

Battlefield Kali Knife

Antás Pitó – Level 7

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

The ground range was put all in one level, which means that you must do more rounds than usual to get through this level. But, the standing vs. ground scenarios are quite simple, and require less time to become proficient. So, before taking your Level 7 test, you must log

1. 20 rounds of Scenario 1
2. 20 rounds of Scenario 2
3. 40 rounds of Scenario 3
4. 40 rounds of Scenario 4.

Most of the rounds should be performed against the hammer grip, but be sure to intersperse the ice pick grip as well. Please be sure to train safely! The ground is very demanding, so get your rounds in by playing in a relaxed manner.

1. Explain and demonstrate in 1 minute or less the four basic scenarios of grappling.
2. Explain and demonstrate in 2 minutes or less the first priority in each of the four scenarios.
3. Explain and demonstrate in 1 minute or less a few of the other options that occur in scenario #4.
4. Perform a one minute round of the Scenario # 4 Power Generation Drill
5. Do one 30 second round in each of the 4 scenarios.

If your partner is testing with you, you only have to go through this once, as you will both end up sparring in each of the four scenarios. Remember that I am looking to see what moves you are going for. You don't have to be a world class grappler nor do you have to submit anyone. I will be able to see if you have spent time sparring in these positions as your movements and priorities will be in order.

AFTER PASSING THE ANTAS 7 TEST, YOU ARE ELIGIBLE TO TEST FOR GURO TATLO (3rd Degree INSTRUCTOR).