

Kai-Shin INTERMEDIATE: Level-2 Requirements

MANIPULATION

Takedowns:

1. Knee Tap (T-Position)

Double Leg Takedown Defense:

1. Forearm Wall
2. Sprawl
3. Cross Face

Silat Techniques:

1. Foot Sweeps
 - Inside "*Sapu Dalem*"
 - Outside "*Sapu Luar*"
 - Outside Rear aka Hand Blade
2. Back Sweep
 - Inside "*Bizet Dalem*"
 - Outside "*Bizet Luar*"
3. Full Redirectional Throw "*Putar Kapala / La-Bi*"
 - Deep
 - Shallow
 - Leg Lever

GRAPPLING

Taking the Back:

1. From Guard

Side Mount Escape:

1. Go To Your Knees "Backdoor Escape"

SUBMISSIONS:

Top Mount Position:

1. Spinning Arm Bar
2. Americana / V-Lock

Half Mount:

1. Armbar (transitioning form Top Mount)
2. Leg Over Head Escape > Armbar
3. Twisted Arm Control > Armbar

Side Mount Position:

1. Americana / V-Lock
2. Straight Arm Bar

Guard Position:

1. Kimura
2. Armbar (to Kimura)
3. Leg Triangle Choke (to Armbar)

Knee Mount

1. Arm Bar - Near Arm
2. Spinning Arm Bar - Far Arm

Back Mount (Bottom Position)

1. Rear Naked Choke
 - Standard
 - Strong Side
 - Weak Side

Leg Trianlge Choke Set Ups:

- KICK your leg up between their arms
- PUSH the hand between the legs
- PULL your leg in though their arm
- SWING your leg around their arm
- SHRIMP to the Pull or Swing position