

ACTION KARATE

ADVANCED CURRICULUM PHASE III



UNIVERSAL ARNIS

Step left as you cross sticks above your head “**Action**” -Sticks out to side “**Karate**”-Feet together as you bring sticks together in front of you-“**Arnis**”-Bow as you hold sticks against your sides-“**Kata**”

Step left as you bring sticks to each side. Bring sticks out in front, place together horizontal – bring sticks up chest high – Slide hands in until they touch –Sticks strike out at sides

Cross sticks above head – Bring sticks down to sides as right foot steps back

Step forward with right foot and strike opponent (in front of you) on either side of head with sticks simultaneously-Left foot dancer steps behind, left stick high block, right stick strike – Spin around left block – High right strike

Left foot steps left strike – Right foot steps (turn body) right strike – Left foot dancer step, double low strikes to right

Guarding stance- tornado kick, land on right knee, left hand high right stick side strike, facing 3:00

Stand (right guarding stance) – Right stick up, left stick down-Twirl one stick down as other twirls up-do 4 times

Slide hands to the middle of sticks and right side kick in front –land facing the opposite direction with sticks by the sides of your heads

Bring sticks in horizontally to strike opponents head (right arm on top) – Rotate arms bringing them out with stick extended straight out in front– Bring sticks back as if to touch your shoulders, twirl sticks once – Right knee strike, landing forward and jab to solar plexus

Right leg steps back into guarding stance as you bring sticks to chest and slide hands to normal position– Spin hook kick with right leg – Drop on left knee left, look over right shoulder twisting all the way around and strike right – Unwind and pivot to right knee left, strike right – Stand – Bow Out “**Arnis Kata Rocks**”

History of Arnis

The origins of arnis are difficult to trace, primarily because there are nearly as many styles of Filipino stick fighting as there are islands in the Philippine archipelago—more than 7000!

The races that settled in these islands came from India, Southwest Asia, China and Indonesia. These diverse races and cultures blended their heritages over the centuries, producing a common method for employing sharp swords, daggers and fire-hardened sticks in combat. These highly sophisticated fighting styles have grown in popularity in the international martial arts community. One of the earliest known forms was called “tjakelele” (Indonesian fencing). “Kali” is another term familiar to stick fighters around the world today. When the Philippines were invaded by the Spanish, the invaders required guns to subdue their fierce opponents. The deadly fighting skills of Filipino warriors nearly overwhelmed them, and they dubbed the native stick style “escrima” (skirmish).

In order to get the most out of your weapons training and get ahead of the line in your new curriculum, Action Karate offers several private training options designed for students who need extra help or just want to excel. Though students will learn everything they need to know for testing in class, some students want to learn how to become truly proficient in martial arts weapons and learn more advanced training techniques. Private Lessons allow our students to learn these more challenging skills and jump ahead of the class.

“Jump Start” Option 1

2 Arnis Private Lessons \$79

“The Arnis Stick Master” Option 2

One Private Lesson each Month for the Next 12 Months \$479