



# World Modern Arnis Alliance

Presas Arnis Program

Level #3 Antas - Tatlo - Orange Belt Requirements

Version 1.0 January 1, 2010

## Mano - Mano

Trapping

- Two Count    \_ \_ \_ \_
- Decadena    \_ \_ \_ \_

Jab

\_ \_ \_ \_

Cross

\_ \_ \_ \_

Elbows

\_ \_ \_ \_

Ridge

\_ \_ \_ \_

Knees

\_ \_ \_ \_

## Dumog

Transfer Center

\_ \_ \_ \_

Outside Wrist Lock

\_ \_ \_ \_

Armbar

- Standing

\_ \_ \_ \_

## Anyos

Anyo Isa

\_ \_ \_ \_

Baston Anyo Dalawa

\_ \_ \_ \_

## Arnis - Kali - Escrima

Daga Crossada

\_ \_ \_ \_

Figure 8

\_ \_ \_ \_

Rompida

\_ \_ \_ \_

Up & Down

\_ \_ \_ \_

Banda Y Banda

\_ \_ \_ \_

Palis - Palis

- Basic

\_ \_ \_ \_

- Armbar

\_ \_ \_ \_

- Knee

\_ \_ \_ \_

X - Sinawali

\_ \_ \_ \_

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

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

# Terms

Banda y Banda: Side to side.

Crossada: Cross

Daga: Knife.

Palis - Palis: Passing.

Rompida: Up & down cutting.

Solo: One.

Tatlo: Three.

X - Sinawali (4): R1, L1, R9, L9\*\*

Variations:

1. All Hi
2. All Low
3. Hi - Low\*\*
4. Low - Hi

## Traps

Two count A - Parry and back fist with same hand.

Two count B - Lead hand parry, rear hand fore fist.



Banda y Banda  
Cutting



Rompida  
Cutting

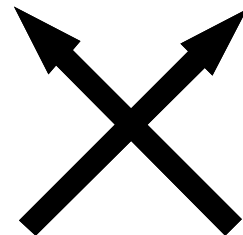


Figure 8  
Cutting