

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

BEGINNING LEVEL FOUR

FOOTWORK

- a) Walk the Hourglass

STRIKING

- a) Triple Jab
 - 1) Hit Bicep Inside on Third Jab
 - 2) Split Entry, Hit Body on Third Jab
 - 3) Split Entry, Hit Face on Third Jab
- b) Paglibut / Scoop
- c) Sipa / Yatuk
- d) Leg Shield and Cross Leg Shield

TRAPPING

- a) Hubad - Double 2
- b) Clockwise, Counter Clockwise, and Single Hand to One For One
- c) Outside Sectors: 7) Split 8) Reverse Split

GROUND

- a) Body Position Standing Six Sectors (both directions)
- b) Body Position Kneeling Six Sectors (both directions)
- c) Body Position Lying Six Sectors (both directions)
- d) Table Spin Kick
- e) Table Round Kick to Spin Kick

FORMS

- a) JURU #1:
 - Slap Forearm, Slap Uppercut, Slap Uppercut, Slap Forearm
- b) SERAK SAMBUT #1:
 - Trap Arm and Punch, Push Chin and Stomp the Back of the Knee
and Elbow the Back of the Neck

SALUTATION

- a) Maphilindo