

## **SILAT FOR THE STREET INSTRUCTOR LEVEL 1 TEST**

The entire test should take less than 11 minutes. The sparring should be against a resisting partner, with moderate intensity for safety.

### **Technical Proficiency**

Demonstrate and give a concise explanation of each of the following techniques/principles in **1 minute or less**:

- 1 Dive Entry (Over the shoulder, thumbs to eyes)
- 2 Throat Grab Takedown
- 3 Head Tilt Takedown
- 4 Footwork – Staircase # 2 – Side lever up, biset back
- 5 Head Twist Takedown
- 6 Flower Entry
- 7 Footwork- Lightning bolt (kilat)
- 8 Kenjit Kaki

### **Power Generation**

Perform a **one minute** round on the mitts using techniques from level one through four. Demonstrate precise technique and substantial power while taking care of your partner.

### **Fighting Proficiency**

Perform a **1 Minute** round of each of the following games at MODERATE INTENSITY. There should be resistance, but at a moderate intensity. Make sure the rounds are safe.

- 1 Entry Games versus single swing or wild attack- ANY entry.
- 2 Silat Clinch Game – use all positions