

## **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**