



# World Modern Arnis Alliance

Presas Arnis Program

Level #5 Antas - Lima - Green Belt Requirements

Version 1.0 January 1, 2010

## Mano - Mano

Trapping

- w/Sipa \_\_\_\_\_
- Serpent's Kiss \_\_\_\_\_

Hook Kick \_\_\_\_\_

Spin Kicks \_\_\_\_\_

Inner Forearm \_\_\_\_\_

Outer Forearm \_\_\_\_\_

Backfist Destruction \_\_\_\_\_

Siko Destructions \_\_\_\_\_

Free Sparring \_\_\_\_\_

## Dumog

Thumb Lock \_\_\_\_\_

1 & 2 Finger Locks \_\_\_\_\_

2 Finger Wing Lock \_\_\_\_\_

2 Finger Choke \_\_\_\_\_

Finger Drop Lock \_\_\_\_\_

## Anyos

Anyo Dalawa \_\_\_\_\_

Baston - Anyo Apat \_\_\_\_\_

## Arnis - Kali - Escrima

Daga Crossada Throw \_\_\_\_\_

Hitchhiker Disarm \_\_\_\_\_

Abaniko (4) \_\_\_\_\_

Heaven 6 Sinawali \_\_\_\_\_

Obstruction Removal \_\_\_\_\_

Tapi - Tapi

- Palis Entries \_\_\_\_\_

Crossada Flow Drill

- Knife \_\_\_\_\_

- Stick \_\_\_\_\_

- Espada Y Daga \_\_\_\_\_

Palis - Palis

- Vise \_\_\_\_\_

- Fang Choke \_\_\_\_\_

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

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

## Terms

Abaniko - Fan.

Gunting - Cutting.

Siko - Elbow.

Sipa - Kick or foot.

Tuhod - Knee.

Heaven 6 Sinawali; R1, L2, R2 - L1, R2, L2

## Trap

Serpent's Kiss - Lead hand downward parry, same hand ridge hand.