

PSEP™



PENCAK SILAT ENGAGEMENT PROGRAMS



WHAT IS PSEP?

- ▶ PSEP - Pencak Silat Engagement Program is an internationally endorsed health, fitness, and cultural physical education program. PSEP offers an array of programs for all ages.
 - ▶ Pencak Silat Sport Clinic
 - ▶ Pencak Silat Aerobics Cardiovascular Health
 - ▶ Pencak Silat Fight Fit Overall Fitness
 - ▶ Pencak Silat Modular Enrichment
 - ▶ Pencak Silat Self Defense





WHAT IS PENCAK SILAT?

- ▶ Pencak Silat is a blanket term for a martial art that originated in South East Asia. In 2019, Indonesia was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity by UNENSCO - United Nations Educational, Scientific, and Cultural Organization.



- ▶ *“In addition to their sporting element, Traditions of Pencak Silat also encompass mental-spiritual, self-defense and artistic aspects. The moves and styles of Pencak Silat are strongly influenced by various elements of art, involving a unity of body and movement...”*

Source: <https://ich.unesco.org/en/RL/traditions-of-pencak-silat-01391>

Why Pencak Silat?

- ▶ Pencak Silat is the root of all martial arts, the original MMA. There is omnipresent weapons awareness and understanding. Pencak Silat has all the tools to engage in any arena whether it is standing with striking or kicking, joint manipulation, grappling or ground work.
- ▶ There is a holistic nature that extends beyond combat or self defense and incorporates meditation, traditional medicine, breathing techniques and classical studies to create a well rounded member of society
- ▶ The motion has a hypnotic sense of rhythm that will disguise its power. Pencak Silat has been tried and tested for thousands of years with many of the original physical and spiritual lessons remaining today.
- ▶ Due to the geographical location of South East Asia, the origin of Pencak Silat, the evolution of the arts has experienced many forms of challenges. Though generations of war, world conflicts, and foreign occupations Pencak Silat has survived to this day capturing lessons from the trade routes and incorporating them into the advantage of the Pencak Silat Player and philosophy.
- ▶ The fruits of the original mixed martial arts, Pencak Silat, can be observed in many popular styles today. From Muay Thai boxing and European sword play to Yoga and Pilates you will find the root of the knowledge of Pencak Silat.
- ▶ If you are searching for the most complete martial arts system, the choice is clear: Pencak Silat



Why PSEP?

- ▶ All PSEP accredited training centers have met or exceeded PSEP high standards of accountability through training, reporting, and compliance of PSEP regulatory guidelines. (ref: PSEP constitution and coaching manual, document rev.1.2022)
- ▶ PSEP participates with World Health Organization in accordance to the 61st W.H.A.E. RESOLUTION WHA61.
 - ▶ WHA61.14: “Prevention and Control of Noncommunicable Diseases: Implementation of the Global Strategy and the Action Plan for the Global Strategy for the Prevention and Control of Noncommunicable Diseases.”

Source: <https://uscenterforsafesport.org/>

Source: <https://www.who.int/ncds/governance/2008-resolution-which-endorsed-GAP.pdf?ua=1>

- ▶ PSEP coaches are US Center for Safe Sport Certified.
 - ▶ Based on the International Olympic Council’s Consensus Statement development in 2016, Safe Sport is defined as *“an athletic environment that is respectful, equitable and free from all forms of harassment and abuse (non-accidental) violence”*.



U.S. CENTER FOR
SAFESPORT
CHAMPION RESPECT. END ABUSE.



PUBLIC HEALTH SIGNIFICANCE OF PHYSICAL ACTIVITY

It has been shown that participation in regular physical activity reduces the risk of coronary heart disease and stroke, diabetes, hypertension, colon cancer, breast cancer and depression. Additionally, physical activity is a key determinant of energy expenditure, and thus is fundamental to energy balance and weight control.



- ▶ Physical inactivity has been identified as the fourth leading risk factor for global mortality (6% of deaths globally). This follows high blood pressure (13%), tobacco use (9%) and high blood glucose (6%). Overweight and obesity are responsible for 5% of global mortality.
- ▶ Levels of physical inactivity are rising in many countries with major implications for the general health of people worldwide and for the prevalence of NCDs such as cardiovascular disease, diabetes and cancer and their risk factors such as raised blood pressure, raised blood sugar and overweight. Physical inactivity is estimated as being the principal cause for approximately
 - 21-25% of breast and colon cancer burden,
 - 27% of diabetes
 - and approximately 30% of ischemic heart disease burden
- ▶ In addition, NCDs now account for nearly half of the overall global burden of disease. It is estimated currently that of every 10 deaths, 6 are attributable to noncommunicable conditions.

Source: <https://www.ncbi.nlm.nih.gov/books/NBK305049/>



PSEP-PROGRAMS



Pencak Silat Sports Clinic

This program introduces basic understanding of the sport of Pencak Silat. It is ideal for students who have little to no knowledge of this martial art. In this one hour program students will be taught some basic aspects of theoretical and practical application of the sport. Instructors will demonstrate Pencak Silat movement and the students will get to learn these movements under direct professional supervision. This program can be executed in small or large groups and consists of one session. Upon completion of this program students will have a basic understanding of the sport and be able to perform basic Pencak Silat Movement.

Pencak Silat Modular Enrichment

This program continues basic understanding of the sport of Pencak Silat in 6, one hour sessions. Students will be taught practical applications of the sport under professional supervision and coaching. After graduating this program, students are expected to be able to perform the applications in a sports setting with confidence.



PSEP-PROGRAMS Cont.



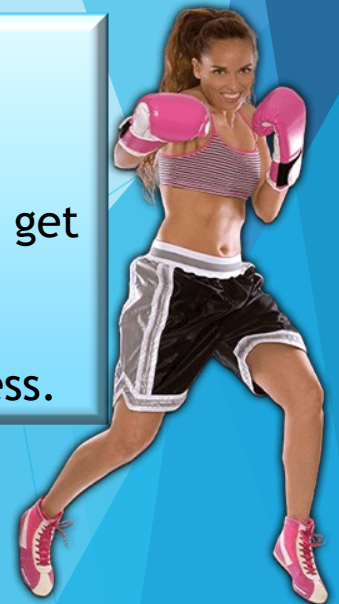
Pencak Silat Aerobics

This program is most suitable for mass participation. Students will be treated to a 45 minute cardio workout that incorporates Pencak Silat and Aerobics movements. This workout is suitable for all age groups allowing teachers and staff to join in. So, lets all move to beat of the music and have fun together!

Pencak Silat Fight Fit

A power packed and exciting program that is designed to keep everyone healthy.

This is a new program developed by PSEP for individuals who want to know more about martial arts, get acquainted with Pencak Silat, and keep fit. Advanced program evolutions are used by Pencak Silat athletes in preparation for competition, however PSEP offers training at all levels for all ages! This program is a non-competitive program that will help improve cardiovascular health and overall fitness.



PSEP-PROGRAMS Cont.



Pencak Silat Basic Self Defense

This program will expose students to the basic techniques of Pencak Silat in the bid to equip them with the skills that will enable them to defend themselves. Students will be coached in verbal defensive, defensive and offensive skills under professional supervision and guidance. PSEP has developed continuous training or modular based training sessions within this program through our network of Pencak Silat schools worldwide.



BENEFITS

PSEP-Benefits

Apart from learning Pencak Silat martial arts in a fun filled environment, students will improve:

Left/right neuro communication, balance, agility, flexibility, strength, cardio fitness, hand-eye coordination, emotional health, all while building confidence and positive attitude.



FIND YOUR PSEP TRAINING CENTER NOW at www.PSEPWORLD.com