



ARNIS GREEN BELT

Prerequisites:

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

Must have two Arnis sticks

Test fee due at test time: \$25.00

Single Stick:

Slice Blocks Against the Twelve Strikes

The Six Drill

Disarms Against Strikes #1 through #4

Stick Motions:

Abanico

Stick Twirling

Intermediate Exchanges:

Over the shoulder

Behind the back

Double Stick:

Double *Sinawoli*

Two Man Set #1 (4 single, 4 double, 4 single, 4 double, big finish with reach)

Free Form with Two Sticks (Practice outside of class. Use all your stick motions. Use right and left hand to twirl and strike. When asked, be able to set one stick down and continue to twirl using all exchanges)

Open Hand:

Threes, Twos & Ones

- Inside against left / right attacks

- Outside against left / right attacks

Front Fall From Squatting Position

Locks: Center Lock

Form:

Stick Form #2 (1 & 2 sticks)