

## Antás Pitó - Level 7

The ground range was put all in one level, which means that you must do more rounds than usual to get through this level. But, the standing vs. ground scenarios are quite simple, and require less time to become proficient. So, before taking your Level 7 test, you must log 20 rounds of Scenario 1 (*You are standing over an opponent who is on his back*) and 20 rounds of Scenario 2 (*You are on your back with the opponent standing over you*).

You must also log 40 rounds of Scenario 3 (*You are both on the ground, but you are on top*) and 40 rounds of Scenario 4 (*You are both on the ground, but you are on the bottom*).

If you train twice per week, and do five rounds of ground sparring per session, it will take you 12 weeks (about 3 months) to be qualified to take the seventh test. Please be sure to train lightly! The ground is very demanding, so get your rounds 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 7 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 2 minutes or less the four scenarios of stick grappling.

- 1 You are standing over an opponent who is on his back.
- 2 You are on your back with the opponent standing over you.
- 3 You are both on the ground, but you are on top.
- 4 You are both on the ground, but you are on the bottom.

2 Perform one, 30-second round of each of the following Power Generation Drills:

- SCENARIO 1 Striking down at target
- SCENARIO 2 Lay on side and hit
- SCENARIO 3 Strike down from knees at head or hand
- SCENARIO 4 Punyo from bottom

3 Do a 2-minute round of sparring, spending 30 seconds in each scenario.

For example, start standing in Scenario 1. Go for 30 seconds, then switch positions (so that you are in Scenario 2 and your partner is in Scenario 1) and continue immediately. After 30 seconds, switch to Scenario 3 position and begin. After 30 seconds, switch positions with your partner so that you are in Scenario 4 position and finish up the last 30 seconds there. If your partner is testing as well, you only have to go through this once, as you will both end up sparring in each of the four scenarios.

Remember that I am looking to see what moves you are going for. You don't have to be a world class grappler or submit anyone. The main thing is that I will be able to see if you have spent time sparring in these positions. Stick grappling is different than the empty hand version, and I want to see the use of the stick.