

REMY PRESAS'



MINIMUM RANKING REQUIRMENTS



ACADEMY OF
MODERN MARTIAL ARTS

ANTAS DALAWA / LEVEL TWO / YELLOW

1. MINIMUM TRAINING REQUIREMENTS

A minimum of three months and 24 classes for this level

2. STANCES & FOOTWORK

Stances

Closed

Open

Ready

Horse

Front

Footwork

X-Pattern

3. HAND & FOOT STRIKES

Hand

Lead hand punch (jab)

Reverse punch (straight)

Hook punch

Bolo/uppercut

Foot

Front kick

Round kick

Oblique kick

4. EMPTY-HAND BLOCKS, PARRIES & DRILLS

Blocks

Down

Middle (Inside-to-outside)

Rising

Inside

Sinawali

Sinawali parry (Short and Long)

Single sinawali empty-hand applications

Sinawali parry outside vs. punch (short parry)

Sinawali parry inside vs. punch (short parry)

5. BREAKFALLS

Back fall

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Angles of attack (1-12)

Control

Pull-back

Follow-through

Block, Check & Counter vs. angles of attack (1-12)

Single sinawali (Traditional)

Double vs. double

9. ETIQUETTE, QUESTIONS THEORY & FOCUS POINTS

Etiquette

Traditional bow

Salute

Courtesy

Answer Basic Questions (See APPENDIX A)

Count one through twelve in Tagalog

ANTAS TATLO / LEVEL THREE / LOW BLUE

1. MINIMUM TRAINING REQUIREMENTS

A minimum of three months and 24 classes for this level

A minimum of six months and 48 classes total training

2. STANCES & FOOTWORK

Stances

Cat

Back

Oblique

Transitional

Footwork

C-step

Two-step

3. HAND & FOOT STRIKES

Hand

Backfist

Hammer fist

Palm strike

Foot

Side kick

Back kick

4. EMPTY-HAND BLOCKS, PARRIES & DRILLS

X-block

Low

High

Trapping-hands

Vs. punch

Vs. cane angles of attack (1-12)

5. BREAKFALLS

Side fall

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Cross hand hold

Center lock

Chop-n-pop
Armbar
Same-side hold
Center lock
Chop-n-pop
Armbar
Backward throw (from punch—inside/outside)

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Block, check & counter (Two Step footwork)
Six-count drill
Single sinawali (modern)
Double vs. double poking drill
Empty-hand translation
Single vs. double poking drill
Redonda

8. ANYOS/FORMS

Anyo Isa Stick Form One

ANTAS APAT / LEVEL FOUR / HIGH BLUE

1. MINIMUM TRAINING REQUIREMENTS

A minimum of three months and 24 classes for this level

A minimum of nine months and 72 classes total training

2. STANCES & FOOTWORK

Stances

Crossover

Step-behind

Body-shifting

Sinawali waving (forward/back)

Hip rotation (left/right)

3. HAND & FOOT STRIKES

Hand

Knifehand

Ridgehand

Tiger mouth

Finger thrust

Elbow strikes

Knee strikes

4. EMPTY-HAND BLOCKS, PARRIES & DRILLS

Trapping-hands de Cadena

5. BREAKFALLS

Front fall

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Single sinawali empty-hand applications

From high grab

Whole fingers to standing center lock (Ref: V)

One finger lock to standing center lock

Thumb to standing center lock

From low grab

Thumb to standing center lock

Thumb to compress-elbow

Thumb to center lock
Mobility throw from punch

Ground fighting
Squat to armbar
Step and backward turn
Step to deltoid-tendon

7. CANE STRIKES, BLOCKS, PATERNS & DRILLS

Basic disarms vs. angles (1-12) using brace & post block
Double sinawali

8. ANYOS/FORMS

Anyo Isa (form one)
Empty-hand
Empty-hand applications
Trapping hands to armbar
X-block to standing center lock or side-by-side
Scoop punch to compress-elbow

ANTAS LIMA / LEVEL FIVE / LOW GREEN

1. MINIMUM TRAINING REQUIREMENTS

A minimum of four months and 32 classes for this level

A minimum of thirteen months and 104 classes total training

4. EMPTY-HAND BLOCKS, PARRIES & DRILLS

Sinawali boxing

Two count

Three count (with follow-up strikes)

Straight punch

Hook punch

Bolo/uppercut

Reverse Sinawali application

Strike high

Strike middle

Strike low

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Locks

Cross hand hold

Two-finger

Thumb lock

Standing center lock

Same side hold

One finger lock

Side-by-side

Elbow body lock

Ground fighting

Spin to knee

Hammer lock

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Cane releases

Forearm bump inside

Forearm bump outside

Center lock

Standing center lock

Traditional Arnis / striking styles

Figure-eight vs. angles of attack (1-2)

Reverse figure-eight vs. angles of attack (1-2)

Banda y banda vs. angles of attack (1-2)

Rompida vs. angles of attack (1-2)

Double zero vs. angles of attack (1-2)

Reverse sinawali

8. ANYOS/FORMS

Stick Form 2

Stick form 2 - 90 degree translation

ANTAS ANIM / LEVEL SIX / HIGH GREEN

1. MINIMUM TRAINING REQUIREMENTS

**A minimum of four months and 32 classes for this level
A minimum of seventeen months and 136 classes total
training**

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Sinawali boxing (Three count)

From sinawali parry

Compress-elbow

Single lock

Backward throw

Mobility throw

From uppercut

Armbar

Armbar shock

Shoulder lock

Forearm-backward throw

Ground fighting

Shin to biceps tendon

Squat to biceps tendon

Flow drill

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Flow drill with Canes

Umbrella / Wing drill

“Cut to” techniques

From angle of attack 1

Cut to armbar

Cut to forearm disarm to standing-center lock

Cut to upper-arm disarm to one-arm compress-elbow

From angle of attack 2

Cut to cane takedown

Cut to cane takedown to mobility throw

Cut to wrist-lock to center lock

8. ANYOS/FORMS

Anyo Dalawa (form two)

Empty-hand

Empty-hand applications

Flow to check and strikes

Step to armbar

Knifehand to side-by-side

LIKAH / LEVEL SEVEN / BROWN

1. MINIMUM TRAINING REQUIREMENTS

**A minimum of four months and 32 classes for this level
A minimum of twenty-one months and 168 classes total
training**

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Finger lock flow

One finger

Two finger standing center

Pass to two finger

Two finger center

Two finger reverse

Backward throw

Step and backward turn

Ground fighting

Lying armbar

Neck-stretch armbar

Empty-hand Tapi-Tapi drill

Counters from inside

Slap-off

Center lock

Wrist wrench

Counters from outside

Pull-off

Center lock

Armbar

Slap-off drill vs. angles of attack (1-12)

Empty-hand vs. empty-hand

Empty-hand vs. cane

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Slap-off drill vs. angles of attack 1-12

Palis-Palis vs. angles of attack (1-2)

Traditional Arnis / striking styles

Palis-Palis

From angle 1

Thrust

Armbar

Armbar to Cane Takedown

Cane forearm backward throw

Cane leg takedown

From angle 2

Thrust

Big armbar

Cane center lock/disarm on shoulder

Reverse forearm disarm to armbar

Reverse cane takedown

Double stick combination (10 minutes)

Single sinawali

Double sinawali

Redonda

Reverse sinawali

8. ANYOS/FORMS

Stick Form 3

LIKAH ISA / LEVEL EIGHT / 1ST DEGREE BROWN

1. MINIMUM TRAINING REQUIREMENTS

A minimum of six months and 48 classes for this level

A minimum of twenty-seven months and 174 classes

6. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Abanico double-action empty-hand applications

Armbar

Reverse single lock

Reverse mobility throw

Biceps wrist lock

Tulak

Ground fighting

Shin to neck armbar

Kick-around armbar

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Abanico style

Abanico Corto vs. angles of attack (1-2)

Abanico largo vs. angles of attack 1-2 (planting rice)

Abanico hirada (corto/largo) vs. angles of attack (1-2)

Pull back

Follow through

Abanico double-action vs. angles of attack (1-2)

Abanico corto techniques using post block

From #1 Strike

Strip disarm

Snake disarm

Armbar

Forearm throw

Tie

From #2 Strike

#5 disarm variation

Side by side

Double-arm trap

Collar bone lock

Tie to cane takedown

Redonda Abanico

8. ANYOS/FORMS

Anyo T atlo (form three)

Empty-hand

Empty-hand application

Sinawali boxing

Sinawali boxing to armbar

X-block to armbar to elbow, hammer fist and strikes

LIKAH DALAWA / LEVEL NINE / 2ND DEGREE BROWN

1. MINIMUM TRAINING REQUIREMENTS

A minimum of six months and 48 classes for this level

A minimum of thirty-three months and 222 classes

8. Anyos/Forms

Stick form 4

Stick form 4 with sword

10. KNIFE & ESPADA Y DAGA

Empty-hand vs. knife disarms 1-5

Strip outside

Strip inside

X-block inside to wrist lock

X-block outside to backward throw

Forearm strike

Empty-hand vs. knife disarms 6-10

Rising disarm

Rising disarm with side by side

Pass outside

Behind to compress elbow

Behind to backward throw

5, 6, 7 drill & applications

#5 – Roll to biceps

#6 – Catch to biceps

#7 – Thumb disarm

Knife vs. knife drills

5, 7, 6 drill

Empty-hand Tapi-Tapi

Flow drill

Six-count drill

Palis-Palis Espada y Daga Style

Palis to tusok (thrust) vs. angles of attack 1-2

Palis to traditional striking patterns vs. angles 1-2

Palis to tulak (push) vs. angles 1-2

LIKAH TATLO / LEVEL TEN / 3RD DEGREE BROWN

1. MINIMUM TRAINING REQUIREMENTS

A minimum of six months and 48 classes for this level

A minimum of thirty-nine months and 270 classes

7. CANE STRIKES, BLOCKS, PATTERNS & DRILLS

Basic Tapi-Tapi Right vs. Right (1-12)

Basic Tapi-Tapi Left vs. Right (1-12)

6, 7, 5, 12 drill

1, 2, 5, 12 drill

Right vs. right five traps

Left vs. right 1-5

Changing-hands drill

8. ANYOS/FORMS

Anyo Apat (form four)

Empty-hand

Empty-hand applications

LIKAN/DAYANG / LEVEL ELEVEN / PROBATIONAL BLACK

1. MINIMUM TRAINING REQUIREMENTS

A minimum of six months and 48 classes for this level

A minimum of forty-five months and /318 classes

7. EMPTY-HAND LOCKS, THROWS & GROUND FIGHTING

Adam apples throw (hook and reap)

Trapping hands to foot trapping (outside and inside)

Kick scooping techniques

Inside takedown to outside leg wrap

Inside reap to inside leg wrap

Outside kneel takedown to pass kick to figure-four

Outside scoop to dive throw

Reverse Sinawali Boxing

Knife hands throw

Lawnmower pull

Hip throw

One-leg takedown from behind

Hanger

Knee press takedown (Armblade throw)

Tulak

Backward throw

Reinforced uppercut

8. ANYOS/FORMS

Anyo Lima (form five)

Empty-hand

Empty-hand applications

Basic Questions:

1. **What is Modern Arnis?**
2. **Who is the Father, Founder and Grandmaster of Modern Arnis?** Remy Presas
3. **What is the IMAF?** Founder & Grandmaster "Professor" Remy Amador Presas established the International Modern Arnis Federation (IMAF) to perpetuate Modern Arnis worldwide. The IMAF will provide for the ethical governance and implementation of Modern Arnis training. The IMAF will provide for the disciplined, rigorous, and systematic training in Modern Arnis, to include (1) the Way of the FLOW, and (2) the Art of Tapi-Tapi. The IMAF will provide leadership, growth, and comprehensive mental and physical training in the Remy Presas Modern Arnis system in its entirety. The IMAF member arnisador will learn to embrace and apply the Way of the FLOW in Life. Ultimately the Modern Arnis practitioner will learn (1) self-discovery and self-control, (2) achieve personal excellence, and (3) gain self-mastery, in the face of Life's daily uncertainties, challenges, and opportunities.
4. **Who are the Masters of Tapi-Tapi?** Chuck Gauss, Gaby Roloff, Ken Smith, Brian Zawilinski, Jim Ladis, Jeff Delaney, Randy Shea
5. **Do you accept and agree to abide by the IMAF Code of Conduct?**

Culture Questions:

1. **Professor Presas was born on what date?** December 19, 1936. The professor died August 28, 2001.
2. **Professor Presas was born in the fishing town of Hinigaran, in what region of the Philippines?** Negros Occidental.
3. **Who founded the secret society called the Philippine League (Liga Filipina) on July 3rd, 1892 to act against the Spanish authorities. Four days later he was arrested and exiled on Mindanao. When the Philippine Revolution broke out in 1896, he was condemned to death in Manila. On December 30th, 1896 (at age 35) he was executed by firing squad.** José Rizal.
4. **Under the leadership of this Filipino Chief of Rebel Forces had some early success in the revolt but was weakened by Spanish reinforcement in 1897. He was forced to leave the Philippines and went to Hong Kong. With the help of the United States, he returned to the Islands on May 19 under United States military rule. He refused to acknowledge United States domination and proclaimed Independence from the balcony of his home in Cavite on June 12, 1898.** Emilio Aguinaldo.
5. **Who was the first president of the Philippines?** General Emilio F. Aguinaldo (March 22, 1869 - February 6, 1964). He was 29 years old when he became Chief of

State, first as head of the dictatorship he thought should be established upon his return to Cavite in May 1898 from voluntary exile in Hongkong, and then a month later as President of the Revolutionary Government that Apolinario Mabini had persuaded him should instead be instituted. Aguinaldo's presidential term formally began in 1898 and ended on April 1, 1901, when he took an oath of allegiance to the United States a week after his capture in Palanan, Isabela. His term also featured the setting up of the Malolos Republic, which has its own Congress, Constitution, and national and local officialdom -- proving Filipinos also had the capacity to build. Aguinaldo is best remembered for the proclamation of Philippine Independence on June 12, 1898, in Kawit, Cavite.

Manuel L. Quezon (August 19, 1878 - August 1, 1944). He won the elections held in September 1935 to choose the head of the Commonwealth Government. It was a government made possible by the Tydings-McDuffie Law, which Quezon secured from the U.S. Quezon had emerged as the acknowledged leader of Philippine politics and possessed the kind of background and experience that appealed to Filipinos. He had a bachelor of arts degree, studied law, and landed fourth place in the 1903 Bar examinations. He served in the revolution, fighting in Tarlac, Pampanga, and Bataan, and ended up with the rank of major. He was appointed provincial fiscal of Mindoro and Tayabas, his home province. He was elected governor of Tayabas in 1905 and in 1907, first assemblyman from the province to the First Philippine National Assembly. In 1909, he was appointed resident commissioner to the U.S. and when he finished his term after eight years, he returned to the Philippines to become President of the Philippine Senate, created by the Jones Law. He was also top man of the ruling Nacionalista Party. Quezon's term (1935 - 1944), though chiefly known for making Pilipino the national language, tried to solve nagging problems inherited from the Spanish and American administrations. He directed his main efforts to bring about political stability, build up national defense against the threat of Japanese militarism, and strengthen an economy that was extremely dependent upon the U.S. He was also remembered for taking executive and legislative actions to implement his "social justice" program aimed at the underprivileged. The Commonwealth Government was interrupted by the Japanese invasion of 1941. Quezon and his government were forced to go into exile in the U.S. He died on August 1, 1944, in New York.

6. **The Phillipines is a land made up of about, how many islands?** 7,100.
7. **The three geogrophical division of the Phillipines are?** Luzon, Visayas and Mindanao
8. **What are the colors of the Philipine Flag?** Red, Blue, White, and Yellow.
9. **The Sun symbolizes?** The sun at the center signifies a new era of self determination, will power and a keen desire to shed blood for attaining independence. [Also: The great strides made by the sons of the land on the road to progress and civilization.]

10. **The Eight Rays represent?** The eight primary rays of the sun represent the first eight united provinces which declared themselves in a state of war as soon as the first revolt was initiated (Manila, Cavite, Bulacan, Pampanga, Nueva Ecija, Bataan, Laguna, and Batangas). that sought independence from Spain and were placed under martial law by the Spaniards at the start of the Philippine Revolution in 1896.
11. **The Three Stars symbolizes?** The three stars represent the three major geographical divisions of the country: Luzon, Visayas, and Mindanao.
12. **The Blue Stripe stands for?** The blue field for peace, truth and justice. [Also: Common unity and the noble aspirations of the Filipino people.]
13. **The Red Stripe stands for?** The red field for patriotism and valor. [Also: Tthe willingness of the Filipino people to shed blood in defense of their country.]
14. **Which Stripe is on top and why?** The Philippine flag is unique in the sense that it can indicate a state of war when the red field is displayed on top or to the right when the flag is flown vertical. Peace is indicate when blue is on top or to the right, respectively.
15. **White stands for?** The white triangle with equal side is symbolic of equality among men.
16. **Count in Tagalog 1 to 12.** Tagalog words for number are **bilang** and **numero**.

Numeral	Tagalog	English
1	isa	one
2	dalawa	two
3	tatlo	three
4	apat	four
5	lima	five
6	anim	six
7	pito	seven
8	walo	eight
9	siyam	nine
10	sampu	ten
11	labing-isa	eleven
12	labing-dalawa	twelve

IMAF Code of Conduct

The International Modern Arnis Federation is the official Modern Arnis organization founded by Grandmaster Remy Amador Presas.

The IMAF is the governing body, mandated by Grandmaster Remy Amador Presas, to implement and execute his Vision for the future of Modern Arnis.

Vision Statement: Founder & Grandmaster “Professor” Remy Amador Presas established the International Modern Arnis Federation (IMAF) to perpetuate Modern Arnis worldwide. The IMAF will provide for the ethical governance and implementation of Modern Arnis training. The IMAF will provide for the disciplined, rigorous, and systematic training in Modern Arnis, to include (1) the Way of the FLOW, and (2) the Art of Tapi Tapi.

The IMAF will provide leadership, growth, and comprehensive mental and physical training in the Remy Presas Modern Arnis system in its entirety. The IMAF member arnisador will learn to embrace and apply the Way of the FLOW in Life. Ultimately the Modern Arnis practitioner will learn (1) self-discovery and self-control, (2) achieve personal excellence, and (3) gain self-mastery, in the face of life’s daily uncertainties, challenges, and opportunities.

In honor of our teacher, Grandmaster Remy Amador Presas, all IMAF members must conduct themselves responsibly as representatives and ambassadors of Modern Arnis and the IMAF.

The Code of Conduct embodies the ethical and behavioral principals and standards for the IMAF. All members of the IMAF are required to agree to and abide by the Code of Conduct.

The Code of Conduct will ensure an atmosphere of openness for all members by clearly defining our ethical and behavioral principals and standards.