

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

ADVANCED LEVEL TWO

FOOTWORK

- a) Diamond

STRIKING

- a) Lead Hand Series 15-18
- b) Jab Cross Series 1-4
- c) Defense Against Side Kick to Puter Kepala
- d) Defense Against Four Count Variations Pull to Kinjet Siko
 - 1) Leg Bar
 - 2) Kobuk

TRAPPING

- a) Hubad - Switches: Horizontal Elbow, Double Elbow
- b) Hubad - Grab Wrist and Hyperflex Arm
- c) Leg Hubad
 - 1) Palasut
 - 2) Segung
 - 3) One For One
- d) Chimande 9-12

TAKEDOWNS & GROUND

- a) Nempal Kaki - Tarik Kepala
- b) Mande Muda - Pa Harimau Leg Weave
- c) Two Beat Kicking from Ground
 - 1) Round Kick to Hook Kick
 - 2) Round Kick to Spin Kick
- d) Chieftain Series 1-17

SARONG

- a) Sash - Untie to Entering the Sash Method

FORMS

- a) JURU #7: Punch, Wipe Along Arm x3, Pull Hand Back Arm on Forearm, Bring Hand to Other Side of Your Body Step Forward and Repeat
- b) SERAK SAMBUT #7: Outside Entry Under and Over the Bridge, Grab Arm, Step to Sector #3 with Arm Hyperextension, Bizet to Kinjet with Leg
- c) KEMBANGAN - Palaradan: Section 1-5 Performed with Music