

IMAF

International Modern Arnis Federation

Likan/Dayang / Level Eleven / Probational Black

Minimum Training Requirements

A minimum of six months and 48 classes for this level

A minimum of forty-five months and 318 classes total training

Empty Hand Locks, Throws & Ground Fighting	ANYOS/FORMS
<ul style="list-style-type: none">• Adams Apples throw (hook and reap)• Trapping hands to foot (outside and inside)	<ul style="list-style-type: none">• Anyo Lima - Empty Hand Form five• Empty-Hand applications from Kata
<p>Kick scooping techniques</p> <ul style="list-style-type: none">• Inside takedown to outside leg wrap• Inside reap to inside leg wrap• Outside kneel takedown to pass kick to figure four• Outside scoop to dive throw	
<p>Reverse Sinawali Boxing</p> <ul style="list-style-type: none">• Knife hands throw• Lawnmower pull• Hip throw• One-leg takedown from behind• Hanger• Knee Press takedown (Arm-blade throw)• Tulak• Backward throw• Reinforced uppercut	