

Battlefield Kali Knife

Antás Apat – Level 4

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

You must log 120 rounds of complete long and middle range sparring before taking the Level 4 test.

(Level 4 Sparring includes “the rush” and left vs right / right vs left)

1. Explain and demonstrate in one minute or less the full sidestep footwork.
2. Explain and demonstrate in one minute or less the juke step against the running attack.
3. Explain and demonstrate in one minute or less the concept of the half-beat.
4. Perform the defense, offense, defense Power Generation drill.
5. Perform one, 2 minute round of complete long and middle range sparring.

AFTER PASSING THE ANTAS 4 TEST, YOU ARE ELIGIBLE TO TEST FOR GURO ISA (1st Degree INSTRUCTOR).