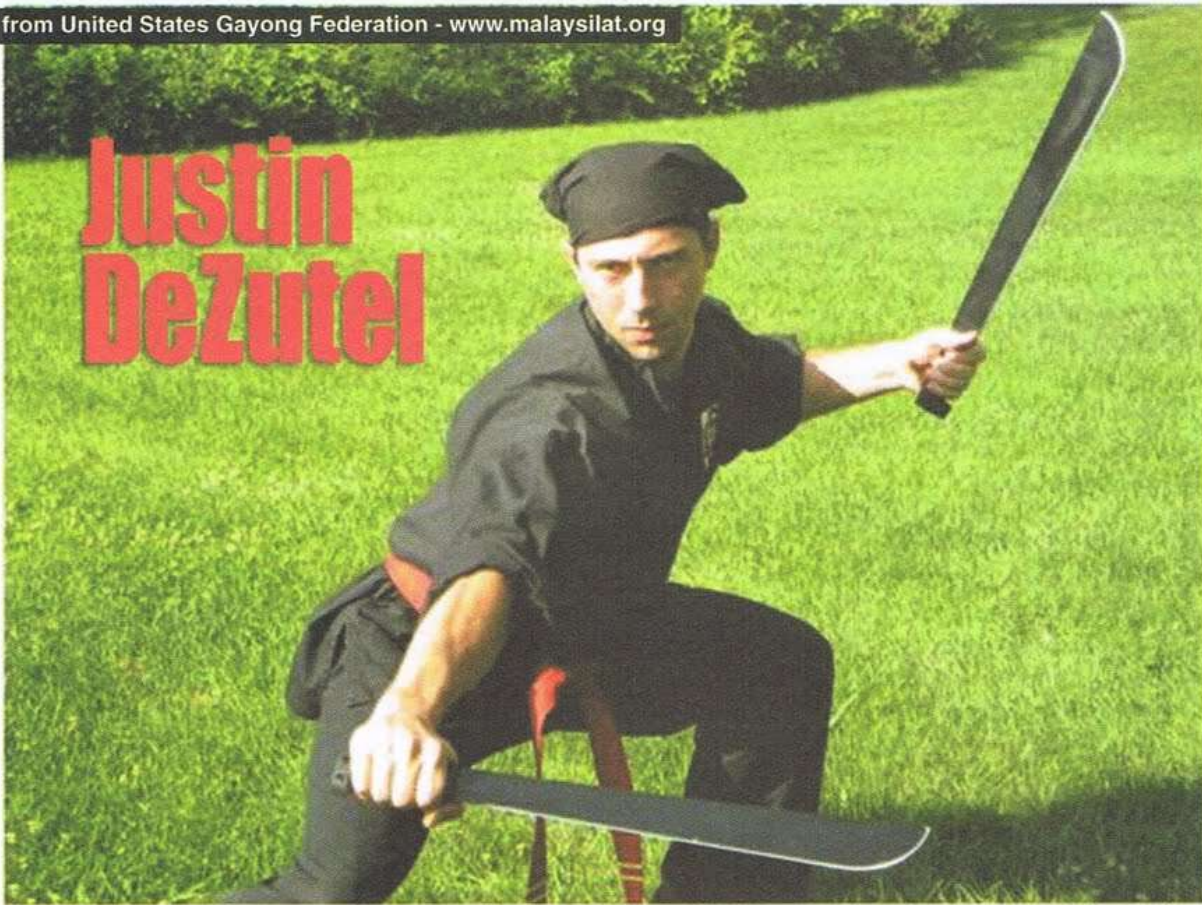


**Justin  
DeZutel**



## *My Experience...*

In 2006 after an exam at the College of DuPage I was walking to my car and saw a flyer for a Gayong class taught by Sheikh Shamsuddin (Cikgu Sam). Having previous martial training and always keeping my mind open to try different forms of martial arts, I found the class to be rather intriguing. I signed up for Gayong the next semester and after the very first class I was hooked.

Over the course of my training I quickly came to realize how well rounded the art really is. There are so





many different types of people in this world and Gayong seems to have a certain style of self defense that is almost tailored to defending what ever comes at you. Furthermore, every part of Gayong, from the open hand *asas* (basic), to the weapons training has so much detail involved that I find myself learning new aspects of all the techniques each time I practice them.

However, there are a few particular sets of techniques that I have grown fonder of than the others and they are *siku* (elbow) and long stick. I feel that *siku* striking techniques are incredibly powerful and devastating to an opponent, especially in close quarters. As for long stick, it's easy to recognize the advantage of having long distance striking capabilities and the long stick kombat is among the most painful that I have trained in so far.

Another aspect of Gayong that has peaked my interests is the history and rich culture behind the art itself. For example, starting every class with a prayer and ending every class with the opportunity to give thanks

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leaves me with the feeling that I am part of something more. That being said, the opportunity to study Gayong has had much more of an effect on me than just learning how to defend

myself.

Since I have started training in Gayong, as life goes, I ran into some pretty serious events and I believe that practicing silat has had an impact on how I made it through those tough times.

Silat became my anchor, no matter what happened I knew that I had a release. A place and an art that helped bring my life back into focus. At the center of that anchor are the relationships I have built with some of the most talented martial artists I've had the honor of training with. I consider myself extremely lucky to have the opportunity to study Gayong under the tutelage of Cikgu Shamsuddin (Cikgu Sam) and his pupils Jennifer Para, and Joel Champ to name a few. While lately it has become rather difficult to train on a regular basis due to being away at school, I now realize more than ever how big of an impact training has on my life.

After I graduate, I look forward to traveling to Malaysia to experience the customs and fully immerse myself in Gayong training.

