



## 1st World Congress on Health and Martial Arts in Interdisciplinary Approach, HMA 2015

# Silat Olahraga: The Malay Combat Sports

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## Abstract

Silat olahraga is a sport that existed in the midst of development of thousands of silat schools in the world. Olahraga means the ability for a silat exponent to perform his silat techniques in combat with striking and defensive actions such as punching, kicking, throwing, catching, parrying and blocking and any skill related to silat techniques. Thus, the purpose of the present paper is to provide the review of Silat Olahraga sports since it was introduced 30 years ago in Malaysia. There are three types of silat contests that are championship, showmanship and freestyle. The championship is a contest in which a participant aims to become a district champion, state champion, a national champion or international champion. In silat olahraga there are several types of strikes athletes can use during competition. The assessment of winning or losing is determined by the standard of attack, the defence, the falls and clinching that takes place in the competition. The fighters are judged on the prestige of their techniques and the beauty of silat that is portrayed. There are several skills that contribute to success in silat performance where every aspect of these skills will contribute to success of the fighter. However, several factors will also influence the game such as injury and error of marking. Thus, the tournament of silat olahraga is like a golden bridge which strengthens the ties among the athletes from different schools at the state, national and international levels with spirits of friendship and warriorship.

**Key Words:** martial arts • combat sports • regulations • arts • techniques

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