

# IMAF

## International Modern Arnis Federation

### Antas Dalawa / Level Two / Yellow

#### Minimum Training Requirements

A minimum of three months and 24 classes for this level

<p style="text-align: center;"><b>Stances and Footwork</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>Stances</b></p> <ul style="list-style-type: none"> <li>• Closed</li> <li>• Open</li> <li>• Ready</li> <li>• Horse</li> <li>• Front</li> </ul> </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• X-Patten</li> </ul> </td> </tr> </table>	<p><b>Stances</b></p> <ul style="list-style-type: none"> <li>• Closed</li> <li>• Open</li> <li>• Ready</li> <li>• Horse</li> <li>• Front</li> </ul>	<p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• X-Patten</li> </ul>	<p style="text-align: center;"><b>Hand and Foot Strikes</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>Hand Strikes</b></p> <ul style="list-style-type: none"> <li>• Lead Hand Punch (jab)</li> <li>• Reverse Punch</li> <li>• Hook Punch</li> <li>• Bolo/Uppercut</li> </ul> </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>Foot Strikes</b></p> <ul style="list-style-type: none"> <li>• Front Kick</li> <li>• Round Kick</li> <li>• Oblique Kick</li> </ul> </td> </tr> </table>	<p><b>Hand Strikes</b></p> <ul style="list-style-type: none"> <li>• Lead Hand Punch (jab)</li> <li>• Reverse Punch</li> <li>• Hook Punch</li> <li>• Bolo/Uppercut</li> </ul>	<p><b>Foot Strikes</b></p> <ul style="list-style-type: none"> <li>• Front Kick</li> <li>• Round Kick</li> <li>• Oblique Kick</li> </ul>
<p><b>Stances</b></p> <ul style="list-style-type: none"> <li>• Closed</li> <li>• Open</li> <li>• Ready</li> <li>• Horse</li> <li>• Front</li> </ul>	<p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• X-Patten</li> </ul>				
<p><b>Hand Strikes</b></p> <ul style="list-style-type: none"> <li>• Lead Hand Punch (jab)</li> <li>• Reverse Punch</li> <li>• Hook Punch</li> <li>• Bolo/Uppercut</li> </ul>	<p><b>Foot Strikes</b></p> <ul style="list-style-type: none"> <li>• Front Kick</li> <li>• Round Kick</li> <li>• Oblique Kick</li> </ul>				
<p style="text-align: center;"><b>Empty Hand Blocks, Parries &amp; Drills</b></p> <p><b>Blocks</b></p> <ul style="list-style-type: none"> <li>• Down</li> <li>• Middle (Inside to Outside)</li> <li>• Rising</li> <li>• Inside</li> </ul>	<p style="text-align: center;"><b>Empty Hand Blocks, Parries &amp; Drills</b></p> <p><b>Sinawali</b></p> <ul style="list-style-type: none"> <li>• Sinawali Parry</li> <li>• Sinawali parry outside vs punch</li> <li>• Sinawali parry inside vs punch</li> </ul>				
<p style="text-align: center;"><b>Cane Strikes, Blocks, Patterns &amp; Drills</b></p> <p><b>Angles of Attack (1-12)</b></p> <ul style="list-style-type: none"> <li>• Control    • Pull-Back    • Follow-through</li> <li>• Block, Check &amp; Counter vs angles of attack (1-12)</li> <li>• Single Sinawali (Traditional)</li> <li>• Double vs Double Sinawali</li> </ul>	<p style="text-align: center;"><b>BreakFalls</b></p> <ul style="list-style-type: none"> <li>• Back Fall</li> </ul> <p style="text-align: center;"><b>Etiquette, Questions, Theory &amp; Focus Points</b></p> <ul style="list-style-type: none"> <li>• Traditional bow (Salute, Courtesy)</li> <li>• Answer Basic Questions (See Appendix A)</li> <li>• Count 1-12 in Tagalong</li> </ul>				