

Pencak Silat: Through My Eyes: Indonesian Martial Arts, 2006, 343 pages, Herman Suwanda, 1933901039, 9781933901039, Empire Books, 2006

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 legendary masters of Pentjak Silat.

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The Floating Brothel The Extraordinary True Story of an Eighteenth-Century Ship and Its Cargo of Female Convicts, Sian Rees, Mar 6, 2002, History, 236 pages. Relates the story of the eighteenth-century prison ship, the Lady Julian, full of women bound for Australia, detailing their journey to the penal colony to serve as mates for.

Indonesian Fighting Fundamentals The Brutal Arts of the Archipelago, Bob Orlando, 1996, Sports & Recreation, 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.

The Malay Art of Self-Defense Silat Seni Gayong, Sheikh Shamsuddin, 2005, Health & Fitness, 247 pages. Silat Seni Gayong is an art of self-defense, a fighting art but one that also emphasizes the development of the self, becoming a better person, and serving humanity. Sometimes.

Taking It to the Street Making You Martial Art Street Effective, , Jan 1, 1999, Health & Fitness, 328 pages. Most real fights are short, fast and brutal. And there are no rules. The martial artist who thinks he's trained to handle what's coming may be in for a painful surprise. But.

Pencak Silat Pertempuran:, Volume 3 , Sean Stark, 2008, Sports & Recreation, 212 pages. SOFTCOVER - The third book in the series for the martial art of Pencak Silat Pertempuran. Covers philosophies, principles, breathing, and spiritual practices of this art. Also.

Stick Fighting Techniques of Self-Defense, Masaaki Hatsumi, 1981, Sports & Recreation, 147 pages. Explains the techniques of Kukishin Ryu in illustrated step-by-step instructions.

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.

Slam Set: Volume One , Joseph Simonet, Jan 1, 2008, Sports & Recreation, 114 pages. .

Martial Arts America A Western Approach to Eastern Arts, Bob Orlando, 1997, Sports & Recreation, 182 pages. Challenges teachers of the Asian martial arts to explore their own philosophies and look beyond cultural trappings that do not impact the art and may be inconsistent with.

The Complete Taiji Dao The Art of the Chinese Saber, Zhang Yun, 2009, Sports & Recreation, 429 pages. "Introduces the principles and practice of Taiji Dao and provides illustrated discussions of the history of Chinese swords, with special emphasis on the history and features of.

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Ninjutsu , Stephen K. Hayes, Apr 1, 1984, Sports & Recreation, 160 pages. Describes the training exercises and meditation techniques of the Japanese ninja warriors and explains how to perform the ninja's methods of self-defense.

Karambit Exotic Weapon of the Indonesian Archipelago, Steve Tarani, 2002, Sports & Recreation, 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.

Jeet Kune Do The Principles of a Complete Fighter, Ron Balicki, Steven Gold, Dan Inosanto, 2000, Sports & Recreation, 194 pages. A conceptual guide to the martial arts, the book features Jeet Kune Do, Bruce Lee's brilliant martial art, which uses elements from many physical art forms: Western boxing.

Weapons & Fighting Arts of Indonesia , Donn F. Draeger, 1972, Sports & Recreation, 254 pages. With over 400 illustrations, this classic provides a comprehensive introduction to the sophisticated forms which characterize Indonesian martial arts styles..

Silat Concepts : Form and Function Jurus 1-6 and Their Combat Applications, Joseph Simonet, 2004, Hand-to-hand fighting, 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.

Philosophy East and West , Charles A. Moore, 2007, Philosophy, 344 pages. Philosophy East and West EDITED BY CHARLES A. MOORE PRINCETON UNIVERSITY PRESS 1946 TO GREGG M. SINCLAIR President of the University of Hawaii and ardent believer in the Errant Witness , Cyril Joyce, 1993, Large type books, 320 pages download Pencak Silat: Through My Eyes: Indonesian Martial Arts Herman Suwanda The Reproductive Unconscious in Late Medieval and Early Modern England , Jennifer Wynne Hellwarth, Dec 16, 2013, History, 154 pages. First Published in 2003. Routledge is an imprint of Taylor & Francis, an informa company

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