

ARNIS—Blue Belt—6th TEST

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Example: 12 Strikes	M ₅	M ₅	P ₆	-	-	1 2 3 4 5 <u>6</u> 7 8 9 10	1—9 very strong.
12 Strikes—Block-Check-Counter Block <small>(Any Counter)</small>						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Block-Check-Counter Block <small>(Left & Right)</small>						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Left & Right Only Drill						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Palis Palis						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Abinico Corto (Strikes 1-4) <small>From 1 strike move up arm</small>						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Stick Disarms 1—6						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Abinico Wrist Snap <small>Hold over in #5 Position, over up down</small>						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Brush-Trap-Strike Drill						1 2 3 4 5 6 7 8 9 10	
12 Strikes—Energy Restoration Drill						1 2 3 4 5 6 7 8 9 10	
Siniwalli—Empty Hand with Punch to Locks						1 2 3 4 5 6 7 8 9 10	
Siniwalli—Redonda						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Backward Throw						1 2 3 4 5 6 7 8 9 10	
JuJitsu—All Throws & Locks from Punch						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Side Fall (Right & Left)						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Front Roll						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Front Fall						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Back Roll						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Back Fall						1 2 3 4 5 6 7 8 9 10	
JuJitsu—Hand Shake Drill: Wrist Extension, Step Under, 2 Finger Extension, Lead Around, Switch Hands, Last 2 Fingers, Thumb Lock, Center Lock, Triceps Extension, Chicken Wing						1 2 3 4 5 6 7 8 9 10	