

The Malay Art of Self-Defense



Silat Seni Gayong

Sheikh Shamsuddin

Sheikh Shamsuddin

The Malay Art of Self-Defense: Silat Seni Gayong



[continue reading](#)

A collected from various style practitioners to expand visitors' understanding and appreciation. Author Sheikh Shamsuddin, who offers studied Gayong for 25 years, introduces this little-known practice to Western readers in this first book on the subject in English. The most comprehensive study in virtually any vocabulary on Gayong and its customs, *The Malay Artwork of Self-Defense* explores comprehensive the system, techniques, crucial components, and philosophies involved. Also covered will be the artwork's history, profiles of the most notable practitioners, and an informative Q&A. Silat Seni Gayong can be an artwork of self-defense, a fighting artwork but one which also emphasizes the advancement of the self, becoming a better person, and serving humanity. Sometimes in comparison to a tiger ready to devour its prey, Gayong helps practitioners develop and increase physical fitness, versatility, mental conditioning, and self-confidence. Included are photos of Gayong demonstrations, traditional teaching centers, customs, and occasions.



[continue reading](#)

We actually used to study under Sheikh Shamsuddin more than twenty years ago. Unfortunately, you can find very few Silat universities in the U.S. nevertheless, I hardly ever studied the fighting techniques systems of Malaysia and Indonesia. It's well crafted and incredibly informative. There's pictures and description of varied techniques, but they're fine at best. This interesting and useful 247 page gentle cover book explains the basic methods of the Silat Seni Gayong program. The twenty four chapters cover a massive amount of basic information on this fighting artwork. The initial chapter explains "what is definitely Silat?" A brief history of Silat is covered in chapter two. Chapters three and four get into more detail of Silat Gayong and the history of this system. Chapter five tells about a few of the instructors of the system. The illustrations concerning the background of Silat are much larger than the types regarding technique. The customs of Gayong and its philosophy is described in chapters seven and eight. The ninth chapter provides "the signifying of Gayong." Chapters 10 and eleven explore Gayong forms and curriculum. Chapter fifteen may be the longest because it goes into fine detail on Gayong methods. The rest of the chapters (16-24) cover more important details on the style of Silat Gayong. I personally found the techniques fascinating and I like their low powerful looking stances. Good stability covering a variety of areas. They were small and I possibly could not really make out the details of many of the methods shown. This is an extremely comprehensive combat artwork which clearly focuses on self-defense rather than tournament techniques.

Three Stars An excellent introduction to the art. Five Stars Great Book Excellent Resource This was a good introduction to Silat Seni Gayong and silat in general. I have had a lifelong interest for the martial arts and during the last 60 years I have seriously studied numerous fight systems (Judo, Jujitsu, Karate-Do, Boxing, Wrestling, Kenjutsu, Tanto Jutsu, Wakizashi-Jutsu, Jo-Jitsu, and Hanbo-Jitsu);S. Where in fact the book really shines is in giving you an understanding of working out, the history of Gayong, its significant figures and its own cultural importance. Truncate (Author: Shotokan Karate Self-Defense Techniques: Fight karate for the road) Good Stuff An excellent source for Malaysian Silat. If you are thinking about learning Silat Gayong this book is an excellent reference source; nevertheless, like any self-defense reserve, nothing can take the place of an instructor. I came across it on Amazon and couldn't obtain it fast enough! Author's presentation of methods is great and the overview of the machine is quite good, as well. Joseph J. however, I think this original system is gradually growing in reputation. My only complaint may be the photographs. Where's the meat?? This book doesn't have any jurus or techniques it is possible to apply Book on Tradition Most of the book targets tradition and custom. Further, the majority of the illustrations on actual technique are rather small. Gayong firm today is covered in chapter six. It's well written and incredibly easy informative. Publication is done in a lovely layout, and I also just like the format...If you are interested in the unique style of Silat Gayong this is a publication for you read. In the past he stated that he was focusing on a reserve about Silat. This book only has an overview of a very complex and comprehensive self-defense program. When I noticed this book (The Malay Art of Self-Protection: Silat Seni Gayong by Sheikh Shamsuddin) on Amazon for a bargain cost I instantly purchased it. A must read for anyone that considers themselves to become a true martial artist. Despite the fact that all sorts of religions are represented the majority of the students and instructors in Malaysia who practice this artwork are Muslim. The author does an excellent job explaining the history, cultural significance and variations of silat and Gayong. The little I knew about the Silat system over the years was a few articles in Dark Belt magazine. in comparison with Judo, Jujitsu, and Karate-Do schools; Its an excellent reference and provides good insight into the art of Silat. Recommended reading I must say I liked this reserve, especially since, to my knowledge, this is the only function of its kind on Malaysian silat, as opposed to Indonesian, which has been presented in the West through couple of books and many videos, though Let me see more written material on that as well. A must read for anybody that considers .Ranking: 4 Stars. You might like the style itself or not, but there is no arguing that the book itself is quite well done. My only concern, nevertheless, is that while pointing many times to the importance of inner practices in Silat Gayong, Cikgu Sam has chosen to do just brief

introduction in kebatinan practices. However he has a chapter on the Malasyan tourism several pages long, and would most definitely like to see the issues reversed, since that would without doubt provide a better picture of the subject of the book, we.e. Silat Gayong. Among the things that surprised me was the spiritual areas of this martial art.



[continue reading](#)

download The Malay Art of Self-Defense: Silat Seni Gayong ebook

download free The Malay Art of Self-Defense: Silat Seni Gayong mobi

[download Children with Emerald Eyes: Histories of Extraordinary Boys and Girls epub](#)

[download Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know pdf](#)

[download Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini ebook](#)