

PCK SILAT

RANK REQUIREMENTS



MURID LEVEL 1 - MURID ANYAR

❖ *Beginning Training*

1. PCK Bow: Cimande and Sera
2. Basic PCK Stretching
3. Basic Body Conditioning Exercises
4. Cimande Forearm and Shin Conditioning

❖ *Level 1 Stances / Postures*

1. Ready Stance
2. Temple Stance
3. Alert Stance
4. Horse Stance (Kuda - Kuda)
3 Levels (High, Middle, Low)
5. Cimande (Pukulan) Stance

❖ *Level 1 Strikes 1-8*

1. Straight Punch
2. Cross Elbow
3. Back Hand Slice
4. Fore Hand Slice
5. Finger Jab
6. Long Upper Cut
7. Inverted Punch
8. Palm Heel

❖ *Level 1 Leaf Parries 1-8 (Single and Double)*

1. High Back of hand/wrist
2. High Palm
3. Low Back Hand Palm
4. Low Forehand Palm
5. High Centerline Palm Out
6. Low Centerline Palm Down
7. Circular Palm Forward
8. Palm Up/Palm Down Break

❖ *Level 1 Kicking 1-5*

1. Side Kick (stop kick & joint kick) Foot Parries (inside, middle, outside)
2. Front Kick (thrust and groin)
3. Back Kick
4. Cross Kick
5. Knee

❖ *Pukulan Kombinasi (Striking Combinations) – Using Basic Strikes & Kicks*

1. Lead Leg
2. Lead Hand
3. Back Hand
4. Back Leg
5. Elbows & Knees

❖ **Level 1 Footwork**

1. Langkah Cimande
2. L - Step
3. L - Retreats (variations 1 & 2)
4. U Footwork
5. Langkah Empat (4 stepping on square)

❖ **Level 1 Rolls and Slapoffs/ Breakfalls**

1. Forward Roll and with Back Slapoff
2. Backward Roll
3. R and L Shoulder Roll
4. Front Slapoff
5. Back Slapoff
6. R and L Side Slapoff

❖ **Level 1 Supplemental Learning**

1. Knowledge of PCK History
2. PCK Principles

MURID LEVEL 2 - WHITE SASH

❖ *Level 2 Stances / Postures*

1. Automatic Block #1
2. Automatic Block #2
3. Elbow Leading
4. Black Cobra Position (Open & Cross)
5. Cat Stance (2 variations)

❖ *Level 2 Striking*

1. Basic Poison Hand (3 variations)
2. Vertical Punch
3. Side Inverted Punch
4. Back Fist
5. Hammer Fist (inside/ outside)
6. Back Hand Speed Punch
7. Elbows (upward, downward, cobra, back)

❖ *Level 2 Kicking*

1. Double S (Shock and Shatter)
2. Saber (Round) Kick/ Inverted Saber
3. Toe Point Kick
4. Wheel Kick
5. Cat Scratch (Front) Kick
6. Dragon Tail (Hook) Kick

❖ *Pukulan Kombinasi (Striking Combinations) – Use ALL Strikes & Kicks Learned*

1. Lead Leg
2. Lead Hand
3. Back Hand
4. Back Leg
5. Elbows & Knees

❖ *Level 2 Parries / Blocks*

1. Forearm Blocks
2. Full Fist Blocks
3. Elbow Hit Blocks
4. Leg Blocks (inside, middle, outside)
5. Side Arm and Leg Block
6. Cimande Blocking Series

❖ *Level 2 Footwork*

1. Langkah Cikalong
2. Langkah Tiga (male/female triangles)
3. Half Moon Step
4. Sempok and Depok (cross leg steps)
5. PCK 8 Directional Pattern

❖ **Level 2 Rolls/ Break falls**

1. Recovery from falls
2. Basic Grounded Striking

❖ **Level 2 Self Defense - Bela Diri - Set 1 (Empty Hands Defense)**

1. Rear Strangle Hold
2. Grab and Punch Front
3. Rear Bear Hug Arms Pinned/ Free
4. 2 Hand Choke Front
5. 1 Hand Push Front
6. Front Bear Hug Arms Pinned/Free
7. 2 Hand Grab Front
8. Handshake
9. Full Nelson
10. Arm Bar (Hammerlock)
11. Head Lock Front
12. Push From Behind
13. Head Lock Side
14. Grab and Punch From Behind
15. 2 Hand Push Front

❖ **Beginning study of PCK Jurus**

1. Cimande Jurus 1-7
2. Sera Jurus 1-2

❖ **Level 2 Supplemental Learning**

1. Kembangan
2. Slow Sparring
3. Adat & Hormat (Customs & Traditions)
4. PCK Terminology

MURID LEVEL 3 - INTERMEDIATE - GREEN SASH



PCK Basic Animal Syllabus

Basic Monkey Mannerisms

Basic Monkey mannerisms teach evasiveness, redirection of strikes, hard hitting slaps and violent parries that are severely disruptive and disorienting to attackers. Keep looseness in the hands and forearms and use the dead weight of your limbs for power. The general height of monkey is in the low/middle. Imitates other animals.

❖ *Attitude*

Proper attitude of disconnectedness that abruptly changes to violent and erratic. This fluctuation between fast and fluid, tense and relaxed, makes it unpredictable and difficult to track. Monkey adapts. It can find a solution to any problem by adapting to a situation.

❖ *Blocks*

1. Monkey Slaps: Open Hand
2. Monkey Parries: Cupped Hand
3. Grabs: Clenching with Cupped Hand
4. Pulls: Full Grab (Uses thumb)
5. Basic Shield of Thorns

❖ *Postures*

1. Circular Monkey Mannerisms (Together/ Single - Inside/ Outside)
2. Horizontal Postures and Mannerisms

❖ *Body Mechanics*

1. Hunched back/ shoulders up to ears
2. Extreme looseness in hands/ wrists
3. Stomping to gain power in strikes
4. Abruptly switch between high/low
5. Downward Flowing Strikes
6. Rolls and Jumps

❖ *Concepts and Principles*

1. Evasiveness
2. Redirection of Strikes
3. Misdirection, Deception, Decoying
4. Bamboo
5. Auditory and Visual off- timing
6. Disorienting the Opponent

Basic Tiger Mannerisms

Basic Tiger mannerisms teach penetrating movement, rooting into postures for power and crushing striking and breaking techniques. It is used when the fight needs to end quickly or goes to the ground. Low crouching, fully prone and supine body postures are used which feature smashing ankle and knee blows, sweeps, scissors/shears, leaps, and tiger springs along with highly evasive movements.

❖ Tiger Attitude

An attitude of pure animal instinct. Kill or be killed. Calm but deadly. The drive to cause as much damage as you can as quickly as possible with overwhelming relentlessness.

❖ Tiger Blocks

1. Tiger Clawing Parries: A hit/ grab with a claw motion
2. Tiger Grabs: Tiger Parry with full grab dragging the opponent or tearing
3. Low Line Parries: Clawing/ Grabbing from the ground to ankles

❖ Tiger Postures

1. Macan Attack
2. Macan Defense
3. 45 Degree
4. King Tiger (3 Variations)
5. Seated Tiger or Duduk Position
6. Coiled Tiger

❖ Tiger Body Mechanics

1. Rooted, using body weight and dropping to low positions for power
2. Uses the Square to bait attacks from the Kuda Kuda positions
3. Drops the weight with strikes and stomps for more power
4. Drives and penetrates with strikes using more exaggerated hip movement
5. Pulls and grabs
6. Seeks out the neck and head for control of the body
7. Grounded hunting of legs, ferociously while keeping the head low and out of range
8. Maintains postures for cover and structure while grounded
9. Multiple points on the ground to ensure the ability to pounce back to fully upright
10. Fluid yet powerful Transitions, Spins and Tiger Rolls

❖ Tiger Concepts and Principles

1. Deception: Drawing specific attacks from postures
2. Body Armor, Penetration, Explosiveness
3. Shearing knees and elbows and throws
4. Pukulan or relentless/overwhelming striking where strikes roll together seamlessly
5. Drawing power from the Rooted Postures
6. Auditory and Visual Off Timing

Basic Snake Mannerisms

Basic Snake Mannerisms tech rapid, darting, precision hitting, with hypnotic weaving hand movements and in close body mechanics. Snake uses coiling and uncoiling motions to create devastating strikes at very close range. The body is kept drawn in and covered and waves back and forth before darting out aggressively to strike or kick.

❖ Snake Attitude

Snake has an attitude of raw unrestricted energy and manifests as rapid fire relentless striking. It is aggressive and unforgiving. It hunts everything that moves and is felt before it is seen.

❖ Snake Blocks

1. Snake uses cobra fists to pick off incoming punches by hitting nerves and muscles
2. Snake open hand positions use the web of the thumb to redirect strikes to place them in a better position to hit. These are considered open mouth snake positions
3. Knife defense blocks use the web of the thumb or edge of hand to redirect
4. Funnel Parry type motions from the plate dance can be used and are considered Python. These leave you in a good position to cobra fist afterward
5. Snake will sometimes transition from hit to wrap immediately imitating the snake injecting poison before wrapping its prey

❖ Snake Postures

1. Black Cobra Position (Using Geometric Patterns)
2. Cross Position
3. Weaving Cobra Elbows
4. Elbow leading
5. Figure 8 Snake movement with Cobra Fists and flat snake hands
6. Snake stays in motion, weaving and darting. The postures are "alive"
7. Close quarters knife position with knees together and arms in front of the core
8. Arms stay closer to the body and knees stay close together

❖ Snake Body Mechanics

1. Stays in tight to fight in close quarters and simultaneously guard against knife
2. Movement is weaving and coiling/uncoiling
3. Constant motion broken up with darting strikes
4. Weaving, fluid, powerful and graceful movement that is hypnotic and grabs a hold of the opponent's awareness.
5. Similar to the rules of Cimande the strikes stay within the shoulders

❖ ***Snake Concepts and Principles***

1. Destruction, Deception, Compacting, Body Armor, Adhesion
2. Snake movement imitates the animal in that it follows the idea of injecting “poison” before wrapping and taking down the opponent
3. Locks are treated as Python in PCK but we stress the idea that the opponent must be sufficiently damaged before attempting them
4. Multiple strikes to the same target area and compacting strikes such as a cobra fist compacting into a punch and then an elbow
5. Poison hand is the concept of hitting multiple times with different hitting surfaces on the hand and arm without recoiling. It is a snake/fire related method of hitting

Basic Crane Mannerisms

Upright, Long Range movement. Uses leaping triangular attacks. Utilizes high one- legged positions while the head rotates in all directions to increase peripheral vision. The hands move in patterns with smooth flowing graceful movement and will cut with darting erratic lines of movement and striking.

❖ ***Crane Attitude***

Crane has a detached attitude. It is panning and scanning with the head turning from side to side. It takes in the entire scene as it uses peripheral vision to see every micro- movement an opponent makes. It will zig zag and jump from strike to strike, ricocheting and opening and closing the shoulders like wings. Make your attitude unreadable. Make your strikes unreadable and untelegraphed

❖ ***Crane Blocks***

1. Floating Palm: Leaf parries done with crane mannerisms
2. Hammer fist and full fist blocks
3. Crane uses sweeping motions as well as sharp pointed whip like blocks
4. Geometric patterns allow you to move and cover high/low at the same time and draw in the opponent's awareness: Square, Triangle, Circle

❖ ***Crane Postures***

1. High/ Low hand position with one legged posture
2. Buang Parrying motions
3. One legged posture with other foot hooked for knee strikes or flat for support

❖ **Crane Body Mechanics**

1. Crane uses high and one-legged postures with the foot either flat or planted against the knee
2. The hands stay in motion with patterns and broken movement that imitate wing movement
3. The head turns from side to side to allow for a 360-degree view
4. Shoulders and hips are allowed to turn for full extension and allow for extended reach and power

❖ **Crane Concepts and Principles**

1. Deception, Off Timing, Bamboo
2. Long Range Movement/ Closing the Gap
3. Compact/Reverse Compact
4. Balance and Stability

❖ **Level 3 Kicking**

1. Inverted Saber
2. Inverted Toe Point
3. Inverted Dragon Tail
4. Wheel Kick
5. Reverse Wheel Kick
6. Falling Tiger Kick
7. Grounded Low Line Kicks to Knees and Ankles

❖ **Level 3 Self Defense - Bela Diri - Set 2 (Weapons)**

1. Stick Overhead
2. Stick Thrust
3. Forehand Stick
4. Backhand Stick
5. Gun Front Low
6. Gun Front High
7. Gun to Back High
8. Gun to Back Low
9. Rifle / Shotgun to Stomach
10. Rifle / Shotgun to Back Low
11. Knife Slash (The Ripper)
12. Knife Thrust Low
13. Knife Overhead
14. Knife to Throat Front
15. Knife to Throat from Behind

❖ **Intermediate Study of PCK Jurus**

1. Cimande Jurus 8-16
2. Sera Jurus 3-9
3. Cimande Concepts
4. Sera Personality

❖ **Level 3 Weapons**

1. Limbuhan: 18" and 28" Stick- Basic Angles (Parang Langkah Intro)
2. Pisau: Small Knife- 9 Knife Angles, Z Cuts, O Cuts, Close Body Position
3. Parang: Langkah Parang Intro

❖ ***Level 3 Supplemental Learning***

1. Medium Sparring
2. PCK Breathing and Meditations
3. PCK Healing and Internal Energy Study

MURID LEVEL 4 - ADVANCED - RED SASH

Advanced Animal Syllabus

Monkey Advanced Specialized Movement

❖ *Upper Body*

1. Strikes: Inverted Punch, Sansat, Back Fist, Slaps, BHSP, Waterfall Punch
2. Jurus: Kelid, Selup, Tipugan, Batekan, Tagogan, Guaran
3. Controlling Upper Body Off Balance Points
4. Guntings: Hitting with scissors motions to crush incoming attacks
5. Roof hit or covering when turning going low
6. Advanced Elbow Shield/ Shield of Thorns
7. Funnel Parries: Inside and outside scooping/ redirecting parries
8. Rotor Parries: Cimande Block 1 done with open hands fluidly
9. Pukulan Wall: A flow of Waterfall Punches and Front Kicks
10. Sliding Grab Parries: Slide down the arm after intercepting and grab at the wrist. If you grab with the front hand, kick with the lead leg. If you grab with the back hand, punch with the lead hand immediately.

❖ *Lower Body*

1. Sempok: Moving leg steps behind platform leg
2. Depok: Moving leg steps in front of platform leg
3. Sapu: Front sweep
4. Beset: Back sweep
5. Half Moon footwork (with hand motions)
6. Double kicks - Any two kicks to different targets in quick succession
7. Kick combos from high to low (Water)
8. Kick Grab Counters: Three variations
9. Jumps/ Springing up from a low crouch
10. Knees and jumping knee attacks
11. Ankle and knee rolls: Controlling Lower Off-Balance Points
12. Shock and Shatter: The second kick uses a rear foot stomp to reset the power/ hip alignment
13. Kaki Nempel - Sticky foot drill: Inside and outside control while entering

❖ *General Movements and Concepts*

1. Automatic Block 2 Monkey Variation - Bring lead foot back and angle body backward. Back hand protects front shoulder and lead hand protects groin.
2. Bamboo body angling evasions
3. Head dodging and ducking
4. Rapid off timing with striking and movement
5. Spinning inside
6. Forward, Backward and Side Rolls
7. Dirty Fighting: Head butts, eye strikes, bites, hits to the groin

❖ ***Decoying and Deception***

1. Draw stances to lure attackers to strike at specific targets.
2. Rapidly Moving Decoy Stances: From the beginning of the fight, the monkey attacks moving forward, while using fluid, rapidly changing, decoy stances.
3. Indirect hitting to make your attacks unpredictable and your movement and intentions unreadable.
4. Vertical picture decoy stance
5. Horizontal frame decoy stance
6. Roof hit decoy stance
7. Rib opening decoy stance
8. Back open decoy stance
9. Wide open decoy stance

❖ ***Techniques and Throws***

1. Using off balance points: Head, Shoulders, Elbows. Knees, Hips and Ankles
2. Head control and takedowns using the head
3. Shoulder Pull Takedowns
4. Using the eye sockets to pull
5. Drags and pulls on the arms
6. Sweeps: Sapu/ Beset

❖ ***Symbolism***

On the Circle of Creation (The PCK Logo) the Monkey is in the West and is associated with the water element. The west is associated with ideas, fluidity and adaptability of thought, and learning. Monkey uses this flexibility and creativity to bring all of the other animal energies into its movement when it imitates them. Monkey's demeanor reflects its position on the circle in relation to the goal. It faces the goal or target (North) only indirectly at first until things become physical (which is associated with the South). Monkey uses indirect vision, but once engaged it uses a similar demeanor to Tiger, staying locked on to its target, with a slightly more erratic style of panning and scanning while maintaining that direct vision of the opponent.

❖ ***Attributes***

1. Element - Water
2. Circle of Creation - Western Quadrant
3. Color - Blue
4. Internal trigger - Left hand slaps left thigh

Tiger Advanced Specialized Movement

❖ *Harimau Postures/Stances*

1. Kuda Kiri, Kuda Kanan
2. Macan Kuda
3. Naga Kuda
4. Ular Kuda
5. Raja Harimau (King Tiger)
6. Frontal position/ Rear position
7. Sitting Tiger and Coiled Tiger
8. Impale position
9. Fully Supported Position
10. Grounded Tiger: Flat on back
11. Grounded Tiger: Sitting up, hands on the inside of your legs.
12. Kura Kura (Turtle) - On back with legs up

❖ *Upper Body*

1. Tiger Hands – Forceful parries using a tiger claw position that can grab/crush
2. Sansat, Straight and Vertical Punch, Gunting Elbows, Hit-grabs, Forearm Strikes
3. Jurus Batekan, Kelid/Selup, Teunggeul Ambreg/Sabeulah, Timpah Sabeulah, Tagogan, Timpugan
4. Hunts the neck, legs and groin, and control of the head
5. Hand to foot takedowns and hand sweeps from the ground
6. Bites and Head-butts
7. Elbow Langkah

❖ *Lower Body*

1. PCK Square footwork
2. All grounded kicks with both hands planted on the ground hunt the knees/ankles
3. Falling tiger kick, leg sweeps and impact sweeps
4. Scissors and Shear moves against ankles and knees
5. Leaping elbow and knee attacks
6. Harimau front sweep from a standing position with a Saber Kick type motion
7. The ability to spring up from any posture
8. Harimau rear sweep from a standing position - Fake a BHSP to the head and use your momentum to deliver a leg sweep with a Dragon Tail type motion
9. Upright Tiger elbow and knee takedowns

❖ *Decoy and Deception*

1. Head Decoys
2. Elbow Leading Position
3. Low postures give the appearance of vulnerability and less mobility
4. Makes the opponent's upright options limited
5. Create specific targets where strikes are then crushed and impaled or hit/ kicked
6. All Harimau postures used to bait/ decoy

❖ **Specialized Moves**

1. Teeth of the Tiger
2. Tiger Hooks: Elbow technique for grappling defense
3. War Wheel
4. Pukulan Wedge – Elbow/Knee attack from depok/sempok or slippery foot movement
5. PCK attack on a fallen opponent with knees, stomps, kicks, knee elbow strikes

❖ **Techniques and Throws**

Tiger uses shearing and crushing throws when upright, cutting the opponent down between a rooted base and heavy-handed strikes or throat hits or elbow spears (fangs). Throws take over the opponent's space and are rooted in solid stances.

❖ **Symbolism**

On the Circle PCK Tiger represents the earth element and faces north. It sits in the south on the diagram but always facing north. This symbolizes always keeping your sights on the goal (North). This is reflected in Tiger's demeanor. Once it locks on to a target it takes it as if it has already seen the end result. It drives forward full power and never loses eye contact with its prey.

❖ **Attributes**

- | | |
|---|--|
| 1. Element - Earth | 3. Color - Red |
| 2. Circle of Creation - Southern Quadrant | 4. Internal trigger - Left hand slaps left forearm |

❖ **Advanced Study of PCK Jurus**

- | | |
|------------------------|----------------------------|
| 1. Cimande Jurus 17-24 | 3. Cimande Core Principles |
| 2. Sera Jurus 9-13 | 4. Sera Core Principle |

❖ **Level 4 Weapons**

1. Limbuan: Stick- Applications from Jurus, 3 Grips, Combative Flow, Sparring
2. Pisau: Advanced Flow, Sparring
3. Parang: Langkah Parang Form
4. Beginning Study of Kerambit
5. Beginning Study of PCK Halu

❖ ***Level 4 Supplemental Learning***

1. Hard Sparring
2. Advanced PCK Healing and Internal Energy Study
3. Cecer Mata Ceremony

❖ ***Level 4 Self Defense – Bela Diri - Set 3 - Multiple Attackers)***

1. Combine 2 Empty hand techniques with Multiple Attackers
2. Combine 1 Empty Hand and 1 Weapon technique with Multiple Attackers
3. Combine 2 Weapon techniques with Multiple Attackers

GURU MUDA – BLACK SASH (WHITE NAGA)

Advanced Animal Syllabus

Snake Advanced Specialized Movement

❖ *Postures*

1. Black Cobra Position (Using Geometric Patterns)
2. Cross Position
3. Weaving Cobra Elbows
4. Elbow leading
5. Figure 8 Snake movement with Cobra Fists and flat snake hands
6. Snake stays in motion, weaving and darting. The postures are “alive”
7. Close quarters knife position with knees together and arms in front of the core
8. Arms stay closer to the body and knees stay close together

❖ *Upper Body*

- | | |
|---|--|
| 1. Double and single open hand snake strikes | 8. Overlapping elbow and knee spear attacks |
| 2. Double and single cobra head strikes, falling cobra head strikes | 9. Python - Ular Sawa Movements- Python Arms |
| 3. Figure Eight Hand Movements | 10. Fang strikes - Hits neck with thumb and first two fingers |
| 4. Black Cobra Defensive position - square, circle, triangle, figure eight | 11. Biting with the fingers to use pain to keep an opponent in place |
| 5. Black Cobra and Cross Position | 12. Wrapping techniques to immobilize and break |
| 6. Jurus: Kelid, Selup, Teke Jurus, Tawekan, Timpah Sabeulah | 13. Neck, arm and leg breaks |
| 7. Elbows in close: Cross, Upward, Back, Downward, Cobra Elbows, (Shoulders also) | 14. Strangles and chokes |

❖ *Lower Body*

1. Knees stay together
2. Half-moon, Weave Step, Close quarter version of footwork is abbreviated and always has the back leg draw in behind the front afterward
3. Saber kicks - use instep of foot or shin / Toe point kicks - use the ball of the foot
4. Kicks to low extremities, targets closer and lower targets to keep the inside of the legs protected
5. Rising snake kicks - Use instep of foot or toes - kicks above waist
6. Slippery Foot Moves leading into kicks
7. Rear snake tail strikes to the groin, Dragon tail kicks
8. Foot trapping

❖ *Decoy and Deception*

1. Snake utilizes the writhing, coiling and weaving motions to create indirect hitting.

2. Stay in motion, no telegraph to the strikes because the origins are out of movement and the body mechanics are tight so there is no apparent hip or shoulder movement to telegraph the hit.
3. Snake will lure the opponent in with cobra positions, elbows, and cross position to uncoil into strikes.

❖ **Specialized Moves**

1. Shear Step: Elbow/Knee Technique
2. Plate/Saucer Dance: Python Flow
3. Internal Sparring - Partner exercise teaching sensitivity through adhesion

❖ **Techniques and Throws**

Python wraps, locks and breaks the opponent and drags them to the ground sometimes utilizing bites while doing so.

❖ **Symbolism**

Snake sits in the East on the Circle and represents the fire element. It is raw fire/electric energy and is associated with will power. It is the injection of focused, relentless, raw primal energy into your attack. It is the decision to let yourself go into combat mode and then letting that energy propel you into action. It is the point of no return. Whereas the South represents the means to defend/ attack and the physical act of doing so, the East represents the energy and spark that ignites in you that allows you to actually do those things. This area implies mental training to take your art from practice to real combative experience and energy in your training.

❖ **Attribute**

- | | |
|--|---|
| 1. Element – Fire | 4. Internal trigger - Left hand slaps right forearm |
| 2. Circle of Creation - Eastern Quadrant | |
| 3. Color - Orange | |

Crane Advanced Specialized Movement

❖ **Postures**

- | | |
|---|---|
| 1. Crane uses the Geometric patterns (Circle, Square, Triangle) as well as longer stances like the Cimande and Pukulan Stance | 3. Crane will flow and move and sometimes momentarily freeze in a position essentially creating a posture out of it |
| 2. One legged postures | 4. Pivoting Head Movements |

❖ **Upper Body**

- | | |
|--|--|
| 1. Art of the Floating Palm - square, circle, triangle | 4. Art of the Floating Wings - in close Crane knee and elbow blows |
| 2. Open Hand strikes and Palm strikes | 5. Sablet (Hits with the fingertips) |
| 3. Slapping for off timing (auditory) | 6. Kaprait (Hits with the whole back of the hand) |

7. Figure 8 elbows
8. Crossed wing position
9. Dropping elbows with short straight knee blows - knees alternate with the elbows
10. Hammer fist; Poison hand blows with the hammer fist; Poison hand shield
11. Front hand camouflaging the BHSP
12. Poison hand blows with the wrist and open hand

13. Inverted punch Beak strike (All fingers are held together) Hits with the bone on the back of the wrist
14. Side Arm and Leg Block
15. Wings hook and pulls in their head, etc., then release and elbow
16. Elbow wing strikes

❖ **Lower Body**

1. Jumping triangle attacks
2. Kilap attacks: Zig Zag with footwork and jumping
3. Jumping Crane leg breaks - Leap on their foot and hit their legs with both of your knees
4. Stomping for off timing and to catch the foot
5. In close Crane kick - Scrape the shin while stomping down on their foot
6. Wheel kicks and Reverse Wheel kicks, Cross kick, Side kick
7. Clip Kick with Air Pivot - Jump and feint with a high kick, before you land the other leg does a low front kick or side kick
8. Edge of foot kick
9. Feet hook their incoming kicks, then counter and kick them back

❖ **Decoy and Deception**

Crane uses the idea of drawing in the opponent's awareness at longer range before the attack to control where and when they will strike. It uses flowing movement mixed with belligerent slapping and stomping to confuse and distract. It will freeze sometimes to break up the timing to confuse. Lazy crane and Wounded crane can change the way the crane movement is done to adhere or decoy respectively.

❖ **Specialized Moves**

1. Wounded Crane Falling Star: One leg (R) steps with half-moon footwork. The other knee and elbow (L) move upward and you jump up with a leap. Your right fist comes down with a waterfall punch.
2. Movements of the Mad Rooster: Extreme bamboo and off-timing. The head leads the strike and the foot finishes with a stomping action which generates a whip type power.

❖ **Throws and Takedowns**

1. Crane uses the opening and closing of the wings to produce takedowns and throws.
2. The push across the face with the opponent's arm pinned is crane and uses the idea of a closed and open wing together.
3. Stomping a downed opponent can be crane
4. Breaks and locks as throws, Kepala Throws

❖ **Symbolism**

Crane sits in the North and represents the air element. North is associated with a goal or finished product. The end results. It is also associated with the intellect and knowledge. It is seeing the end result as if it has already happened. With intellect we control our opponent's awareness to the point where we choose where they can attack, how they can attack and what to attack with. You learn to control their options. This allows you to see the future so to speak and be ahead of the opponent mentally and therefore the association with the completed attack.

❖ **Attributes**

1. Element - Air
2. Circle of Creation - Northern Quadrant
3. Color - White
4. Internal trigger - Right hand slaps right thigh

❖ **Advanced Study of PCK Jurus**

1. Cimande Jurus 24-33
2. Sera Jurus 13-18

❖ **Weapons**

1. Limbuan: Stick- Double Stick, Stick and Knife
2. Pisau: Jurus Applications and Techniques
3. Parang: Completion of Form, Cleansing the Body with the Blade
4. Beginning Study of Kujang
5. Improvised Weapons: Using Your Surroundings, Flexible (Sarong)

❖ **Supplemental Learning**

1. Full Contact Sparring
2. Ilmu Rahasia
3. The Culture and use of the Keris in Silat
4. Advanced Tenaga Dallam
5. Rasa

❖ **Combat Test**

- 2 Opponents Full Contact

PCK ACHIEVEMENT AWARD

This is awarded to a student who has gone above and beyond in their training, honoring their Guru, the Ancestors and PCK with their conduct inside and outside of the school.

PCK INSTRUCTOR CANDIDATE AWARD

This is awarded to an Advanced Practitioner who has shown the determination, character and skill to be considered for Instructor ranks.

This student goes above and beyond to help the school and its students to succeed and sets an example for how other students should carry themselves.

PCK SILAT GOLD SASH AWARD

This is the highest achievement award in PCK Silat, given to a practitioner that embodies the moral and fighting code of the Silat Warriors and Ancestors of our Lineage.

This is the type of student that all others should look to as an example and one that they should strive to emulate. This student or teacher has skill, conduct and demeanor that reflects the way that we would wish to have presented to the world as an example of PCK Silat.