



**by Guru Scott McQuaid**

*I have been training in the Minangkabau Silek Harimau style for over two decades and in that time I have been fortunate enough to cross train in many pencak silat systems. While training with my blade teacher Maha Guru Jak Othman in the Harimau Berantai Silat art, I was privileged to be introduced to the rare Malaysian style of Tomoi Silat. Guru Jak is one of a very few that was taught the original form of Tomoi during his years in Kelantan. He produced a demonstration film on the art in 2010 with his senior student Guru Ed Chards and myself. Late last year Guru Jak held a weekend workshop on Pangkor island in Tomoi Silat. It was here that Guru Jak to his silat students or Kru Jak to his Muay Boran kick boxing group trained his class on the beach in this art that bridged the two combative styles together benefiting both martial teams. Since that time I have furthered my studies of Tomoi both physically and historically. I have documented my research to date in this article. So hear what is said, retain what is important, speak what is worthy and attach to nothing.*

*--Foreword by Guru Scott McQuaid*





Spencer Tully is a professional bodybuilder and fitness enthusiast. He has been training for over 10 years and has achieved significant results. He is currently competing in the Mr. Olympia competition. He is also a professional bodybuilder and fitness enthusiast. He has been training for over 10 years and has achieved significant results. He is currently competing in the Mr. Olympia competition.

