

IMAF

International Modern Arnis Federation

Antas Apat / Level Four / High Blue

Minimum Training Requirements

A minimum of three months and 24 classes for this level

A minimum of nine months and 72 classes total training

<p style="text-align: center;">Stances and Footwork</p> <ul style="list-style-type: none"> • Body– Shifting • Sinawali Waving (forward/back) • Hip Rotation (left/right) <p>Stances</p> <ul style="list-style-type: none"> • Crossover Stance • Step-behind Stance 	<p style="text-align: center;">Hand and Foot Strikes</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Hand Strikes</p> <ul style="list-style-type: none"> • Knifehand • Ridgehand • Tiger Mouth • Finger Thrust </td> <td style="width: 50%; vertical-align: top;"> <p>Other Strikes</p> <ul style="list-style-type: none"> • Elbow Strikes • Knee Strikes </td> </tr> </table>	<p>Hand Strikes</p> <ul style="list-style-type: none"> • Knifehand • Ridgehand • Tiger Mouth • Finger Thrust 	<p>Other Strikes</p> <ul style="list-style-type: none"> • Elbow Strikes • Knee Strikes
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<p style="text-align: center;">Empty Hand Locks, Throws & Ground Fighting</p> <p>Single Sinawali Empty-Hand Applications</p> <p>From High Grab</p> <ul style="list-style-type: none"> • Whole Fingers to Standing Center Lock • One Finger lock to Standing Center Lock • Thumb to Standing Center Lock <p>From Low Grab</p> <ul style="list-style-type: none"> • Thumb to Standing Center Lock • Thumb to Compress-Elbow • Thumb to Center Lock 	<p style="text-align: center;">Empty Hand Locks, Throws & Ground Fighting</p> <p>Ground Fighting</p> <ul style="list-style-type: none"> • Squat to Armbar • Step and Backward Turn • Step to Deltoid-Tendon • Mobility Throw—from punch 		
<p style="text-align: center;">Empty Hand Blocks, Parries & Drills</p> <p>Trapping-Hands</p> <ul style="list-style-type: none"> • Trapping-Hands de Cadena <p style="text-align: center;">Cane Strikes, Blocks, Patterns & Drills</p> <ul style="list-style-type: none"> • Basic Disarms vs angles of attack (1-12) using brace and post block • Double Sinawali 	<p style="text-align: center;">BreakFalls</p> <ul style="list-style-type: none"> • Front Fall <p style="text-align: center;">Anyos/Form</p> <ul style="list-style-type: none"> • Anyo Isa - Empty Hand Form One • Empty-Hand applications from Kata <ul style="list-style-type: none"> • Trapping hands to armbar • X-Block to standing center lock or side by side • Scoop punch to compress elbow 		