

IMAF

International Modern Arnis Federation

Antas Anim / Level Six / High Green

Minimum Training Requirements

A minimum of four months and 32 classes for this level

A minimum of seventeen months and 136 classes total training

<p>Empty Hand Locks, Throws & Ground Fighting</p> <p>Sinawali Boxing (Three Count)</p> <p>From Sinawali Parry</p> <ul style="list-style-type: none"> • Compress-elbow • Single lock • Backward throw • Mobility throw <p>From Uppercut</p> <ul style="list-style-type: none"> • Armbar • Armbar shock • Shoulder lock • Forearm-backward throw 	<p>Empty Hand Locks, Throws & Ground Fighting</p> <p>Ground Fighting</p> <ul style="list-style-type: none"> • Shin to biceps tendon • Squat to biceps tendon <p>Flow Drill</p>
<p>Cane Strikes, Blocks, Patterns & Drills</p> <ul style="list-style-type: none"> • Flow drill with canes • Umbrella / Wing drill <p>“Cut to” techniques from angle of attack 1</p> <ul style="list-style-type: none"> • Cut to armbar • Cut to forearm disarm to standing center lock • Cut to upper-arm disarm to one-arm compress elbow <p>“Cut to” techniques from angle of attack 2</p> <ul style="list-style-type: none"> • Cut to cane takedown • Cut to cane takedown to mobility throw • Cut to wrist-lock to center lock 	<p>ANYOS/FORM</p> <ul style="list-style-type: none"> • Anyo Dalawa - Empty Hand Form Two • Empty-Hand applications from Kata <ul style="list-style-type: none"> • Flow to check and strike • Step to armbar • Knife-hand to side-by-side