

#### IMPORTANT NOTE – On Dropping Techniques

For techniques that involves touching the ground, only listed techniques approved under the International Pencak Silat Competition Rules and Regulations is allowed.

Following are the dropping & kicking techniques (as listed in this manual):

1. Scissors (touch the ground in the midst of doing scissors)
2. Back Scissors (touch the ground in the midst of doing scissors)
3. Pull Scissors (touch the ground in the midst of doing scissors)
4. Single Leg “Crocodile”
5. “Corkscrew”
6. On the Ground Dropping
7. Single Horse Kick
8. Double Horse Kick