



SILAT PERISAI DIRI



A UNIQUE INDONESIAN MARTIAL ART

Silat *Perisai Diri* is a system of self defense from Indonesia. Formally established in 1955 by R.M.S. Dirdjoatmodjo (commonly referred to as Pak Dirdjo – pronounced “Pa Dee-jo”).

Silat in Indonesian means “to fight”, while *Perisai Diri* means “The shield of oneself”. As such, the martial art of Silat *Perisai Diri* focuses on minimizing personal danger while either avoiding or attacking an assailant.

Emphasis is placed on refining one’s reflexes, with light, elusive movements that are designed to avoid contact. This leaves the practitioner in the safest position to take control of any situation.

Silat *Perisai Diri* is ideal for all. It relies on developing mastery of techniques rather than mere brute strength and aggression alone.

Techniques

Silat *Perisai Diri* uses a large arsenal of techniques. Each technique has unique characteristics and application. This diversity ensures that Silat *Perisai Diri* is effective in all situations.

The diversity of Silat *Perisai Diri* techniques is born from the inspiration and utilization of the movements of numerous animal and human-like forms.

These techniques include:-

Buffalo	Dragon	Monkey
Duck	Monk	Ape
Heron	Priest	Otter
Eagle	Princess	Horse
Tiger		

Weapons

Weapons training is only provided after the student has attained sufficient experience and capability with Silat *Perisai Diri* empty-hand techniques, that is, after Red belt (approximately 24 months training).

The weapons of Silat *Perisai Diri* are:-

Single Knife	Short Sticks
Double Knife	Walking Stick
Single Sword	Sickle
Double Sword	Umbrella
Staff	Fan

Grades

Gradings are usually spaced at 3 monthly intervals until blue-red belt is reached, and then 6 months to red belt.

The Grades are:-

White belt
White with Green tips
Green belt
Green with Blue tips
Blue belt
Blue with Red tips
Red belt

Competition

The organization and rules adapted for use in competition fighting in Australia are those of the I.P.S.I. Federation of Indonesia.

Competition training in Australia is not compulsory, but can be of great value to the student. It allows the application of the technique, speed and reflexes developed in training to be tested, while still maintaining the safety provided by a defined set of rules.

Australian Contacts

Brisbane 07 3394 1652

www.SilatPD.org.au

Sydney 0417 778 558

www.SydneyPD.org.au

Melbourne 0400 516 195

www.UrbanCombat.com.au

Adelaide 0407 228 878