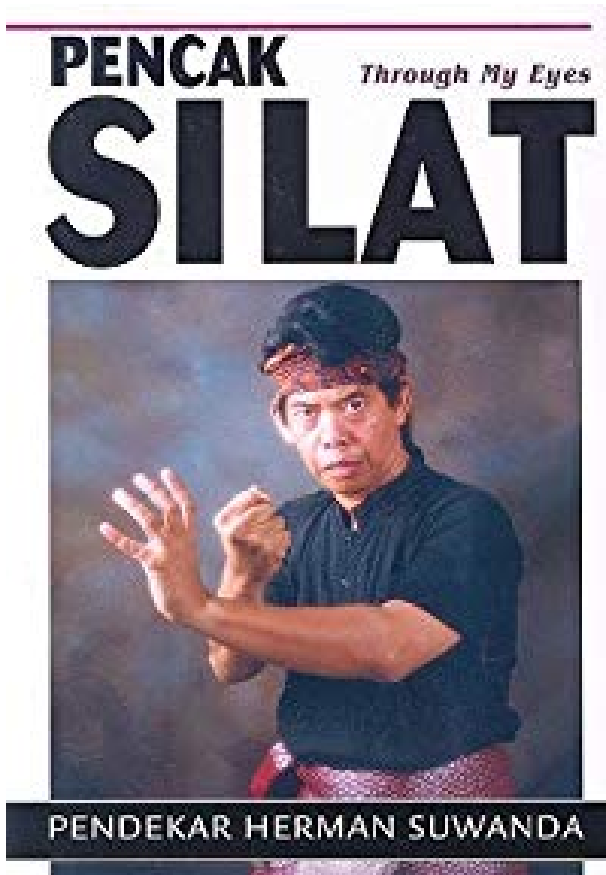


Pencak Silat



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This is a complete presentation of the principles and applications of one of the most effective martial arts styles, written by one of the most sought-after Silat masters of all time, the late Herman Suwanda. The book explores the art and science of this Indonesian combat method. There is a detailed breakdown of the offensive and defensive skills used in Pencak Silat, and the tactical elements of timing, distance, rhythm, cadence, and tempo.

The unique principles and techniques of Silat as taught by the late Herman Suwanda are fully described in this authoritative book. It is a true gem by one of the legendaries masters of Pencak Silat.