

## **LIKAH DALAWA / LEVEL NINE / 2ND DEGREE BROWN**

### **1. MINIMUM TRAINING REQUIREMENTS**

**A minimum of six months and 48 classes for this level**

**A minimum of thirty-three months and 222 classes**

### **8. Anyo's/Forms**

**Stick form 4**

**Stick form 4 with swrod**

### **10. KNIFE & ESPADA Y DAGA**

**Empty-hand vs. knife disarms 1-5**

**Strip outside**

**Strip inside**

**X-block inside to wrist lock**

**X-block outside to backward throw**

**Forearm strike**

**Empty-hand vs. knife disarms 6-10**

**Rising disarm**

**Rising disarm with side by side**

**Pass outside**

**Behind to compress elbow**

**Behind to backward throw**

**5, 6, 7 drill & applications**

**#5 – Roll to biceps**

**#6 – Catch to biceps**

**#7 – Thumb disarm**

**Knife vs. knife drills**

**5, 7, 6 drill**

**Empty-hand Tapi-Tapi**

**Flow drill**

**Six-count drill**

**Palis-Palis Espada y Daga Style**

**Palis to tusok (thrust) vs. angles of attack 1-2**

**Palis to traditional striking patterns vs. angles 1-2**

**Palis to Tulak(push) vs. angles 1-2**