CHIMERA-X
LEVEL 2

EVOLVED ON:
Jan. 1, 2026

BREAK FALLS [Stunt Foundation]

Front, Side & Rear

- **Review** Back – Breathing, Head Position, Hands Breaking & Timing
- **Adjust to Stunt Jump Back Breakfall** – Typically known as "Home Alone"
- **Review** Side - Breathing, Head Position, Hands Breaking & Timing (Both Directions)
- **Adjust to Stunt Side Jump Breakfall** – Typically from sweeps
- **Review** Front - Breathing, Head Position, Hands Breaking & Timing Upward Hand Cup
- **Adjust to Front Jump Breakfall** – Body position, head turned jumping back
- **Review** Rolling Forward - Arms, Head Position, Roundness, Softness & Timing
- **Review** Rolling Forward to Breakfall - Arms, Head Position, Roundness, Hands Breaking Softness & Timing
- **Adjust to Rolling Forward Jump Breakfall** – Timing, breathing, spotting

HIGH FALLS

Face-Off, Header & Backwards

- Face-Off – Breathing, Head Position, Rotation and Landing Mark (**5-6** & **10-12 feet**)
- Header – Breathing, Head Position, Rotation and Landing Mark (**5-6** & **10-12 feet**)
- Backwards – Breathing, Head Position, and Landing Mark (**5-6** & **10-12 feet**)

TUMBLING/ACRO [Basic/Foundation]

Jumps

- **Review** Straight, Tuck, Straddle, Pike, Combo – Form, Head and Hand positions, Timing
- Combo Straddle to Dive Roll – Form, Head and Hand positions, Timing

Somersaults/Rolls

- **Review** Front – Form, Head and Hand positions, Timing

- **Front Dive** - Form, Head and Hand positions, Timing
- **Review** Back – Form, Head and Hand positions, Timing
- **Back to Hand Stand** – Form, Head and Hand positions, Timing

Cartwheels

- **Review** Hand Position, Starfish Movement, End Position, Both Sides
- **One Hand** Starfish Movement, End Position, Both Sides
- **Butterfly Kick,** Movement, Timing, Hand Position, Finish

Handstands

- **Review** Hand and Head Positions, Balance Techniques
- **L Stand Hand** and Head Positions, Balance Techniques

STRIKES [Basic/Foundation]

Strikes (Punching)

- **Review** The Jab, Cross, Hook and Uppercut
- **Combos** – Multiple striking combinations.
- **Elbows – Proper Striking and positioning techniques for all directions**
- **Strikes (Kicking)**

- **Review** Front Push Kick – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Review** Front Snap Kick – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Review** Roundhouse – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Review** Outside and Inside Kicks – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Hook Kicks** – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Tornado** – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- **Knees** – Proper Striking and positioning techniques for all directions
- **Combos** – Combining multiple kicks in a dynamic fashion

WIRE

[Basic/Foundation]

- Wire terminology, Equipment Names & Ratios
- Harnes Introduction. Use and application

- Hand Pulling fundamentals
- Practical Application

FIGHT CHOOREOGRAPHY [Basic/Foundation]

LANDMARKS (Punching)

- **Review** The Jab, Cross, Hook, Uppercut Hits – 4-6 inches in Front of Face Maximum with Full Intention/Performance, but Full Control

  (Depending on Camera position punches can vary as to location of hit)
- **Review** The Jab, Cross, Hook, Uppercut Miss
- **Blocks** – Boxing (Perry, Stuff, Elbows) Martial Arts (High, Middle, Low, Inside to outside and outside to inside)

REACTIONS (Punching)

- **Review** The Jab, Cross, Hook, Uppercut Hit
- **Review** The Jab, Cross, Hook, Uppercut Miss
- **Reaction** to hitting the ground – From all striking, punches and kicks as well as sweeps, throws and take downs

TRADITIONAL WEAPONS

[Basic/Foundation]

KALI/ARNIS (Sticks)

- **Review** 2 Sticks and Single Stick – 5 Angles – Understanding and performing the strikes based on the angles
- **Review** Flow – Multiple applications on performing flowing strikes Ex – Figure 8
- **Review** Patterns – Single Siniwally, Heaven
- **Review** Movement and leg positions. Forward stance with bent knees, male & female V stepping formation
- **Attack & Defense strikes** – Double and Single Stick
- **Roof & Wing** blocks and concepts.
- **Defense with and against** the force

Testing Requirements:

Level 2 students must create and perform a minimum 20 beat fight scene, which integrates all the aspects of fights learnt in level 2. Fight must include a High Fall and end with big reaction hit to the ground. Students must perform both sides of the fight.

Passing Grade – 75