

LIKAH ISA / LEVEL EIGHT / 1ST DEGREE BROWN

- 1. MINIMUM TRAINING REQUIREMENTS**
A minimum of six months and 48 classes for this level
A minimum of twenty-seven months and 174 classes

- 6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING**
Abanico double-action empty-hand applications
 Armbar
 Reverse single lock
 Reverse mobility throw
 Biceps wrist lock
 Tulak
Ground fighting
 Shin to neck armbar
 Kick-around armbar

- 7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS**
Abanico style
 Abanico Corto vs. angles of attack (1-2)
 Abanico largo vs. angles of attack 1-2 (planting rice)
 Abanico Hirada (corto/largo) vs. angles of attack (1-2)
 Pull back
 Follow through
 Abanico double-action vs. angles of attack (1-2)
 Abanico Corto Techniques using post block
 From #1 Strike
 Strip Disarm
 Snake Disarm
 Armbar
 Forearm throw
 Tie
 From #2 Strike
 #5 disarm variation
 Side by side
 Double-arm trap
 Collar bone lock
 Tie to cane takedown
 Redonda Abanico

8. ANYOS/FORMS

Anyo T atlo (form three)

Empty-hand

Empty-hand application

Sinawali boxing

Sinawali boxing to Armbar

X-block to armbar to elbow, hammer fist and strikes