

LIKAN/DAYANG / LEVEL ELEVEN / PROBATIONAL BLACK

- 1. MINIMUM TRAINING REQUIREMENTS**
 - A minimum of six months and 48 classes for this level**
 - A minimum of fourty-five months and /318 classes**

- 7. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING**
 - Adam Apples throw (hook and reap)**
 - Trapping hands to foot trapping (outside and inside)**
 - Kick scooping techniques**
 - Inside takedown to outside leg wrap**
 - Inside reap to inside leg wrap**
 - Outside kneel takedown to pass kick to figure-four**
 - Outside scoop to Dive throw**
 - Reverse Sinawali Boxing**
 - Knife hands throw**
 - Lawnmower pull**
 - Hip throw**
 - One-leg takedown from behind**
 - Hanger**
 - Knee Press takedown (Arblade throw)**
 - Tulak**
 - Backward throw**
 - Reinforced uppercut**

- 8. ANYOS/FORMS**
 - Anyo Lima (form five)**
 - Empty-hand**
 - Empty-hand applications**