

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

INTERMEDIATE LEVEL THREE

FOOTWORK

- a) Walk the Hour Glass with Selow
- b) Langkah Zig Zag

STRIKING

- a) Triple Jab
 - 1) Hit Knuckle
- b) Lead Hand Series 1-5
- c) Rear Hand Series 3 to 4
- d) Defense Against Round Kick - Grab Leg, Swing to Pull Down
- e) Defense Against Four Count Variations to Lenakon/Puter Kepala
 - 1) Left Round Kick, Cross, Hook, Left Round Kick
 - 2) Right Round Kick, Hook, Cross, Right Round Kick
- f) Destruction to Side Kick - Scoop and Kick Groin

TRAPPING

- a) Hubad - Switches: 1 for 1, Angle 5 Inside Switch, Paglibut Switch
- b) Siliwa #3
- c) Standing Lock Flow 1-12 (Left and Right)

TAKEDOWNS & GROUND

- a) Lacosta System
 - 1) Gunting to Neck Throw
 - 2) Push Chin to Neck Throw with Arm Trap
 - 3) Gaja to Waslik Head to Neck Throw
- b) Nempal Kaki - ¼ Bizet and Sapu Luar
- c) Mande Muda - Bizet to Keep Both Arms
- d) Mande Muda Leg Lock Series #1 (1-3)
- e) Branch Down Series 1-6

KARI SYSTEM (9-11)

- a) Arm Hook (Denungkek) with Arm Pull, Arm Pull from Rear Solo, Arm Hook Solo

FORMS

- a) JURU #4: Slap Fist, Slap Side of Fist, Slap Your Elbow, Rake Down Hit with Forearm Slap, Slap to Forearm with Uppercut, Slaps to Forearm with Punch, Slap Forearm, Slap Uppercut
- b) SERAK SAMBUT #4: Outside Entry Under and Over Bridge, Grab Punching Arm, Step to Sector 3 Bizet with Arm Hyperextension
- c) SAYAW #1: Split Entry, Hand Swings Up to Grab Neck, Elbow Face, Knee Face
- d) KEMBANGAN - Palaradan: Sections 1-3