

SBL 1 year Syllabus

Month 1-2: Foundations of Silat Buka Lingkaran

- Introduction to Silat Buka Lingkaran's philosophy and principles.
- Basic stances and upright positions.
- 6 fundamental footwork patterns and their applications.
- 6 basic blocks and their variations.

Month 3-4: Pukulan - Continuous Striking Techniques

- Introduction to Pukulan, the art of continuous striking.
- Proper body mechanics for efficient striking.
- Practicing combinations of strikes in fluid sequences.
- Incorporating footwork with Pukulan techniques.

Month 5-6: Takedowns and Ground Arts

- Various takedown techniques and their setups.
- Exploration of the 4 main ground arts: Buaya (Crocodile), Kucing (Cat), Harimau (Tiger), Kura Kura (Turtle).
- Applying ground techniques in controlled sparring scenarios.

Month 7-8: Jurus - Traditional Forms

- Understanding the significance of Jurus (forms) in Silat Buka Lingkaran.
- Learning and practicing selected Jurus sequences.
- Focus on proper technique, fluidity, and the transition between movements.

Month 9-10: Gelek and Continuous Motion

- In-depth study of the principles of gelek (body movement) in Silat.
- Applying gelek to enhance fluidity and efficiency in techniques.
- Drills and exercises to develop continuous motion and adaptability.

Month 11: Multiple Attackers Scenario

- Introduction to dealing with multiple attackers.
- Strategies for positioning, timing, and prioritizing targets.
- Simulated scenarios to practice awareness and effective response.

Month 12: Knife and Karambit Introduction

- Introduction to knife and karambit (small curved blade) techniques.
- Focus on awareness, defense, and controlled disarming techniques.
- Scenario-based drills to simulate knife-related threats.

Note that this syllabus provides a rough outline and can be adapted based on the progression of the students, the teaching methodology, and the specific curriculum of the SBL AIP. Additionally, ensuring proper safety measures and responsible training should be a priority throughout the program.