



# **Silat for the Street: Using the Ancient Martial Art for Self-Defense in the 21st Century**

*Burton Richardson*

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Renowned silat instructor Burton Richardson, who has cross-trained in Brazilian jiu-jitsu, kali, jeet kune do and muay Thai, reveals what his knowledge of those systems and MMA helped him identify as the best silat tactics and techniques for modern self-defense.

His *Silat for the Street* breaks down fights into various sections to make them more readily understandable. They include the following:

- Footwork — These movement patterns will give you the advantage when you need to attack an opponent.
- Entries — They will enable you to safely and dynamically enter into close quarters, where you can fire your weapons or execute a takedown.
- Clinch positions — These inside control positions will permit you to trap your opponent's arms, neck or body while minimizing your chance of being hit.
- Takedowns — These moves offer a variety of methods for getting an opponent on the ground, all of which are explained in detail.
- Ground fighting — This part of silat enables you to quickly dispatch an opponent if you end up on the ground.
- Sarong tactics — This section demonstrates how you can use a towel or jacket as a makeshift weapon of self-defense.

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