

ANTAS DALAWA / LEVEL TWO / YELLOW

1. MINIMUM TRAINING REQUIREMENTS

A minimum of three months and 24 classes for this level

2. STANCES & FOOTWORK

Stances

Closed

Open

Ready

Horse

Front

Footwork

X-Pattern

3. HAND & FOOT STRIKES

Hand

Lead hand punch (jab)

Reverse punch (straight)

Hook punch

Bolo/uppercut

Foot

Front kick

Round kick

Oblique kick

4. EMPTY-HAND BLOCKS, PARRIES & DRILLS

Blocks

Down

Middle (Inside-to-outside)

Rising

Inside

Sinawali

Sinawali Parry (Short and Long)

Single Sinawali empty-hand applications

Sinawali parry outside vs. punch (short parry)

Sinawali parry inside vs. punch (short parry)

5. BREAKFALLS

Back fall

- 7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS**
 - Angles of attack (1-12)**
 - Control**
 - Pull-back**
 - Follow-through**
 - Block, Check & Counter vs. angles of attack (1-12)**
 - Single Sinawali (Traditional)**
 - Double vs. double**

- 9. ETIQUETTE, QUESTIONS THEORY & FOCUS POINTS**
 - Etiquette**
 - Traditional bow**
 - Salute**
 - Courtesy**
 - Answer Basic Questions (See APPENDIX A)**
 - Count one through twelve in Tagalog**