



ARNIS BLUE BELT

Prerequisites:

Blue Belt, or Advanced Green Belt w/ Red Stripe in Taekwondo

Must have a dagger

Test fee due at test time: \$45.00

REQUIREMENTS:

Single Stick:

Disarms Against Strikes #1 through #8

Slice Block with Return Against the Twelve Strikes

Stick Motions:

- *Redondo*
- Double Zero Strikes

Advanced Exchanges:

- Under the opposite shoulder
- Hand to hand with various tosses

Butting Strikes:

- Squared up
- Weaving

Sticky Stick (single stick)

Double Stick:

Two Man Set #2 (2 double, 2 single, 2 reverse, slice/block #12, repeat)

Reverse *Sinawoli*

Six Striking Zones with Footwork (strikes and blocks)

Dagger:

- Six Drill
- The Four Drill (Dagger vs. Dagger)

Side Fall From Squatting Position

Open Hand:

- Finger Locks (One finger, two finger, four finger)
 - Thumb Lock
 - Shoulder Bar

Threes, Twos and Ones - Give and take; mixed give and take

Open Hand Form #1