

## **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**