

SILAT FOR THE STREET LEVEL SIX TEST

Technical Proficiency

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

- 1 Round Kick To Groin
- 2 Guillotine Counter – turn head, grab groin
- 3 Triceps cup – to escape, throat grab, eye gouge, groin slap/grab, body lock/back
- 4 Grab throat to make space and stand from bottom

Power Generation

Perform a one minute round on the mitts using some of the techniques from level six. 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 check against jab, slap groin, move to takedown or clinch.
- 2- Silat Clinch Game – Knee, kick, or slap towards groin – light with control.