

Testing Requirements
Lakan Probationary - Modern Arnis

Name _____ Testing Partner _____

Current Modern Arnis Rank _____ Instructor _____

Number of Camps Attended _____

Testing for: Rank _____ Level (Antas) _____

1. Advance Single Sinawali with Empty Hand Application

- Introduction to advance single sinawali with empty hand Application _____
- Single Sinawali High and Low _____
- Single Sinawali with Thrusting _____
- Empty Hand Single with Finger Locking _____

2. Advance Palis – Palis with Multi-Impact Application

- Introduction to Advance Palis – Palis with Multi-Impact Application _____
- Advance Palis – Palis with tusok _____
- Advance Palis – Palis with disarm _____
- Advance Palis – Palis with backward throw _____
- Advance Palis – Palis with armbars _____
- Advance Palis – Palis with cane takedown _____
- Advance Palis – Palis Empty Hand _____
- Advance Palis – Palis with wrist lock _____
- Advance Palis – Palis with come along _____

3. Knife Techniques

- Knife Techniques _____
- Knife Disarm and Take Down _____
- Backward throw with Hammer lock _____
- Knife Disarm _____

4. Advance Knife Techniques

- Introduction to Advance knife techniques _____
- Knife drill give and take _____
- Knife disarm and trapping _____

5. Advance Tapi – Tapi Techniques

- Stances in Advance Tapi - Tapi _____
- Visidario (block, check and counter) _____

- Advance Tapi – Tapi Trapping _____
- Advance Tapi – Tapi Drill _____
- Coridas inside and outside drill _____
- Inside and Outside Blocks _____

6. Tapi – Tapi Right and Left Hand Techniques

- Introduction to Right Tapi – Tapi _____
- Tapi – Tapi Trapping _____
- Sequence on Tapi - Tapi _____
- Left and Right Hand Tapi - Tapi _____
- Introduction to left tapi - tapi _____
- Tapi – Tapi Trapping _____
- Tapi – Tapi with Disarming _____
- Empty Hand Trapping _____

7. Visidario

- Empty Hand Vs. Empty Hand _____
- Empty Hand Vs. One Stick _____
- One Stick Vs. One Stick _____
- One Stick Vs. Empty Hand _____
- Double Stick Vs. One Hand _____
- Dulo sa Dulo Visidario Vs. Empty Hand _____
- Double stick Vs. Empty Hand visidario _____
- Continues visidario trapping in one stick _____
 - a) Double Sticks _____
 - b) Empty Hand _____
 - c) Dulo sa Dulo _____

Board recommendation:

Rank (if applicable): _____

Certificate: _____ Participation _____ Basic App; _____ Basic _____ Advanced

Board Members:

Reviewed by:

Mataas Na Guro Remy Presas