

LIKAH / LEVEL SEVEN / BROWN

1. MINIMUM TRAINING REQUIREMENTS

A minimum of four months and 32 classes for this level

A minimum of twenty-one months and 168 classes total training

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Finger lock flow

One finger

Two finger standing center

Pass to two finger

Two finger center

Two finger reverse

Backward throw

Step and backward turn

Groundfighting

Lying armbar

Neck-stretch armbar

Empty-hand Tapi-Tapi drill

Counters from inside

Slap-off

Center lock

Wrist wrench

Counters from outside

Pull-off

Center lock

Armbar

Slap-off drill vs. angles of attack (1-12)

Empty-hand vs. empty-hand

Empty-hand vs. cane

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Slap-off drill vs. angles of attack 1-12

Palis-Palis vs. angles of attack (1-2)

Traditional Arnis / striking styles

Palis-Palis

From angle 1

Thrust

Armbar

Armbar to Cane Takedown

Cane forearm backward throw

Cane leg takedown

From angle 2

Thrust

Big armbar

Cane center lock/disarm on shoulder

Reverse forearm disarm to armbar

Reverse cane takedown

Double stick combination (10 minutes)

Single sinawali

Double sinawali

Redonda

Reverse sinawali

8. ANYOS/FORMS

Stick Form 3