

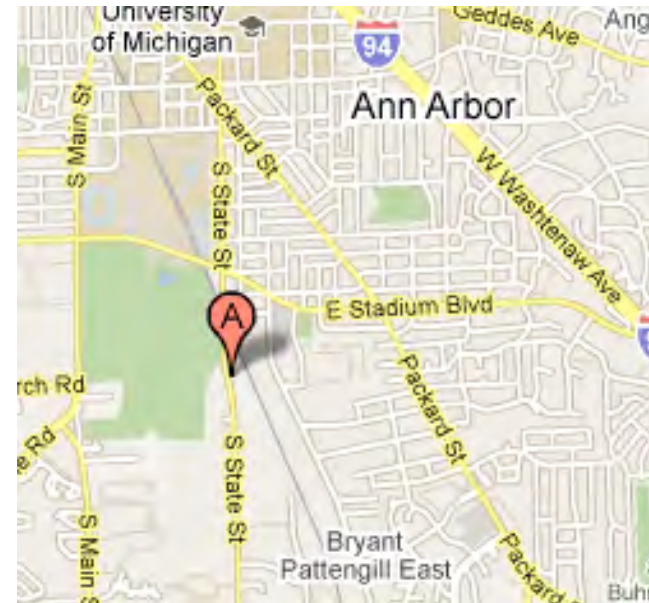


[www.InternationalSilatFederation.com](http://www.InternationalSilatFederation.com)



For more information on classes and workshops:  
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**Body Mind Spirit Wellness Center**  
**207 South State Street**  
**Ann Arbor, Michigan 48104**



## What is Silat?



Silat is ancient martial art that contains a mystical spiritual path, a highly perfected martial art system which complements the mental and spiritual aspects of life, awareness, health, and well-being. It is also a self-defense, fighting arts system, and the traditional and cultural way of the ancient people of West Sumatra originating from

Padang, Batu Sangkar, Pariaman, Padang Panjang, Kumango, Payakumbuh, Solok, Lintau, Sterilak, Bukkitinnggi, Sumatra Barat (and more). Silat, sometimes also called *Pencak silat*, *panchak*, or *montjak*, generally refers to Martial Arts styles that originate from the Minangkabau people. These people can be found spread throughout Southeastern Asia, more specifically around Indonesia, Malaysia, Singapore, Thailand, Brunei, and the Philippines.

Silat consists of more than one system and includes up to a eight hundred different systems, richly accented with traditional ceremonies and ethnic cultural dances, across the archipelago of 17,508 islands of Indonesia. Silat can be understood to be a comprehensive martial art and self-defense system, with various elements of self-defense components integrated through fluid but continuous actions. It can be construed as dance-like movements. This all is combined with ground fighting, strikes, traps, locks, sweeps, parries, and evasive footwork with continuous unpredictable counters. Silat practitioners learn the importance of 'feeling' and being aware and conscious at the same time. Learning the reality of being in the moment, occurring naturally through traditional training, not through videos and YouTube.

## Silat Tuo

Silat Tuo, "Tuo" meaning "old" or "traditional," incorporates effective defense and unpredictable offensive maneuvers, executed with precision. Silat Tuo uses evasive tactics & 'continuous action movements,' which are synchronized and delivered in balance. Silat



Tuo is a highly combative & sensitive martial art, taught traditionally, adhering to the elements and principles of West Sumatran "Pusako" Heritage. It combines comprehensive combat system and self-defense with *Kembangan*, or "Bunga Bunga," the flower, fruit (artistic dance-like movements.)



Women tend to excel at many of the essential elements of Silat Tuo, becoming very proficient practitioners and masters of the way. Their angles and "feeling" engrained in the art allow for great advantages against those with brute strength.

## Pencak (Pentjak) Silat or Silek

Pencak Silat is the cultural martial art indigenous to Indonesia, Malaysia throughout South East Asia. Wherefore Pencak Silat is more modern and referenced includes focuses on the competition and sport aspect with self-defense & self-realization. Silat - Silek is traditionally performed at celebration ceremonies, spiritual gatherings and other auspicious occasions. The demonstrations include the mystical music and drums of Southeast Asia (Indonesia/Malaysia). In their performances, Silat players incorporate graceful, rhythmic dance-like movements with the martial arts' movements telling a story and in synchronicity with the mystical music of Indonesia, West Sumatra Barat, Java, West Jawa, Bali, and others. Pencak Silat movements help develop competitive skills and sports training.

