

## **ANTAS LIMA / LEVEL FIVE / LOW GREEN**

- 1. MINIMUM TRAINING REQUIREMENTS**
  - A minimum of four months and 32 classes for this level**
  - A minimum of thirteen months and 104 classes total training**
  
- 4. EMPTY-HAND BLOCKS, PARRIES & DRILLS**
  - Sinawali boxing**
    - Two count**
    - Three count (with follow-up strikes)**
    - Straight punch**
    - Hook punch**
    - Bolo/uppercut**
  - Reverse Sinawali application**
    - Strike high**
    - Strike middle**
    - Strike low**
  
- 6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING**
  - Locks**
    - Cross hand hold**
    - Two finger**
    - Thumb lock**
    - Standing center lock**
    - Same side hold**
    - One finger lock**
    - Side-by-side**
    - Elbow body lock**
  - Groundfighting**
    - Spin to knee**
    - Hammer lock**

**7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS**

**Cane Releases**

- Forearm bump inside**
- Forearm bump outside**
- Center lock**
- Standing center lock**

**Traditional Arnis / striking styles**

- Figure-eight vs. angles of attack (1-2)**
- Reverse figure-eight vs. angles of attack (1-2)**
- Banda y Banda vs. angles of attack (1-2)**
- Rompida vs. angles of attack (1-2)**
- Double Zero vs. angles of attack (1-2)**
- Reverse Sinawali**

**8. ANYOS/FORMS**

- Stick Form 2**
- Stick form 2 -- 90 degree translation**