

Stillwater Pentjak Silat Karate Club

Acknowledgements

I would like to take the time to acknowledge Murid/Yen Frank Fisher for his time and devotion in preparing this booklet. Frank has been a big part of the growth and success of the Pentjak Karate Club and continues to spread his knowledge and abilities to the students. I not only cherish him as an excellent instructor but also love him as a great friend and comrade.

I would like to sincerely thank the black belts of Pentjak Karate Club that have devoted their invaluable time and effort in the furtherment of the Indonesian martial arts. Without them this school would be deficient of some excellent leaders for our students. I would like to thank all the students who gave me the opportunity to use the knowledge I have gained by giving it back. I would also like to thank Debbie DeVoe not only for her fantastic work on the cover of this booklet but also for her many undertakings that continually support this school. Last but not least I would like to thank Laurie Pryor for her meticulous efforts in aiding in the preparation of this booklet

Master DeVoe

Yen Frank Fisher



Stillwater Pentjak Silat Karate Club

Background

The Stillwater Pentjak Silat Karate Club is run under the direction of Master James DeVoe. Jim's schooling began in 1975 when he was fourteen years old under the instruction of Mata Elang at the Cemo Sai Academy. He attended Cemo Sai for approximately one year. In 1975 the martial arts schools did not recognize belt ranking so in order to attain a higher level of knowledge you advanced to another teacher. From Cemo Sai Academy, Jim advanced to Fire Eagle Kung Fu and was taught under Gison Tanaga. He remained there for another year and a half until moving on to Troy Judo Club where he was taught by Sensei Fountain for the next two years. After Troy Judo club Sensei DeVoe moved on to The Seven Seals Black Belt Academy and was instructed by the late Pendeta Tentara Ringo VanDeinse for the next eighteen and a half years. At this point the martial arts had incorporated belts into their ranking system to conform to the America way. Under the instruction of Pendeta Tentara, Sensei DeVoe obtained his first degree black belt in 1981. He continued his learning with Pendeta Tentara and progressed on to become a fifth degree black sash warrior. With this degree he earned the title Gison which means "Highly Skilled Warrior" and Garuda which means "Eagle". At this time Sensei DeVoe, with the guidance of his Pendeta established The Pentjak Silat Karate Club. Sensei has devoted many hours to the efforts of expanding the knowledge of Indonesian Martial Arts.

The Pentjak Karate Club was founded in Ballston Spa, NY in 1983 by Sensei James DeVoe. From Ballston Spa, the Pentjak school relocated to Geiser Road in Saratoga then to West Sand Lake Road in Poestenkill. In November of 1991 the Pentjak Silat Karate Club opened its doors to the public and has become part of the many resources available at the Stillwater Community Center. In September of 2008 Sensei James DeVoe earned the title Master. Most recently on July 20th 2013 Master DeVoe was inducted into the United States Marital Arts Hall of Fame.



Master Devoe - Hall of Fame

Stillwater Pentjak Silat Karate Club

THE PURPOSE AND GOALS OF PENTJAK SILAT

The purpose and goals of Pentjak Silat is to mold students with strong character, determination and respect for one another. To teach students to act with a positive outlook and to understand that negativity is a waste of valuable time. To teach student's to use positive suggestions instead of negatives. That competition should be within yourself and not with others. To do their best and always try to improve themselves. To teach students to believe in themselves and never give up. To teach students to never be afraid to ask help from a higher ranking student and never be too busy to help another and to always do the best to your ability. Most of all to teach students that strength in character is the best action in their success.

TRUE CHARACTER: No matter how hard you train in the classroom you will never be a true martial artist if you leave your training at the door. Humility, respect, attitude and compassion make up your character and true character is not a part-time virtue. How you treat yourself & others outside the classroom is just as important as how you treat your fellow students. The best martial artists are of strong character and compassion, so always remember even when you're not in the classroom you should still be training, improving and learning.

WHAT PENTJAK SILAT OFFERS ITS STUDENTS

Pentjak Silat offers through its program of stretching and exercising development of flexibility and toning of the body, and development of your muscles, heart and cardiovascular system. Through Pentjak Silat you will find new energy and better health. The Pentjak Silat art of self defense will also teach you the use of techniques to use in order to defend yourself against unforeseen circumstances.

WHAT PENTJAK SILAT EXPECTS FROM ITS STUDENTS

The Pentjak Karate Club expects first and foremost from every student discipline, respect for the school, respect for the instructors, and respect for one's fellow student. To have a serious and determined attitude and to leave each class a little better than when you came in.

Stillwater Pentjak Silat Karate Club

TO THE STUDENT: You must have faith in your instructors. Know that all decisions come from the heart and leave opinions to him. If you do have a problem you should talk to him not other students. Talking to others only causes unrest and continued problems. It will solve nothing. A good instructor always has his door open for the students. This does not mean that you should constantly go to him complaining, chronic complainers are seldom taken seriously. It is the instructor's job to run things, not the students. If you have a real problem about something that is affecting you personally, you should talk to him about it. Nine out of ten times the problem can be solved easily. An organization is only as strong as its leaders. If you have faith in those leaders, work with them not against them.

TO THE INSTRUCTOR: Never let personal egos affect any decisions. The student's well being must be your first concern. When there is a problem, take a step back and look at it as a neutral party without personal feelings. You must always remember the students are not there of us, we are there for them. If we are going to help them properly they must respect us, not fear us. No problem should be handled in a violent or angry way. All problems must be handled with intelligence and calmness. An instructor who takes things too personally solves very few problems. A true martial arts sensei has compassion, character and understanding. He constantly works to help the individual not the group. Everyone is different, therefore you can't teach everyone the same way and you can't treat all problems in the same manner. The students must have respect and confidence in their relationship with their sensei and this will not happen if egos on either side become involved. Always remember that an ego is a stumbling block not a stepping stone.

BALANCE OF LIFE: In life there must be balance or so much is lost. Lack of balance causes problems in all aspects of your life. The pressure can become so great as to cause emotional or physical illness. You must have free time to rest you mind, you must train to keep your body strong, and you must find time to take care of responsibilities so pressure can be avoided. Each aspect of your life is important, your job, your family, your friends. You must devour each of them but never let one of those aspects devour you or your will lose the balance necessary for a happy life.

Stillwater Pentjak Silat Karate Club

Pentjak Silat

Pentjak Silat is one of many martial arts originating from the Indonesian archipelago. Pentjak refers to the actual movements and style of this particular martial art. Silat or to fight, refers to the application of Pentjak and its fluid body movements. "Pentjak without Silat is meaningless. Silat without Pentjak is worthless."

Pentjak Silat is not one particular style of martial arts, but a mixture of many. Here at the Stillwater Pentjak Karate Club we focus particularly on 7 systems of self-defense. These systems include energy channeling, powerful striking or kicking, weapons training for the higher ranks and raw effective street defense to name a few... or in Indonesian; Tiga-Tenaga, Pukulan-Kilat, Tamang-Perak and Kobukai-Silat. Indonesian terminology and tradition are an emphasized part of our self-defense training.

Pentjak Silat as well as many other martial arts places a special emphasis on Tji breathing. Tji breathing is a powerful tool to help focus your energy in a positive direction. With Pentjak Silat and Tji breathing it is possible to channel tremendous amounts of energy through your body for effective striking and defense. The power of Tji can also be an important part of your everyday life. People who understand Tji breathing are less likely to get hurt from everyday occurrences such as falling or dealing with unintentional bumps or pains.



Stillwater Pentjak Silat

Karate Club

RULES AND REGULATIONS

1. Make all visitors to our school feel welcome
2. Greet all visitors with a positive attitude
3. All students must dress within standards (red, white or black t-shirt, Gi or sweats)
4. All uniforms must be neat and ironed
5. Toenails/fingernails kept trimmed to ensure protection
6. Mouth guards and athletic supporter worn at all times
7. Sparring equipment must be worn by all individuals
8. No sparring without permission of the Sensei
9. Report all injuries to the Sensei or Instructors
10. Weapons training available to Green belts and above only.
11. Tournaments can only be entered by a student if accompanied by an instructor
12. There will be NOI teaching of Pentjak outside of the school to any non-student
13. Snow cancellations obtained by calling 518-650-5415 two hours prior to class
14. Exam request can be asked of Master DeVoe or Sensei during question time
15. Only one make-up exam allowed within the 6-month period immediately following the failure
16. Class fees \$(see current fee schedule) with a late fee of \$5 after the 15th and a \$20 fee for returned checks
17. Family rate discounts are available
18. There is a \$25 sash fee payable upon advancement in rank

Stillwater Pentjak Silat Karate Club

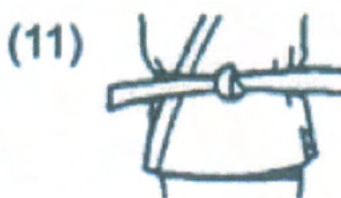
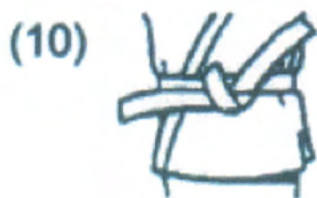
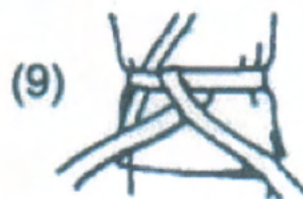
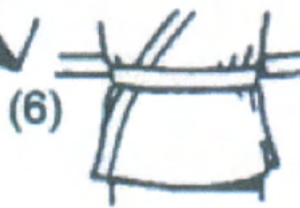
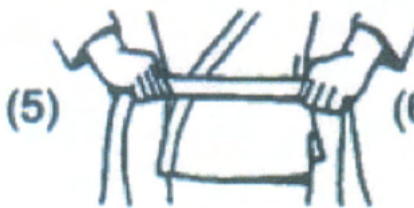
Promotionals

As various degrees of physical skills and technical knowledge are obtained, students are entitled to become "promoted" to a higher rank. In order to obtain this higher rank, students must complete all requirements outlined in this booklet. Determining factors for promotion upon testing are: ability to perform physical skills, technical knowledge, attitude in class, accuracy and confidence in portraying katas. There is not a fee for testing but there will be a small fee upon attaining a higher rank to cover the cost of the sash.

Uniforms

Each student will be required to purchase a karate Gi (uniform). This is essential for ease of movement as well as a feeling of uniformity within the classroom. Included with the purchase of your Gi will be a white belt.

Stillwater Pentjak Silat Karate Club



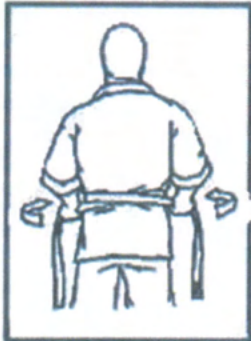
Stillwater Pentjak Silat Karate Club

Tying Your Belt...

1. Place the center of your belt in the middle of your stomach.



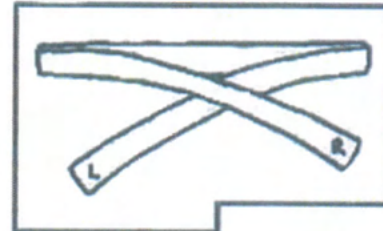
3. Cross both ends and continue towards the front of your body.



2. Wrap both ends of the belt around yourself.



4. Have two equal ends ready to make knot.



5. Cross the right end over the left.

6. Continue the right end up under BOTH belts.



7. Place the right end (the end coming out of the top) on the top of the other end making an "X".

8. Continue bringing the top up through the hole that is formed by the "X".



9. Tighten the knot by pulling sharply to the sides.

Stillwater Pentjak Silat Karate Club

Basics

DISCIPLINE: One of the most important parts of your training is discipline. This more than any other part of your karate training should flow over into your daily life. Without discipline in the classroom you cannot be productive or learn. Discipline teaches you to control your temper and actions and helps you to think clearly in any given situation. It makes you a leader, it builds character, gives you inner strength, patience, and a proper attitude.

PRACTICE: If you know what to do but don't have the ability to perform that knowledge properly it will probably prove to be useless in a dangerous situation. This is why practicing is such an important part of training. Even in sparring or katas you will find the best students are the ones who practice constantly. Practice builds power, force, and speed.

KATA: An aid in building balance and form. Perfection is the purpose of a kata. It makes you think, so it's not only exercising your body but also your mind. A kata is a way for your instructor to see where your weaknesses are and what changes need to be made. Also you can practice a kata in your free time as well as in the classroom.

SELF-DEFENSE: This is using all you have learned. The basics, sparring and katas in a quick and effective manner. Self-defense techniques are usually one or two methods used in a disadvantaged situation. Practicing self-defense will also make you more aware of danger by learning the warning signs. Self-defense will build confidence, awareness and knowledge.

Stillwater Pentjak Silat Karate Club

STRETCHING POINTS

These exercises are primarily for working at home preferably on the days you do not attend class. These exercises increase flexibility to prevent muscle injury develop kicks and help with stances.



(1) UPPER LEG STRETCH

Put your feet together. Grasp toes or ankles. Use elbows to push knees towards floor. Hold for 15 to 20 seconds. Do not bounce.



(2) INNER LEG STRETCH

Pull legs apart. Bend forward from the hips. Hold for 15 to 20 seconds. Do not bounce.



(3) LOWER BACK STRETCH

Put your feet together, keep knees straight. Grasp ankles and pull firmly, chin towards knees. Hold for 15 to 20 seconds. Again do not bounce.



(4) QUADRACEPS STRETCH

Sit down as shown in diagram (knees together) and lean back gradually. Hold for 15 to 20 seconds. Do not bounce.

Stillwater Pentjak Silat Karate Club

Duduk Breathing

Duduk breathing is the first thing that a student must learn. It is a time of prayer, respect and relaxation. The student can close his eyes and pray as he goes through the breathing. Furthermore there is no meditation in the classroom.

TJI Breathing

“TJI” breathing is an art on its own, it isn’t a matter of inhaling and exhaling, because it takes thought. An untrained individual will hold his breath while lifting a heavy object, and so causes the body’s temperature to rise and increase the blood pressure. While another will run for miles around the block and be breathing faster than the body requires, which will cause the body to hyper-ventilate and may end up in a state of shock.

BREATHING, is first of all activated by the stomach muscles so that the lungs merely work as an air tank. The stomach muscles are 10 to 15 times larger than the rib muscles.

The Tji breathing starts in the diaphragm which is located behind the navel. It is considered the center of all physical energy. Stomach muscles squeeze the lungs up and down, allowing air to come through the nose and out through the mouth. This method will reduce body heat and slow the heart rate, but increases energy.

Stillwater Pentjak Silat Karate Club

Pain

Everyone is concerned about getting hurt one way or the other. By being hit, kicked, or anything to do with fighting. One who dwells upon pain will always be in pain.

You cannot avoid accidents, but you can ignore pain and try to think of something more important.

AGGRESSION: Is controlled energy

VIOLENCE: Is uncontrolled energy

Indonesian Flag



- The Indonesian National Flag was adopted on August 17, 1945
- The Indonesian Flag is called SANG SAKA MERAH PUTIH (Poetih).
- It's official name is Sang Saka
- Merah Putih means Red and White
- The width is 2/3's its length or 2 meters x 3 meters
- Red represents the human blood standing for the corporal or concrete
- White represents the spiritual
- Together they are a pair like the life on earth, day & night, man & wife.

Stillwater Pentjak Silat Karate Club

Pukalan

Indonesian Martial Arts are known as Pukalan. Which is an east Java term. In the west known as Pentjak and in the midlands as Silat. Pulalan is similar to karate, blows are delivered to all parts of the body with either hands or feet.

Perisai - Diri

Is an offspring of Bela-Diri. Perisai-Diri is a military style training. Is a strict enforcement of culture founded in 1955 in Indonesia and also found in France.

Pau - Silat

Is characterized by square stepping patterns. One hand stays guarding the groin region while striking hand locks the thumb and utilizes the Kotong into the vital areas of the opponent.

Falling Analysis

You must know how to fall in order to have defense. One who doesn't could jeopardize his own life and become defenseless.

Striking

When applying a defense of some kind, the first strike is not sufficient because a person is not stopped by the first blow. When striking opponent you must block, which enables you to strike a second and third time.

Stillwater Pentjak Silat Karate Club

Body Analysis in Sparring

1. How to pinpoint where his center of gravity is (effects balance).
If high stance – high center of gravity
If low stance – low center of gravity
To increase gravity you must squat. Good stance has good power and good knowledge of gravity.
2. What techniques does he use.
You can detect a kick by the way he moves his stance
Is he a puncher or a kicker – retreat slightly to figure him out
3. A slow opponent is probably afraid because he doesn't attack. If he doesn't strike first it is to your advantage.

Kicking Bag

1. Full contact brings timing, balance and power.
2. No contact brings preciseness, speed and coordination.

Blocks

Never trust yourself with your blocks. Follow it up with a strike with the same arm.

Striking reasons for bent arm:

- Be able to retract arm in case of a miss, elbow will not snap.
- If hit against a hard block, arm will not break
- Strike will be rapid.
- Keeps opponent from grabbing arm.

Stillwater Pentjak Silat Karate Club

Sparring

Sparring in class is the closest you can get to real fighting without physical injury to yourself or your opponent. A constant change in fighting partners allows you to try your techniques in a partially controlled situation. Listed are some points that will make you a better fighter.

1. Try to get in the best physical shape possible
2. Try to have a calm mind facing an opponent
3. Try to see through your opponents attacks
4. React as quickly as possible to your opponent's moves
5. When you do go in on your opponent, go in strong and with full conviction



These are probably the best principles to follow in learning to become a better fighter. Sparring in our classroom as far as the basic concept of contact is concerned is very simple. No head contact whatsoever. There is no attacking the groin, There is no kicking below the belt and no extremely dangerous throws are allowed. Although, take downs done with safety are allowed and encouraged.

Sparring Regulations

1. Sparring must only be conducted under the active supervision of a first degree black belt or above.
2. No one may participate in sparring without the following equipment in good repair:
 - A. Mouth Protector
 - B. Groin Protector
 - C. Safety Equipment both hands and feet

USE OF THIS EQUIPMENT IS MANDATORY NOT OPTIONAL
3. No contact is permitted in the following areas:
 - A. Face, Head, Neck or Throat
 - B. Groin, Knees, Back or Kidneys
4. Good sportsmanship and proper respect must always be maintained



Stillwater Pentjak Silat Karate Club

PENTJAK-SILAT

PENTJAK-SILAT exists in 157 different officially recorded styles. Pendeta Gabriel and Pendekar DeVoe focus on seven systems:

- 1) **PENTJAK-SILAT**_head system of fighting
- 2) **CEMO-SAI**_fluid animal movements
- 3) **PUKULAN-KILAT**_lightening blows of the iron palm
- 4) **BELA-DIRI**_self defense
- 5) **TIGA-TENAGA**_energy channeling
- 6) **TAMANG-PERAK**_weaponry
- 7) **KOBUKAI-SILAT**_street defense

PENTJAK-SILAT is an Indonesian system of self defense dating back to the eleventh century (1000 AD) utilizing both weaponry and empty-handed techniques.

The ancient Menangkabau define **PENTJAK** as “ skillfull body movements in variations for self defense” and **SILAT** as the “fighting application of Pentjak.” Silat cannot exist without Pentjak; Pentjak without Silat is purposeless.

It is possible that the work **PENTJAK** has its origins in the Mandarin Chinese expression PUNG-CHA. PUNG meaning “to parry and cover an attacking action.” CHA meaning “to finalize by a striking action.”

Stillwater Pentjak Silat Karate Club

CEMO-SAI

The system is similar to *KUNG-FU* but more on the hard side. It is accompanied by music and as the performers increase in speed the music follows.

The flourishing of the wrist plays an important role in this system and side steps, cross steps, spinning moves and high kicks also characterize the performance.

The moves are based on animals. The most imitated of which are the eagle, komodo (giant lizard) and tiger.

The fighter relies heavily on his or her footwork. Without which their hand strikes and kicks may never get within striking range.

Unlike the straight line movements of karate, **CEMO-SAI** adheres more to the fluid movements as in *KUNG-FU* there by evidencing the Chinese influences in early **CEMO-SAI** development.

The movements are the same whether one has a sword, a knife or a stick. Once a student becomes accurate in the art, as in the forms, the weapons merely become an extension of the hands.

Stillwater Pentjak Silat Karate Club

PUKULAN-KILAT

“Lightening blows of the iron palm”. This one of Gison Gabriel’s studies is similar to *Chinese* or *Thai boxing*.

Incorporating standing positions as well as bouncing, it involves balancing, endurance and precise striking.

In **PUKULAN-KILAT** we become experts in the way we walk. For instance, walking light as if walking constantly on the toes with arms in constant motion (relaxed). Placing everything together we confine the body from walking in its own way and force it to obey the way of thought.

Timing is the main factor, it teaches you to place each attack at the right place and at the right time. The way to approach the enemy is to cautiously creep to him until within striking range as does the tiger.

The second part of the system is to strike like the eagle. It watches at a distance and observes before an attack so that it may not waste any time when striking.

Stillwater Pentjak Silat Karate Club

BELA-DIRI

“The art of self defense.” This system was used for common situations. Women were the ones who studied this type of fighting, but **BELA-DIRI** is not for women only. It is not used to defeat your enemy but merely to stop them from proceeding any further.

Studying self defense doesn't make you look like an animal, but simply prepares you for an emergency. When panic enters the situation it paralyzes you and leads you in to further danger. Hysterical people find themselves unable to run away even when they have the opportunity. Panic occurs in those who have no confidence in themselves. This system is not to be confused with *Judo, Karate, Kung-Fu, Aikido, Cemo-Sai or Pukulan-Kilat.*

The expert martial arts fighters are highly skilled in the art, but not necessarily experts in self defense. Some may have been put in a certain hold which they cannot get out of. This is when **BELA-DIRI** comes in hand for it consists of getting out of holds and defenses against any expert.

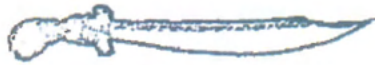
Stillwater Pentjak Silat Karate Club

Berkelai (to fight)

1. **Keep eye contact:** that you may see what signs about opponent's body. Starring at arms or legs will hypnotize.
2. **Combinations:** when you have a plan, use it whether it is going to work or not. You need to practice this until you have received experience to know what is right and at what time.
3. **Openings:** always look for openings, like a cat would when it wants to get into the house or when it is being attacked it searches for the right time or the momentum.
4. **Arms:** keep them in circular motion, covering your head and lower part of your body close to the knees "if you are standing low". Exaggerate the form of all your moves, such as stances or blocks.
5. **Fakes:** it is good to get your opponent off the subject of what he is planning. Study how to take your opponent or to confuse him in his own moves.
6. **Points:** don't worry about them, just make them with good judgment via battle plans. This is why you should practice your battles. Points come after the wisdom and experience of your plans.
7. **Don't use rapid palu punches,** don't be eager to smash up your opponent, don't rush into things you cannot handle. One who moves in, in these ways, ends up losing. It shows your weakness so don't give yourself away.
8. **Figure him out:** once you understand the battle plans of your opponent, you wait for him to use the technique and plan something to attack him in between his plan, a surprise attack. For example; he comes at you each time with a round house, a couple of palu punches and a spinning back fist. You then wait for the round house and then counter before the rest comes.
9. **Property:** gain property, you backing up could also be a sign of your losing. Keeping your ground could bring discouragement to him, as well as stepping out of the ring three times and being disqualified. You backing up could also be a part of your plan to tempt him into believing that you are losing, and when he sees you getting close to the edge----you trap him. But it is very risky, for if the opponent strikes fast, you may jump out, out of fear "Kiayi"
10. **Legs:** switch legs constantly to keep you from freezing to the ground, to keep kicks ready, and to move in and out quickly.
11. **Don't Hesitate:** it is a sign of failure and a lack of strength. You allow your opponent to see your weakness.
12. **Never use the same technique:** think of your move ahead of time. You can make regular battle plans at home and then study them until it becomes natural in you. Try to make up five plans a week.

Stillwater Pentjak Silat Karate Club

Weaponry of Pentjak Silat



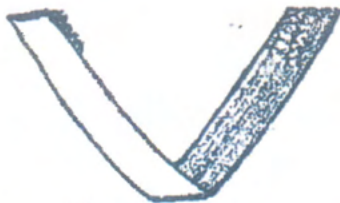
Pisau



Parang



Tombak



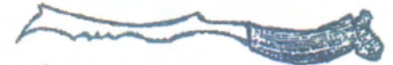
The arbir of PPSI



Tjabeng



Toya



The kujungi and sheath of PPSI



Kelewang



Karambit "tigers-claw" type weapons



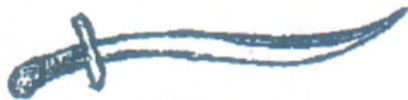
Kris



Padang



Pendjepit



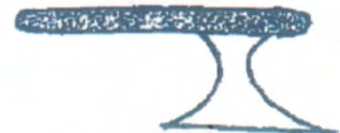
Tongkat



Golok



Sabit uses as agricultural tool and weapon



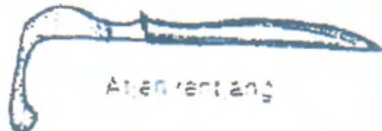
The batak kapak



The straight tiga sakin



The segu of Tapek Sutji



Atjen rentjang



The Kris of Setia Hati Terate

Atjen rentjang

Stillwater Pentjak Silat Karate Club

HAND STRIKES:



Palu: Hammer blow. It can strike in three different directions; down, forward and backhand.



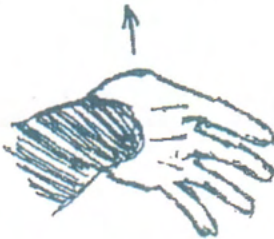
Pisau: Knife hand. Thumb supporting the index finger. Keeping all fingers straight.



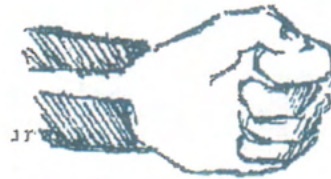
Telapak: Heel. Used for internal hits. Striking only with the bottom of the hand.



Belibis: Crane. Striking with the wrist, mostly used with blocks.



Elang: Eagle. Using the muscle between the thumb and the index finger.



Kotong: Nerve cutter. Can be used at any time on muscles and bony sections of the body.



Paruh: Beak. Pressing all fingers tightly against each other and straight, used for the soft areas of the body.



Pinggir: Side of the hand. When striking, make sure that no part of the bone structure touches the object.

ALL HAND STRIKES ARE NEEDED, SO THAT THE INDIVIDUAL CAN STRIKE IN ANY DIRECTION WITHOUT TWISTING HIS BODY INTO THE POSITION. MANY OF THE HAND STRIKES ARE NOT MENTIONED ON THIS LIST BUT WILL BE TAUGHT SUCH AS:

- TJI ULAR
- KAMPAK]
- TJI KALONG
- TJI Monjet
- KOMODO
- TJI BANDAR
- TJAKAR
- TJI NATIAN
- BUKI
- ETC.

REQUIREMENTS WHITE TO YELLOW

KATAS: "POINT STAR"

Perfectly with confidence and positive attitude

COUNTING

SA	ONE
DU	TWO
TI	THREE
EN	FOUR
LI	FIVE
IN	SIX
TU	SEVEN
DAH	EIGHT
ZEH	NINE
SEP	TEN

COMMANDS AND PHRASES

HAIT	I ACCEPT
GI	UNIFORM
HORMAT	RESPECT
TJI	DYNAMIC BREATHING
TENANG	REST
DEPAN	FORWARD STANCE
PINGGIR	SIDE STANCE
KUDA	HORSE STANCE
TJI ULAR	SNAKE STANCE
DUDUK	SIT DOWN
TERIMA KASIH	THANK YOU
KEMBALI	YOUR WELCOME

MUST KNOW: FRONT KICK, SIDE KICK, ROUND HOUSE KICK, FRONT PUNCH.
ALL STANCES ABOVE. (Perfectly)

**REMEMBER TO ANSWER ALL QUESTIONS WITH A POSITIVE ATTITUDE AND
CONFIDENCE (YES SIR, NO SIR)**

REQUIREMENTS YELLOW TO ORANGE

KATAS: "POINT STAR" and "FIRE EAGLE"
Perfectly with confidence and positive attitude

ALL PREVIOUS KNOWLEDGE PLUS

ADDITIONAL WORDING

BERKELAI	TO FIGHT
BERENTI	STOP
DIAM	BE QUIET
JA	YES
TIDA	NO
MULAI	START
KIRI	LEFT
KANAN	RIGHT
HEURARA	HAPPY
SEULKARA	UNHAPPY
WAKISARA KA	HOW IS YOUR DAY
KIAT	BATTLE CRY
BENTANG	SPLIT
SILHOUETTE	SILENT WALK
SILAT	FIGHTING STANCE
BERDIRI	T-STANCE

MUST BE ABLE TO:

- KNOW AT LEAST 2 TAKE DOWN TECHNIQUES AND EXECUTE.
- SPAR ONE OPPONENT FOR 2 MINUTES.

MUST KNOW: CRESENT KICKS, BACK KICKS, SPINNING BACK KICKS
ALSO SPINNING BACK FISTS. (Perfectly)

**REMEMBER TO ANSWER ALL QUESTIONS WITH A POSITIVE ATTITUDE
AND CONFIDENCE (YES SIR, NO SIR)**

REQUIREMENTS ORANGE TO GREEN

KATAS: "POINT STAR", "FIRE EAGLE" AND "TJI MATJAN"
Perfectly with confidence and positive attitude

ALL PREVIOUS KNOWLEDGE PLUS

ADDITIONAL WORDING

SERANG.....	ATTACK
MARAH.....	ANGER
SELAMET.....	PEACE BE WITH YOU
KILAT.....	LIGHTENING
SERAGAM.....	INDONESIAN UNIFORM

SEVEN SYSTEMS OF PENTJAK SILAT

PENTJAK-SILAT.....	HEAD SYSTEM
CEMO-SAI.....	FLUID ANIMAL MOVEMENTS
PUKULAN-KILAT.....	LIGHTENING BLOWS OF IRON PALM
BELA-DERI.....	ART OF SELF DEFENSE
TIGA TENAGA.....	ENERGY CHANNELING
TAMENG PERAK.....	WEAPONRY
KOBUKAI SILAT.....	STREET DEFENSE

4 ELEMENTS OF MARTIAL ARTS

1. POWER..... POTENTIAL ENERGY
2. FORCE..... KINETIC ENERGY IN MOTION
3. SPEED..... TIME IT TAKES TO REACT
4. FLEXIBILITY.....

NERVE CENTER:

Where skin comes close to the bone.

Example:.....Shin, Most of face, wrist and back of the hand

SORE SPOTS:

Soft areas that lead to internal parts of the body.

Example:.....Stomach and throat

The fingers are used for striking in these areas

**REMEMBER TO ANSWER ALL QUESTIONS WITH A POSITIVE ATTITUDE
AND CONFIDENCE (YES SIR, NO SIR)**

REQUIREMENTS

GREEN TO BLUE

KATAS: "POINT STAR" "FIRE EAGLE" AND "TJI MATJAN"
Perfectly with confidence and positive attitude

**ALL PREVIOUS KNOWLEDGE PLUS
ADDITIONAL WORDING**

HAND POSITIONS

PALU	PUNCH
TELAPAK	HEEL OF HAND
BELIBIS	CRANE STRIKE
SIKU	ELBOW STRIKE
PISAU	STRAIGHT FINGERS
PARUH	CUPPED FINGERS
KOTONG	THUMB STRIKE
KIMPA	MIDDLE KNUCKLE STRIKE
KOMODO	TWO KNUCKLE STRIKE
BUKU	FOUR KNUCKLE STRIKE
ELANG	SIDE OF HAND
MATJAN	TIGER CLAW
BALOK	BLOCK

ADDITIONAL WORDING

KUCHING	CAT STANCE
BELAKANG	BACK STANCE
KIAT	BATTLE CRY
BUNGA	FORMAL ETIQUETTE
PENTAK	STREET FIGHTING HANDS
PENTAR	STREET FIGHTING FEET
KALIS	STICK FIGHTING
ILUMA TOYA	POLE FIGHTER

RANKING

PENDETA	HIGHEST ORDER OF TEACHING
PENDEKAR	BLACKBELT INSTRUCTOR OF HIGH RANK
MURID	BLACKBELT INSTRUCTOR OF LOW RANK
GISON WARRIOR	BLACK BELT WITH SPECIAL ABILITIES
GARUDA	EAGLE
YEN	HIGHLY KNOWLEDGEABLE STUDENT
PERAK	SKILLED SWORDSMAN
PENGAWAL	TEMPLE GUARDS

**REMEMBER TO ANSWER ALL QUESTIONS WITH POSITIVE ATTITUDE
AND CONFIDENCE (YES SIR, NO SIR)**

REQUIREMENTS GREEN TO BLUE

KATAS: "POINT STAR" "FIRE EAGLE" AND "TJI MATJAN"

Perfectly with confidence and positive attitude

ALL PREVIOUS KNOWLEDGE PLUS ADDITIONAL WORDING

3 GEAR SYSTEM

- WRIST:** THE WRIST TRANSMITS THE FORCE TO THE STRIKE MUST BE STRAIGHT
- ELBOW:** THE ELBOW IS USED FOR SHORT STRIKES INSIDE (up close). IF UP CLOSE USE THE ELBOW, MUCH MORE EFFECTIVE.
THERE IS NO BREAK BETWEEN THE ENERGY SOURCE.
- SHOULDER:** THE SHOULDER IS A COLLECTION OF FLEXIBILITY POWER FROM POWER TO THE ENTIRE BODY

TIMING & BREATHING

WITHOUT THE BREATHING THE ENERGY IS HELD BACK.
TJI POWER CAN GET OUT ONLY THROUGH BREATHING.
WITHOUT TIMING, A TECHNIQUE IS WASTED.
EVERY STRIKE USED IS CONCENTRATED ON ONE SPOT.
ARMS DO 80% OF BLOCKING; BODY DOES THE REST BY DODGING.

- A. FOR EVERY STRIKE THERE MUST BE A TARGET
- B. FOR EVERY TARGET THERE MUST BE A REASON
- C. FOR EVERY REASON THERE MUST BE A PURPOSE
- D. PURPOSE IS THE WHOLE CAUSE

BODY MOVEMENT ANALYSIS

5 QUESTIONS TO ASK ONES SELF

- 1. CENTER OF GRAVITY>>>>>HOW HIGH OR LOW
- 2. WHAT TECHNIQUE DOES HE USE
- 3. IS HE FAST, SLOW, WEAK OR STRONG
- 4. IS HE AN ADVANCED FIGHTER
- 5. IS HE A STATIONARY FIGHTER OR A BOXER USING FOOTWORK

REMEMBER TO ANSWER ALL QUESTIONS WITH POSITIVE ATTITUDE AND CONFIDENCE (YES SIR, NO SIR)

REQUIREMENTS BLUE TO BROWN

KATAS

“POINT STAR”, “FIRE EAGLE”, “TJI MATJAN” and TIGA TENAGA
Perfectly with confidence and positive attitude

ALL PREVIOUS KNOWLEDGE PLUS

ADDITIONAL WORDING

PENDANG PERAK.....	SINGLE SWORD
PISA RERAK.....	SILVER BLADES
ARNIS.....	STICKS
SAJAP DUH.....	DOUBLE WING
SAJAP DOA.....	PRAYER WING
MARAH TJI.....	POWER BREATHING
LELAKI.....	MAN
WANITA.....	WOMAN
BERSAMA SAYA.....	COME WITH ME
MAU DATANG.....	LIKE TO COME
GINTA.....	LOVE
SUF.....	STUDENT WITH DIFFICULTIES
SEKOLAH.....	SCHOOL
BORNEO.....	INDONESIAN ISLAND
SA DU SILAT.....	ONE, TWO, FIGHTER
SILHOUETTE.....	SILENT WALK

REQUIRED TO BEING CONTROLLING WARM UPS, 1ST HALF HOUR. (ADULT QUALIFICATION ONLY)

REQUIRED TO EXPLAIN THE MEANING OF THE FOLLOWING

- A. PENTJAK-SILAT
- B. CEMO-SAI
- C. PUKULAN-KILAT
- D. BELA-DERI

SA DU BERKELAI MUST BE PERFORMED WITH UPMOST CONFIDENCE, CONTROL, USING ALL KNOWLEDGE INCLUDING TAKEDOWNS, GRAPPLING, EXECUTING ALL STRIKES WITH PINPOINT ACCURACY AND TIMING.

REMEMBER TO ANSWER ALL QUESTIONS WITH POSITIVE ATTITUDE AND CONFIDENCE (YES SIR, NO SIR)

REQUIREMENTS BROWN TO BLACK

KATAS

“POINT STAR”, “FIRE EAGLE”, “TJI MATJAN” and TIGA TENAGA
PLUS TJI TAMENG AND A WEAPON

Perfectly with confidence and positive attitude
And with 100% accuracy

ALL PREVIOUS KNOWLEDGE PLUS

ADDITIONAL WORDING – BLOCKS

ATAS.....	UPPER BLOCK
DILUAR.....	OUTSIDE FRONT BLOCK (SAJAP)
BAGIAN.....	INSIDE FRONT BLOCK
TERUS.....	STRAIGHT BLOCK
RENDAK.....	DOWNWARD BLOCK
GARU.....	TEACHER OF MANY MATIAL ART SYSTEMS
SAMBOT.....	SPARRING TRAINING AGAINST ONE OR MORE APPONENTS
LANGKAN.....	POSTURE AND FOOT WORK
JURIS.....	FUNDAMENTAL ATTACKS AGAINST WEAK POINTS OF THE BODY
PUKALAN.....	INDONESIAN MARTIAL ARTS ARE KNOW AS PUKALAN
RHASIA.....	ADVANCED TRAINING IN VITAL POINT ATTACK
SELAMAT KI TERMIA.....	Peace be with you Thank you very much

- REQUIRED:
1. TO BE ABLE TO TEACH A KATA TO ENTIRE CLASS.
 2. MUST MASTER IN ONE WEAPON OF YOUR CHOICE.
 3. MUST HAVE KNOWLEDGE OF AT LEAST TWO OTHER WEAPONS.
 4. MUST BE ABLE TO TEACH ENTIRE CLASS A TAKE DOWN AND GRAPPLING TECHNIQUE WITHOUT MASTER IN CLASS ROOM, AND AT END OF CLASS SHOW MASTER BY DEMONSTRATION WITH THE CLASS.
 5. MUST BE ABLE TO COMPLETE ALL REQUIREMENTS.

REMEMBER TO ANSWER ALL QUESTIONS WITH POSITIVE ATTITUDE AND CONFIDENCE (YES SIR, NO SIR)

Stillwater Pentjak Silat Karate Club

A Black Belt

To those who don't study martial arts, a black belt means "Expert" but really to those of us in the arts, the first degree of black belt only indicates a serious student. It means: "I am serious, now I am ready to learn". Only many years after one has achieved the black belt can one become a true expert. Many people reach the rank of first degree black belt and they quit. They want only to obtain the black belt. Those who continue further, study because they are interested in the art, they always want to learn. There is no end to it. You can always improve mind and body, coordination has no end, no limits, no matter how high you go. Still you go some more. Many people stop after they reach black belt because now they have something to show for their efforts. My thinking is not on this line, I am not practicing Pentjak just to get promoted, no not that. I practice for my own sake, for my own goodness I practice this. If I do practice I know I'm doing better each time, becoming better. If I don't practice, my progress will stop, so I have to practice. This is for my own sake.

Hard Work and Determination

You should not put too much importance on rank. I know of some who hold rank that they never earned. I don't believe in giving rank just to keep students happy although some schools do. I feel it's better to be a good brown belt than it is to be a bad black belt. If you are patient and train hard it will come. If you fail you try again until you succeed.

End