



Pencak Silat: Through My Eyes: Indonesian Martial Arts, Herman Suwanda, Empire Books, 2006, 1933901039, 9781933901039, 343 pages. 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 Pentjak 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 legends masters of Pentjak Silat..

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Ninjutsu , Stephen Hayes, Apr 1, 1984, , 176 pages. This book offers self-defense enthusiasts a comprehensive guide to the mysterious and ancient art of the ninja, written by the Western world's foremost authority, Stephen Hayes ....

Tiger! , Mochtar Lubis, Florence Lamoureux, 1991, Performing Arts, 128 pages. .

An Indo-Malay Martial Art Pencak Silat, Sean Stark, Apr 30, 2006, , 356 pages. About The Book: This is a Perfect bound soft cover book over 350 pp. It is specifically created for those who study the martial art of pencak silat known as Pencak Silat ....

Born to Run A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, Christopher McDougall, 2011, Social Science, 287 pages. Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty ....

Sai, Karate Weapon of Self-defense , Fumio Demura, 1974, Sports & Recreation, 160 pages. This fully illustrated book covers gripping, flipping, stances, blocks, karate and sai similarities, movements, footwork, combinations and sparring. Fumio Demura is an expert ....

Teen Study Bible New International Version Red/Black, Italian Duo-Tone, Larry (CON) Richards, Sue (CON) Richards, Jul 1, 2006, , 1649 pages. The Bible has a lot to say to you as a teenager. The Teen Study Bible is almost like having your own personal advice column, equipping you to tackle your concerns, understand ....

Hidden Hands Unlocking the Secrets of Traditional Martial Arts Forms, Phillip Starr, 2010, Sports & Recreation, 235 pages. "Hidden Hands teaches readers how to "dissect" traditional martial arts forms to uncover the key offensive and defensive maneuvers of the arts themselves"--Provided by publisher..

Karambit Exotic Weapon of the Indonesian Archipelago, Steve Tarani, Nov 1, 2002, , 144 pages. What is a Karambit? Why is the Karambit one of the most awesome personal defense weapons of

the Indonesian Archipelago? Extracted from the jungles of West Java, deep in the ....

Indonesian Fighting Fundamentals The Brutal Arts of the Archipelago, Bob Orlando, 1996, , 180 pages. The fighting arts of Indonesia, a mix of pentjak silat and Chinese kung fu, were never meant for sport: they are brutal, unrelenting and designed to take the enemy out and ....

Mixed Martial Arts The Book of Knowledge, BJ Penn, May 15, 2007, Sports & Recreation, 308 pages. Offers a revolutionary system of fighting, teaching how to mix striking with takedowns and formulate strategies based upon personal attributes..

Silat Concepts Form and Function Jurus 1-6 and Their Combat Applications, Joseph Simonet, 2004, , 120 pages. See how the original fighting spirit and combat focus of the Indonesian tribal arts has evolved with this remarkable training manual. Hundreds of step-by-step photos will teach ....

Silat A Perspective on the Malay Martial Art : a Book, Amir Talib, 2009, , 110 pages. .

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