

LIKAN/DAYANG / LEVEL ELEVEN / PROBATIONAL BLACK

1. MINIMUM TRAINING REQUIREMENTS

A minimum of six months and 48 classes for this level

A minimum of fourty-five months and /318 classes

7. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Adam Apples throw (hook and reap)

Trapping hands to foot trapping (outside and inside)

Kick scooping techniques

Inside takedown to outside leg wrap

Inside reap to inside leg wrap

Outside kneel takedown to pass kick to figure-four

Outside scoop to Dive throw

Reverse Sinawali Boxing

Knife hands throw

Lawnmower pull

Hip throw

One-leg takedown from behind

Hanger

Knee Press takedown (Arblade throw)

Tulak

Backward throw

Reinforced uppercut

8. ANYOS/FORMS

Anyo Lima (form five)

Empty-hand

Empty-hand applications