

BATTLEFIELD KALI INSTRUCTOR TEST LEVEL 3

GROUND RANGES

After passing your Level 7 test, you must log another 10 rounds in Scenario 1, 10 rounds in Scenario 2, 50 rounds in Scenario 3, and 50 rounds in Scenario 4. If you train twice per week, and do five rounds per session, it will take you 12 weeks (3 months) to be ready to take the Level 3 test. I am not expecting you to be a world class BJJ competitor. I am looking for you to work specifically with the stick grappling, and this amount of intelligent training will produce a functional fighter in the ground ranges.

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. Your test will be evaluated and any suggestions for further improvement will be sent to you along with your certificate of rank.

Since you have already proven yourself with the other tests, this instructor test will delve deeper into each section. The test is as follows:

TECHNICAL PRECISION

1 Explain and demonstrate in two minutes or less the types of combinations you can use in Scenario 1.

- Kick sides of legs, he opens up, hit groin
- Fake running to right, run left and hit head

2 Explain and demonstrate in two minutes or less the types of blocks that you can use when in Scenario 2.

- Basic blocks to defend head hits (Primarily use inside deflection, outside deflection and reverse roof. Use regular roof if out of position.)

3 Explain and demonstrate in two minutes or less the types of strikes you can use when you are in Scenario 3

- Punyo to knee
- Thrust to ribs
- Abaniko (to head or hand)
- Two hand spear

4 Explain and demonstrate in two minutes or less one submission from Level 7 that you can use in Scenario 4.

- Fang choke
- Over neck stick choke
- Under neck stick choke

POWER GENERATION

Perform a two-minute round of the Power Generation Drills from Level 7. Do thirty seconds in Scenario 1, then switch quickly to start thirty seconds in Scenario 2. Switch quickly to Scenario 3 for thirty seconds, then finish off with thirty seconds in Scenario 4. The emphasis should be on power and accuracy.

FIGHTING PROFICIENCY

All sparring rounds must be done consecutively with no rest. The rounds are as follows:

30 seconds in Scenario 1. 30 seconds in Scenario 2.

2 minutes in Scenario 3. 2 minutes in Scenario 4.