

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

ADVANCED LEVEL ONE

FOOTWORK

- a) Langkah Staircase

STRIKING

- a) Lead Hand Series 1114
- b) Rear Hand Series 5 to 6
- c) Defenses Against Kicks
 - 1) Front Kick - Catch & Kick Leg
 - 2) Round Kick - Triple Hit
- d) Defense Against Four Count Variations Pull to Kinjet Siko

TRAPPING

- a) Hubad - Switches: Vertical Elbow
- b) Hubad - Double Elbow, Grab Wrist and Pull
- c) Chimande 5-8

TAKEDOWNS & GROUND

- a) Lacosta System - Reverse Neck Break
- b) Nempal Kaki - Puter Kepala
- c) Mande Muda - Bizet to Leg Bar Right and Left
- d) Harimau - Pa Kobuk Ladut
- e) Egyptian Series 1-11

KARI SYSTEM (16)

- a) Siko Arm Hook and Pull with Choke

SARONG

- a) Introduction
- b) Defense Against the Jab Cross Without the Sarong

FORMS

- a) JURU #6: Wipe Across Face, Wipe Across Face, Elbow Wipe Arm, Wipe Along Other Arm
- b) SERAK SAMBUT #6: Outside Entry Under and Over the Bridge, Grab Arm, Step to Sector #3 with Arm Hyperextension, Bizet to Sapu Dalem
- c) KEMBANGAN - Palaradan: Section 5