

Learn Sepak Takraw (Kick Volleyball) & The Martial Art of Silat Gayung

PROGRAMME DATE: 2 - 15 JULY 2018 | REGISTRATION CLOSING DATE: 15 MAY 2018

LEARNING HOURS
90 hours

Apply Now!



Traditional Malay Sports
Email summerprogramme@upm.edu.my
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Tel +603 - 8946 7808
Website www.intl.upm.edu.my

FEES

US\$1800.00/ pax
US\$1600/ pax for
groups of 5
or more

Inclusive of accommodation,
transport, food & course
materials

LOCATION
Faculty of
Educational
Studies, Universiti
Putra Malaysia



BENEFITS

- Develop an awareness & understanding of Malaysia's traditional sports
- Learn & master new sport skills & traditional self-defense techniques through hands-on practice
- Build self-esteem & improve self-confidence while having fun

SILAT GAYUNG MODULE

- Background history
- Techniques of movement
- Breathing & fitness exercise
- Experience bare-handed combat performance
- Get assessed for white belt grade

SEPAK TAKRAW MODULE

- Basic skills
- Kicking skills
- Serving & Spiking
- Training methods
- Using head, knee & chest
- Rules & regulations
- Playing the games
- Plan & organise games

