

Battlefield Kali Knife

Antás Waló – Level 8

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

You must log 20 rounds of running attacks defence, 50 rounds of static scenarios sparring (10 rounds for each scenario), and 10 rounds of recognizing the draw sparring (mix all ranges each round) before taking the Level 8 test. (*Kickboxing Range, Clinch Range, Ground Range*)

1. Explain and demonstrate in one minute or less responses to the running attack.
2. Explain and demonstrate in one minute or less the five basic static scenario positions.
3. Perform a one minute round of the Level 8 Power Generation Drill. (Include all four strikes.)
4. Perform one, 1 minute round of light empty hands sparring (in various ranges), recognize the draw, and respond with one of the three basic responses.
5. Perform one, 2-minute round sparring rotating through the five static scenarios.

AFTER PASSING THE ANTAS 8 TEST, STUDENTS ARE ELIGIBLE TO TEST FOR GURO APAT (4th Degree INSTRUCTOR).