

BATTLEFIELD KALI SWORD ANTAS ISA (LEVEL ONE) TEST

You must log 40 rounds of hand sparring, 40 rounds of head only sparring, and 40 rounds of hand and head only sparring before taking the Level 1 test. Each round is 2 minutes. If you train twice per week, and do five rounds of sparring per session, it will take you 12 weeks (about 3 months) to be qualified to take the first test.

Once you have completed all of your rounds, video and upload the following test and send it in with the testing fee. You can pay 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 in one minute or less some differences between fighting with a stick and fighting with a sword.
- 2 Explain and demonstrate in one minute or less the benefits of practicing sword fighting in modern times.
- 3 Perform the Block and Return Power Generation Drill for one minute.

Block then return the following:

- Forehand small circle jab
- Forehand large circle
- Forehand slash through
- Backhand small circle jab
- Backhand large circle
- Backhand slash through

- 4 Perform the following rounds of Sparring- high speed, but controlled, light contact. Treat the soft stick like a sword!
 - 1- Hand Only- 30 seconds
 - 2- Neck Only- 30 seconds
 - 3- Hand and Neck Only- 1 minute