

Basic Arnis stances.

Natural Stance.

Close Stance.

Forward Stance.

Backward Stance.

Hook Stance.

Straddle Stance.

Striking sets.

X Strike or Bala-bala.

Horizontal Strike or Plansa.

Half Strike or Media.

Reverse 8 or Bartikal Redoble.

Fly Wheel or Witik Ruyda.

12 Striking Angles.

Without Footwork.

With Footwork.

Twirling drills.

4 counts.

6 counts.

13 counts.