

SINGAPORE SILAT FEDERATION // VOLUME 27 // JANUARY 2021

# SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



**ONE**  
SGSILAT



# FOREWORD

## HAPPY NEW YEAR!

To all our loyal readers, we hope you have had a good head start to this new year.

Thank you for sticking through with us thus far! We truly appreciate your endless support and here we are at the beginning of a new year.

2021 will be the year of new hope and we're certainly hopeful that things are definitely getting better for the world. The passing year was a challenging one for everyone, and we are moving forward to achieve greater heights with your utmost support.

Do keep yourselves on the loop and we hope to continue to bring you another year of successful and eventful happenings!

In the meantime, we hope you continue to stay safe and we wish you many bountiful returns this year.

Follow us on Social Media: @sgsilat on Facebook, Twitter and Instagram.



# SG SILAT ANTI-BACTERIAL MASKS



In view of the current situation circling around the spread of COVID-19, we have released some SG Silat merchandise to keep you safe against it!

This reusable Cloth Face Mask covers the nose and mouth, with comfortable ear straps to ensure that the mask stays in place.

A product of ActiveCool Fashion Pte Ltd, it is breathable and has ultra-fine comfort, along with its Anti-Bacteria shield.

At just S\$10 per piece, you'll be sporting one of our latest merchandise! Alternatively, you may also purchase this as a gift for a friend or two!

Spread the word!

Contact us via our Social Media pages to purchase.

# BRAINS AND BRAWN FOR HASIF



Photo by Berita Harian

They say, even strength must bow to wisdom sometimes.

With that, one of our Silat exponents, Nujaid Hasif Zainal Abidin, recently surfaced as the top scorer in the International Baccalaureate (IB) diploma examinations for the Singapore Sports School.

Amidst the challenges to go through with lessons over home-based learning during the Circuit Breaker period in 2020 via Zoom, Hasif managed to accomplish a score of 44 points out of the maximum of 45!

We are all so proud of your achievements, Hasif! Our heartiest congratulations to you!

# PENCAK SILAT NEW RULES PRACTICAL COURSE (BATCH 3)



Since the Pencak Silat New Rules has been implemented after its first brief in March 2020, us at Singapore Silat Federation has been offering Practical Courses with Dr. Sheik Alau'ddin Yacoob Marican, PBM as the lecturer.

Of course, some tips were also shared with regards to the new techniques and tactics!



As mentioned before, some of the techniques that were taught during the sessions in accordance to the implementation of the New Rules were:

- Locking
- Different types of pulling & dropping techniques
- Different types in pulling of vest
- Different types elbowing & kneeing, and many more

We have organized a total of three Seminar and three Practical Course dedicated for our members. At the same time, we invited our Board Members, Referee-Jury, and SSI personnel too, to let them understand the new items that has been included in the rules.



During the last session of the Practical Course that was held on the 2nd of January 2021, we had met with the individuals who made the day very productive!

We hope the session was as fruitful and enjoyable for the participants who attended as it was for us!





# THROWBACK!

## First Aid Course for Wasit Juri

On the 6th of December 2020, our team of Wasit Juri went for their First Aid Practical Training Course to fulfil their certifications.

Having to learn to do CPR and bandaging, this will really help them in any unexpected case of an emergency, be it in the arena or out.

We hope everyone had a rewarding session and may this benefit our participants at its fullest potential!

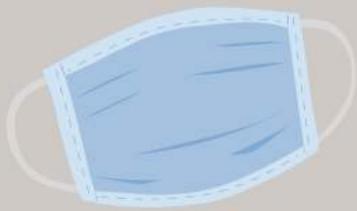






As it announced by the Multi-Ministry Taskforce, Phase Three has been commenced since the 28th of December 2020. As such, the measures that are mandated in this advisory has been taken into effect before our training activities are permitted to resume.

In consideration to the fact that Silat is a contact sport, here are some of the conditions from the Advisory by Sport Singapore that are taken into effect ever since the commencement of Phase Three.

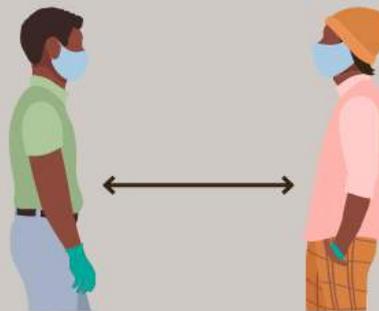


## MASK ON!

Masks should be worn as a default. Masks can be taken off when performing strenuous exercise, although it is still recommended as good practice even under such circumstances.

## SAFE DISTANCING

Contact Sports are permitted notwithstanding the physical distancing of 2 metres between individuals. For indoor sports with high intensity or high movement exercise classes, a physical distance of 3 metres between individuals should be observed.



## NO SHARING!

Sharing of common equipment should be avoided.



We are also taking extra measures to ensure that the conditions for safe distancing management are met and enhancing our cleaning protocols. We want to be assured that our training grounds are safe for everyone to patronize.

With that, we hope that everyone continues to comply with the rules and to constantly keep safe by wearing masks and ensuring hygiene. Together, we can keep COVID-19 at bay and protect one another!

# TABITA'S STORY

Persaudaraan Setia Hati Terate (PSHT) Cabang Khusus Singapura joined us at Singapore Silat Federation, and got their club endorsed and certified to carry out their Silat activity here in Singapore since mid-2018.



Photo credit: Tabita

They then joined a few series of Singapore Open Pencak Silat Championships that were organized by SSF.

We sat down with Tabita Senti Windarti, the Branch Chairman (or Ketua Cabang) of PSHT, where we talked about the challenges and how she came about being a trainer for the perguruan in Singapore.

**Q: Can you name a challenge that you had to face through your journey, and what did you do to overcome it?**

**A:** One of the challenges was the moment when our Ketua Cabang PSHT Khusus Cabang Singapura, Mas Daryono, had to go back to Indonesia due to the COVID-19 pandemic. He was the Ketua Cabang from 2018 – 2020.

At that time, I was nominated by the other members of PSHT to take over Mas Daryono as the Ketua Cabang in Singapore. I immediately looked for a replacement for the management, within the members who live in Singapore, and I immediately got involved and actively participated for the organization and training.

Because of the pandemic, we had to stay home for 3 months. The training venue where we usually hold our sessions, Sekolah Indonesia Singapura, also had to close down momentarily.



Photo credit: Tabita

**Q: How old were you when you started Silat?**

**A:** I was 14, and I was still in Secondary School.

**Q: Do you remember the first time you tried Silat? What was your emotional state like, before and after?**

**A:** The reason why I got into Silat in the first place, was because of my younger brother. Because he liked to play fights, I was always getting beaten up by him. Our dad then registered both of us for Pencak Silat, so we can fight where people actually learn to fight.

Before I knew about Pencak Silat, I was very shy, always scared and did not believe in myself.

I trained for Silat for 3 years, in Ranting Bandung and I was a Warga Tingkat 1 PSHT Cabang Tulungagung in year 1995.



After training Silat with PSHT, I started believing in myself more and was happy that I can call the other members in PSHT my family. Up till now I feel very happy that I have all these people in PSHT with me, and I feel that the closeness is greater like they're my own blood relatives.

**Q: Tell me about where you grew up and what your family life was like.**

**A:** I was born in Malang in year 1979. My father was a teacher and my mother, a make-up artist. I was the eldest child.

We moved to Tulungagung in 1991, then back to Malang in 1995 to continue my studies.

I got married in 2000 and moved to Switzerland, and lived there until the year 2009. Because of my husband's job, we then moved to and lived in Dubai from 2009 to 2011. After that, we moved to Singapore. We have been living here ever since, and have been blessed with a daughter.



Photo credit: Tabita

**Q: What do you like most about being a trainer for Silat in Singapore?**

**A:** Everything. We enjoy conducting training the most. Meeting the other members, that's the most enjoyable part.

Even though we've never met before this personally, if you're wearing the PSHT Silat uniform, we're automatically family. No matter who you are, the closeness is strong.

**Q: What is the most memorable moment that stands out for you?**

**A:** The fact that we're always hungry after every training session. Always hungry, always tired.

Back in Indonesia, the training starts at around 7 pm, and it always goes on until very late. It could go on until the latest 5 am. So, we were usually so tired and hungry.

Whenever we end our training sessions, other people wake up and get to the market. But we all rush to go home because we wanted to get some sleep.



Photo credit: Tabita

**Q: Who have been your strongest influences in life?**

**A:** My father.

**Q: What motivational quote do you live by to get you through tough days?**

**A:** Do everything with a happy heart.

**Q: In what ways are you a different person today because of Silat?**

**A:** A more responsible person for the organization and I believe in myself more. Because we all went through the strenuous training while growing up, we already have that mentality to face every problem with strength.

**Q: How would friends and acquaintances describe you?**

A: They always tell me that I'm friendly, happy, always smiling and passionate.

Of course, I know myself, and when it comes to training or for PSHT, I am always passionate about it. Anything for the greater good of the organisation, I'm happy.



Photo credit: Tabita

**Q: What are you most proud of accomplishing?**

A: Actually, I feel that I still have a lot more work to do in terms of for PSHT. I still have a lot more to sacrifice for PSHT, for its advantage and its coming future.

However, I do feel accomplished that we are still training and doing Silat in Singapore. Meeting other people from other Silat Clubs, and embracing the Pencak Silat culture.

**Q: Describe a scene of your vision for the future.**

A: To continue to preserve Pencak Silat. I want to keep looking for new upcoming members so that Pencak Silat will not stop in this generation and continues to the next.



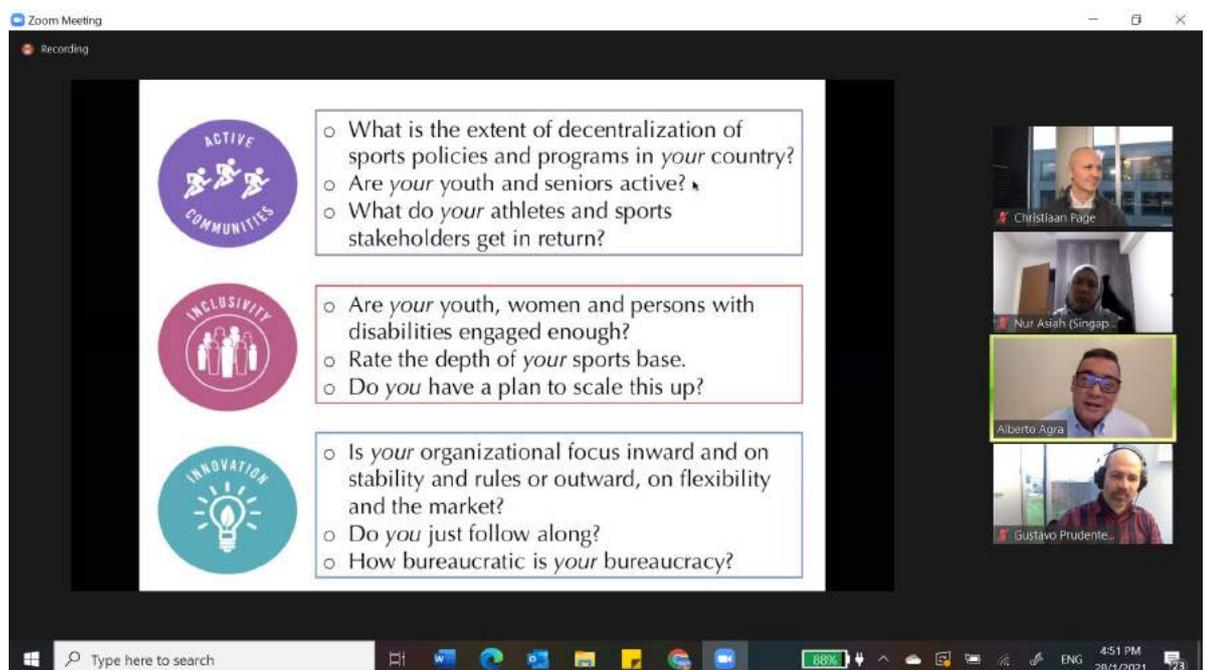
On the 28th of January 2021 (Thursday), the SportWorks Bridges – Southeast Asia & Olympic Capital online talk was conducted by Legacy Sport.

This was attended by Dr. Sheik Alau'ddin Yacoob Marican, PBM (President, representing Asian Pencak Silat Federation), and Mdm. Nur Asiah Arshad (Director, Marketing & Promotion, representing Singapore Silat Federation).



Presented by Christiaan Page (Founder, Legacy Sports), Alberto Agra (General Counsel, Philippines Olympic Committee), David Werlen (Public Tourism Sector of Lausanne) and Nicolas Krauer (Legal Sector from Nexus Attorney's Firm), the talk covered ways to promote sports better.

Besides that, contents of the talk also included setting up and the establishment of the sports industry, business or federation in Lausanne. Thoughts were also shared whether a sport is good or popular in the Southeast Asian region or internationally.



# UPDATES

## **6th Asian Indoor and Martial Arts Games (AIMAG) Postponement**

In Volume 18 of our Newsletter (April 2020 issue), it was mentioned that the Olympic Council of Asia (OCA) has signed a contract stating that the 6th Asian Indoor and Martial Arts Games (AIMAG) will be held in May 2021 hosted in Thailand.

From a statement that OCA had released on the 14th of January 2021, it was decided that the games will be postponed to the 10th – 20th of March 2022 due to the COVID-19 pandemic.

After an in-depth discussion on the postponement, this has come to a conclusion with the best interests in ensuring the safety and health of all the participating individuals.

## **20th ASEAN University Games Postponement**

Unfortunately, it has also been announced in a press release that the 20th ASEAN University Games will be postponed to June 2022.

This decision had come to a conclusion after a lengthy discussion as well, and the games will be held from the 23rd to the 30th of June 2022, in Ubon Ratchathani, Thailand.



6<sup>th</sup> Asian Indoor and Martial Arts Games  
**Bangkok - Chonburi**  
**2021**

# UPDATES

## Resumption of National Training

The national athletes were given a few weeks' break from 23 December 2020 till 15 January 2021. This is to give way to the High Performance department to restructure and regroup on the manpower (coach and support staff), clearance of leave for the coaches, and also festive seasons.



As of the 18th of January 2021, Monday, National Training has resumed at its respective locations:

Category: Senior, Junior & Pre Sports School

Training Days: Monday – Friday

Training Time: 7.45pm – 10.00pm

Training Venue: OCBC Arena, Hall 4

Category: Singapore Sports School (Student-Athlete)

Training Days: Monday to Friday

Training Schedule

4pm – 6pm: Monday – Thursday @ Singapore Sports School Training Hall

6am – 8am: Wednesdays @ Singapore Sports School Training Hall

7.45pm – 10pm: Fridays @ OCBC Arena Hall 4

Category: Pre-Junior & Pre-Teen

Training Days: Monday – Friday

Training Time: 7.45pm – 10.00pm

Training Venue: OCBC Arena, Hall 4

Category: Singa Silat & Singa Cub

Training Days: Monday – Friday

Training Time: 7.45pm – 9.30pm

Training Venue: Heartbeat@Bedok, Silat Hall

Category: SPEX Scholars (Full-time)

Training Days: Monday – Friday

Training Time: 3.30pm to 6.30pm & 7.45pm to 10pm

Training Venue: OCBC Arena, Hall 4

Category: SPEX Scholars (Part-time, Student)

Training Days: Monday – Friday

Training Time: 7.45pm to 10pm

Training Venue: OCBC Arena, Hall 4



Registration is still open, and you can do so online at:

**<https://www.persisi.org>**

Here are some photo highlights from our training sessions thus far:







As the year unfolds, we are pumped to get ourselves busy with the events that are planned throughout the year!

Here are some highlights that are planned out for 2021:

## July

- 12 - 17: 19th World Pencak Silat Championship (Sarawak, Malaysia)

## September

- 1st Asian Pre-Teen & Pre-Junior Pencak Silat Championship (Central Asia)

## November/December

- 10 - 14 Nov: 5th World Junior Pencak Silat Championship (Singapore)
- 21 Nov - 2 Dec: 31st SEA Games (Hanoi, Vietnam)

## December

- 9- 12: 9th Singapore Open Pencak Silat Championship (Singapore)
- 6th Asian Pencak Silat Championship & 1st Asian Junior Pencak Silat Championship (Singapore)

Of course, all these events are dependent on the regulations amidst the COVID-19 situation.

Rest assured; we will also be sharing more events through our future issues and our Social Media pages.

Be sure to keep a look out!

# FACE OF THE MONTH

## **TUAH ISKANDAR JUNAIDI ISKANDAR, 10 NATIONAL ATHLETE (PRE-TEEN)/STUDENT**



1. How would you describe your personality?

Answer: I am an easy-going person who enjoys both hanging out with close friends and 'lepak' at home.



Photo credit: Mr.Junaidi

2. What do you do in your free time (besides Silat)?

Answer: My schedule is generally packed, however whenever time allows, I spend it playing chess or online games with family and friends.

3. When did you get yourself into Silat and how?

Answer: It was Ibu who insisted me into trying out Silat. I joined Grasio in Sengkang CC and entered my first competition two months later in Nov 2017. I asked Abang Farhan a noob question, "Are you a World Champion?" and he replied, "Yes." He became an instant inspiration for me, and I never looked back from then on.

#### 4. What do you think about Silat in comparison with other sports?

Answer: I feel that Silat requires a combo of explosiveness, agility and technical skills as compared to the other contact sports which I am doing (Taekwondo & Muay Thai). The various fight styles are what keeps me going in Silat.

#### 5. Tell me something interesting about you that you think most people might not know.

Answer: Even though I am mostly seen with my dad for trainings, I am actually a mommy's boy 😊. I also hope to be in MMA one day.



Photo credit: Mr.Junaidi

#### 6. What makes you feel brave?

Answer: Honestly, I have many fears. But I try my best to overcome it by believing in Allah who will give me the confidence to overcome the challenges.

#### 7. If you could trade places with anyone for a day, who would it be and why?

Answer: Khabib Nurmagomedov. For me, he is a humble fighter who believes in Allah and loves his family. I would like a chance to feel how it is like to train like him.

**8. If you could eat dinner with 3 people, who would it be and where would you go?**

Answer: They would be Khabib, Hang Tuah and Gordon Ramsey. I would like to invite them over to my house and get Ibu to serve them Nasi Mandhi. Hope Gordon likes it! 😊

**9. What are you most proud of?**

Answer: It was when SSF gave me the chance to be a Team Captain. I am grateful for the trust and responsibility given to me.

**10. What's a memory that makes you happy?**

Answer: I always have fond memories whenever I am out on holidays. In particular was when my parents and close friends went on a 3 weeks holiday along the Coast of Australia. We went on long drives, several carnivals and Theme Parks. I hope that COVID-19 will be over soon so that we could go on a holiday again!

**11. What do you feel most grateful for in your life?**



Photo credit: Mr.Junaidi

Answer: I am grateful that my parents are very supportive with my interest. I am blessed to be given a comfortable life.

**12. What is one thing that you want to accomplish this year?**

Answer: There is a lot of things that I need to accomplish for this year, however my main goal is to complete my school works on time so that I could focus on training. I am working to improve in both my studies and Silat.

# SG-COACH PENCAK SILAT

## SG Coach Pencak Silat Course (Level 1)

Singapore Silat Federation worked with Sport Singapore to develop the Singapore Coach Excellence (SG-Coach) Programme for Pencak Silat. The SG-Coach Programme is an enhanced training and development pathway for all coaches in the community, clubs or high-performance sport programmes.

The SG-Coach Integrated Pencak Silat Level 1 course aims to meet the demands of individuals who aspire to coach the sport of Silat, equipping the Coach with the fundamental but vital skills in coaching the sport of Silat effectively.



Photo taken pre-COVID

This course will equip prospective coaches with the essential knowledge, skills and competencies of sports coaching within the context of Silat, giving participants a good understanding of the key principles of coaching; utilizing knowledge of basic sports science in attaining peak performance as well as providing the participants with the latest information and knowledge on the various developments in the sport of Silat.

At the end of the course, participants will be able to:

- Effectively coach the sport of 'Pencak Silat (Silat)'
- Understand the key features of the sport of Silat and its affiliates
- Understand the principles of coaching in the context of Silat
- Design effective Silat training programmes
- Apply basic sports science knowledge in achieving peak performance in Silat athletes and
- Assist Silat athletes to enhance and develop their skills

### Course Fees:

#### Affiliated Members of SSF

Examination Fees: \$50.00

Course Fee: \$630.00

Total Course Fee: \$680.00

*\*does not include Pre-Requisites fees*

#### Full Course Fee

Examination Fees: \$50.00

Course Fee: \$750.00

Total Course Fee: \$800.00

*\*does not include Pre-Requisites fees*



Photo taken pre-COVID

In view of the current situation circling around the spread of COVID-19, all lessons will be conducted online via platforms such as Zoom, in accordance to the current rules in place.

For the upcoming intake, only theory modules will be conducted via Zoom. The schedule for pre-requisites, practical modules and Coaching Competency Assessment will be informed at a later date.

For more information, please contact Miss Nurul Shehan at [shehan@persisi.org](mailto:shehan@persisi.org).

# RUNNING A SILAT CLUB? JOIN US!

Singapore Silat Federation welcomes any new Silat Club to join us as our affiliate, be it as an Ordinary or Associate Member!

You will be able to get first-hand information with regards to Pencak Silat activities and programmes happening locally and internationally. Most importantly, get your Silat Club recognized and certified by us, the main governing body for the sport in Singapore.

Currently, we have twenty-one (21) Ordinary Members, and nine (9) Associate Members registered with us.

And a total of thirty-eight (38) Silat Clubs, also known as Perguruan, registered and certified with Singapore Silat Federation.

To join us, simply write in to register your interest via email to [ssf@persisi.org](mailto:ssf@persisi.org) and attention it to our President with Affiliation with Singapore Silat Federation as your subject. We look forward to welcome you on board!

**JOIN US**

# HELP US ACHIEVE OUR DREAMS TO BE A CHAMPION!



YOU CAN SIMPLY HELP US BY MAKING OUR DREAMS COME TRUE...

Being a Charity and IPC Status, all outright cash donation would be entitled to a Tax Deductible receipt of 2.5 times.

Donation can be made through the following mode of payments. Below are the details:

1. IBanking (Direct Bank Transfer to - DBS Current Account 017-007120-3)
2. PayNow (UEN No. S76SS0039A) or simply scan the QR Code
3. Cheque (Payable to Singapore Silat Federation)
4. Cash

For issuing of Tax Deductible Receipt, the following information is required:

- Individual (Full Name & Identification No.)
- Company (Registered Company's Name & UEN No.)

For more details, you can contact us via

Singapore Silat Federation  
Heartbeat@ Bedok, 11 Bedok North Street 1  
NSA Office, #04-02, Singapore 469662  
Main: +65 6282 2316 / 17 / 19  
Fax: +65 6282 2308

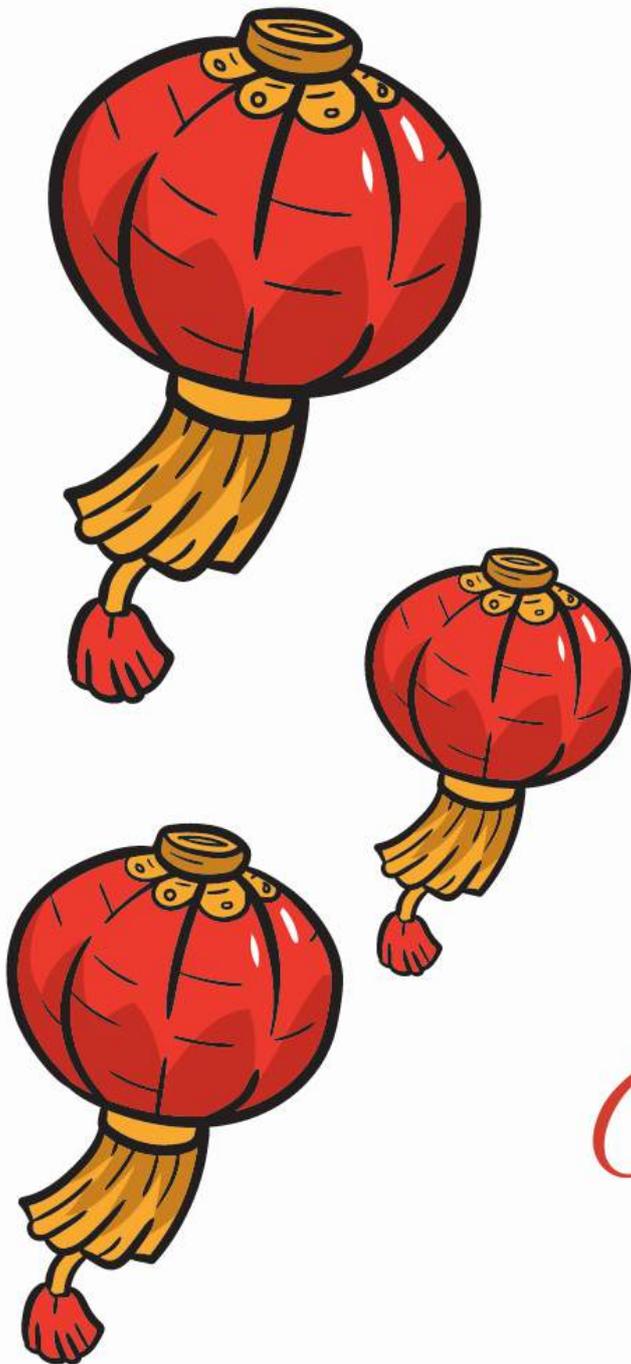
 [www.persisi.org](http://www.persisi.org)

 [ssf@persisi.org](mailto:ssf@persisi.org)

   
  @sgsilat



*The management & staff of  
Singapore Silat Federation  
wishes everyone a...*



**ONE**  
SGSILAT

*Happy  
Chinese  
New Year!*

Best wishes and greetings from  
Singapore Silat Federation



**@SGSILAT**

## **TALK TO US**

(65) 6282 2316 / 17 / 19

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