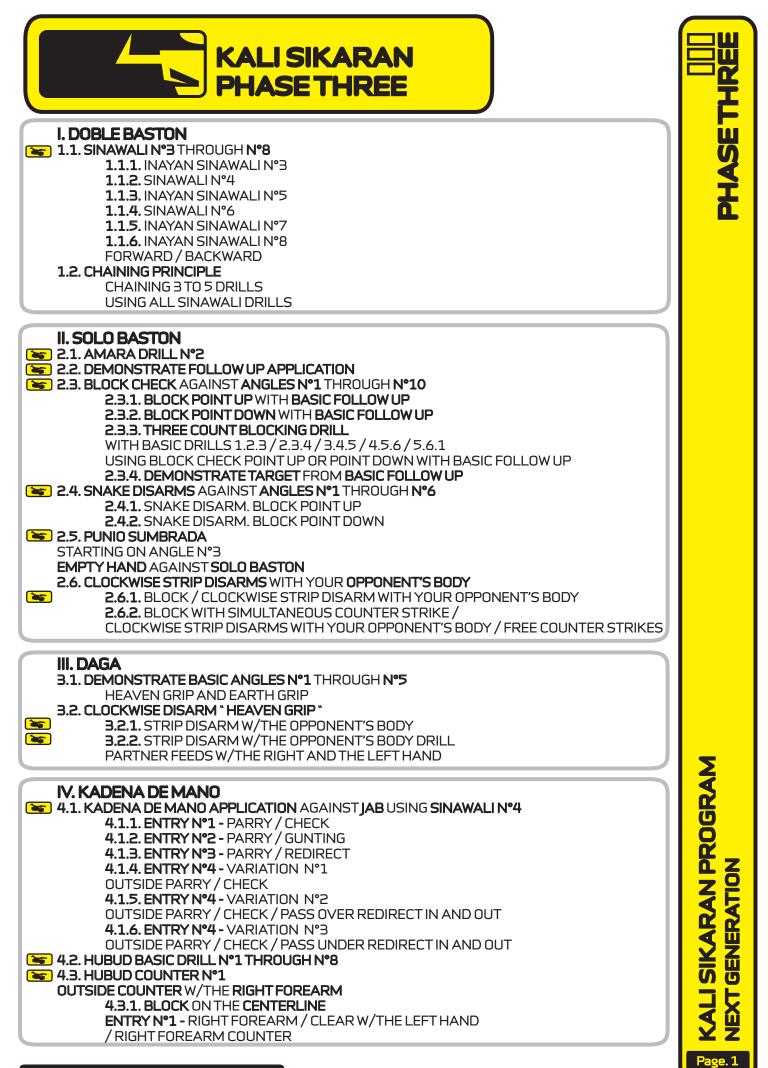
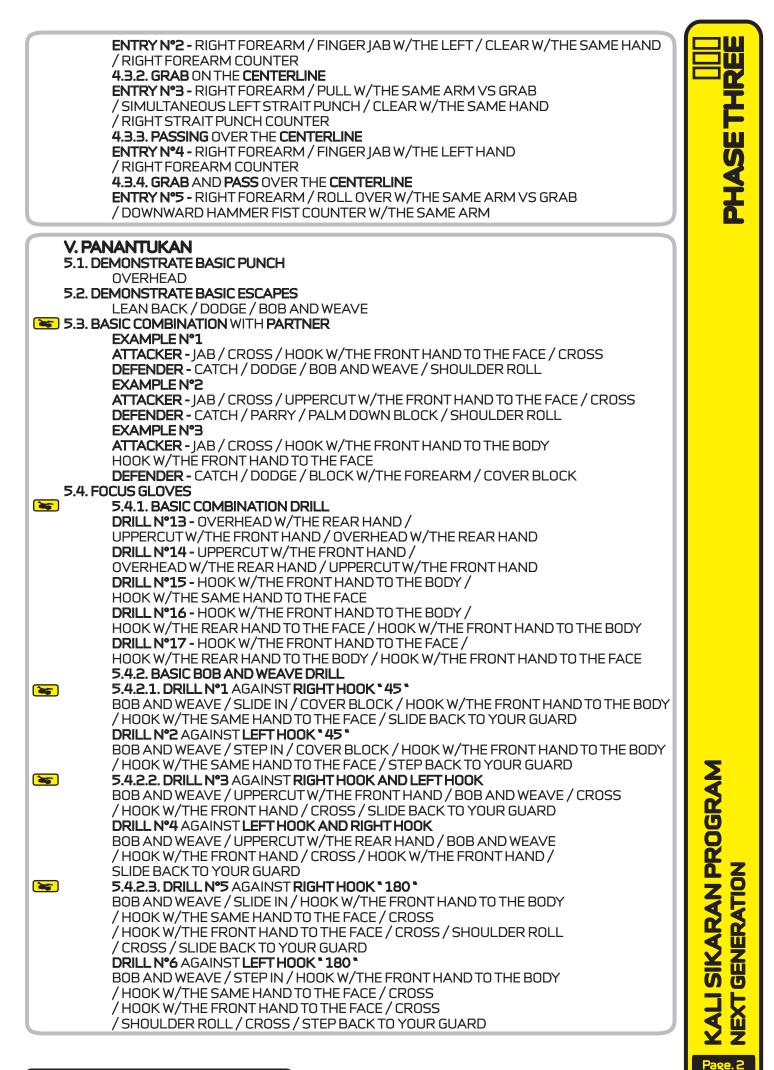


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VI. DUMOG 6.1. BASIC RELEASE AGAINST HAND GRAB 6.1.1 CLOCKWISE RELEASE **6.1.2** COUNTER CLOCKWISE RELEASE **VII. SIKARAN** 👟 7.1. BASIC KNEES FRONT KNEE / REAR KNEE **7.2. BASIC FOUR COUNT COMBINATIONS** WITH KNEES EXAMPLE Nº1 - START WITH FRONT LEG ATTACKER - KNEE W/THE FRONT LEG / CROSS / HOOK W/THE FRONT HAND / LOW KICK W/THE REAR LEG DEFENDER - BLOCK / SHOULDER ROLL / COVER BLOCK / BLOCK W/THE LEG EXAMPLE Nº2 - START WITH FRONT HAND ATTACKER - JAB / LOW KICK W/THE REAR LEG / KNEE W/THE FRONT LEG / CROSS DEFENDER - CATCH / BLOCK W/THE LEG / BLOCK / DODGE EXAMPLE N°3 - START WITH REAR LEG ATTACKER - LOW KICK W/THE REAR LEG / JAB / CROSS / KNEE W/THE FRONT LEG **DEFENDER -** BLOCK W/THE LEG / PARRY / PARRY / BLOCK REDIRECT EXAMPLE Nº4 - START WITH REAR HAND ATTACKER - CROSS / HOOK W/THE FRONT HAND / KNEE W/THE REAR LEG /LOW KICK W/THE FRONT LEG DEFENDER - PARRY / COVER BLOCK / BLOCK REDIRECT / GO W/THE FORCE 7.3. EVADE DRILL AGAINST MEDIUM ROUNDHOUSE KICK ATTACKER GIVES ROUNDHOUSE KICK W/THE FRONT AND THE REAR LEG DEFENDER USES SCOOP OR OUTSIDE PARRY W/THE FOREARM AND COUNTERS WITH **7.3.1.** TWO KICKS 7.3.2. ONE KICK, TWO OR THREE PUNCHES 7.3.3. TWO OR THREE PUNCHES, ONE KICK 7.3.4. ONE KICK, TWO PUNCHES, ONE KICK 7.4. ZONING DRILL AGAINST MEDIUM ROUNDHOUSE KICK ATTACKER GIVES ROUNDHOUSE KICK W/THE FRONT AND THE REAR LEG DEFENDER COUNTERS WITH 7.4.1. TWO KICKS 7.4.2. ONE KICK, TWO OR THREE PUNCHES 7.4.3. TWO OR THREE PUNCHES, ONE KICK 7.4.4. ONE KICK, TWO PUNCHES, ONE KICK VIII. SPARRING DRILL 8.1. PANANTUKAN BASIC SPARRING DRILL N°2 - LIGHT CONTACT 1.1.2 1.1.3 USING JAB, CROSS, HOOK OR UPPERCUT 8.2. SIKARAN BASIC SPARRING DRILL N°2 - LIGHT CONTACT 1.1.2 1.1.3 SIKARAN PROGRAM USING FRONT KICK, ROUNDHOUSE KICK, SIDEKICK OR OPEN SIDEKICK AND JAB, CROSS, HOOK OR UPPERCUT EACH CANDIDATE HAS TO PERFORM 3 ROUNDS OF 1:30 MINUTE.

VIDEO CODING. PHASE / CATEGORY / CLIP NUMBER CATEGORY CODE. DB/DOBLE BASTON DG/DAGA DM/DUMOG KDM/KADENA DE MANO S/SIKARAN SB/SOLO BASTON P/PANANTUKAN

1:00 MINUTE BREAK BETWEEN EACH ROUND. THE TASK FOR EACH ROUND

GENERATION

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