

## Antás Tatló - Level 3

You must log 80 rounds of hand and leg sparring before taking the Level 3 test. If you train twice per week, and do five rounds of hand and leg sparring per session, it will take you 8 weeks (about 2 months) to be qualified to take the third 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 and demonstrate in one minute or less how to evade leg attack while hitting to the opponent's head.

2 Explain and demonstrate in one minute or less, from the feeder's point of view, the block and return drill with a partner where the feeder attacks, then blocks the partner's return shot.

- The feeder attacks, then blocks the partner's return shot. Receiver blocks the feeder's attack and returns a shot. Both fighters get to practice, the feeder going from offense to defense, the receiver going from defense to offense. Then switch roles.

- Feeder feeds 1, receiver blocks and returns 2, feeder blocks the 2.

- Feeder feeds 2, receiver blocks and returns 1, feeder blocks the 1

- Feeder feeds 8, receiver blocks with roof and returns 1, feeder blocks 1

- Feeder feeds 8, receiver blocks with reverse roof and returns 2, feeder blocks 2

3 Perform a one minute round of the Leg Attacks Power Generation Drill.

Squat and strike:

- Forehand

- Backhand

4 One, 2 minute round of Hand and Leg sparring.