



International Silat Federation of America

Master Instructor Stoute – Sh. Bapak Waleed

www.InternationalSilatFederation.com

Silat Tuo teaches a complete, combat and self defense system, including training in:

- Hand-to-Hand Combat Tactics & Maneuvers
- Joint manipulation: traps, locks, breaks (In movement, NOT stationary techniques)
- Pressure points, vitals striking
- Unconventional kicking & sweeping
- Multiple attackers
- Weapons (both Traditional & Improvised) including but NOT limited to:
- stick, double-stick, staff, golok, kerambit, sarong, sumatran keris (kris)
- Entering, evading, passing, engaging
- Balance, rhythm, coordination
- Sensitivity & awareness training

Silat Tuo

Incorporates Effective Defenses and Unpredictable Offensive maneuvers, executed with precision.

Uses Evasive Tactics & 'Continuous-Action-Movements,' which are synchronized and deployed in balance.

A highly combative & sensitive Martial Art, taught traditionally, adhering to the elements and principles of P.S.S.M.I. (Pencak Silat Satria Muda Indonesia), as well as I.P.S.I. (Ikatan Pencak Silat of Indonesia), the central governing board for all Indonesian pencak silat.

Combines combat and self-defense with the Kembangan, or "Bunga Bunga," the flower, fruit (artistic dance-like movements.)

The Art of Pencak Silat

Pencak Silat is the cultural martial art indigenous to Indonesian and Malaysia. Wherefore pencak silat training is for self-defense & self-realization, silat is traditionally performed at celebrations, ceremonies, spiritual gatherings and other auspicious occasions. These demonstrations include the mystical music and drums of Southeast Asia (Indonesia/Malaysia)

In their performances, Silat players incorporate the graceful, rhythmic dance-like movements with the martial arts' movements in synchronicity with the mystical music of Bali, Java, West Jawa, West Sumatra and others. Popular in the West, Authentically trained Balinese & Javanese dancers all trained in pencak silat movements as they help develop coordination, balance, and rhythm ("University of Michigan's Javanese Gamelan & Dance ensemble were trained in basic pencak silat movements for their annual performance, entitled this year as "The Gongs of Truth" -- go here)

Originating during the early seventh century on the island of West Sumatra, Indonesia, Silat has been described by some "Elders" as:

- "Having the Characteristics and Attributes of Lightning"
- "The Spirit and Power of The Unseen"
- "A Unique and Traditional Martial Art which Seed and Root are connected to the base of the "Heavenly Tree" ... Minangkabau.



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What is Silat?

-- Silat is Mystical and Spiritually motivating...Silat is a spiritual path of family, love and healing.

Silat characteristics and qualities are a result of its link to the Indonesian and Malaysian cultures which are both distinctive in appearance and application. As well as being a comprehensive martial art and self-defense system, the various elements of the self-defense components are integrated through fluid dance-like movements, combined with ground fighting, trapping, locks, and evasive footwork with continuous unexpected counters...

Thus, it is stated: "Hidden in the dance-like movements are the self-defense and combat applications."

ISF silat practitioners learn the importance of 'feeling' and the reality of 'naturally-occurring-maneuvers' through consistency in all aspects of their training. People progress accordingly to their own intentions & sincerity, yet all that come 'empty' are filled....

Silat Tuo, of West Sumatra, Indonesia, was developed skillfully & is rooted from primary Silat systems, of which some are mentioned below:

- Silat Tuo (Silek Tuo: Martial Arts of Sumatra, Indonesia)
- "Seni" Silat Haqq (Spiritual Martial Arts)
- Satria Muda Silat (Combat Fighting Arts of Indonesia)
- Kumango Silat (Grips, Tariqah Naqshbandia)
- Pauh Silat (Arts)
- Lintao Silat (Ground tactics)
- Sterlak Silat (Palm, Open hand strikes)
- West Sumatran Silat (Powerful kicking methods)
- Harimau Silat (West Sumatran Tiger)
- Minangkabau Silat (West Sumatra, Indonesia)
- MYS Silat



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Silat Tuo - Training Curriculum

- Students are taken through a progression of conditioning & coordination training to develop synchronization of both hand & body movements)
- Students learn stepping patterns, ground tactics, jurus and syllabus of respective Silat systems.
- Students encounter sensitivity & awareness training while simultaneously learning to parry, block, and evade attacks WHILE striking, kicking, and utilizing a variety of joint locks, throws, take downs, traps and counters.

As students develop consistency in their comprehension of silat foundations, principles, and basics, the integration of weapons becomes an inevitable part of the comprehensive training program.

In Silat Tuo weapon's training, the WEAPON is the SILAT PERSON; that which is picked up or acquired becomes an extension of oneself, not a separate tool that necessitates a static form of movement.

Our training develops sensitivity, feeling, fluidity and coordination such that objects and otherwise, used with both hands or feet, flow naturally within the traditional movements of Silat.

Wherefore certain tools may be effectively deployed in a specific fashion (slicing, poking, etc), specific techniques which would be outside of one's training are NOT necessary to learn.

Thus, in Silat Tuo, open-hands-training is weapon's training ...as more awareness in one's development in Authentic Silat training manifests, Silat becomes the WEAPON.

Women tend to excel at many of the essential elements of Silat Tuo, becoming very proficient practitioners and masters of the way...as they are faster to understand the importance of 'feeling' over brute strength.

Also, part of the training in Silat Tuo explores the "Art of the Spiritual Warrior: Seni Silat Haqq." Seni Silat Haqq is a spiritual method of self-defense training, grounded in esoteric Naqshbandi Sufi practices.