

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

BEGINNING LEVEL TWO

STANCES

- a) Sempak / Dempak

FOOTWORK

- a) Male Versus Female Triangle

STRIKING

- a) Triple Jab
- b) Punching Combinations
 - 1) Jab, Cross, Hook
 - 2) Cross, Hook, Cross
 - 3) Jab, Hook, Cross
- c) Donkey Kick and Crescent Kick
- d) Bob & Weave, Sway Back, and Slip

TRAPPING

- a) Hubad: Palasut, Segung, and Humbak
- b) Outside Sectors: 3) Into the Bridge 4) Into the Water
- c) Inside Sectors: 3) Slap to Cover to Hit 4) Slap to Hit, Cover to Hit

GROUND

- a) Side Pose Left and Right
- b) Rocking Chair to Windshield Wiper

SALUTATION

- a) Lacosta:

“I come with an open heart, I acknowledge the hand of friendship is superior to the hand of war, I will take what I learn into my heart and mind, May we shed no blood.”