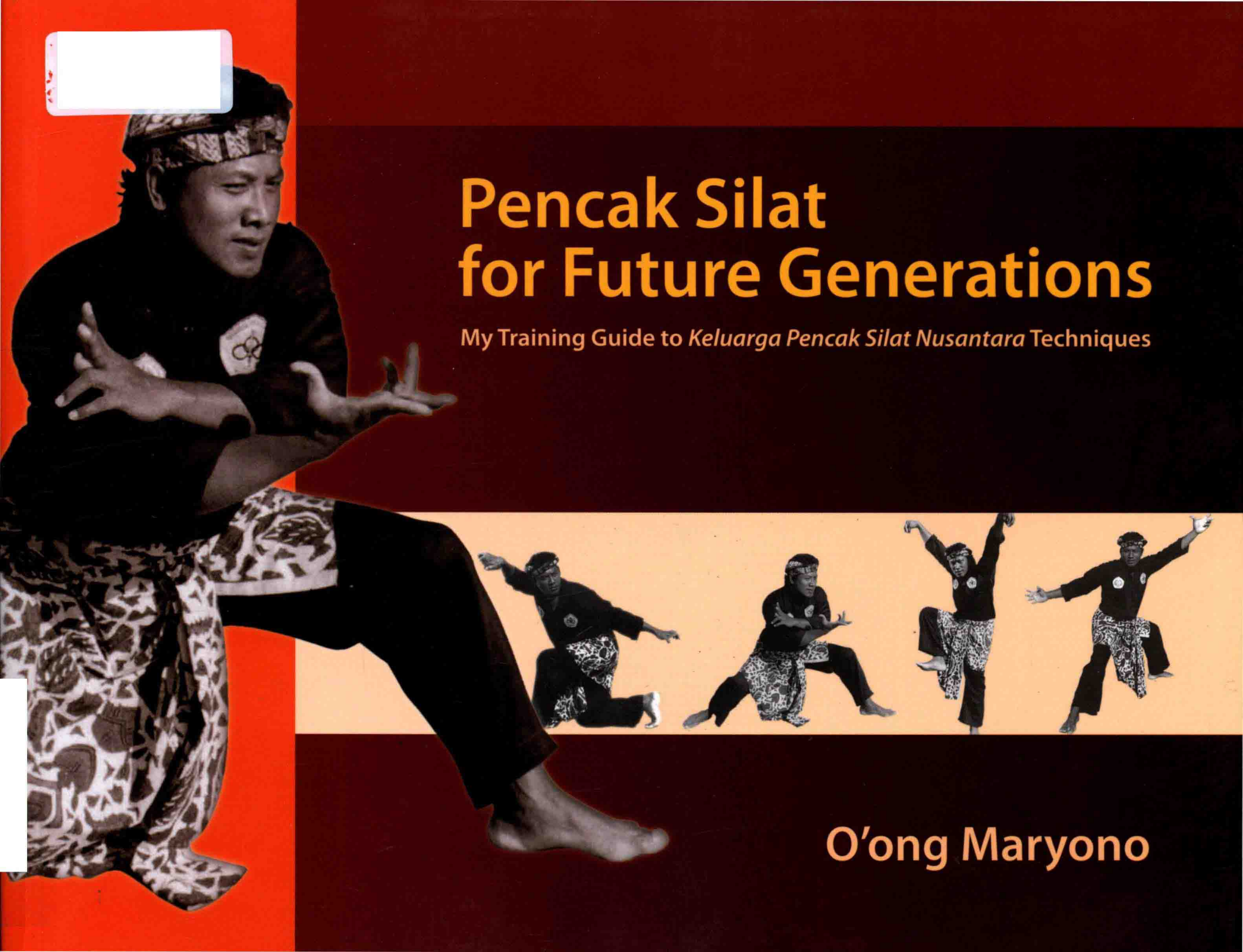




Pencak Silat for Future Generations

My Training Guide to Keluarga Pencak Silat Nusantara Techniques



O'ong Maryono

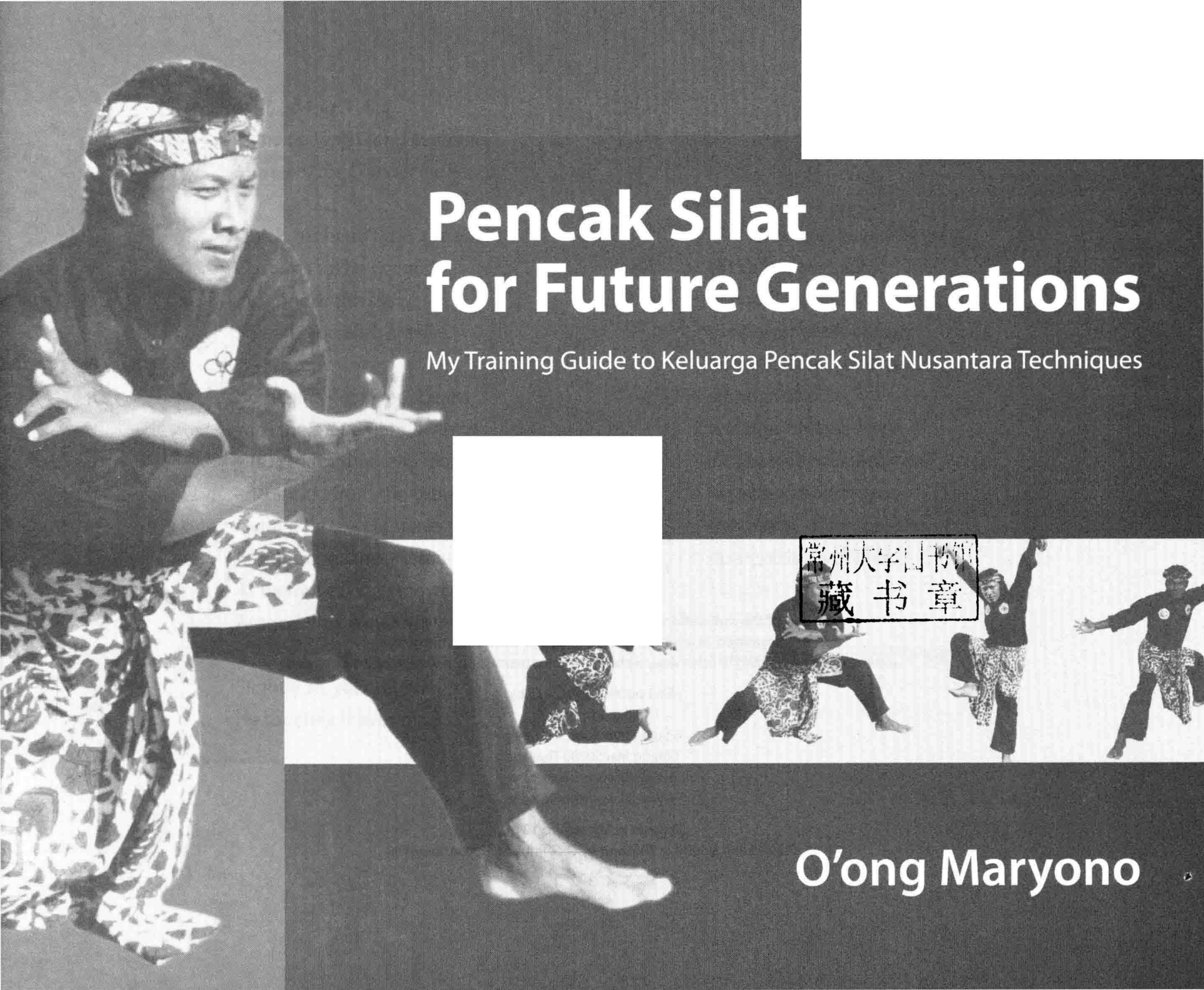
Pencak Silat for Future Generations

This manual lays out techniques of the Keluarga Pencak Silat Nusantara (KPSN), one of the leading *pencak silat* organizations in Indonesia. Moving from the fundamental elements—stances and strikes—to exploring complex series of moves for exercise, self-defense, and competition, the manual shows the richness and uniqueness of this still relatively unknown martial art. The concise text and attractive illustrations provide an easy learning tool for beginners or enthusiasts looking to expand their knowledge of *pencak silat*.

The late Master O'ong Maryono was a world champion, international trainer, and recognized martial arts expert. Author of the seminal book *Pencak Silat in the Indonesian Archipelago*, he was an indomitable advocate for the preservation and development of *pencak silat*.



Pencaak Silat for Future Generations



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My Training Guide to Keluarga Pencak Silat Nusantara Techniques

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藏书章

O'ong Maryono

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Pencak Silat for Future Generations

HE MOVES

*Remembering O'ong Maryono,
Master of the Combat for Peace*

Quick, his hand flicks the air,
Gestures to the ground,
motions to the sky:
Solemn, forceful, precise.

He begins in prayer, speaks
with the movement of arms,
with strides that take root
and spring from the ground.
Guided by the elements,
he summons the energies.
As he moves, they move
Around him, with him, in him.

Slightly so, yet quite deeply,
He touches, leaves marks.

And long after he has let go
of the last motion
of hands, of limbs, of body,
the power of his energy
forged divine, good in will,
strong and pure,
remains. And we feel it —
almost as if he still moves
with us and among us:
the energy of his motions
ripple, echo, resonate.

—Anj Heruela, PETA, Philippines

P R E F A C E

This illustrated manual provides an exposition of selected techniques of the Indonesian martial art of pencak silat, according to the style of Keluarga Pencak Silat Nusantara (KPSN), as I have practiced and taught. KPSN was established on July 28, 1968, in Jakarta by Grandmasters Mohamad Hadimulyo, Djoko Waspodo, and Rachmadi Djoko Suwignjo. Since then it has been one of the leading pencak silat organizations in Indonesia, recognized for its contribution to the development of pencak silat from a form of self-defense to a sport discipline in the 1970s and for its athletes' successes in competitions up to this day.

To establish pencak silat as a sport, many innovations were undertaken. KPSN founders adapted Western sport methodologies, in particular the 'synthesis-analytical' or 'part to whole to part' method, to design a training method for mastering pencak silat techniques, which was called '*dasar-jurus-urai*' (basic movements-sequel movements-analysis of movements). In this approach, the training begins with the study of the most basic elements, which are then configured into complete movements and, in turn, combined into sequences (*jurus*) of increasing levels of complexity, before being broken down again to achieve perfection of form. This manual follows the same order, starting from basic moves before proceeding to describe increasingly complex sequences from exercise maneuvers to defensive and competition maneuvers.

The pencak silat techniques presented here were mostly recorded during a series of training sessions that I conducted in Bangkok in 2004 especially for Andreas Schredl and Peter Raumauf as asked by their grandmaster F. Hariwijadi of Pencak Silat Perpi Mataram style. He believed that they would benefit from learning another pencak silat style, an inclusive value I also subscribe to. During the training I was assisted by Miftah Laewae, one of my first students in Thailand who has now become a senior KPSN trainer. Muhammad Ibnu Rodi, another of my earlier students who has become a senior trainer, also helped at times. Based on photos taken and explanations received during the training sessions, Andreas Schredl produced a manual in 2005, which was later published in 2010 with the title “Nusantara; The Way of Master O’ong Maryono”.¹ I remain indebted to him for the documentation work and for generously allowing me to build on his publication in order to produce this revised and improved version in my name.

The effort to systematize KPSN techniques is not new, but previous manuals have been left unpublished or published internally for KPSN, were not illustrated and were not in English. Foremost, we need to mention here the original compendium by the late Grandmaster Muhammad Hadimulyo, as one of the conceivers of the style, which I translated into Dutch and

adapted in 1993 when teaching in the Netherlands.² I have also published on selected standing and fighting technique sequences in a series of articles for successive issues of Rapid Journal in the period 2002 to 2004.³ Suhartono also produced in 1992 a manual on basic techniques that was later updated⁴ and in 2011 a manual on self-defense techniques with photographic material I provided.⁵ In 2009, Kotot Slamet Haryadi wrote a training manual for the Jakarta chapter of KPS Nusantara.⁶

However, the techniques using the *clurit*, a sickle with a long handle and a curved blade resembling a crescent moon that is common in Madura island, were documented for the first time in Bangkok. These were adaptations inspired by my own cultural background. I learned to use the *clurit* as a child when practicing with my grandfather, Matrawi, who was well known for his martial arts skills among the Madurese community in my native town of Bondowoso, East Java. As part of our tradition, he taught me the Bawean and Macan Kumbang styles, which are famous for the use of weapons.⁷

1 Andreas Schredl, *Nusantara; The Way of Master O’ong Maryono*, Neckenmarkt: Novum Eco, 2010.

2 O’ong Maryono, *Handboek Vereniging Pencak Silat Nusantara*, Unpublished, 1993.

3 O’ong Maryono, *Rapid Journal*, from issue 21 (2002) to 32 (2004) see also <http://www.kpsnusanantara.com/rapid/rapid-list.htm>.

4 Suhartono, “Buku Pelajaran Pencak Silat Nusantara untuk Tingkat Dasar (Calon Siswa & Siswa)”, KPSN, Unpublished, 2011 (Update of 1992).

5 Suhartono, “Buku Pelajaran Pencak Silat Nusantara. Program Beladiri Praktis”, KPSN, Unpublished, 2010.

6 R. Kotot Slamet Haryadi, *Pedoman Latihan dan Ujian Kenaikan Tingkat/Pelantikan Keluarga Pencak Silat Nusantara DKI Jakarta*, DKI Jakarta: Badan Teknik Pengurus Daerah KPS Nusantara DKI Jakarta, 2010.

7 O’ong Maryono, “Handboek Vereniging Pencak Silat Nusantara”, Unpublished, 1993.

In this context, I would like to emphasize that, having been derived from limited training sessions, the collection of techniques presented in this book is far from complete. KPSN techniques, as well as those I have adapted and developed from other schools, including from Matrawi's teaching and from my first *perguruan*, Elang Putih in Bondowoso, are much richer and will require more work to document them all. I also need to stress that while the reading of the manual is meant for self-study, practice of moves and techniques should be done with restraint and discipline, and preferably with oversight from a trainer, in order to prevent injuries.

Finally, I wish to draw attention to the significant changes that make of this version an original work. For esthetic as well as pedagogic reasons I have substituted the photographic material with original line drawings by Asnar Zacky, a cartoonist in Yogyakarta, who has aptly reproduced visual images of the practitioners in traditional pencak silat costumes. The English manuscript, initially translated from German by Theodora Patkos, was edited by Alan Feinstein. Most importantly I have changed the book structure, reviewed and improved some of the techniques displayed, used for the descriptions some of the original Rapid Journal text, and added an entirely new section about self-defense sequences. I trust that these changes will enhance the accuracy of the information and make the manual more attractive to readers. I publish it with the hope that future

generations will become motivated to practice pencak silat and document and develop this rich, but still relatively unknown, martial art.

O'ong Maryono | November 2012

FOREWORD

Master O'ong Maryono was waiting for the last drawings of this book's section on self-defense when he died prematurely of cancer of the appendix on March 20, 2013, in Singapore. As his wife, I felt that it was important to publish his final work and took responsibility for completing the review and overseeing the layout. Even if the book was almost done by then, substantial time and the support of many were needed to bring this emotionally loaded endeavor to closure.

Foremost I am thankful to KPSN for the provision of the technical expertise I lacked. Bambang Anggono, Chair of KPSN Grand Masters Board (of which my husband was part) was key in enlisting the advice of other KPSN members. A special thanks to Master Suhartono, who before his recent death, patiently checked all the drawings and made suggestions for improvements. I am also grateful to Master Agoeng Sukoyo, Master Subagyo and senior members Hendro Wardoyo, R. Kotot Slamet Hariyadi, Joko and Ery Purnomo for their input and to Dian Ambarini and Reni Murdini for their continuous encouragement. I am also indebted to Johanna Son for final editing and to Atik Chawasi and Martopo of Panira for their patient assistance and careful lay-out.

In its current form the book presents few changes from my husband's original version. In terms of technical content there is only one major addition, namely chapter 3 on *senam jurus* (pencak silat-based gymnastics series), which is based

on information and illustrations from a previous manual of my husband.⁸ I felt it was important to include this chapter, not only because *senam jurus* moves are common in KPSN, but because they are meaningful to me on a personal level. In his last year, my husband used them and the associated breathing techniques to exercise every morning, together with me, and, at times, friends, and this helped him to keep fit while undergoing chemotherapy and other cancer treatments.

Some editorial changes were also made. Looking back at my husband's previous work, the idea came up of integrating selected material he had written for Rapid Journal (as mentioned in his foreword) and other publications since it provided useful complementary information. To uphold his memory, I also decided to include his biography and to employ a series of pictures of him posing in KPSN standing positions and other moves⁹ to decorate the cover and the chapter pages.

At the end of the book an institutional profile of the O'ong Maryono Pencak Silat Award is also included since the book has become part of its sponsored activities. The Award is a small grants program to encourage research into and documentation of pencak silat that was launched at the first-year anniversary commemoration of my husband's death at the Padepokan Pencak Silat in Jakarta in March 2014. As the books he has

written and his still-active website (www.kpsnusanantara.com) also testify, the production and sharing of knowledge toward the preservation and promotion of pencak silat as an important cultural and martial arts heritage was dear to my husband. May these combined efforts serve to spread his knowledge, honor his work and keep O'ong's spirit and passion alive.

Rosalia (Lia) Sciortino Sumaryono | August 2014

8 O'ong Maryono, *Handboek Vereniging Pencak Silat Nusantara*, Unpublished, 1993.

9 The pictures were taken by the photographer Melania Messina in Palermo, Italy.

I will love you like the desert burns along the sun when they are together,
and when you will be gone,
just like every one else,
I will cry for you like the snow that melts at the first hint of summer ...
and hoping that you'll be back
I will miss you like the clouds lose themselves when it rains ...

— Sanhita Baruah



Miss you always!

Lia and O'ong in Singapore, September 2012

