



# SAMI INTERNATIONAL

## PANANTUKAN CONCEPT

### LEVEL 4 / 12 MONTHS ( 120 E )

# LEVEL 4 REQUIREMENTS

**Step work** - Diagonal Step, Full Step, Push Full Step, Combination of Step Work, Punch-Step Combinations

**Positions** - half cover boxing position

**Evasion** - Evasion in a short distance

**Box Serie Set 4** - Jab Raking, Hammerfist Boxing, Jab Low raising up, Jab from below to the top, elbow combinations

**Kickboxing Set 4** - all different heights, Punch-/Kickcombinations 1-3

**Sinawali Hands** - 4 Count - connected with punch combinations, half beat punching, applications, openings for Jab/Cross, elbow & hammerfist, concepts

**Close Distance Drills** - elbow drills, isolations and applications

**IFM - Infight Methode** - Hammer Concept, Elbow Concept, Cover Concept, Stand Up Grappling, Clinch, Chokes

**Entry Defense Concept / Upper Line Defense** - defense against straight and round attacks - IFM, Sinawali Hands, Entry Defense Flow

**Entry Defense Concept / Close Distance Training** - elbow, Clinch, Hook - defense in the short distance

**Street Defense** - defense against Clinch, clutch and chokes, more opening techniques in the Infight, set applications

**Ground Defense** - Lock Chain on the ground, Take Downs

**Stand Up grappling** - Choke drill, Head Control

**Drills** - Defense & Counter, Defense & Counter & Recounter, 2 Catch Drills, Boxing Drills, Rhythmic Boxing Drills

**Hubud Set 4** - elbow, switch sides, Hammer Concept, Clinch, Hubud Action Training

**1 Tap Drills** - elbow, Infight, counter the opening

**2 Tap Drills** - elbow

**Trapping** - Series 5, Hammertrapping, elbowtrapping

**Trapping Gates 11-14** - multiple trapping, Trapping Set 3 and 4 with elbow and strikes

**Hubud Attack/Defense** - set attack and defense moves

**Hubud with Kicking** - set attack and defense moves

**Hubud Street Defense** - set attack and defense moves

**Hubud Feeder Drills** - 2 Punch Hubud, Cross, Outside, Inside

**Hubud with Trapping**

**Hubud Pad-Training**

**Hubud Entry Defense Concept** - all openings from the lower levels

All content taught will be connected. For example, Hubud with Trapping, Entries with Trapping, Entries with Hubud and so on.

[www.panantukan-concept.com](http://www.panantukan-concept.com)

Copyright © Peter Weckauf

**SAMI**   
DISCOVER YOUR FIGHTING SPIRIT