

Balintawak Arnis Cuentada

Testing Criteria

Important Rules

- no cursing
- no dropping of sticks

Basic Level 1 Course

Examination:

- 12 basic strike form in control
- 12 basic strike form full power
- shadow fighting form
- basic blocks: side to side
- basic blocks high, low, center (from right-chamber and left-chamber start positions)

Basic Level 2 Course

Examination:

- level 1 review
- 12 defense & counter in control
- 12 defense & counter full power
- semi-hitting while in the defensive stage: 1, 2 and 3 strikes to the knees, elbow, and head

Basic Level 3 Course

Examination:

- level 1 and 2 review
- 5 grouping systems:
 1. lifting and clearing
 2. lifting and clearing with head movement
 3. preparation for body flexibility
 4. preparation for speed and reflexes
 5. defense against punches while in stick fighting motion

Basic Level 4 Course

(Assistant Instructor, allowed to teach Basic Levels 1 and 2)

Examination:

- level 1, 2, and 3 review
- butting techniques
- pushing & pulling

- applications within the grouping system
- ability to teach levels 1, 2 and 3

Basic Level 5 Course

(Basic Instructor, allowed to teach Basic Levels 1, 2 and 3)

Examination:

- level 1, 2, 3, and 4 review
- 12 forehand disarm techniques
- 12 backhand disarm techniques
- applications to disarm
- ability to teach levels 1, 2, 3 and 4

Level 6 Course “Completion of the Art”

Examination:

- level 1, 2, 3, 4, and 5 review
- 12 semi-advanced combination techniques
- 12 semi-advanced combination techniques followed by a minimum of 6 strikes
- application within the grouping system followed by strikes
- ability to teach full curriculum levels 1 through 6

Level 7 Course “Full Qualified Instructor”

To continue to level 7:

- produce your own student to test and pass “Completion of the Art”
- produce your own 24 techniques

Be a good example and good luck!