

SILAT FOR THE STREET LEVEL FIVE TEST

Technical Proficiency

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

- 1 Palm with thumb to eyes
- 2 Head Lock Counter
- 3 Kenjit Siko
- 4 Double Leg Lift

Power Generation

Perform a one minute round on the mitts using some of the techniques from level five. 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 – Rear attack – change levels and enter or back kick
- 2- Silat Clinch –Grab the throat game