

**BATTLEFIELD KALI
SWORD ANTAS APAT (LEVEL FOUR)
TEST**

You must log 40 rounds of outside bind point up sparring, 40 rounds of outside bind point down sparring. Be sure to mix in high and low bind points. Also do 40 more rounds of full sparring before taking the Level 4 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 fourth 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 benefit of blocking a backhand slash as opposed to a forehand slash in close-middle range.

2 Explain and demonstrate in one minute or less the benefit of returning a thrust after blocking a backhand strike in middle range.

3 Perform a one minute round of the outside 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 Outside bind, point up. 1 minute (Mix high and low bind points.)

2 Start at Outside bind, point down. 1 minute (Mix high and low bind points.)

3 Perform a full sparring round. 1 minute