

# **Battlefield Kali Knife**

## **Antás Limá – Level 5**

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

In the Clinch, you must complete the following 50 rounds, using hammer or ice pick grip, at your discretion:

1. 10 rounds in Clinch Scenario 1
2. 10 rounds in Clinch Scenario 2
3. 30 rounds of in Clinch Scenario 3

For the Ground Scenarios, you must complete the following 60 rounds, using hammer or ice pick grip, at your discretion:

1. 10 rounds in scenario 1
2. 10 rounds in scenario 2
3. 20 rounds in scenario 3
4. 20 rounds in scenario 4
5. Please be sure to train lightly! The clinch and ground ranges are very demanding, so get the time in by playing in a relaxed manner to avoid injury.

### **POWER GENERATION**

1. Perform one, 30 second round of the Clinch thrust Power Generation drill.
2. Perform one, 30 second round of the Ground Scenario 4 Power Generation drill.

### **FIGHTING PROFICIENCY (Moderate intensity, safety first!)**

1. Perform one, 30 second round of Clinch Scenario 1 sparring
2. Perform one, 30 second round of Clinch Scenario 2 sparring
3. Perform one, 1 minute round of Clinch Scenario 3 sparring
4. Perform one, 30 second round of Ground Scenario 1 sparring
5. Perform one, 30 second round of Ground Scenario 2 sparring
6. Perform one, 1 minute round of Ground Scenario 3 sparring
7. Perform one, 1 minute round of Ground Scenario 4 sparring