

Lakan / Dayang - Tatlo - 3<sup>rd</sup> Black Belt Requirements

Version 1.0 January 1, 2010

## Secondary Courses:

Module: \_\_\_\_\_ Levels: \_\_\_\_\_ Date Completed: \_\_\_\_\_

### Anyos

Anyo Pito                    \_ \_ \_ \_

### Dumog:

Wall                            \_ \_ \_ \_

Floor                           \_ \_ \_ \_

Chair                           \_ \_ \_ \_

Car                             \_ \_ \_ \_

Table                         \_ \_ \_ \_

3<sup>rd</sup> Person Locking       \_ \_ \_ \_

### Arnis -Kali - Escrima

Corridas Template 1 & 2    \_ \_ \_ \_

Disarm Reversals            \_ \_ \_ \_

#### Balintawak Concept

• Sugup                        \_ \_ \_ \_

• Bent Arm Block            \_ \_ \_ \_

• Water Pump                \_ \_ \_ \_

• Wrist Trap                 \_ \_ \_ \_

• Abort                        \_ \_ \_ \_

• Lansis                      \_ \_ \_ \_

• Sandwich                  \_ \_ \_ \_

• Elbow Trangka             \_ \_ \_ \_

• Elbow Tukas                \_ \_ \_ \_

• Limbo                        \_ \_ \_ \_

• X-Lock                      \_ \_ \_ \_

• Piggy Back                 \_ \_ \_ \_

• Dribble                      \_ \_ \_ \_

• Wing Lock                  \_ \_ \_ \_

Name: \_\_\_\_\_

Date Completed: \_\_\_\_\_

## Template #1

### #2 Strike

- Punyo abort.
- *Bent arm block, #9 strike.*
- Hand block.
- *Modified sablig, #1 punyo.*
- Hand block – grab.
- *Abort, arm pin.*
- Hand roll, #1 block check #9 strike.
- *Sandwich.*
- Abort, palis punyo.

### \*Break Out

## Template #2

### #1 Strike

- Sablig
- *Slip, #9*
- Sandwich
- *Abort*
- Follow, Stick flip-hand grab, #4 strike to head.
- *Bent arm block, elbow tukas*

### Suyup - Breakout