

Antás Waló - Level 8

You must log 80 more rounds of full sparring, including the clinch and ground, before taking the Level 8 test. This means that the clinch and ground are 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 and ground included so that you are not just sparring at long range with no threat of the fight moving into close range.

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 eighth test. Please be sure to train lightly and to take care of your partner! Play in a relaxed manner so that you emphasize technique over strength.

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 Kawayan (Bamboo) striking combination.
- 2 Explain and demonstrate in one minute or less the Timing Drill where your partner strokes the X, and you enter with hit after forehand.
- 3 Perform a one minute round of the 1, 2, 8, straight kick Power Generation Drill.
- 4 One, 2-minute round of complete sparring with the clinch and ground included.