



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

DP Hallahan



Manual On Silat:

The Top Books of the Year Manual On Silat The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Manual On Silat : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Manual On Silat : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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