

1	Minimum Training Requirements	A minimum of three months and 24 classes for this level	
2	Stances & Footwork	Stances	Closed Open Ready Horse Front
		Footwork	X-pattern
3	Hand & Foot Strikes	Hand	Lead hand punch (jab) Reverse punch (straight) Hook punch Bolo/uppercut
		Foot	Front kick Round kick Oblique kick
4	Empty-hand Blocks, Parries & Drills	Blocks	Down Middle (Inside-to-outside) Rising Inside
		Sinawali	Sinawali Parry (Short and Long) Single Sinawali empty-hand translation (Traditional) Sinawali parry outside vs. punch (short parry) Sinawali parry inside vs. punch (short parry)
5	Breakfalls	Back fall	
6	Cane Strikes, Blocks, Patterns & Drills	Angles of attack (1-12)	Control Pull-back Follow-through
		Block, Check & Counter vs. angles of attack (1-12)	
		Single Sinawali (Traditional)	Double vs. double
7	Etiquette, Questions, Theory & Focus Points	Etiquette	Traditional bow Salute Courtesy
		Answer Basic Questions (See APPENDIX A)	
		Count one through twelve in Tagalog	





1	Minimum Training Requirements	A minimum of three months and 24 classes for this level A minimum of six months and 48 classes total training	
2	Stances & Footwork	Stances	Cat Back Oblique Transitional
		Footwork	C-step (Two-step)
3	Hand & Foot Strikes	Hand	Backfist Hammerfist Palm strike
		Foot	Side kick Back kick
4	Empty-hand Blocks, Parries & Drills	X-Blocks	Low High
		Trapping-hands	Vs. punch Vs. cane angles of attack (1-12)
5	Breakfalls	Side fall	
6	Empty-hand Locks, Throws & Ground-fighting	Cross hand hold	Center lock Chop-n-pop Armbar
		Same-side hold	Center lock Chop-n-pop Armbar
		Backward throw (from punch – inside/outside)	
7	Cane Strikes, Blocks, Patterns & Drills	Block, check & counter (two step footwork)	
		Six-count drill	
		Single Sinawali (modern)	Double vs. double poking drill Empty-hand translation Single vs. double poking drill
8	Anyos/Forms	Anyo Isa Stick Form One	





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	Knife hand Ridge hand 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 One finger to standing center lock Thumb to standing center lock From low grab Thumb to standing center lock Thumb to center lock Thumb to compress-elbow
		Mobility throw from punch	
		Ground-fighting	Squat to armbar Step and backward turn Step to deltoid-tendon
7	Cane Strikes, Blocks, Patterns & 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





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	
2	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
3	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
		Ground-fighting	Spin to knee Hammer lock
4	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	
5	Anyos/Forms	Stick Form 2	
		Stick form 2 - 90 degree translation	





1	Minimum Training Requirements	A minimum of four months and 32 classes for this level A minimum of seventeen months and 136 classes total training	
2	Empty-hand Locks, Throws & Ground-fighting	Sinawali Boxing (Three count)	From Sinawali Parry Compress-elbow Single lock Backward throw Mobility throw From uppercut Armbar Armbar shock Shoulder lock Forearm-backward throw
		Ground-fighting	Shin to biceps tendon Squat to biceps tendon
		Flow drill	
3	Cane Strikes, Blocks, Patterns & Drills	Flow drill with canes	
		Umbrella / Wing drill	
		"Cut to" techniques	From angle of attack 1 Cut to armbar Cut to forearm disarm to standing-center lock Cut to upper-arm disarm to one-arm compress-elbow From angle of attack 2 Cut to cane takedown Cut to cane takedown to mobility throw Cut to wrist-lock to center lock
4	Anyos/Forms	Anyo Dalawa (form two)	Empty-hand Empty-hand applications Flow to check and strikes Step to armbar Knife hands to side-by-side





1	Minimum Training Requirements	A minimum of four months and 32 classes for this level A minimum of twenty-one months and 168 classes total training	
2	Empty-hand Locks, Throws & Ground-fighting	Finger lock flow	One finger Two finger standing center Pass to two finger Two finger center Two finger reverse Backward throw Step and backward turn
		Ground-fighting	Lying armbar Neck-stretch armbar
		Empty-hand Tapi-Tapi	Empty-hand Tapi-Tapi drill Counters from inside Slap-off Center lock Wrist wrench Counters from outside Lift-off Center lock Armbar
		Slap-off drill vs. angles of attack (1-12)	Empty-hand vs. empty-hand Empty-hand vs. cane
3	Cane Strikes, Blocks, Patterns & Drills	Slap-off drill vs. angles of attack 1-12	
		Palis-Palis vs. angles of attack (1-2)	
		Traditional Arnis / striking styles	Palis-Palis From angle 1 Thrust Armbar Armbar to Cane Takedown Cane forearm backward throw Cane leg takedown From angle 2 Thrust Big armbar Cane center lock/disarm on shoulder Reverse forearm disarm to armbar Reverse cane takedown
		Double stick combination (10 minutes)	Single sinawali Double sinawali
4	Anyos/Forms	Anyo Tatlo Stick Form Three	





1	Minimum Training Requirements	A minimum of six months and 48 classes for this level A minimum of twenty-seven months and 174 classes total training	
2	Empty-hand Locks, Throws & Ground-fighting	Abanico double-action empty-hand applications	Armbar Reverse single lock Reverse mobility throw Biceps wrist lock Tulok
		Ground-fighting	Shin to neck armbar Kick-around armbar
3	Cane Strikes, Blocks, Patterns & Drills	Abanico style	Abanico Corto vs. angles of attack (1-2) Abanico largo vs. angles of attack 1-2 (planting rice) Abanico Hirada (corto/largo) vs. angles of attack (1-2) Pull back Follow through Abanico double-action vs. angles of attack (1-2)
		Abanico Corto Techniques using post block	From #1 Strike Strip Disarm Snake Disarm Armbar Forearm throw Tie From #2 Strike #5 disarm variation Side by side Double-arm trap Collar bone lock Tie to cane takedown
		Redonda Abanico	
4	Anyos/Forms	Anyo Tatlo (form three)	Empty-hand Empty-hand application Sinawali boxing Sinawali boxing to Armbar X-block to armbar to elbow, hammer fist and strikes





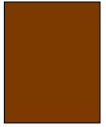
1	Minimum Training Requirements	A minimum of six months and 48 classes for this level A minimum of thirty-three months and 222 classes total training	
2	Anyos/Forms	Anyo Apat (stick form four)	Stick form four with sword
3	Knife & Espada Y Daga	Empty-hand vs. knife disarms 1-5	Strip outside Strip inside X-block inside to wrist lock X-block outside to backward throw Forearm strike
		Empty-hand vs. knife disarms 6-10	Rising disarm Rising disarm with side by side Pass outside Behind to compress elbow Behind to backward throw
		5, 6, 7 drill & applications	#5 – Roll to biceps #6 – Catch to biceps #7 – Thumb disarm
		Knife vs. knife drills	5, 7, 6 drill
		Empty-hand Tapi-Tapi	
		Flow drill	
		Six-count drill	
		Palis-Palis Espada y Daga Style	Palis to tusok vs. angles of attack 1-2 Palis to traditional striking patterns vs. angles 1-2 Palis to tulak vs. angles 1-2





Stronger You Modern Arnis Curriculum

Likah Tatlo / Level Ten / 3rd Degree Brown



1	Minimum Training Requirements	A minimum of six months and 48 classes for this level A minimum of thirty-nine months and 270 classes total training	
2	Cane Strikes, Blocks, Patterns & Drills	Basic Tapi-Tapi Right vs. Right (1-12)	
		Basic Tapi-Tapi Left vs. Right (1-12)	
		6, 7, 5, 12 drill	
		1, 2, 5, 12 drill	
		Right vs. right five traps	
		Left vs. right 1-5	
		Changing-hands drill	
3	Anyos/Forms	Anyo Apat (form four)	Strip outside Strip inside X-block inside to wrist lock X-block outside to backward throw Forearm strike



Master Gabriele and Sensei Janet





1	Minimum Training Requirements	A minimum of six months and 48 classes for this level A minimum of forty-five months and 318 classes total training	
2	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
3	Anyos/Forms	Anyo Lima (form five)	Empty-hand Empty-hand applications

