

SILAT FOR THE STREET LEVEL EIGHT TEST

Technical Proficiency

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

1 Passive Hands Up Position

2 Multiple Opponent Strategies - Hit farthest and run (from interview). If you only have one partner, just imagine that there are more as you explain.

3 Takedown- trap pull down from rear

4 2 on 1 to Cross Arm Lock

Power Generation

Perform a one minute round on the mitts using some of the techniques from level eight. 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- Interview Game- All options- Light and controlled

2- Silat Clinch Game- Full game- Light and controlled