

Now Available at Dance Works Academy

INDONESIAN MARTIAL ARTS

“Inner Wave Pencak Silat”



What Is Inner Wave Pencak Silat?

Persatuan Inti Ombak (Inner Wave Union) is a Pencak Silat Organization that shares the knowledge and philosophy of the internal and external aspects of Indonesian martial arts.

INTERNAL: The internal aspect includes breathing techniques, energy cultivation, and the art of concentration.

EXTERNAL: The external aspect of this art are reflected in techniques, such as punches, kicks, blocks, weapons, etc.

Pencak Silat has a unique philosophy that sets it apart from other martial arts styles. Pencak Silat puts people first before form or technique. Children and adults will learn self confidence, improve self esteem and feel better about themselves physically and mentally.

Andy Holman, MSW
5th Degree Guru Matya
Attuned/Certified Reiki Master

(508) 918-0555

Group Classes
Tuesday & Thursday: 4 pm
Wednesday: 7 pm
DanceWorks Academy
3 Farm St, Upton • 508-529-3234
Across from the Upton Sr. Center

Private Lessons Available

**TRY A FREE
Intro Lesson
with a
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www.innerwavesilat.us