

MARTIAL ARTS RESEARCH SYSTEMS

MAPHILINDO SILAT SYLLABUS (6-1-22)

INTERMEDIATE LEVEL FOUR

FOOTWORK

- a) Langkah Zig Zag Tanjikan

STRIKING

- a) Triple Jab
 - 1) Knee Hand / Knee Hand to Kick
- b) Lead Hand Series 6-10
- c) Defenses Against Kicks
 - 1) Front Kick - Catch and Spin Kick
- d) Defense Against Four Count Variations to Lenakon/Puter Kepala
 - 1) Jab, Cross, Left Round Kick, Right Round Kick
 - 2) Jab, Cross, Right Round Kick, Left Round Kick
- e) Defense Against Striking to Lenakon/Puter Kepala
 - 1) Jab, Cross
 - 2) You Jab, Cross, Opponent Defends and Double Leg Right or Left

TRAPPING

- a) Hubad - Switches: Parry Salute Inside and Parry Punch Inside
- b) Hubad - Around the World
- c) Chimande 1- 4

TAKEDOWNS & GROUND

- a) Lacosta System - Push Chin to Wolis
- b) Nempal Kaki - Bizet to Sapu Luar
- c) Mande Muda - Bizet to Armbar Right and Left
- d) Mande Muda Leg Lock Series #2 (1-5)
- e) Dakup (Catch) Split Entry 1-8
- f) Branch Up Series 1-6

KARI SYSTEM (12-15)

- a) Double Arm Hook, Double Arm Hook with Tarik Kepala, Arm Hook with Hari Mau Leg Trap, Arm Hook with Siko Di Bawa to Head

FORMS

- a) JURU #5: Punch with Hand Slap Forearm, Hand Slaps Two Times, Shoulder Slaps Two Times, Forearm Pushes Forward with Hand Bracing
- b) SERAK SAMBUT #5: Outside Entry Under and Over Bridge, Step to Sector 3 with Arm Hyperextension and Bizet to Shoulder Kinjet with "Y" Hand in Armpit
- c) SAYAW #2: Selow Position Palms Up, Split Gunting, Backhand, Chicken Wing Face Lock
- d) KEMBANGAN - Palaradan: Sections 1-4