

IMAF

International Modern Arnis Federation

Lika / Level Seven / Brown

Minimum Training Requirements

A minimum of four months and 32 classes for this level

A minimum of twenty-one months and 168 classes total training

<p>Empty Hand Locks, Throws & Ground Fighting</p> <p>Finger Lock Flow</p> <ul style="list-style-type: none"> • One finger • Two finger standing center • Pass to two finger • Two finger center • Two finger reverse • Backward throw • Step and backwards turn <p>Slap off drill vs angles of attack (1-12)</p> <ul style="list-style-type: none"> • Empty-hand vs empty hand • Empty-hand vs cane 	<p>Empty Hand Locks, Throws & Ground Fighting</p> <p>Ground Fighting</p> <ul style="list-style-type: none"> • Lying arnbar • Neck-stretch arnbar <p>Empty-hand Tapi-Tapi drill</p> <ul style="list-style-type: none"> • Counters from inside <ul style="list-style-type: none"> • Slap-off • Center lock • Wrist wrench • Counters from outside <ul style="list-style-type: none"> • Pull-off • Center lock • Arnbar
<p style="text-align: center;">Cane Strikes, Blocks, Patterns & Drills</p> <p>Traditional Arnis / Striking styles</p> <ul style="list-style-type: none"> • Palis-Palis vs angles of attack (1-2) <p>Palis-Palis from angle of attack 1</p> <ul style="list-style-type: none"> • Thrust • Arnbar • Arnbar to cane takedown • Cane forearm backward throw • Cane leg takedown <p>Palis-Palis from angle of attack 2</p> <ul style="list-style-type: none"> • Thrust • Big arnbar • Cane to center lock/disarm on shoulder • Reverse forearm disarm to arnbar • Reverse cane takedown 	<p style="text-align: center;">Cane Strikes, Blocks, Patterns & Drills</p> <p>Double Stick Combination (10 minutes)</p> <ul style="list-style-type: none"> • Single sinawali • Double sinawali • Redonda • Reverse sinawali <p style="text-align: center;">ANYOS/FORM</p> <p>Stick form 3</p>