

## **Battlefield Kali Knife**

### **Antás Ísa – Level 1**

*Please keep the length of the video test to under 6 minutes.*

You must log 80 rounds of hand sparring before taking the Level 1 test. If you train twice per week, and do five rounds of hand sparring per session, it will take you 8 weeks (about 2 months) to be qualified to take the first test.

1. Explain and demonstrate in one minute or less the basic empty hands versus knife defence.
2. Explain in one minute or less the 7 points of the fundamental knife fighting posture.
3. Explain and demonstrate in one minute or less the de-fanging the snake drill.
4. Perform the basic Power Generation Drill
5. Perform one, 2 minute round of Hand Only Sparring