

SILAT FOR THE STREET LEVEL ONE TEST

Technical Proficiency

Demonstrate and give a brief, concise explanation of each of the following techniques/principles in 45 seconds or less:

- 1 Footwork, straight line with forward lever
- 2 Dive Entry (Over the shoulder, thumbs to eyes)
- 3 Throat Grab Takedown
- 4 Head Tilt Takedown

Power Generation

- 1 Perform a ONE MINUTE ROUND on the mitts using some of the techniques from level one. Demonstrate precise technique and substantial power while taking care of your partner.

Fighting Proficiency

Groin protection, mouth guard, and other protective gear is highly recommended!
Perform a ONE MINUTE ROUND of each of the following games employing MODERATE INTENSITY. There should be resistance, but at a low intensity. Make sure the round is safe and that you enjoy the games.

- 1- Entry Games versus single swing or wild attack. Dive entry. Semi-cooperative after entry is made for safety.
- 2- Silat Clinch Game – Double biceps tie with very light knee strikes to groin.