Arnis - Kali Barong Cycle Intermediate

STRIPE #1	STRIPE #2	STRIPE #4
Stances & Ranges	Stick Training - Baston	Handgun - Baril
<ul> <li>☐ Unorthodox</li> <li>☐ Corto - Close Quarter</li> <li>☐ Medio - Medium Range</li> <li>☐ Largo - Long Range</li> <li>☐ Closest Weapon Closest</li> <li>Target</li> </ul>	<ul> <li>☐ Reverse V Footwork All 3</li> <li>☐ Sparring Combo</li> <li>Reverse 4 Pattern</li> <li>☐ Stick Locks Uppercut (Back)</li> <li>☐ Stick Locks Punch Through</li> <li>☐ Stick Disarms Side of Arm</li> </ul>	☐ Gun Disarm Head Front - Back Reading Body Language ☐ Drawing A Counter Weapon ☐ Pass Arm to Take Back
Strikes	☐ Stick Disarms Defang The Snake	Knife - Espada y Daga
☐ Split Entry ☐ Shredder ☐ CQ Combinations  Close Quarter - Tactics	STRIPE #3  Ground Fighting-Dumog	<ul><li>☐ Hubud</li><li>☐ Knife Disarm Flow</li><li>☐ Non Vital Template</li><li>☐ Vital Template w/</li><li>☐ Dynamic Attack 1 &amp; 6</li></ul>
☐ Corkscrew Advanced ☐ Damage Control -Shield & Crazy Monkey  Kicks	☐ Guard Escape/Defend ☐ Armbar From Guard ☐ Open Guard Reap Sweep ☐ Clinch Over & Under Hooks ☐ Mount Escape & Defend (Optional)	Joint Locks - Trankada  Pak Sao & Lop Sao with Opposite Hand Counter Hammerlock Reverse Armbar
Fient Absorbing Impact (Front - Low - Side)	Empty Hand - Mano  Dirty Boxing Combo #1  1-2 Attacker Throws R Uppercut.  Sit Into Left Elbow To Destroy  Hand 2-3-2  Dirty Boxing Combo #2	STRIPE #5 Attendance STRIPE #6
	1-2 Attacker Throws L Uppercut. Sit Into R Elbow To Destroy Hand 3-2-3 Dirty Boxing Combo #3 1-2 - Attacker L Side Kick -Counter w/L Elbow Destruction To Foot 1-2-3	History & Culture