

BATTLEFIELD KALI INSTRUCTOR TEST LEVEL 1

LONG AND MIDDLE RANGES

After passing your Level 4 test, you must log another 20 rounds of hand sparring, 20 rounds of hand and head sparring, 20 rounds of hand and leg sparring, and 80 rounds of complete long and middle range sparring. If you train twice per week, and do five rounds per session, it will take you 14 weeks, or a little more than 3 months. This is to give you more sparring time after you have done all the work to complete the first four levels. After going through these levels, you will spar with a different insight, and you will improve even more rapidly.

Once you have completed all of your rounds, put the following test on video and send it in with the testing fee. If sending through YouTube, you can pay for the fee online.

The entire video should be less than 20 minutes. If sending through YouTube, put the Technical Precision explanations and demonstrations (1-5) on one clip, and the Power Generation and Fighting Proficiency rounds on another a second clip. (YouTube only allows videos of ten minutes or less.)

Your test will be evaluated and any suggestions for further improvement will be sent to you. If you pass the test, your Battlefield Kali Instructor Certificate will also be sent.

Since you have already proven yourself with the other tests, this instructor test will delve deeper into the most important conceptual aspects of functional stick fighting. The test is as follows:

TECHNICAL PRECISION

1 Explain and demonstrate in two minutes or less the first three ranges of stick fighting.

- Out of range (Important- if you don't know what is coming, get out!)
- Long Range
- Middle Range (Ring Of Fire concept, must block or duck)

2 Explain and demonstrate in two minutes or less the three Basic Evasions

(Preferred, because you can hit while evading. It is very difficult to hit while blocking.)

- 1 Move hand like fly
- 2 Move head back in Lastiko fashion
- 3 Move leg back, Hanging Step

3 Explain and demonstrate in two minutes or less the four Basic Blocks.

(Partner feeds 1, 2, 8, 8)

- Inside deflection
- Outside deflection
- Roof
- Reverse roof

4 Explain and demonstrate in two minutes or less the concept behind the running single attack drill. Why is it important to have these types of drills in our training?

(Real fights are often wild ambushes, not skillful, measured sparring.)

POWER GENERATION

Perform a two minute round of a Power Generation Drill of your choosing. 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.

FIGHTING PROFICIENCY

Sparring- All rounds are to be done consecutively without any rest periods. Have someone time the rounds for you. If you wish, you can use a variety of partners.

- 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.