

BATTLEFIELD KALI KNIFE  
GURO APAT, 4TH 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 the concepts and techniques against a running knife attack.
2. Explain and demonstrate in two minutes or less the concepts and techniques for the static scenario training.
3. Explain and demonstrate in two minutes or less the importance of training to recognize the draw.
4. Explain and demonstrate in two minutes or less the concepts and techniques for ground scenario 4.

**POWER GENERATION**

1. Perform a two minute round of the level 8 Power Generation drill.

**FIGHTING PROFICIENCY**

Sparring- All rounds are to be done consecutively without any rest periods. Have someone time the rounds for you. Train safely at moderate intensity!

1. Perform one, 1 minute round of against the running attack.
2. Perform one, 2 minute round of light empty hands sparring (in various ranges), recognize the draw, and respond with one of the three basic responses.
3. Perform one, 2-minute round sparring rotating through the five static scenarios.