

## **SILAT FOR THE STREET LEVEL THREE TEST**

### **Technical Proficiency**

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

- 1 Staircase 3 (sweep up, biset back)
- 2 Flower Entry
- 3 Eye Strike (whip or rake)
- 4 Sapu Luar

### **Power Generation**

Perform a one minute round on the mitts using some of the techniques from level three. 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 - Flower entry versus punch or single or double push. Semi-cooperative after entry is made for safety.
- 2- Silat Clinch Game – Start with underhook or body lock. Throw light strikes with control.