

## **Battlefield Kali Knife**

### **Antás Ánim – Level 6**

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

You must log 80 rounds of empty hands against the knife full sparring before taking the Level 6 test. 50 rounds starting outside while your partner plays the different types of attackers described in the DVDs. 30 isolated rounds starting with the 2 on 1 grip. In the latter, if you get a disarm or lose your grip, re-set with the 2 on 1 and continue the round. Most of the rounds should be performed against the hammer grip, but be sure to intersperse the ice pick grip as well. *3 Types of attacks for sparring: (1) Vol#6 13:10 Committed attacker running in (2) Vol#6 15:40 Tactical Attacker staying out trying to pick us off (3) Vol#6 19:45 Combination of the above Tactical and committed attacker*

1. Explain and demonstrate in one minute or less the 7 steps of the 2 on 1 disarming sequence when the attacker has the knife in hammer grip
2. Explain and demonstrate in one minute or less the 6 steps of the 2 on 1 disarming sequence when the attacker has the knife in the ice pick grip.
3. Explain and demonstrate in one minute or less the three other control positions (besides the 2 on 1) that often occur when entering, and show where to go from each
4. Perform a one minute round of the Block and Grab drill countering both slashes and thrusts
5. One, 2-minute round of empty hands against the knife complete sparring. Spar mainly against the Hammer grip, but have your partner attack at least once with the Ice Pick grip.

**AFTER PASSING THE ANTAS 5 & 6 TESTS, YOU ARE ELIGIBLE TO TEST FOR GURO DALAWA (2nd DEGREE INSTRUCTOR).**