

## Antás Ánim - Level 6

You must log 80 more rounds of full sparring including the clinch before taking the Level 6 test. This means that the clinch is included, but may not always occur. For example, you may do several full sparring rounds that never even go to the clinch, and that is fine. The idea is to have the clinch included so that you are not just sparring at long range with no threat of the fight moving into close range. If the clinch is included, you will always be ready to defend against the opponent's rush to the clinch or shot for a takedown. This changes your focus, and makes you a more complete fighter.

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 sixth 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 hooking the opponent's head you're your punyo and delivering repeated knee strikes.

2 Explain and demonstrate in one minute or less a Transition Out Of The Clinch.

- Palm the face, move out watching for the opponent's strike, or thumb in the eye, move out watching for opponent's strike

3 Perform a one minute round of the Stick Blast Power Generation Drill.

- Block, enter with angle 2 to palm strike to blast

4 One, 2-minute round of complete sparring with the clinch included.