

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

BEGINNING LEVEL THREE

STANCES

- a) Sempak to Dempak - Twisting to Ground and Back to Standing

FOOTWORK

- a) Walk the Triangle
- b) Humpak Pa'Awat: Box & 180 Degrees
- c) Foot Placement Six Sectors

STRIKING

- a) Triple Jab
 - 1) Inside Slip
 - 2) Outside Slip
 - 3) Sway Back
 - 4) Bob & Weave
- b) Gunting Off Second Strike - Four Destructions
- c) Defend Against Three to Five Strikes

TRAPPING

- a) Hubad: Angle #5
- b) Outside Sectors: 5) Slap to Dive 6) Dive
- c) Inside Sectors: 5) Slap to Dive 6) Dive

GROUND

- a) Linakun / Puter Kepala (Head Throw)
- b) Wolis / Bizet (Leg Sweep)
- c) Table: Knees

SALUTATION

- a) Bukti Negara:

“I present myself to the creator, In the beginning, I present myself to the best of my ability, I ask to receive from the creator, In the knowledge of the art, I receive from the creator, The thing I can not see or understand, So I can engrave them upon my heart, To the very end.”