

BATTLEFIELD KALI KNIFE
GURO ISA, 1ST DEGREE INSTRUCTOR TEST

Please keep the length of the video test to under 16 minutes.

TECHNICAL PRECISION

1. Explain and demonstrate in two minutes or less why it is best, if possible, to stay at long range against the knife.
2. Explain and demonstrate in two minutes or less the important concepts behind the empty hand versus knife defense.
3. Explain and demonstrate in two minutes the straight thrust and some of the defenses against the straight thrust.
4. Explain and demonstrate in two minutes or less the concept behind the running attack drill and concepts for defending against a person charging you with a knife.

POWER GENERATION

Perform a two minute round of Power Generation. Pick a drill, or a combination of drills, from Levels 1-4, and perform for two minutes. The emphasis should be on power and accuracy, and should include defense when the holder strikes back at you.

FIGHTING PROFICIENCY

Sparring- All rounds are to be done consecutively without any rest periods. Have someone time the rounds for you. Avoid trading.

1. One minute of hand sparring.
2. One minute of hand and head sparring
3. One minute of hand and leg sparring
4. Two minutes of complete long and middle range sparring.