



World Modern Arnis Alliance

Presas Arnis Program

Level #9 Likha ~ Tatlo ~ 3rd Brown Belt Requirements

Version 1.0 January 1, 2010

Mano ~ Mano

Dragon's Tail

— — —

Obstruction Removal

— — —

Dumog

Hammer Lock

— — —

Inner Reaping Throw

— — —

Outer Reaping Throw

— — —

Anyos

Anyo Apat

— — —

Sibat Anyo Tatlo*

— — —

Arnis ~ Kali ~ Escrima

Lever Disarm

— — —

Cradle Disarm

— — —

Abaniko Doblede Doblada

— — —

Baston Seguidas

— — —

Daga Thrusting Set (Front Grip)

— — —

Daga Drill 1 (Front Grip)

— — —

Pali ~ Palit

— — —

Doble Angles of Attack

— — —

Doble Defenses

1. Same Side Block

— — —

2. Cross Side Block

— — —

3. Same Side Cross Side

— — —

4. Same Side + Pass

— — —

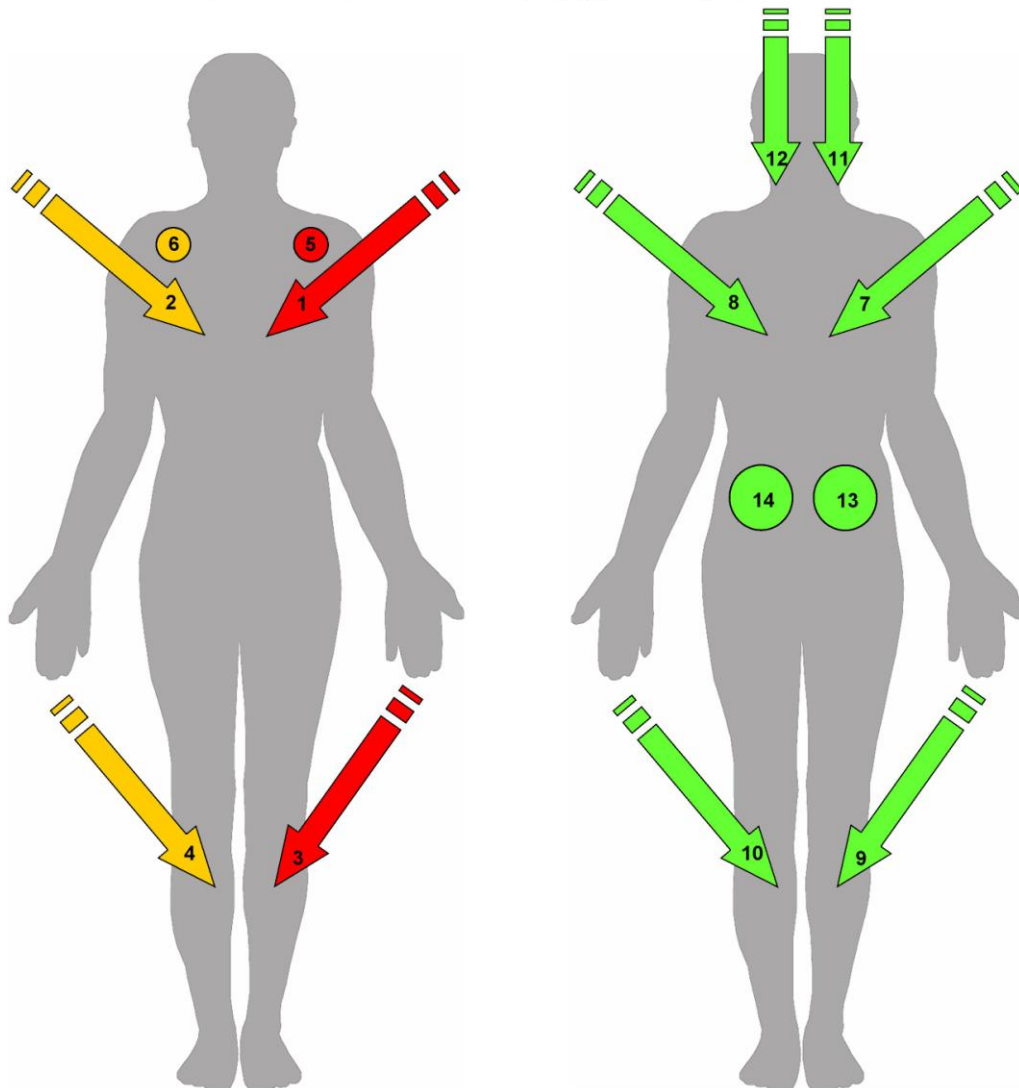
Name: _____

Date Completed: _____

Trap

Dragon's Tail - Lead hand inside block, step rear hand check, lead hand low palm strike and high back fist.

Doble Baston 14 Angles of Attack



- Right Stick
- Left Stick
- Both Sticks