



Pencak Silat for Future Generations: My Training Guide to Keluarga Pencak Silat Nusantara Techniques

O'ong Maryono

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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. For each technique covered, concise text accompanies clear, hand-drawn illustrations, making this guide an easy learning tool for beginners or enthusiasts looking to expand their knowledge and practice 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*.

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