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When I saw this book (The Malay Art of Self-Defense: Silat Seni Gayong by Sheikh Shamsuddin) on Amazon for a bargain price I immediately purchased it. The little I knew about the Silat system over the years was a few articles in Black Belt magazine/5(15).

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. 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 allamericanlocks.com: The Malay Art of Self-Defense Silat Seni Gayong Silat is the combative art of fighting and survival believed to have originated from ancient Malaysian and Indonesian civilizations. Until recently there has been no fixed form of instruction. Mar 02, Silat gayong is an art of self-defense. It is a defensive art. an art for stopping wars nor creating them. Gayong is not merely about self-defense; it is also a way to develop the self--belajar mengenali diri (becoming a better person so that one may serve humanity). About The Malay Art of Self-Defense. 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.

Jul 18, Silat as we know it, is an art of war or self defense of the Malay. Originated and circulate among the Malay Archipelago are sometimes misunderstood by some people. I was been thrown a questions by Gayong brother asking me on my opinion on these matter. Seni Gayong is a style of silat from Malaysia. It was the first martial arts association to be registered in the country, and is now the biggest and most internationally known Malaysian silat discipline.

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