



# World Modern Arnis Alliance

Presas Arnis Program

Level #4 Antas - Apat - Blue Belt Requirements

Version 1.0 January 1, 2010

## Mano - Mano

Single Sinawali Drill

- Trap \_\_\_\_\_
- Standing Center \_\_\_\_\_

Oblique

Upper Cut

Crossada Trap

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Spear Hand

Hook Punch

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\_\_\_\_\_

\_\_\_\_\_

## Dumog

Single Lock

Cross Hand Center

\_\_\_\_\_

\_\_\_\_\_

Standing Center

Same Side Center

\_\_\_\_\_

\_\_\_\_\_

## Anyos

Baston - Anyo Tatlo

\_\_\_\_\_

## Arnis - Kali - Escrima

Daga Peel

Snake Disarm

Double Sinawali (Heaven & Earth)

Palis - Palis

- Choke \_\_\_\_\_
- Cradle \_\_\_\_\_
- Compress Elbow \_\_\_\_\_

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Tapi - Tapi ~ Solo Baston

- Striking Pattern \_\_\_\_\_
- Basic Entries \_\_\_\_\_
  1. BCC #2 \_\_\_\_\_
  2. BCC #9 \_\_\_\_\_
- Butting \_\_\_\_\_
- Escapes \_\_\_\_\_

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

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

# Terms

Apat - Four.

Double Sinawali: R1, L9, R2 - L1, R9, L2

## Trap

Crossada - Two - hand inward parry (one on wrist, one on elbow), back fist.