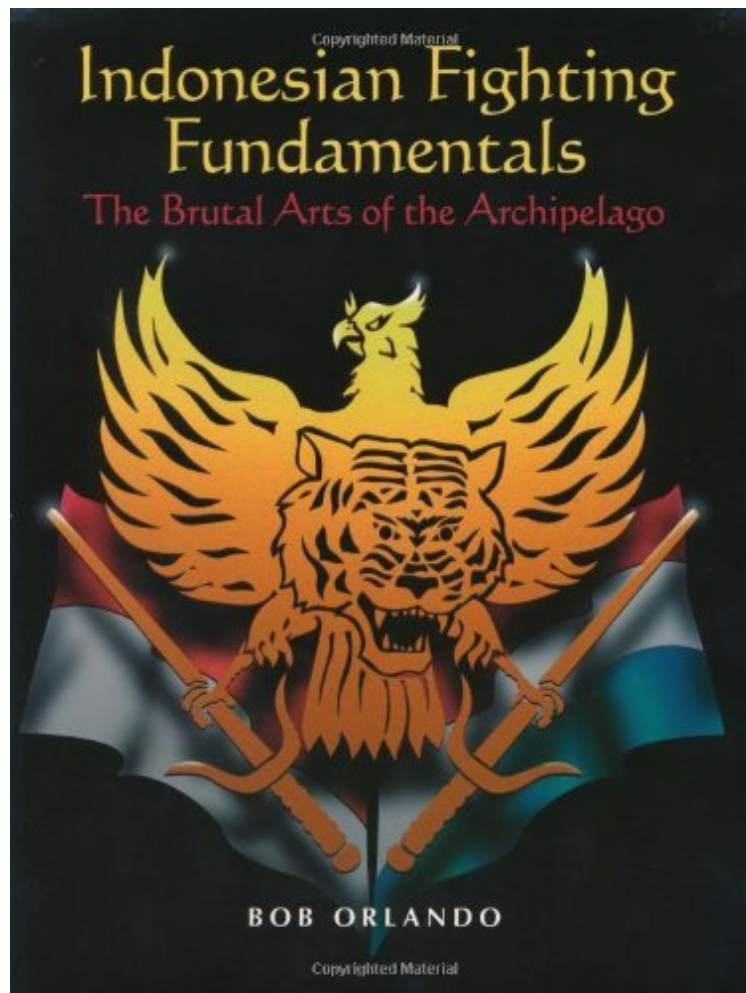


[Free] Indonesian Fighting Fundamentals: The Brutal Arts Of The Archipelago

# Indonesian Fighting Fundamentals: The Brutal Arts Of The Archipelago

Von Bob Orlando

*\*Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrang: #1372800 in eBooksVerffentlicht am: 1996-09-01Erscheinungsdatum: 1996-09-01File Name: B003ZYFATO | File size: 78.Mb

**Von Bob Orlando : Indonesian Fighting Fundamentals: The Brutal Arts Of The Archipelago** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indonesian Fighting Fundamentals: The Brutal Arts Of The Archipelago:

KundenrezensionenHilfreichste Kundenrezensionen7 von 8 Kunden fanden die folgende Rezension hilfreich. Physical principles for effective in fightingVon Ein KundeIndonesian Fighting Fundamentals (IFF for short) is a different from your average martial arts book. You won't find a collection of techniques or "moves" that will make you a better fighter. Rather you will find a collection of physical principles that are the foundation of many of the techniques of Silat and Kuntoa which are the major systems covered in this book.As an example here's what you \*won't\* find in this book,how to punch how to kick how to block how to evadeWhat you will find are principles to maximize the

effectiveness of your techniques and more importantly (in my opinion) how to analyze and learn martial arts techniques and strategies. What also sets this book apart from most martial arts is that the bulk of the book principles are all focused on how to "in fight" i.e. what are the main principles to use when fighting is up close and personal, when you are close enough to bite, head butt, elbow, knee and trip as primary weapons and techniques. For example the foundation principle the author discusses is "adhesion". This is the principle of using full body contact with your opponent during a confrontation. For most people this principle is completely counter intuitive i.e. if you're a 110 pound female the last strategy in the world you'd use is infighting with a 220 pound male. The author goes into tremendous detail on this very concept. Besides the section on principles the author spends some time on principles on learning martial arts by analyzing his personal learning experiences in learning and teaching martial arts and leads you into understanding and hopefully questioning how you learn and analyze your current training (for those that are thinking of starting up in martial arts or switching to a different "style" see the author's other book "Martial Arts America" is a must read). This book also has valuable sections on integrating principles, comparing and contrasting different martial art systems, some historical notes on Silat and Kuntao, some basic drills to illustrate how a principle can be drilled into your physical system and even a chapter called "Learning How to Hurt Someone" which deals with some questions in martial arts which few people take the time to think about. Negatives? The book is only 180 pages and \$40. The price is justified because the book is filled with large, sharp BW photo sequences that illustrate the principles and these are expensive to produce. The shortness of the book is really a shortcoming created by the author's excellent analytical and tight writing ability that makes you sad that you came to the end of the book but for me the beginning (well actually a renewal) of my martial arts journey of discovery. The one real negative I have is the book is very sparse on "entry" i.e. how to close the gap to use the weapons/principles in this book. From a street perspective this probably is not important because most real physical confrontations are going to start when someone is in your face but I think some more detail on principles and strategies to get you safely inside would have made the book more complete.

0 von 0 Kunden fanden die folgende Rezension hilfreich. A great book on principles of in fighting Von P. soohoo Indonesian Fighting Fundamentals is mainly about physical principles that are the foundation of many of the techniques of Silat and Kuntao which are the major systems covered in this book. What sets this book apart from most martial arts is that the bulk of the book principles are all focused on how to "in fight" i.e. what are the main principles to use when fighting is up close and personal, when you are close enough to bite, head butt, elbow, knee and trip as primary weapons and techniques. Besides the section on principles the author spends some time on principles on learning martial arts by analyzing his personal learning experiences in learning and teaching martial arts and leads you into understanding and hopefully questioning how you learn and analyze your current training (for those that are thinking of starting up in martial arts or switching to a different "style" see the author's other book "Martial Arts America" is a must read). Negatives? The book is only 180 pages and \$40. The price is justified because the book is filled with large, sharp BW photo sequences that illustrate the principles and these are expensive to produce. The shortness of the book is really a shortcoming created by the author's excellent analytical and tight writing ability that makes you sad that you came to the end of the book but for me the beginning (well actually a renewal) of my martial arts journey of discovery.

1 von 2 Kunden fanden die folgende Rezension hilfreich. A Rare Martial Arts Book That You Can Actually Learn From Von Ein Kunde It's rare indeed that a martial arts book can teach a reader much that they can incorporate into their own practice: usually the techniques that they teach are too difficult to learn from a book, or so simple that any student knows them already. But by focusing on principles and logic of combat rather than on specific techniques, Bob Orlando gives the student of martial arts not only insight into Indonesian styles but methods of practice and training which a student of virtually any art can incorporate into their own. In addition, this book is an excellent companion to Orlando's video "Fighting Arts of Indonesia". They cover much of the same ground and reinforce each other. It had an immediate and transformative impact on my martial arts training. Without a doubt, this is the most useful martial arts book I have ever purchased.

**Kurzbeschreibung** The fighting arts of Indonesia, a mix of pentjak silat and Chinese kuntao, were never meant for sport: they are brutal, unrelenting and designed to take the enemy out and punish him every step of the way. This unprecedented book by a long-time student of Dutch-Indonesian Master Willem de Thouars shows you why.

**Kurzbeschreibung** The fighting arts of Indonesia, a mix of pentjak silat and Chinese kuntao, were never meant for sport: they are brutal, unrelenting and designed to take the enemy out and punish him every step of the way. This unprecedented book by a long-time student of Dutch-Indonesian Master Willem de Thouars shows you why.

**Synopsis** In this book, Bob Orlando, a long-time student of Dutch-Indonesian Master Willem de Thouars, gets to the heart of what makes Indonesian fighting arts (a mix of pentjak silat and Chinese kuntao) so formidable. Orlando does not simply give the reader techniques. Instead, he places the movements in context, providing a deeper understanding of their self-defence applications by exploring the underlying principles that make them work. For the serious, self-defence-driven martial artist, this book lends an unprecedented clarity to the often elusive -- but always brutal -- arts of

the archipelago.