

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

INTERMEDIATE LEVEL TWO

FOOTWORK

- a) Walk the Hour Glass with Turn Arounds

STRIKING

- a) Triple Jab
 - 1) Parry Outside to Salute to Uppercut
- b) Defense Against Four Count Variations to Lenakon/Puter Kepala
 - 1) Left Round Kick, Cross, Hook, Right Round Kick
 - 2) Right Round Kick, Hook, Cross, Left Round Kick
- c) Destructions to Kicks
 - 1) Round Kick: Double Pat Close Knee to Sipa Support Leg
 - 2) Round Kick: Double Pat Far Knee to Side Kick Support Leg
 - 3) Front Kick - Scoop to Rising Kick or Spinning Sweep Kick or Pull Down

TRAPPING

- a) Hubad - Single Elbow: Front, Behind, Humbak, and Double Elbow
- b) Hubad - Single Hand: Bicep Destruction, Finger Lock on Bicep and Body
- c) Siliwa #2
- d) Standing Lock Flow 1-10

TAKEDOWNS & GROUND

- a) Lacosta System - Wolis 4-6
- b) Nempal Kaki - Bizet with Arm Sectors
- c) Split Entry to Dakup Arm
- d) Table Round Kick to Donkey Kick

KARI SYSTEM (7-8)

- a) Two Fingers to Nose, Pinch Nose, Siko in Front, Siko in Rear

FORMS

- a) JURU #3: Slap Fist, Slap Side of Fist, Slap Elbow, Rake Down Hit with Forearm Slap, Slap Forearm with Uppercut, Slap Forearm with Punch
- b) SERAK SAMBUT #3: Inside Dive, Elbow, Step Back Hands Palm Up, Twist Cover and Punch Body, Scoop Elbow, Kick Groin, Sector 1, Arm Bar, Sector 1 Takedown
- c) KEMBANGAN - Palaradan: Sections 1 and 2