



Teluk Batik



Pertandingan Seni Silat ...



Gunung Ledang



Bagan Lalang, Selangor.



PGSM Di Pulau Besar, ...



PGSM Di MFI, Bangi, S...

PGSM Di MFI, Bangi, Selangor.

PGSM Di Malaysia France Institute, Bandar Baru Bangi, Selangor.

PGSM at Malaysia France Institute (MFI), Bandar Baru Bangi, Selangor.



[<http://3.bp.blogspot.com/-wVwa5f5MZfK/U7zT-PZvJXI/AAAAAAAAADY/PCAI97oNE1c/s1600/MFI6.jpg>]

Silat PGSM mula berkembang di Negeri Selangor pada awal 1996 dengan menjadikan MFI sebagai Gelanggang Utama untuk menjalankan apa jua aktiviti persilatan. PGSM ditubuhkan di MFI sebagai salah satu aktiviti Kokurikulum dan juga Persatuan. Gelanggang PGSM MFI adalah di padang bola sepak MFI. Di bawah kepimpinan GPU sendiri, murid-murid keluaran PGSM-MFI ini berkembang hingga mencapai angka ribuan murid pada tahun 2003.

Silat PGSM or Persilatan Gerakan Suci Mangkubumi was established in Selangor early 1996. Began at MFI field as main courts to run various Silat activities. PGSM was established in MFI as a co-curricular activity and also as an association. MFI soccer field was used as PGSM training field under coordination by GPU himself. Silat PGSM at MFI branch was participated by thousands student till year 2003.



[<http://3.bp.blogspot.com/>

Classic Flipcard Magazine Mosaic Sidebar Snapshot Timeslide



Teluk Batik



Pertandingan Seni Silat ...



Gunung Ledang



Bagan Lalang, Selangor.



PGSM Di Pulau Besar, ...



PGSM Di MFI, Bangi, S...

bertambahan dan masa ke semasa serta terlan berjaya melahirkan ramai Guru Satria Muda antaranya seperti Mohd Ridzuan b Mutalip, Shahrudin, Ahmad Rosli b Ahmad Balia, Khairul Nizam (Ujang), Farizzul Azran (Pejot), Ashirin dan lain-lain lagi.

With full supports from MFI management, Silat PGSM members increased to 200 members in year 1997 and successfully produced Masters (Guru Satria Muda) such as Mohd Ridzuan Mutalip, Shahrudin, Abdullah, Ahmad Rosli Ahmad Balia, Khairul Nizam (Ujang), Farizzul Azran (Pejot), Ashirin and more others.



[[http://2.bp.blogspot.com/-](http://2.bp.blogspot.com/-BpUCLN7W3Wo/U7zUR6wenqI/AAAAAAAAAEM/Wr-72CLlurc/s1600/Abdullah.jpg)

[BpUCLN7W3Wo/U7zUR6wenqI/AAAAAAAAAEM/Wr-72CLlurc/s1600/Abdullah.jpg](http://2.bp.blogspot.com/-BpUCLN7W3Wo/U7zUR6wenqI/AAAAAAAAAEM/Wr-72CLlurc/s1600/Abdullah.jpg)]

Persilatan ertinya menyilat pada ilat dan ralat. Agar tidak tersungkur kerana kebodohan dan kejahilan diri. Artinya, ahli silat PGSM harus mendalami ilmu mempertahankan diri serta juga mendalami ilmu keagamaan. Ilmu silat dan keagamaan tidak dapat dipisahkan demi memperkuatkan tenaga dan ketinggian kerohanian seseorang ahli. Silat PGSM juga melalui latihan persilatannya amat menitik beratkan kepada adat dan tatasusila serta perwatakan kesatria dan kependekaran seseorang. Ibarat ular menyusur tebing takkan hilang bisanya. Disamping buah-buah fizikal yang berpasakkan kepada Mangkubumi dan Teknik Pernafasan Tenaga Dalam, ahli juga sentiasa diberikan Tazkirah untuk menambah ilmu dalam Tasauf. Ini kerana PGSM adalah dari aliran Tarikat Qadiri Rifai.

Persilatan means corrections in faults and errors. Sure, not to fall-down because of our dense or brainless. Means, members of Silat PGSM must learn deep in self defense knowledge and spiritual. Silat and spiritual knowledge cannot be separated due to enhance their spiritual energy. Silat PGSM through learning and training sessions, stimulate the sense of responsibility to the heritage, culture, honest and positive mind-set. Thus, to built the conqueror and warrior to the society. Just like a snake, never lose it poison. Besides the physical training of Mangkubumi modules and breathing inner energy techniques, members also can learn Cosmology Philosophy through Tazkirah given at the end of training session. It is because Silat PGSM is not only a self defense association, but is a Tariqah from the

Classic Flipcard Magazine Mosaic Sidebar Snapshot Timeslide



Teluk Batik



Pertandingan Seni Silat ...



Gunung Ledang



Bagan Lalang, Selangor.



PGSM Di Pulau Besar, ...



PGSM Di MFI, Bangi, S...



[[http://1.bp.blogspot.com/-](http://1.bp.blogspot.com/-WIII438Ryzs/U7zWiGMvCmI/AAAAAAAAAEk/BrWa8saP3qc/s1600/Shaharuddin.jpg)

[WIII438Ryzs/U7zWiGMvCmI/AAAAAAAAAEk/BrWa8saP3qc/s1600/Shaharuddin.jpg](http://1.bp.blogspot.com/-WIII438Ryzs/U7zWiGMvCmI/AAAAAAAAAEk/BrWa8saP3qc/s1600/Shaharuddin.jpg)]

Qadiri-Rifai.

LATIHAN PERSILATAN

SILAT TRAINING



[http://4.bp.blogspot.com/-796acFb_YMg/U7zUIbBGTAI/AAAAAAAAAEE/fPHe46PZULg/s1600/MFI5.jpg]

Bunga Langkah I, II dan III adalah gerakan fizikal asas yang wajib dilakukan oleh semua ahli setiap kali hendak memulakan persilatan.

Basic movement I, II and III are the basic physical step that compulsory to start with before the training.



[[http://4.bp.blogspot.com/-](http://4.bp.blogspot.com/-qJNmVTHEaWA/U7zUHhX3UI/AAAAAAAAADs/HMR1-hZ9_sg/s1600/MFI1.jpg)

[qJNmVTHEaWA/U7zUHhX3UI/AAAAAAAAADs/HMR1-hZ9_sg/s1600/MFI1.jpg](http://4.bp.blogspot.com/-qJNmVTHEaWA/U7zUHhX3UI/AAAAAAAAADs/HMR1-hZ9_sg/s1600/MFI1.jpg)]

Teknik mengelak dan membalas pukulan menggunakan kayu melalui Sangga Kaut, Sangga Tumbukan Padu, Sangga Tapak Padu dsbnya.

Defense techniques and back strikes through Sangga Kaut, Sangga Tumbukan Padu, Sangga Tapak Padu and etc. to the enemy that use weapon.

Menyangga, menjatuhkan lawan serta membalas serangan melalui buah-

[Classic](#) [Flipcard](#) [Magazine](#) [Mosaic](#) [Sidebar](#) [Snapshot](#) [Timeslide](#)



Teluk Batik



Pertandingan Seni Silat ...



Gunung Ledang



Bagan Lalang, Selangor.



PGSM Di Pulau Besar, ...



PGSM Di MFI, Bangi, S...



[<http://3.bp.blogspot.com/-jF4Kx2DQLgE/U7zUHbV4k4II/AAAAAAAAAEA/z4zlih5oq8/s1600/MFI2.jpg>]

Defense technique, push-down and strike-back the enemy with reflective action and mind.



[<http://2.bp.blogspot.com/-nyHjAccWdmA/U7zUIE-ZcdI/AAAAAAAAAD8/VMxIJGTomb4/s1600/MFI4.jpg>]

Sepakan Sendeng Sisi.

Side Kick



[<http://1.bp.blogspot.com/-6lrO6A7-Kac/U7zUHvc6ihI/AAAAAAAAAD0/T71a0xrcwJA/s1600/MFI3.jpg>]

Membalas serangan lawan menggunakan Sepakan Sendeng Sisi.

Strike back enemy by using side kick.



[<http://aktivitipgsm.blogspot.com/>]