



# 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 (PERSIS). 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

**Xiang Xie**



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