

SILAT FOR THE STREET LEVEL FOUR TEST

Technical Proficiency

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

- 1 Footwork- Lightening bolt (kilat)
- 2 Menggoyah - Knee bump
- 3 Hook Sweep Luar
- 4 Kenjit Kaki

Power Generation

Perform a one minute round on the mitts using some of the techniques from level four. 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 - Parry and crash cover against jab or straight cross. Be sure the jab goes out and back, not static. Semi-cooperative after entry is made for safety.
- 2- Silat Clinch Game – All positions, light striking to the groin, light throat grabs, simulated eye attacks and position for takedowns.