



# Safe Pencak Silat Guide

Think Safe. Play Safe. Stay Safe



## INTRODUCTION



Pencak Silat is an art of self defense originated from the Malay ethnic group culture. Like all martial arts, Pencak Silat promotes the values of self discipline, character building and generate healthier lifestyle and stronger self esteem.

The word Pencak means skilful body movement in variations of self defense techniques. However the word Silat means the application of the techniques. Both has to be combined to make its purpose worth and effective.

Here, in Singapore, the governing body is Singapore Silat Federation (SSF) or in Malay is Persatuan Silat Singapura (PERSISG). Founded in the year 1976, it started off the journey to establish the system to promote Pencak Silat not only in Singapore but also in the world.

In the world, Pencak Silat has a governing body called Persatuan Pencak Silat Antarabangsa (International Pencak Silat Federation) or in short PERSILAT, founded in the year 1990. It comprises of 4 founding member countries: Singapore, Indonesia, Malaysia and Brunei Darussalam.

The Asian Pencak Silat Federation was later established in the year 2011, where it is to be hub in Singapore, being the secretariat center. It kicked off during the 1<sup>st</sup> Asian Pencak Silat Championship 2011 here in Singapore, participated by most of the big giants of Pencak Silat, namely Singapore, Indonesia, Brunei Darussalam, Malaysia & Vietnam.

The European Pencak Silat Federation (EPSF) was established on 22 September 2001 in Den Haag, The Netherlands by the national Pencak Silat Federations of eight European member countries.

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## INTRODUCTION

Learning the art and sport of silat is a rewarding experience for all ages. It gives a great sense of basic fitness, helps develop balance and coordination and encourages social network.



### Safety

Setting the safety standards of training Pencak Silat at community level as well at competitive level.

### Instructional

Throughout the training it should be instructional and not letting trainees be on their own.

### Learn

Enjoy and learn the art with lesser risk to health hazard.

### Alert

At all time during the training, one has to be on their alert mode throughout.

### Thorough

The safety aspect has to be thorough for all ages and all individuals not leaving a single soul be at risk.

# Manual On Silat

**John Sherman Porter**



## Manual On Silat:

Pencak Silat for Future Generations O'ong Maryono,2015-10-10 This manual lays out techniques of the Keluarga Pencak Silat Nusantara KPSN one of the leading pencak silat organizations in Indonesia Moving from the fundamental elements stances and strikes to exploring complex series of moves for exercise self defense and competition the manual shows the richness and uniqueness of this still relatively unknown martial art The concise text and attractive illustrations provide an easy learning tool for beginners or enthusiasts looking to expand their knowledge of pencak silat Instructors Confidential Manual Supplemental Handbook , Proceedings of the 3rd International Colloquium on Sports Science, Exercise, Engineering and Technology Norasrudin Sulaiman,Shariman Ismadi Ismail,Rahmat Adnan,2018-10-11 This proceedings volume explores a range of sports related topics including sports science exercise sports engineering and technology in contributions prepared by respected experts and presented at the 3rd International Colloquium on Sports Science Exercise Engineering and Technology ICoSSEET2016 The goal of the conference was to bring together researchers and practitioners from academia and industry to address current challenges in various sports related areas and to establish vital new collaborations The topics covered can be primarily divided into 1 Sports Science and Exercise 2 Sports Engineering and Technology Application and 3 Sports Industry and Management **A Manual of the Practice of Medicine** Sir Frederick Taylor,1898 **Silat Ikhtiar - The South East Asian Martial Art** Jerome Blanes,2010-06 A clear and concise manual with over 800 illustrations The training manual of the South East Asian Martial Art Silat Ikhtiar with all the techniques including hand fighting and the weapons Pisau Badek Parang and Keris An inspirational collectors item **Manual of Hindustani, Or, The Stranger's Indian Interpreter** J. Frederick Baness,1894 A Manual of the Geology of India Geological Survey of India, Henry Benedict Medlicott, William Thomas Blanford, Valentine Ball, Frederick Richard Mallett, 1881 *A Manual of the Geology of India* Henry Benedict Medlicott, 1881 **A Manual of the Geology of India** V. Ball, 1881 *Moody's Manual of Investments* John Sherman Porter, 1916 Poor's Manual of Public Utilities; Street, Railway, Gas, Electric, Water, Power, Telephone and Telegraph Companies , 1915 **Manual of the Administration of the Madras Presidency, in Illustration of the Records of Government & the Yearly Administration Reports** Madras (India : Presidency), 1885 Silat Tales Gary Nathan Gartenberg, 2000 **Javanese Literature in Surakarta Manuscripts: Introduction and manuscripts of the Karaton Surakarta** Nancy K. Florida, 1993 Oriental Stories, Vol 2, No. 1 (Winter 1932) John Gregory Betancourt, Robert E. Howard, E. Hoffmann Price, 2008-01-01 Facsimile reprint of the Winter 1932 issue of the legendary pulp magazine Oriental Stories Included in this volume is work by Otis Adelbert Kline E Hoffmann Price Robert E Howard G G Pendarves more *Black Belt* , 2002-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75

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