

PENCAK SILAT ENGAGEMENT PROGRAMS

Komodo Evolution



EXERCISE BENEFITS



It has been shown that participation in regular physical activity reduces the risk of coronary heart disease and stroke, diabetes, hypertension, colon cancer, breast cancer and depression. Additionally, physical activity is a key determinant of energy expenditure, and thus is fundamental to energy balance and weight control.

Source: <https://www.ncbi.nlm.nih.gov/books/NBK305049/>



KOMODO KNEE HUGS #1

Physical description of exercise:

From standing position raise one leg while balancing on the other leg. With both hands grab knee and pull leg to chest and hold while keeping foot in flat position with toes pointed upwards. Alternating sides while walking or standing in place.

Physical Benefits:

Prime movers: Hip flexors, Abdominal, Quadriceps
Stretch: Glutes, Hamstring, Hip, Lower Back

Neurological benefits:

Balance, Spatial cognition, Cross crawl activity



STANDING QUAD STRETCH #2

Physical description of exercise:

From standing position raise one leg while balancing on the other leg. With one hand grab ankle or foot and pull heel towards buttock. Keep straight leg slightly bent and to avoid knee injury do not pull sideways against knee joint. Alternating sides while walking or standing in place.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Back. (stability)

Stretch: Hamstring, Hip

Neurological benefits:

Balance, Spatial cognition

KOMODO STANDING HIP OUT/IN#3/4



Physical description of exercise:

From standing position raise one leg while balancing on the other leg. For the hip out application the knee will be pointed forward, for the hip in application the knee will be pointed 90 degrees to the outside of the body. The foot will be flat with toes pointed upward. While keeping the knee bent rotate hip to open or closed position.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh
Stretch: Hip flexors, Groin, Adductor

Neurological benefits:

Balance, Spatial cognition

KOMODO DYNAMIC HIGH KICK#5



Physical description of exercise:

From standing position raise one leg while balancing on the other leg. Keeping both legs straight but not locked kick forward as high as the body will allow. Foot will be flat with toes pointed upward.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Back (stability)

Stretch: Hamstring, Hip, Calve

Neurological benefits:

Balance, Spatial cognition, Cross crawl activity benefit

DYNAMIC 2-LEGGED DOG POSITION #6



Physical description of exercise:

From standing position raise one leg behind and pivot from hip keeping back aligned and touch the ground with opposite hand. This exercise can be performed while taking one step and alternating sides or standing and alternating sides.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Arm, Core stabilizers

Stretch: Hamstring, Hip, Calve, Lower back

Neurological benefits:

Balance, Spatial cognition, Cross crawl activity benefit, Increased circulation

KOMODO LUNGE TWIST #7



Physical description of exercise:

From standing position perform a forward lunge. With aligned spine twist from side to side slowly while in lunge position.



Physical Benefits:

Prime movers: Hamstrings, Quadriceps, Hip flexor muscles, Gluteus maximus, and Adductor muscles Inner thighs, Core stabilizers
Stretch: Hip flexors, Hip, Lower Back

Neurological benefits:

Balance, Spatial cognition

KOMODO DEKOK SWEEP #8



Side

Front

Physical description of exercise:

From standing position place knees together bending one knee and allowing front foot to move forward one shoulder width forward. Front foot should be flat and pointing toes upward. With back aligned pivot at hip and lower both arms towards ground making a sweeping motion from back to front , bringing arms to front of face.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizers
Stretch: Hamstrings, Groin, Adductor, Calve, Lower back

Neurological benefits:

Balance, Spatial cognition, Increased circulation

KOMODO HIGH KNEE #9



Physical description of exercise:

From standing position raise one leg while balancing on the other leg keeping spine aligned. With opposite hand touch the top of raised knee while keeping foot in flat position with toes pointed upwards. Alternating sides while walking or standing in place.

Physical Benefits:

Prime movers: Hip flexors, Abdominal, Glutes, Quadriceps
Stretch: Glutes, Hamstring, Hip, Lower Back

Neurological benefits:

Balance, Spatial cognition, Cross crawl activity

DYNAMIC KOMODO PUSH PULL #10



Physical description of exercise:

From standing position begin with reverse cross leg balanced stance (Simpir) with hands in a claw type fashion one short and one long twisting the upper body to face in the long direction. Unwind the body to common horse stance, knees bent back aligned, toes forward (Kuda Kuda) while performing a pull down motion in tension with your arms to chambered position. Turn body opposite direction into common front stance, back leg straight, foot flat, front leg bent forward and back aligned (Kuda Depan) while pushing both hands in tension away from the body. Breathing in while pulling and breathing out while pushing. Alternate sides.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Arms, Shoulders, Chest
Stretch: Hip flexors, Groin, Adductor, Calve, Lower back, Hamstring

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination

DYNAMIC KOMODO LUNGE AND FRONT SWEEP #11



Physical description of exercise:

From standing position begin with legs at two shoulder width apart, perform squat with back aligned and stand up then perform a side lunge to one side. With toes up and foot flat balancing on bent leg perform a spinning motion in the direction the toes are point.(forward sweep) Stand up from side lunge position and repeat process on opposite side.

Physical Benefits:

Prime movers: Hip flexors,
Hamstring, Glutes, Quadriceps,
Groin, Outer thigh, Core stabilizer
Stretch: Hip flexors, Groin,
Adductor, Calve, Lower back,
Hamstring

Neurological benefits:

Balance, Spatial cognition,
Increased circulation, Hand-
eye coordination

DYNAMIC KOMODO LUNGE AND BACK SWEEP #12



Physical description of exercise:

From standing position begin with legs at two shoulder width apart, perform squat with back aligned and stand up then perform a side lunge to one side. With toes up and foot flat balancing on bent leg perform a spinning motion in the opposite direction the toes are point.(backward sweep) Stand up from side lunge position and repeat process on opposite side.

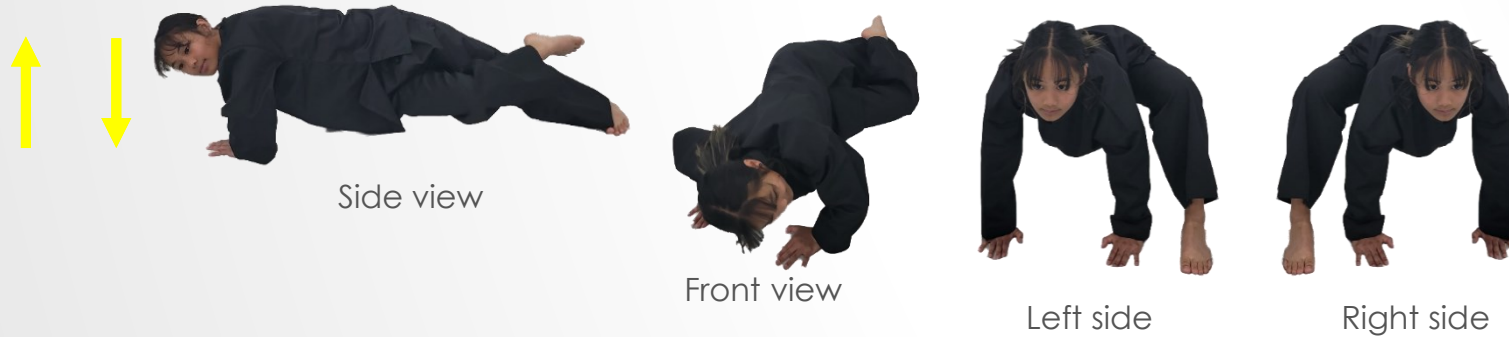
Physical Benefits:

Prime movers: Hip flexors,
Hamstring, Glutes, Quadriceps,
Groin, Outer thigh, Core stabilizer
Stretch: Hip flexors, Groin,
Adductor, Calve, Lower back,
Hamstring

Neurological benefits:

Balance, Spatial cognition,
Increased circulation, Hand-
eye coordination

DYNAMIC KOMODO PUSH-UP AND GECKO POSE #13



Physical description of exercise:

From plank position, cross one leg under extended leg and perform a push-up, return to plank position, shift weight to extended leg and bring other leg up to same side hand position. Repeat process on other side

Physical Benefits:

Prime movers: Hips, Hamstrings, Groins, Hip flexors, Quadriceps, Chest, Shoulders, Neck, Arms
Stretch: Hip flexors, Groin, Adductor, Calve, Lower back, Hamstring, Glutes

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination

DYNAMIC KOMODO FALL DRILL #14



Physical description of exercise:

Roll: From a kneeling position reach around towards high leg, shape arm in an arching position along the ground. While tucking chin into chest begin forward roll over the arched arm's shoulder, keep core and legs in a tucked ball position to complete the front roll to a sitting position. **Back Fall position:** From sitting position with both feet flat to ground, tuck chin low to the chest to prevent the back of head hitting the ground. (Cont. next slide)

DYNAMIC KOMODO FALL DRILL CONT.

- **Physical description of exercise:**

Position arms vertically at ninety degrees with palms facing towards the ground. Propel the upper part of the body backwards towards the ground targeting the mid back to land on the ground. Time the landing with palms smacking the ground with arms in a forty five degree position from the torso to prevent injury to shoulders. Simultaneously raise hips and buttocks upward to prevent injury to lower back. **Side fall:** From a laying position on the back cross one leg over the top of the other leg. Bend both legs at forty five degrees with top legs foot flat on the ground to absorb impact. With palms facing down smack the ground with arms at a forty five degree from torso. Keeping lower legs ankle off the ground to prevent injury. **Back roll:** From sitting position extend one arm to ninety degrees from torso and roll backwards over extended arms shoulder to lower squat position. **Plank:** From lower squat position leap forward and land on palms and forearms, shoulder width apart to a plank position. **Gecko position:** From the plank position shift weight to extended leg and bring other leg up to same side hand position. Repeat process on both sides and repeat drill starting at front roll.

Physical Benefits:

Prime movers: Hips, Hamstrings, Groins, Hip flexors, Chest, Shoulders, Neck, Arms, Heart, Lungs
Stretch: Hip flexors, Groin, Adductor, Calve, Lower back, Hamstring

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination

WALL PUSH OFF #15



Physical description of exercise:

From standing position place toes at wall. Perform one large step backwards and put feet together so that the body will be inclined while performing exercise. Place one hand on the wall. Perform one small step in the opposite direction of the arm placed on the wall. Bend arm to bring head to wall and push off. Repeat both sides.

Physical Benefits:

Prime movers: Lower Stability muscles, Shoulder, Chest
Stretch: Calves

Neurological benefits:

Balance, Postural stability

KOMODO INSIDE/OUTSIDE CRESCENT KICK #16/17

START IN OR OUT



Physical description of exercise:

From common front stance, back leg straight, foot flat, front leg bent forward and back aligned (Kuda Depan) **For inside** to outside raise one leg up the centerline and kick in a crescent motion with toes pointed upward, glancing or cutting target with the outside edge of foot, **For outside** to inside bring one leg up to the side of the body and kick in a crescent motion towards the inside of the body, glancing or cutting the target with the outside of the foot.

Physical Benefits:

Prime movers: Hip flexors,
Hamstring, Glutes, Quadriceps,
Groin, Outer thigh
Stretch: Hamstring, Hip, Calve

Neurological benefits:

Balance, Postural stability,
Cross crawl activity

KOMODO GROUND STEPPING #1, #18



Physical description of exercise:

From a kneeling position slide front knee and hip to ground in a sitting position with front knee forward and back knee facing away from body. Hands will move in a “block” “fan” motion (Tangkis Kipas). Bring both knees together back to kneeling position and repeat on opposite side.

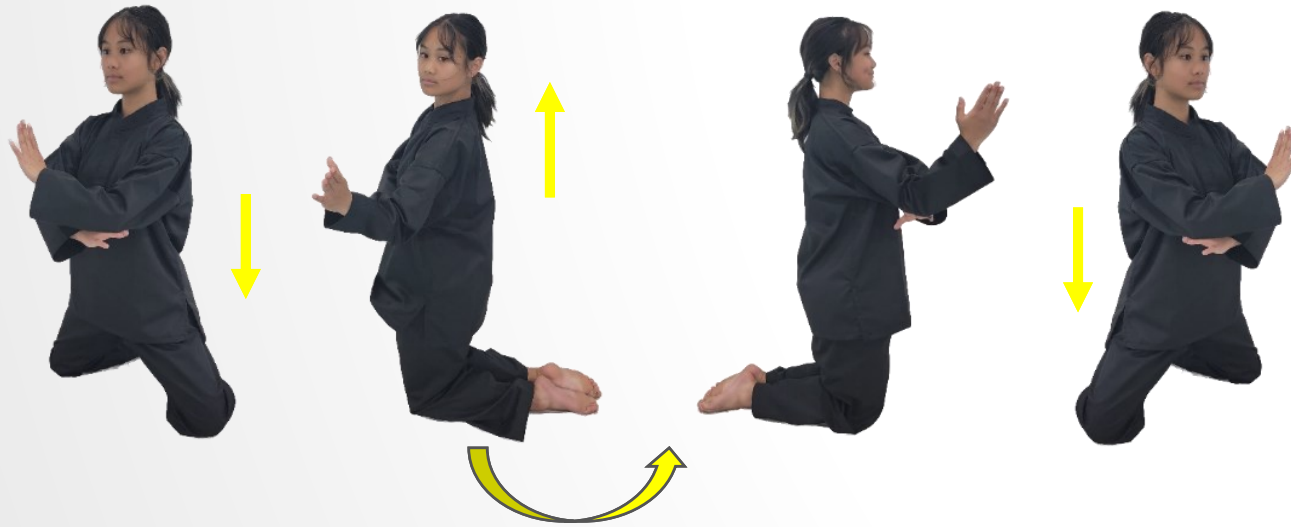
Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer, Arms
Stretch: Hip flexors, Groin, hip rotators.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

KOMODO GROUND STEPPING #3, #20 (#19 IS THE TRANSITION)



Physical description of exercise:

From a kneeling position, keeping both ankles together. Open hips while sliding on knees and sit, return to kneeling position and spin on knees 180 degrees. Alternate sides. Hands will move in a “block” “fan” motion (Tangkis Kipas).

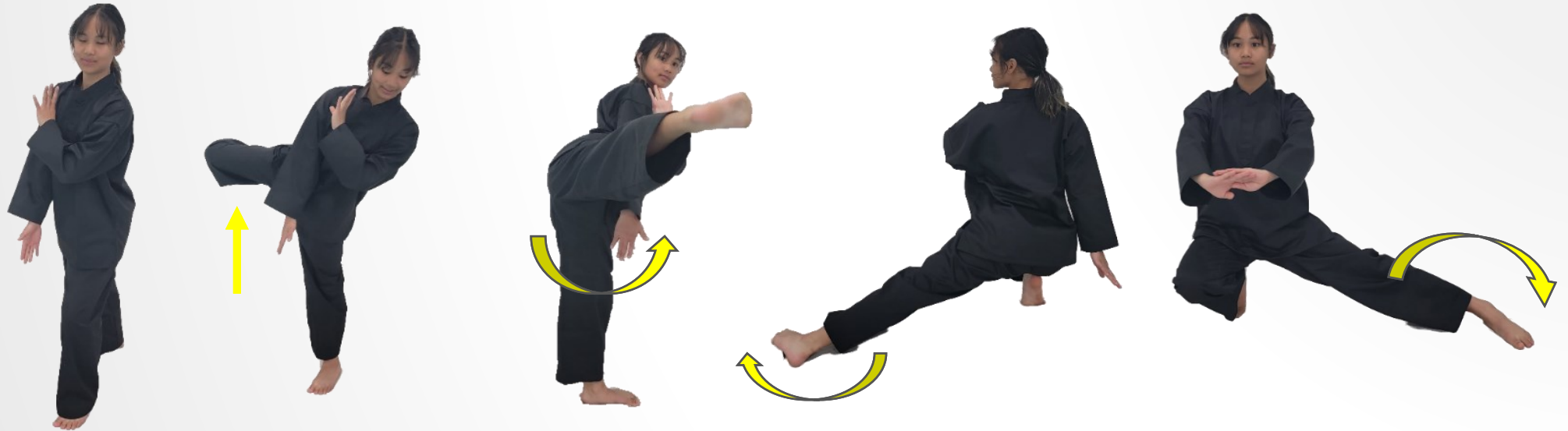
Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer
Stretch: Hip flexors, Groin.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

KOMODO CHASE #1, #21



Physical description of exercise:

From a standing position balance on one leg bringing knee to outside of body. Release raised leg in a kicking type motion with the intention of slicing the target with the outside of foot. Pivot on standing ball of foot. Place same hand as kicking leg to “protect” inside of raised leg. After “round kick” is performed, with opposite leg perform a “forward” sweep (direction toes are pointed) in the opposite direction of previous kick.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer, Arms
Stretch: Hip flexors, Groin.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

KOMODO CHASE #2, #22



Physical description of exercise:

From a standing position balance on one leg bringing knee to outside of body. Release raised leg in a kicking type motion with the intention of slicing the target with the outside of foot. Pivot on standing ball of foot. Place same hand as kicking leg to “protect” inside of raised leg. After “round kick” is performed, with opposite leg perform a “backward” sweep (direction heel is pointed) in the same direction of previous kick.

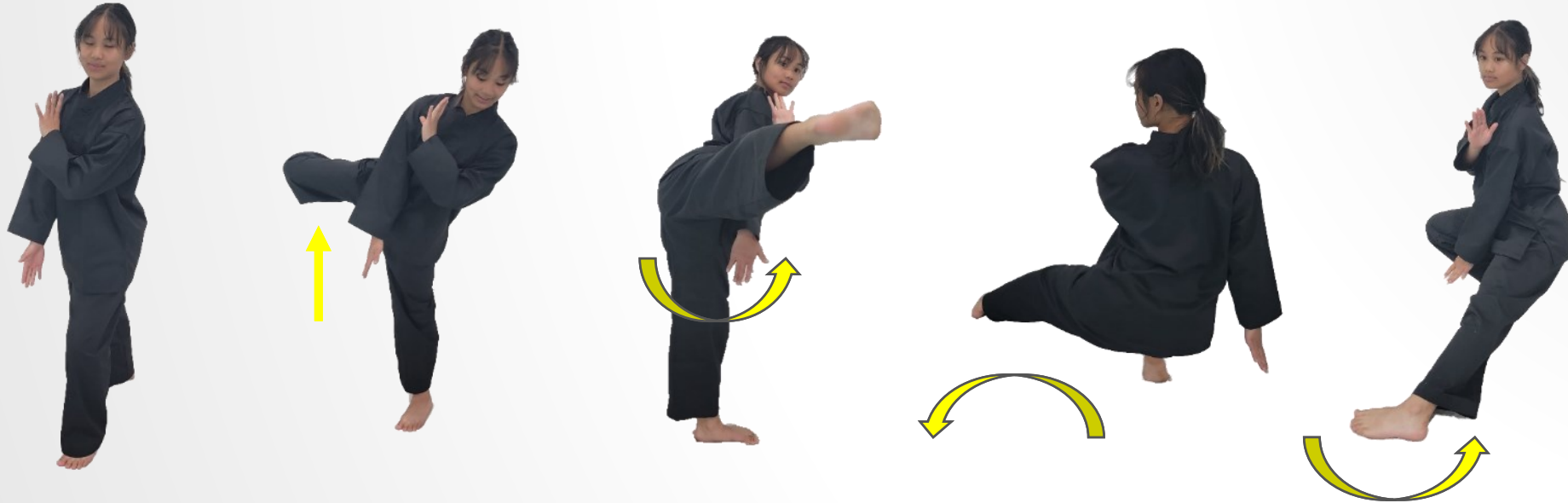
Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer
Stretch: Hip flexors, Groin.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

KOMODO CHASE #3, #23



Physical description of exercise:

Repeat DC2 and balance on one leg bringing knee to outside of body. Release raised leg in a kicking type motion with the intention of slicing the target with the outside of foot. Pivot on standing ball of foot. Place same hand as kicking leg to "protect" inside of raised leg. After "round kick" is performed, with opposite leg perform a "backward" sweep (direction heel is pointed) in the same direction of previous kick continue 360 degree spin with sweep leg.

Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer, Calf
Stretch: Hip flexors, Groin.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

EXTERNAL HIP ROTATOR STRETCH (SEMPOK) #25



Physical description of exercise:

From a standing position with feet 1.5 – 2.0 shoulder width apart, rock to one side raising toes, begin twisting at the ankle and bending knee to lower body, bend opposite knee to the ground and complete the sitting position with spine aligned. Hands will come together in front while sitting. Without touching the ground shift weight and stand up in a unwinding motion. Repeat in other direction.

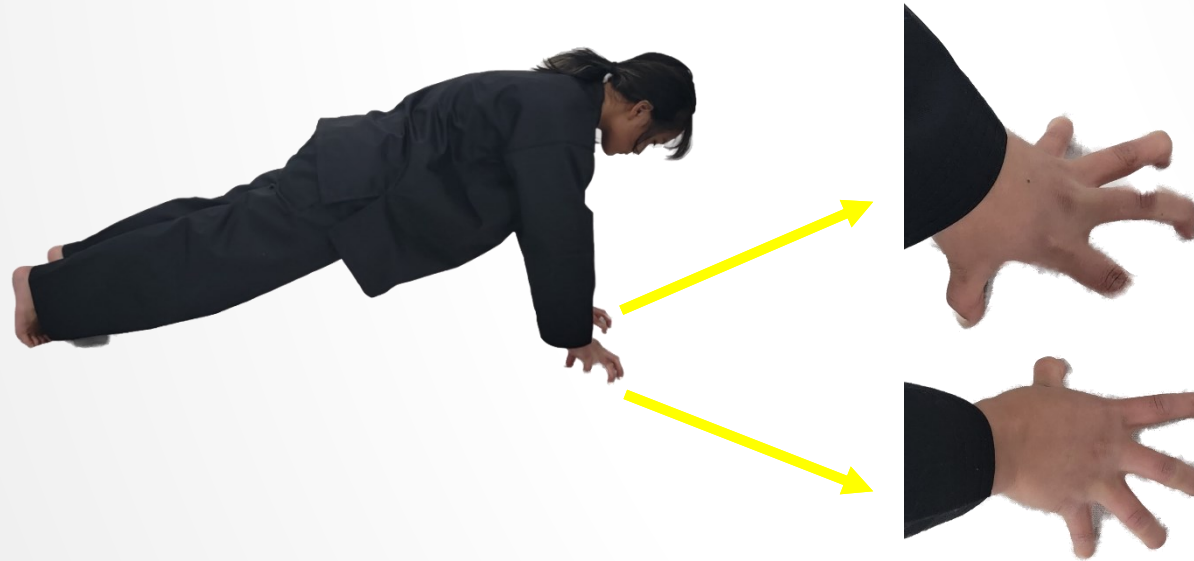
Physical Benefits:

Prime movers: Hip flexors, Hamstring, Glutes, Quadriceps, Groin, Outer thigh, Core stabilizer
Stretch: Hip flexors, Groin, hip rotators.

Neurological benefits:

Balance, Spatial cognition, Increased circulation, Hand-eye coordination, cross crawl activity.

KOMODO PUSH UP #26



Physical description of exercise:

From a prone position perform a push up and down with the alteration of using the finger tips as base.

Physical Benefits:

Prime movers: Chest, Shoulders, Arms, hands, Core stabilizer
Stretch: Calve.

Neurological benefits:

Balance, Spatial cognition,
Increased circulation, Hand-eye coordination