

# IMAF

## International Modern Arnis Federation

### Antas Lima / Level Five / Low Green

#### Minimum Training Requirements

A minimum of four months and 32 classes for this level

A minimum of thirteen months and 104 classes total training

<p style="text-align: center;"><b>Empty-Hand Blocks, Parries &amp; Drills</b></p> <p><b>Sinawali Boxing</b></p> <ul style="list-style-type: none"> <li>• Two Count</li> <li>• Three Count (with follow up strikes)               <ul style="list-style-type: none"> <li>• Straight Punch</li> <li>• Hook Punch</li> <li>• Bolo/Uppercut</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Empty-Hand Blocks, Parries &amp; Drills</b></p> <p><b>Reverse Sinawali Application</b></p> <ul style="list-style-type: none"> <li>• Strike High</li> <li>• Strike Middle</li> <li>• Strike Low</li> </ul>
<p><b>Empty Hand Locks, Throws &amp; Ground Fighting Locks</b></p> <p><b>Cross Hand Hold</b></p> <ul style="list-style-type: none"> <li>• Two Finger</li> <li>• Thumb Lock (<i>chicken wing</i>)</li> <li>• Standing Center Lock</li> </ul> <p><b>Same Side Hold</b></p> <ul style="list-style-type: none"> <li>• One Finger Lock</li> <li>• Side-by-Side</li> <li>• Elbow Body Lock</li> </ul>	<p><b>Empty Hand Locks, Throws &amp; Ground Fighting</b></p> <p><b>Ground Fighting</b></p> <ul style="list-style-type: none"> <li>• Spin to Knee</li> <li>• Hammer Lock</li> </ul> <p style="text-align: center;">-----</p> <p><b>ANYOS/FORMS</b></p> <ul style="list-style-type: none"> <li>• Stick Form 2</li> <li>• Stick Form 2—90 Degree Translation</li> </ul>
<p style="text-align: center;"><b>Cane Strikes, Blocks, Patterns &amp; Drills</b></p> <p><b>Cane Releases</b></p> <ul style="list-style-type: none"> <li>• Forearm Bump Inside</li> <li>• Forearm Bump Outside</li> <li>• Center Lock</li> <li>• Standing Center Lock</li> </ul>	<p style="text-align: center;"><b>Cane Strikes, Blocks, Patterns &amp; Drills</b></p> <p><b>Traditional Arnis / Striking Styles</b></p> <ul style="list-style-type: none"> <li>• Figure-eight vs angles of attack (1-2)</li> <li>• Reverse figure-eight vs angles of attack (1-12)</li> <li>• Banda y Banda vs angles of attack (1-2)</li> <li>• Rompida vs angles of attack (1-2)</li> <li>• Double Zero vs angles of attack (1-2)</li> <li>• Reverse Sinawali</li> </ul>