

# Antás Ísa - Level 1

You must log 80 rounds of hand sparring before taking the Level 1 test. If you train twice per week, and do five rounds of hand sparring per session, it will take you 8 weeks (about 2 months) to be qualified to take the first test.

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

The test is as follows:

- 1- Explain in one minute or less the 6 points of the fundamental stick fighting posture.

Fundamental Stick Fighting Posture

6 points

- Head up and back
- Stick hand and foot forward
- Tip of the stick up near top of head
- Open or closed position
- Hand moving
- Feet moving

- 2- Explain and demonstrate in one minute or less the concept of de-fanging the snake.

Disarm – Defang the snake

- Against the force (contra) instead of follow the force (seguida)

- 3- Perform the basic Power Generation Drill

BASIC DRILL, NO DEFENSE

- Forehand jab
- Backhand jab
- Forehand slash
- Backhand slash

- 4- One two minute round of Hand Only Sparring