

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

BEGINNING LEVEL ONE

STANCES

- a) Boxing Stance
- b) Silat Forward Stance

FOOTWORK

- a) Male and Female Triangle

STRIKING

- a) Jab, Cross, Hook, and Uppercut
- b) Front Straight Kick, Side Kick, and Round Kick
- c) Catch the Punch

TRAPPING

- a) Hubad - One For One
- b) Outside Sectors: 1) Over the Bridge 2) Under to Over the Bridge
- c) Inside Sectors: 1) Slap and Hit 2) Cover to Hit

GROUND

- a) Rocking Chair
- b) Windshield Wiper

SALUTATION

- a) Mande Muda:
Bahasa Indonesian - "*Terima Kasih*" (Thank You)