



# FILIPINO MARTIAL ART INTERNATIONAL MODERN ARNIS FEDERATION HONG KONG

## IMAF Hong Kong Standard Training Program

### I. Standard Curriculum

- A. Classical Forms and Application Techniques
- B. Solo Baston (Single Stick)
- C. Doble Baston (Double Stick)
- D. Mano Y Mano, Dumog
- E. Filipino Weaponry
  - a. Espada Y Daga
  - b. Daga-Daga
  - c. Balisong
  - d. Sangot
  - e. Dulo-Dulo
  - f. Bankaw

### II. Advance Techniques

- A. Tapi-tapi
- B. Ipit-Pilipit

### III. Instructors Workshop

- A. Footwork
- B. Stances
- C. Execution of strikes
- D. Body positioning
- E. Power and control

### IV. Filipino Martial Art as Self-Defense

- A. Awareness and conflict avoidance
- B. Strategies and physical confrontation
- C. Civil and Criminal Law
- D. Moral, ethical and Spiritual

### V. Principles and Management of Sports Arnis Competitions

- A. Rules
- B. Competition
- C. Logistic
- D. Administration
- E. Management