

**BATTLEFIELD KALI SWORD
ANTAS TATLO (LEVEL THREE)
TEST**

You must log 40 rounds of inside bind point up sparring, 40 rounds of inside bind point down sparring. Be sure to spar from the high and low bind points. You must also log another 40 more rounds of full sparring before taking the Level 3 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 third 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 the four basic energies an opponent gives when the swords bind in middle range.

- 2 Explain and demonstrate in one minute or less the benefit forward pressure from the bind position.

- 3 Perform a one minute round of the Inside Bind Power Generation Drill. Feeder pulls, is static, pushes, or changes angle.

- 4 Perform the following rounds of Sparring- high speed, but controlled, light contact:
 - 1 Start at Inside bind, point up. 1 minute (Mix high and low bind points.)
 - 2 Start at Inside bind, point down. 1 minute (Mix high and low bind points.)
 - 3 Perform a full sparring round. 1 minute