

SILAT FOR THE STREET INSTRUCTOR LEVEL 2 TEST

The entire test should take less than 7 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 **30 seconds or less**:

- 1 Palm With Thumb To Eyes Entry
- 2 Head Lock Counter
- 3 Guillotine Counter – turn head, grab groin
- 4 Grab throat to make space and stand from bottom
- 5 Slap and grab (groin, face/neck, inside leg)
- 6 Harimau grab ankle with groin slap/grab takedown
- 7 Passive Hands Up Position
- 8 Multiple Opponent Strategies

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