

PERATURAN SILAT OLAHRAGA

• TEKNIK GUNTINGAN

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The techniques shown will score 3 points:

Sample 1:



Sample 2:



Sample 3:



PERATURAN SILAT OLAH RAGA

• TEKNIK GUNTINGAN

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Sample 4:



Sample 5:



Sample 6:



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• TEKNIK GUNTINGAN

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Sample 7:



Sample 8:



Sample 9:



PERATURAN SILAT OLAHRAGA

• TEKNIK JATUHAN 2 KALI

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Sample 10:



Counter Attack:

Sample 1:



Sample 2:



TEKNIK SERANGAN & SAPUAN 2 KALI

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Sample 3:



Sample 4:



Sample 6:



TEKNIK JATUHAN

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Sample 7:



Dropping Technique:

Sample 1:



Sample 2:



TEKNIK JATUHAN

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Sample 3:



Sample 4:



Sample 5:



TEKNIK JATUHAN DAN SERANGAN YANG DIBENARKAN

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Sample 6:



Non-Scoring Area:

Attack must be followed up with a valid target attack:

