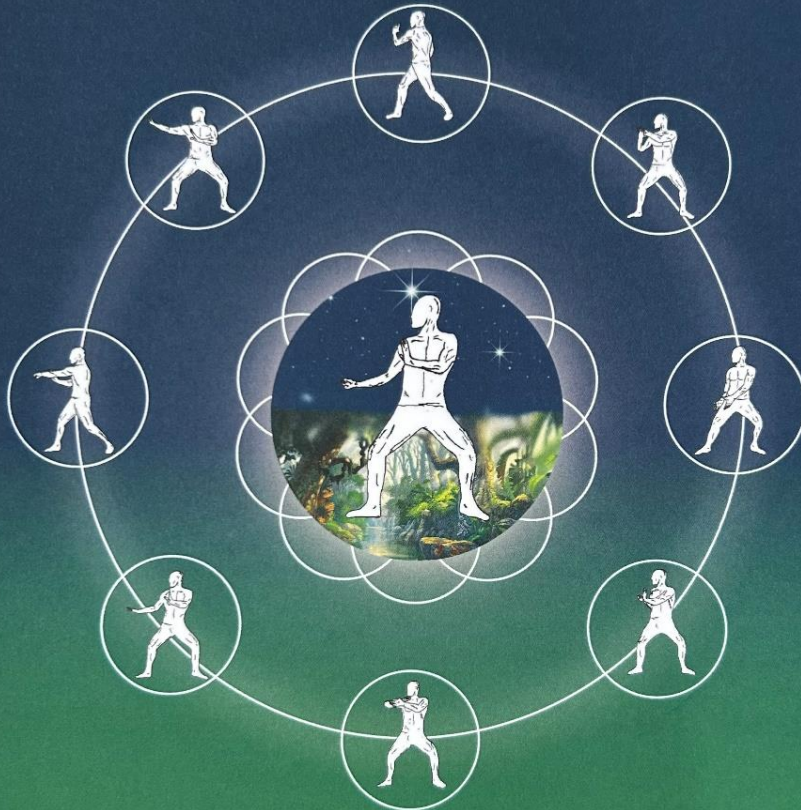
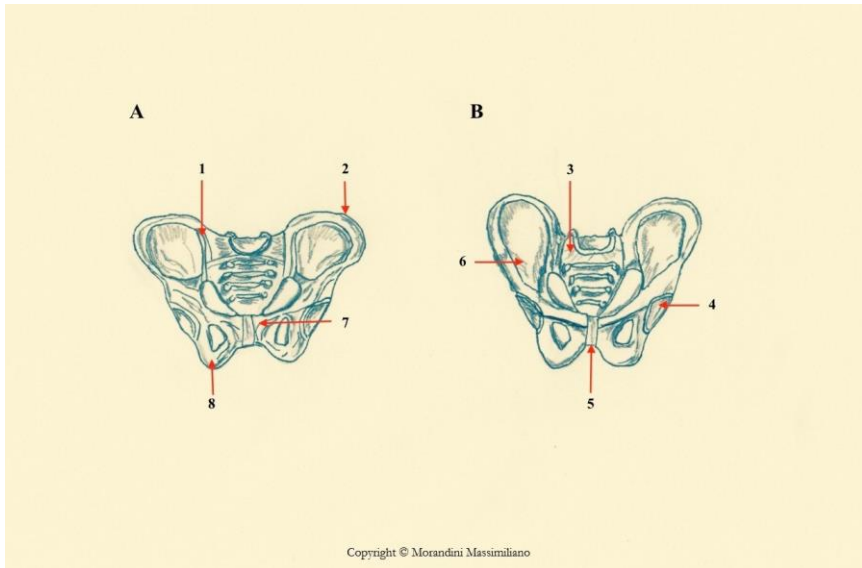


Massimiliano Morandini

The Essence of Pencak Silat



Combative Structure of Jurus,
Inner Power and Psychosomatics of
Pukulan Pentjak Silat Sera



Study of psychosomatics and biomechanics of the body.

According to the author, an in-depth study of martial arts should go beyond the mere technical aspect, embracing also the deeper, latent dimensions of the practitioner. In this new work, the author explores aspects related to psychosomatics and biomechanics through the art of Pencak Silat, offering reflections that can be applied to the practice of all martial arts.



Ancestral training of Pencak Silat.

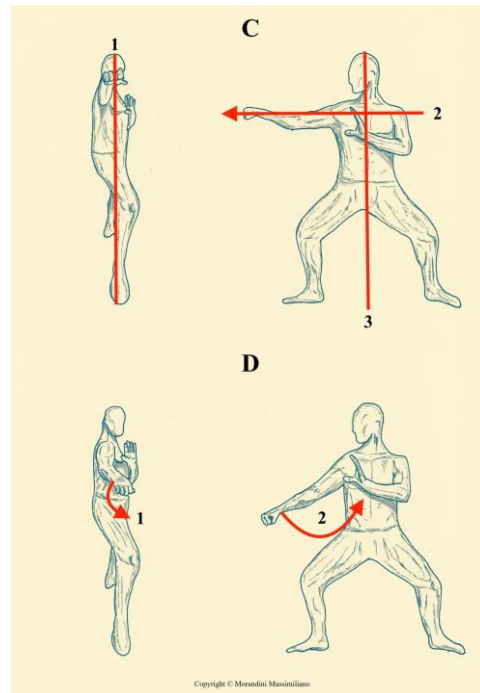
The text provides an overview of the ancient arts of Pencak Silat, focusing on strengthening the physical structure of the practitioner. Ancient training techniques are described, including methods for muscle and tendon strengthening, as well as bone conditioning, the latter being considered fundamental for those practising martial arts.



Inner power of Pencak Silat.

The '*Power practices*' in Pencak Silat are numerous and aim to strengthen the latent forces of the human being.

Through examples, testimonies and personal experiences, the author illustrates these practices, which are based on specific meditations and breathing exercises aimed at strengthening the internal energy known as *Tenaga Dalam*.



In the second part of the text, the author explores the "*Jurus*" (martial forms) of Pukulan Pentjak Silat Sera, primarily intended as guidelines for the study of body biomechanics, and only secondarily as tools for combat.

Through illustrative tables, the author presents the basic principles of the practice.