

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