

SILAT FOR THE STREET LEVEL TWO TEST

Technical Proficiency

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

- 1 Footwork – Staircase # 2 – Side lever up, biset back
- 2 Supported Throat Grab
- 3 Head Twist Takedown
- 4 Biset Luar (Outside Backsweep)

Power Generation

Perform a one minute round on the mitts using some of the techniques from level two. 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. Ram's horn or full cover entry. Semi-cooperative after entry is made for safety.
- 2- Silat Clinch Game – Overhook, neck/head control, supported throat grab with very light knee strikes to groin.