



ARNIS YELLOW BELT

Prerequisites:

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

Must have two Arnis sticks

Test fee due at test time: \$25.00

REQUIREMENTS:

Single Stick:

Checking Blocks Against Twelve Strikes

Disarms Against Strikes #1 and #2

Twelve Strikes:

Controlled - Strike to the target and stop

Strike through with flow - Strike through the target

Recoil - Strike and pull back

Six Drill Motions (strike, block, strike - block, strike, block)

Stick Motions:

- Flow (pass and counter strike)

- *Crossada* (slice up)

- Reverse *Crossada* (slice down)

- Stick twirling (Stick rotation forward and stick rotation backward)

Double Stick:

Single *Sinawali*

Basic Exchanges:

- Hand to hand in front

- Hand to hand under the leg

Free Form with One Stick (Practice outside of class. Use all your stick motions and basic exchanges. Use right and left hand to twirl and strike)

Open Hand:

Back Fall From Squatting Position

Wrist Lock

Form:

Stick Form #1 with One Stick

Stick Form #1 with Two Sticks