

BATTLEFIELD KALI SWORD INSTRUCTOR TEST

You must log another 120 rounds of full sparring to be qualified to take the Battlefield Kali Sword Instructor test. Be sure to practice the bind positions as well since they will be part of your testing rounds. The finished test should be less than 10 minutes in length.

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.

1. Explain and demonstrate in one minute or less the benefit of forward pressure when in close-middle range.
2. Explain and demonstrate in one minute or less why you must block or duck in middle range instead of cutting the opponent's arm.
3. Explain and demonstrate in one minute or less why low line blocks are essential in middle range when sword fighting, but not when stick fighting.
4. Explain and demonstrate in one minute or less the adjustments that must be made when fighting mismatched- a right hander against a lefty or vice versa.
5. Explain and demonstrate in one minute or less the concept of disarming a sword in close-middle range.
6. Perform the following rounds of Sparring- high speed, but controlled, light contact:
 - 1 Hand Only- 15 seconds
 - 2 Head Only- 15 seconds
 - 3 Hand and Head Only- 15 seconds
 - 4 Hand and Leg Only- 15 seconds
 - 5 Running Attack – 15 seconds

 - 6 Start at High Inside bind, point up- 15 seconds
 - 7 Start at High Inside bind, point down- 15 seconds
 - 8 Start at Low Inside bind, point up- 15 seconds
 - 9 Start at Low Inside bind, point down- 15seconds

 - 10 Start at High Outside bind, point up- 15 seconds
 - 11 Start at High Outside bind, point down- 15 seconds
 - 12 Start at Low Outside bind, point up- 15 seconds
 - 13 Start at Low Outside bind, point down- 15 seconds

 - 14 Full Sparring- 1 minute. Include attempts to close to middle range.