

## **Antás Limá - Level 5**

You must log 80 rounds of clinch sparring before taking the Level 5 test. If you train twice per week, and do five rounds of clinch sparring per session, it will take you 8 weeks (about 2 months) to be qualified to take the fifth test. Please be sure to train lightly! The clinch is very demanding, so get the time in by playing in a relaxed manner.

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 the basic overhook clinch position.

- Overhook (snake) opponent's arm, head position, hit shin/ankle

2 Explain and demonstrate in one minute or less the basic roof block entry to the clinch

- Enter on opponent's forehand strike with roof block

3 Perform a one minute round of the Roof entry to 9 thrust to punyo  
Power Generation Drill.

4 One, 2-minute round of clinch range sparring.