

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

ADVANCED LEVEL THREE

FOOTWORK

- a) Wave

STRIKING

- a) Lead Hand Series 19-22
- b) Jab Cross Series 5 to 6
- c) Defense Against Four Count Variations Pull to Kinjet Siko
 - 1) Puter Kaki
 - 2) Puter Kaki Kobuk

TRAPPING

- a) Hubad - Wolis / Bizet, Double Two
- b) Leg Hubad to Arm Locks: Arm Bar, V Arm Bar, Chicken Wing

TAKEDOWNS & GROUND

- a) Nempal Kaki - Kinjet Siko
- b) Mande Muda
 - 1) Kobuk to ½ Boston Crab to Breach
 - 2) Pa Harimau Knee Press + Kick Finish
- c) Three Beat Kicking from Ground - Set A
 - 1) Round Kick to Spin Kick to Tuklaw
 - 2) Spin Kick to Tuklaw to Round Kick
 - 3) Tuklaw to Round Kick to Spin Kick
- d) Arm Bar Series 1-4

SARONG

- a) Sash Method vs Jab or Jab Cross
 - 1) Guillotine to Loop Choke
 - 2) Puter Kepala to Supine Choke
 - 3) Puter Kepala to Sitting Up Choke
 - 4) Far Loop Choke
 - 5) Miss and Re-loop to Far Loop Choke

FORMS

- a) JURU #8: Punch to Vertical Elbow, Turn and Squat, Punch Downward
Covering Face, Uppercut, Punch
- b) SERAK SAMBUT #8: Outside Entry Under and Over the Bridge, Grab Arm,
Step to Sector #3 with Arm Hyperextension, Bizet to Sapu Luar Sector #2,
Fails, Place Leg to Sector #1, Flip Opponent to Wrist Flex