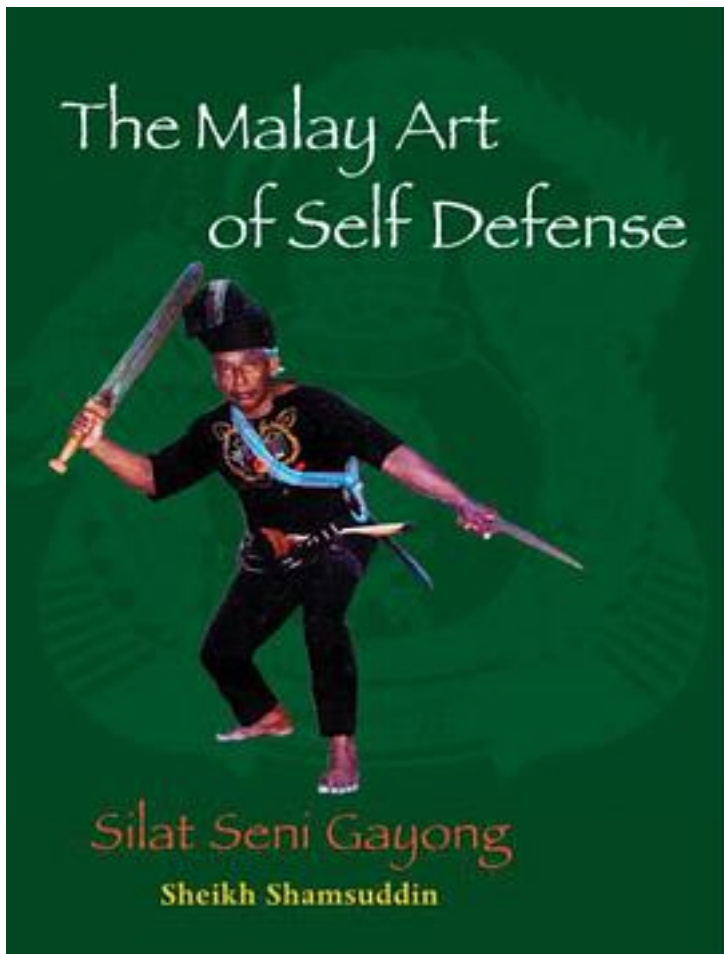


The Malay Art of Self-Defense



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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 compared to a tiger ready to devour its prey, Gayong helps practitioners

develop and increase physical fitness, flexibility, mental conditioning, and self-confidence. Author Sheikh Shamsuddin, who has studied Gayong for 25 years, introduces this little-known practice to Western readers in this first book on the subject in English. The most comprehensive study in any language on Gayong and its customs, The Malay Art of Self-Defense explores in depth the system, techniques, crucial elements, and philosophies involved. Also covered are the art's history, profiles of the most notable practitioners, and an informative Q&A collected from various martial art practitioners to expand readers' knowledge and appreciation. Included are photos of Gayong demonstrations, traditional training centers, customs, and events.

作者介绍:

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