

ANTAS ANIM / LEVEL SIX / HIGH GREEN

- 1. MINIMUM TRAINING REQUIREMENTS**
A minimum of four months and 32 classes for this level
A minimum of seventeen months and 136 classes total training

- 6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING**
Sinawali Boxing (Three count)
 - From sinawali parry
 - Compress-elbow
 - Single lock
 - Backward throw
 - Mobility throw
 - From uppercut
 - Armbar
 - Armbar shock
 - Shoulder lock
 - Forearm-backward throw
 - Groundfighting
 - Shin to biceps tendon
 - Squat to biceps tendon
 - Flow drill

- 7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS**
 - Flow drill with Canes
 - Umbrella / Wing drill
 - “Cut to” techniques
 - From angle of attack 1
 - Cut to armbar
 - Cut to forearm disarm to standing-center lock
 - Cut to upper-arm disarm to one-arm compress-elbow
 - From angle of attack 2
 - Cut to cane takedown
 - Cut to cane takedown to mobility throw
 - Cut to wrist-lock to center lock

- 8. ANYOS/FORMS**
 - Anyo Dalawa (form two)**
 - Empty-hand**
 - Empty-hand applications**
 - Flow to check and strikes**
 - Step to armbar**
 - Knifehand to side-by-side**