



ARNIS BROWN BELT

Prerequisites:

Brown Belt in Taekwondo

Must have a Long Bo

Test fee due at test time: \$55.00

REQUIREMENTS:

Single Stick:

Slice Block, Combat Disarm, & Return Against the Twelve Strikes

Disarms Against Strikes #1 through #12

Passing Against the Twelve Strikes

Six Striking Zones with Footwork - Give and take, in and out of order

Butting Strikes

- Squared Up

- Weaving

Double Stick:

- Outside block disarms (opposite over, opposite under)

- Disarm against double strikes #5 and #12

Falling & Rolling:

Sholder Roll from Squatting Position

Open Hand:

Self Defense Against Open Hand Strikes #1 through #6

1) Strike the neck 2) Arm bar 3) Shoulder bar 4) Chicken wing 5) Choke the neck 6) Shoulder lock

Locks: sholder bar

Open Hand Form #2

Point Sparring

One stick, Two sticks, Long Bo

Dagger:

- Disarms against 6 striking zones

- **The Four Drill (Dagger vs. Open Hand)**