

IMAF

International Modern Arnis Federation

Antas Tatlo / Level Three / Low Blue

Minimum Training Requirements

A minimum of three months and 24 classes for this level

A minimum of six months and 48 classes total training

<p style="text-align: center;">Stances and Footwork</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Stances</p> <ul style="list-style-type: none"> • Cat • Back • Oblique • Transitional </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Footwork</p> <ul style="list-style-type: none"> • C-step • Two-Step </td> </tr> </table>	<p>Stances</p> <ul style="list-style-type: none"> • Cat • Back • Oblique • Transitional 	<p>Footwork</p> <ul style="list-style-type: none"> • C-step • Two-Step 	<p style="text-align: center;">Hand and Foot Strikes</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Hand Strikes</p> <ul style="list-style-type: none"> • Backfist • Hammerfist • Palm Strike </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Foot Strikes</p> <ul style="list-style-type: none"> • Side Kick • Back Kick </td> </tr> </table>	<p>Hand Strikes</p> <ul style="list-style-type: none"> • Backfist • Hammerfist • Palm Strike 	<p>Foot Strikes</p> <ul style="list-style-type: none"> • Side Kick • Back Kick
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<p style="text-align: center;">Cane Strikes, Blocks, Patterns & Drills</p> <ul style="list-style-type: none"> • Block, Check & Counter (Two Step Footwork) • Six-Count Drill • Single Sinawali (Modern) • Double vs Double Poking Drill • Empty-Hand Translation • Single vs Double Poking Drill • Redonda 	<p style="text-align: center;">BreakFalls</p> <ul style="list-style-type: none"> • Side Fall <p style="text-align: center;">Anyos/Form</p> <ul style="list-style-type: none"> • Anyo Isa— Stick Form One 				