

ANTAS TATLO / LEVEL THREE / LOW BLUE

- 1. MINIMUM TRAINING REQUIREMENTS**
A minimum of three months and 24 classes for this level
A minimum of six months and 48 classes total training
- 2. STANCES & FOOTWORK**
Stances
Cat
Back
Oblique
Transitional
Footwork
C-step
Two-step
- 3. HAND & FOOT STRIKES**
Hand
Backfist
Hammerfist
Palm strike
Foot
Side kick
Back kick
- 4. EMPTY-HAND BLOCKS, PARRIES & DRILLS**
X-block
Low
High
Trapping-hands
Vs. punch
Vs. cane angles of attack (1-12)
- 5. BREAKFALLS**
Side fall

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Cross hand hold

Center lock

Chop-n-pop

Armbar

Same-side hold

Center lock

Chop-n-pop

Armbar

Backward throw (from punch—inside/outside)

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Block, check & counter (Two Step footwork)

Six-count drill

Single Sinawali (modern)

Double vs. double poking drill

Empty-hand translation

Single vs. double poking drill

Redonda

8. ANYOS/FORMS

Anyo Isa Stick Form One