

# BATTLEFIELD KALI INSTRUCTOR TEST LEVEL 4

## LONG, MIDDLE, CLINCH AND GROUND RANGES

After passing your Level 8 test, you must log another 300 rounds before being eligible to take the Level 4 Instructor Test. The rounds are as follows:

- 20 rounds of hand sparring
- 20 rounds of hand and head sparring
- 20 rounds of hand and leg sparring
- 40 rounds of complete long and middle range sparring without the clinch
- 20 rounds of clinch sparring
- 40 rounds of complete sparring including the clinch, but without ground
- 10 rounds of Scenario 1 sparring
- 10 rounds of Scenario 2 sparring
- 40 rounds of Scenario 3 sparring
- 40 rounds of Scenario 4 sparring
- 40 rounds of complete sparring including all ranges

If you train twice per week, and do five rounds per session, it will take you 30 weeks (about 7 months) to be ready to take the Level 3 test. The extra rounds are for continued seasoning of your performance and understanding.

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

**From Level 5**, explain and demonstrate in two minutes or less the Diamond Footwork for entering into the clinch.

**From Level 6**, explain and demonstrate in two minutes or less, a takedown followed by a disarm.

Takedowns

- Outside leg reap
- Hook leg with two hand stick shove to throat

Disarms

- Grab stick and hit hand after takedown
- Snake after takedown

**From Level 7**, explain and demonstrate in two minutes or less the following disarms:

- Push strip
- Pull strip (with punyo over arm)

**From Level 8**, explain and demonstrate in two minutes or less the feints taken from Zulu stick fighting.

- 3 to 8 drift (Zulu)
- 4 to 1 drift (Zulu)

## POWER GENERATION

Perform a two-minute round mixing various Power Generation Drills from Levels 1-8. Look to work through the various ranges. The emphasis should be on power, accuracy, and keeping the drill alive.

## FIGHTING PROFICIENCY

One, 5-minute round. Start at long range and play. Go wherever the sparring goes, emphasizing technique over power. If there is a submission, come back to long range and start again immediately. Take care of your partner, and make sure your partner takes care of you.