

# IMAF

## International Modern Arnis Federation

Likah Isa / Level Eight / 1st Degree Brown

### Minimum Training Requirements

A minimum of six months and 48 classes for this level

A minimum of twenty-seven months and 174 classes total training

<p><b>Empty Hand Locks, Throws &amp; Ground Fighting</b></p> <p><b>Abanico Double-Action Empty-Hand Applications</b></p> <ul style="list-style-type: none"> <li>• Armbar</li> <li>• Reverse single lock</li> <li>• Reverse mobility throw</li> <li>• Biceps wrist lock</li> <li>• Tulak</li> </ul> <p><b>Ground Fighting</b></p> <ul style="list-style-type: none"> <li>• Shin to neck armbar</li> <li>• Kick-around armbar</li> </ul>	<p style="text-align: center;"><b>ANYOS/FORMS</b></p> <ul style="list-style-type: none"> <li>• Anyo Isa - Empty Hand Form Three</li> <li>• Empty-Hand applications from Kata             <ul style="list-style-type: none"> <li>• Sinawali boxing</li> <li>• Sinawali boxing to armbar</li> <li>• X-block to armbar to elbow, hammer fist and strikes</li> </ul> </li> </ul>
<p style="text-align: center;"><b>Cane Strikes, Blocks, Patterns &amp; Drills</b></p> <ul style="list-style-type: none"> <li>• Abanico Corto vs angles of attack (1-2)</li> <li>• Abanico Largo vs angles of attack (1-2) (planting rice)</li> <li>• Abanico Hirada (corto/largo) vs angles of attack (1-2)             <ul style="list-style-type: none"> <li>• Pull back</li> <li>• Follow through</li> </ul> </li> <li>• Abanico double-action vs angles of attack(1-2)</li> <li>• Redonda Abanico</li> </ul>	<p style="text-align: center;"><b>Cane Strikes, Blocks, Patterns &amp; Drills</b></p> <p><b>Abanico Corto Techniques using post block</b></p> <p>From #1 Strike</p> <ul style="list-style-type: none"> <li>• Strip disarm</li> <li>• Snake disarm</li> <li>• Armbar</li> <li>• Forearm throw</li> </ul> <p>From #2 Strike</p> <ul style="list-style-type: none"> <li>• #5 Disarm</li> <li>• Side by side</li> <li>• Double-arm trap</li> <li>• Collar bone lock</li> <li>• Tie to cane takedown</li> </ul>