

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

### **Technical Proficiency**

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

- 1 Scoop jab and check rear hand to headbutt
- 2 Slap and grab (groin, face/neck, inside leg)
- 3 Kali/silat two on one to groin kick, slap, escape.
- 4 Harimau grab ankle with groin slap/grab takedown

### **Power Generation**

Perform a one minute round on the mitts using some of the techniques from level seven. 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 Top- Standing- hit and run- kicks/punches to groin. If past legs, to face/groin
- 2 Bottom- Attacker standing- attack groin/legs with kicks, hand attacks – strike, slap, slap and grab. Stand or sweep to stand.