

# MARTIAL ARTS RESEARCH SYSTEMS

## MAPHILINDO SILAT SYLLABUS (6-1-22)

### INTERMEDIATE LEVEL ONE

#### **FOOTWORK**

- a) Walk the Hour Glass and Change Directions - Using the Box
- b) Langkah Silang

#### **STRIKING**

- a) Triple Jab
  - 1) Inside Gunting
  - 2) Uppercut Bicep
  - 3) Parry Outside and Punch Past Face or Hit Body
- b) Rear Hand Series 1 to 2
- c) Defenses Against Kicks
  - 1) Front Kick - Scoop & Catch
- d) Destructions to Kicks
  - 1) Round Kick - Double Pat Close and Far Knee
  - 2) Side Kick - Forearm Block to Groin Kick, and Double Pat Eye Jab

#### **TRAPPING**

- a) Hubad - Seeking the Path: Attached, Wipe Under and Over
- b) Siliwa #1
- c) Standing Lock Flow 1-5

#### **TAKEDOWNS & GROUND**

- a) Lacosta System - Wolis 1-3
- b) Nempal Kaki - Bizet
- c) Puter Kepala Kneeling
- d) Table Donkey Kick
- e) Straight Arm Bar

#### **KARI SYSTEM (1-4)**

- a) Tricep, Impact Jaw, Push Elbow, and Rolling Forearm

#### **FORMS**

- a) JURU #2: Three Slaps to Forearm, to Uppercut
- b) SERAK SAMBUT #2: Inside Dive, Right Elbow, Palm Up, Punch Body, Kick Groin, Wolis
- c) KEMBANGAN - Palaradan: Section 1