

**BATTLEFIELD KALI SWORD  
ANTAS DALAWA (LEVEL TWO)  
TEST**

You must log 40 rounds of hand and leg only sparring, 40 rounds of thrusts only sparring, and 40 rounds of full sparring before taking the Level 2 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 second 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 and demonstrate in one minute or less why hitting to the leg is dangerous.
- 2 Explain and demonstrate in one minute or less why side stepping is important against the running attack.
- 3 Perform a one minute round of the Thrusts Power Generation Drill (with a stick). Include some blocking and returning a thrust.
- 4 Perform the following rounds of Sparring- high speed, but controlled, light contact.

1 Hand and Leg Only- 30 seconds

2 Thrusts Only- 30 seconds

3 Full Sparring- 1 minute