



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 1st 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

Robert R. Redfield



Manual On Silat:

This book delves into Manual On Silat. Manual On Silat is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual On Silat, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Manual On Silat
- Chapter 2: Essential Elements of Manual On Silat
- Chapter 3: Manual On Silat in Everyday Life
- Chapter 4: Manual On Silat in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Manual On Silat. This chapter will explore what Manual On Silat is, why Manual On Silat is vital, and how to effectively learn about Manual On Silat.
3. In chapter 2, the author will delve into the foundational concepts of Manual On Silat. The second chapter will elucidate the essential principles that must be understood to grasp Manual On Silat in its entirety.
4. In chapter 3, the author will examine the practical applications of Manual On Silat in daily life. This chapter will showcase real-world examples of how Manual On Silat can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Manual On Silat in specific contexts. The fourth chapter will explore how Manual On Silat is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Manual On Silat. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual On Silat.

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