

An Introduction to
Indonesian Martial Arts
“**SILAT PERISAI DIRI**”



Open Workshop
Friday December 1
3:00 P.M. – 5:00 P.M.

Payne Whitney Gymnasium
70 Tower Parkway
Floor 6

Silat

The martial systems of Indonesia, or “Silat” date back to the 6th century AD, and perhaps as far back as the 1st century. *Silat Perisai Diri* is a synthesis of ancient and modern combat techniques, and is an eclectic and comprehensive combat art. The goal is the protection of physical, mental and spiritual well-being, hence the name *Perisai Diri* means “shield self.”

Physical movement is based on animals, people and regional styles. Speed, strength and evasiveness are the catchwords in defensive and offensive operations. Combining hard and soft movements, the body is subjected to a vigorous and healthy workout, using both breathing and meditation techniques to strengthen the internal organs and to calm and focus the mind.

Instructor **Tharyana Sastranegara** is Chief Instructor of *Silat Perisai Diri* in Manhattan and Brooklyn, as well as at the Indonesian Embassy in New York. He has given seminars in Europe, Canada, and Southeast Asia, and is the author of *Secret Silat Perisai Diri* and *The Secret of Silat Tiger*.

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