

ANTAS APAT / LEVEL FOUR / HIGH BLUE

- 1. MINIMUM TRAINING REQUIREMENTS**
A minimum of three months and 24 classes for this level
A minimum of nine months and 72 classes total training
- 2. STANCES & FOOTWORK**
Stances
 Crossover
 Step-behind
Body-shifting
Sinawali Waving (forward/back)
Hip Rotation (left/right)
- 3. HAND & FOOT STRIKES**
Hand
 Knifehand
 Ridgehand
 Tiger mouth
 Finger thrust
Elbow strikes
Knee strikes
- 4. EMPTY-HAND BLOCKS, PARRIES & DRILLS**
Trapping-hands de Cadena
- 5. BREAKFALLS**
Front fall
- 6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING**
Single sinawali empty-hand applications
 From high grab
 Whole fingers to standing center lock (Ref: V)
 One finger lock to standing center lock
 Thumb to standing center lock
 From low grab
 Thumb to standing center lock
 Thumb to compress-elbow
 Thumb to center lock
Mobility throw from punch

Groundfighting

Squat to armbar

Step and backward turn

Step to deltoid-tendon

7. CANE STRIKES, BLOCKS, PATERNS & DRILLS

Basic disarms vs. angles (1-12) using brace & post block

Double Sinawali

8. ANYOS/FORMS

Anyo Isa (form one)

Empty-hand

Empty-hand applications

Trapping hands to armbar

X-block to standing center lock or side-by-side

Scoop punch to compress-elbow