



PCK INTERNATIONAL

THE EVOLUTION OF COMBAT



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Official Newsletter of PCK International

Latest News

Cimande Alliance Summer Camp

Some topics we are covering at the Summer Camp :

- PCK Knife Concepts
- Naga Jurus
- Knee and Elbow Jurus
- Advanced PCK Jurus applications

For more info: gurubesarjacobs@yahoo.com

Meditation Tips

Rasa or sensitivity/ intuition is something that is helpful in both halves of the art and could even be considered the bridge that connects the two. In meditation the mind can wander sometimes causing you to become frustrated and even give up. Try to put your awareness into your energy and body as a whole, rather than just dwelling in the head. This simple gesture can be helpful in loosening the grip of your thoughts on your awareness. - G.P. Derek

Training Tips

Poison hand is a way of striking without having to retract the striking hand. It is a fluid continuous barrage of strikes strung together sometimes combining 3 or 4 with the same hand before flowing into another motion. The strikes can vary of course and can even compact from open hand to fist or from fist to elbow for example. You can use adhesion, penetration, bamboo and many other PCK principles simultaneously with poison hand.

Practice flowing from the poison hand on the limbs and climbing up to the face and also the reverse. Become comfortable flowing into it from all of your jurus and even modifying your jurus into smaller more compact movements that can become poison hand themselves. Learn how to keep your hands in constant motion once you land a strike, flowing into a destructive and relentless combination of poison hand mixed with other concepts such as the thorn. Take all of your postures and strikes and figure out how to turn them into this flow from close, medium and long range.

Main Article

The PCK Silat Cimande Alliance Summer Camp is coming up in July in Tennessee and we wanted to take this opportunity to talk a little bit about the idea behind the seminar. PCK Silat has always been dedicated to promoting a sense of brotherhood towards other Silat styles and Gurus. We all, whatever style we may teach, have been blessed with the great gift that the Sundanese people have given this Planet through Pencak Silat. It is our goal through this seminar to allow our students and all others to experience through a variety of types of Cimande styles and Teachers, how devastating this art is and also how amazing its energy and healing practices are. Silat is a true art in that everyone that practices it has their own subtle differences, creative interpretations and contributions. Even a beginner student can help his teacher become better by taking something they have been taught and putting it under a new light. This seminar attempts to showcase those subtle differences, exposing students to a variety of teachers all with their own distinct contributions and creativity. Taking the art of Cimande forward and helping it to evolve through constant innovations that will take all of our Styles to new heights for future generations.

Guru Besar Jerry Jacobs - Grandmaster of PCK
Guru Penglima Derek Owings - North American Director

Student of the Month

Our student of the month for June is

Trey Rey

Trey has been a student of Guru Penglima Derek for around 3 months and has really managed to stand out. He works hard, always has a great attitude and has a killer back hand speed punch.



Quote of the Month

"All warfare is based on deception."

PCK Silat DVD's

Guru Besar Jerry Jacobs and PCK International offer a variety of DVD's to supplement your training. We have the curriculum, seminars and more specialized topics on DVD for purchase on the PCK website

PCK Websites

pcksilat.com
blog.pcksilat.com
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