

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

ADVANCED LEVEL FOUR

FOOTWORK

- a) "Z" Pattern

STRIKING

- a) Lead Hand Series 23-27
- b) Jab Cross Series 7-10
- c) Rear Hand Series 7-9
- d) Defense Against Front Kick - Grab Leg, Swing, and Pull Down
- e) Defenses Against Round Kicks
 - 1) Cross Step In and Kinjet with Body
 - 2) Dacup Behind Your Back
 - a) Catch and Kick Support Leg
 - b) Catch and Exchange to Catch A
 - c) Dive Under Leg
- f) Defense Against Four Count Variations Pull to Kinjet Siko
 - 1) Double Leg Lift
 - 2) Double Leg Lift Attack Shins
 - 3) Double Leg Lift Shin on Calf

TRAPPING

- a) Hubad - Triple Two, Bicep Destruction, Double Hand Circling
- b) Hubad - Combine All

TAKEDOWNS & GROUND

- a) Nempal Kaki - Combine All
- b) Mande Muda
 - 1) Kobuk to ½ Boston Crab
 - 2) Anuk Harimau
- c) Three Beat Kicking from Ground - Set B
 - 1) Round Kick to Mule Kick to Tuklaw
 - 2) Mule Kick to Tuklaw to Round Kick
 - 3) Tuklaw to Round Kick to Mule Kick

SARONG

- a) Sash Method vs Side Kick
 - 1) Guillotine to Loop Choke
 - 2) Far Choke

FORMS

- a) JURU A, B, and C
- b) SERAK SAMBUT #9: Outside Entry Under and Over the Bridge, Grab Arm, Step to Sector #3 with Arm Hyperextension, Bizet to Chicken Wing Takedown to Wrist Flex