

SINGAPORE SILAT FEDERATION // VOLUME 31 // MAY 2021

SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



FURTHER STRICTER SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY

Based on the latest advisory that was circulated by SportSG on the 18th of May 2021, with regards to sport activities, Singapore Silat Federation has scheduled training programs based on the updated safety measures.

We will be moving our training sessions to be conducted via Zoom for our Junior athletes and below (17 years old & below) from the 24th of May to the 13th of June 2021, or until further notice.

While the senior team will be preparing for the 31st SEA Games and the 19th World Pencak Silat Championship, they will still be undergoing their physical training at OCBC Arena, Hall 4.

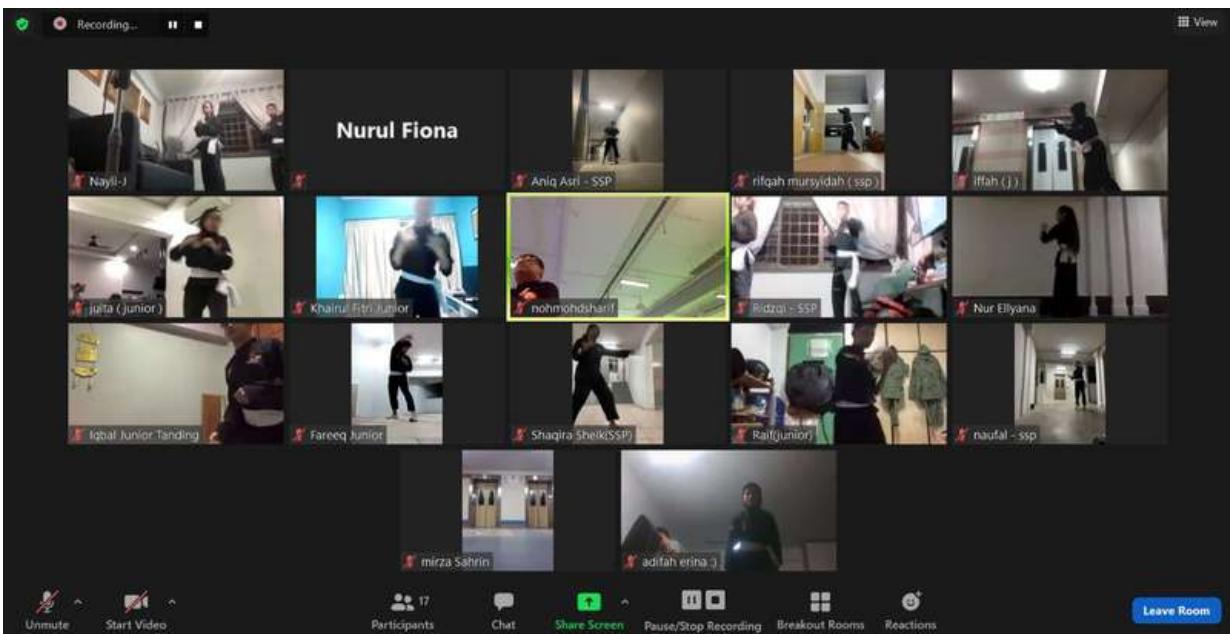
For these athletes, they will be scheduled to go through a weekly swab test, with only negative results will be allowed to attend training.

Contact Tracing Protocols will still be implemented, with every SSF staff and athlete checking into the training venue with TraceTogether.

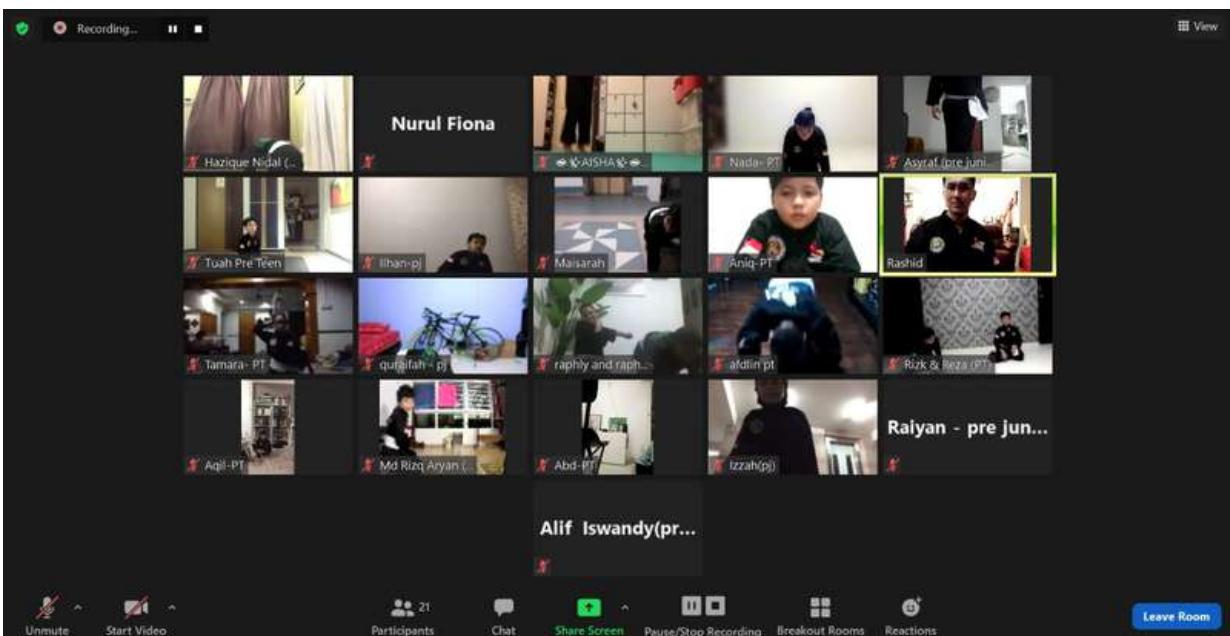
Athletes will not be allowed to loiter around the venue pre and post training, and will not be allowed to intermingle. They will also do a wipe down of training equipment and hall after training with cleaning agent & disinfectant provided by SSF.



Zoom Training for Singa Cub & Singa Silat



Zoom Training for SSP & Junior



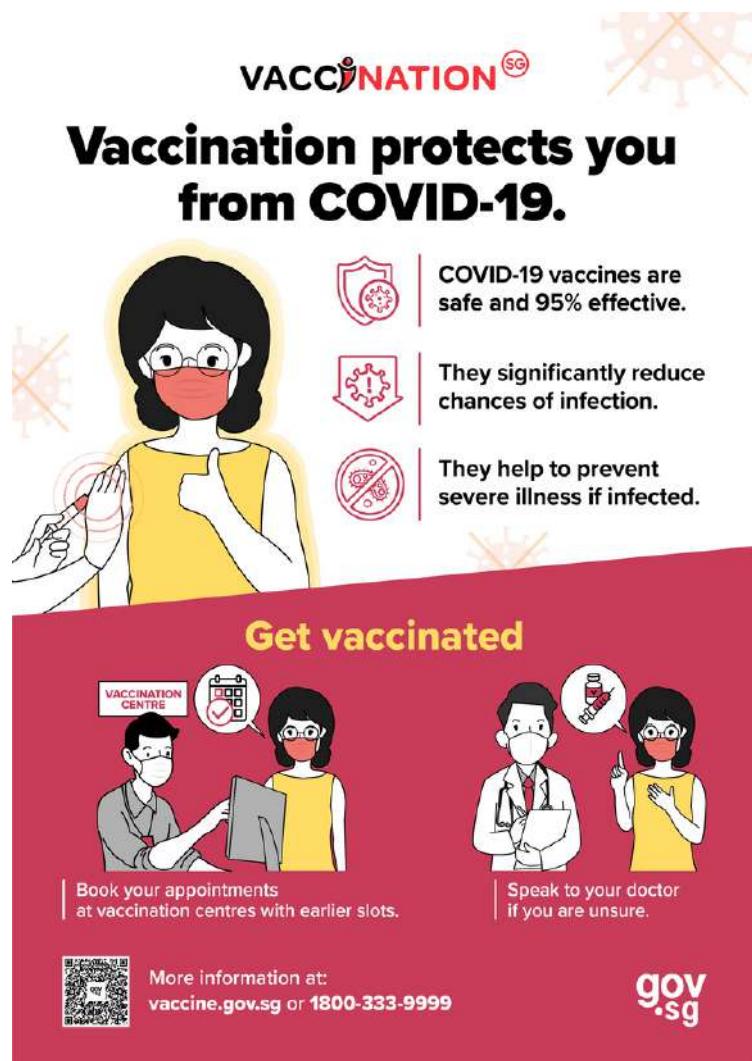
Zoom Training for Pre Junior & Pre Teen

GET VACCINATED!

On the 19th of May 2021, our CEO, Dr Sheik Alau'ddin Yacoob Marican, PBM, got vaccinated with the second dose of the COVID-19 vaccine!

The COVID-19 vaccination will protect you and your loved ones. As more people are vaccinated, the collective protection will become more effective. It will allow more social activities to resume and our economy to open up.

The vaccine is free for all Singaporeans and long-term residents.



VACCINATION SG

Vaccination protects you from COVID-19.

COVID-19 vaccines are safe and 95% effective.

They significantly reduce chances of infection.

They help to prevent severe illness if infected.

Get vaccinated

Book your appointments at vaccination centres with earlier slots.

Speak to your doctor if you are unsure.

More information at: vaccine.gov.sg or 1800-333-9999

gov.sg



QURBAN & AQIQAH 2021 FUNDRAISING

Once again, Singapore Silat Federation will be in partnership with El-Malja in offering the services on Qurban and Aqiqah service for the year 2021.

For those who have trusted us and chose us to carry out the task in arranging for your Qurban/Aqiqah Act (*Ibadah*) last year, we truly appreciate and grateful for your support! We are looking forward to accommodating your order for your Qurban/Aqiqah once again this year.



The flyer features a large image of three sheep (two adults and one lamb) at the top. Below the image are the logos for Singapore Silat Federation (ONE SGSILAT) and EL-MALJA. The text "QURBAN & AQIQAH 2021" is prominently displayed in large orange letters. Below this, it says "BY SINGAPORE SILAT FEDERATION IN PARTNERSHIP WITH EL-MALJA". The flyer is divided into three sections: AUSTRALIA (Sheep \$330, Cow \$2150, Parts 1/7 Portion \$330), PALESTINE (Goat \$400), and INDONESIA (Sheep \$180). At the bottom left is a QR code. To the right of the QR code is the text: "Place orders via the QR code and make payment by: 15th July 2020, 2359 hours", "Official Website: www.persisi.org", "Facebook Page: www.facebook.com/sgsilat", "Instagram/TikTok: @sgsilat", and "For further enquiries: Call: 6282 2316 Email: ssf@persisi.org".

Additionally, this is also a part of another fundraising initiative for Singapore Silat Federation in aiding the National Athlete's future programs and development.

We are looking forward to your support!

MARTIAL ARTS OPEN SCHOOL BY UNESCO ICM

Singapore Silat Federation is working with United Nations Educations, Scientific and Cultural Organization (UNESCO) for their 5th Martial Arts Open School Project. For this project, UNESCO will dispatch and hire local martial arts expert to provide martial arts training for youth/women for a period of four weeks.

Pencak Silat was selected as one of the discipline martial arts to the selected schools. The main objective is to contribute to the youth and

women's physical and psychological development, improve leadership skills and community engagement through martial arts training involving its philosophies, cultural values and techniques in order to improve their interest and passion to martial arts activities.

Keep a look out for more updates through our future issues and social media platforms!



HARI RAYA CELEBRATIONS 2021

This year, Hari Raya was similar to last year's with the latest safety measures, Phase 2 Heightened Alert.

As simple as the restrictions allowed us, families made the most out of the opportunity and spent the time with each other at home.

For our athletes and the staff of SSF, they definitely dressed for the occasion!

The difference with last year's Hari Raya and this year's, is that visiting restrictions are more relaxed before the Heightened Alert was implemented on the 16th of May 2021.



Syakir, our Spex Scholar, managed to celebrate with his family at their grandmother's place! Because of the restrictions last year, they have not seen her for so long and definitely everyone was happy to be able to see her during the first day of Hari Raya!



We hope everyone had a fun-filled Raya this year as well, making the most of it while keeping safe and complying to the current restrictions. Once again, Selamat Hari Raya, Maaf Zahir dan Batin!



PARTICIPATION IN THE INTERNATIONAL PENCAK SILAT CHAMPIONSHIP BY UNIVERSITAS SEBELAS MARET



This month, we participated in the International Virtual Pencak Silat Championship, that was organized by Universitas Sebelas Maret.

This was for the Tunggal and Regu category, held virtually from the 17th - 19th of May 2021.

TUNGGAL CATEGORY

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

#PLAYING NOW

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

JUDGES PANEL

SCORING PANEL

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

#PLAYING NOW

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

JUDGES PANEL

SCORING PANEL

REGU CATEGORY

Kampus Merdeka INDONESIA 2024

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

#PLAYING NOW



INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP

REGU CATEGORY

RESULTS

Rank	Name	Score
1	Team A	95
2	Team B	90
3	Team C	85
4	Team D	80
5	Team E	75
6	Team F	70

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01:28

PENCAK SILAT CHAMPIONSHIP

JUDGES

Kampus Merdeka INDONESIA 2024

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

#PLAYING NOW



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PENCAK SILAT CHAMPIONSHIP

JUDGES

Kampus Merdeka INDONESIA 2024

INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP
TUNGGAL AND REGU CATEGORY

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INTERNATIONAL VIRTUAL PENCAK SILAT CHAMPIONSHIP

REGU CATEGORY

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PENCAK SILAT CHAMPIONSHIP

JUDGES

RESULTS

The screenshot shows the results for the Tunggal Male Category. The interface includes the event logo, a video feed of officials, and a detailed scoreboard.

TUNGGLAL MALE CATEGORY

#	Contingent	Final Score
1	THAILAND	447
2	UNIVERSITAS NEGERI JAKARTA	447
3	BRUNEI DARUSSALAM	443
4	UNIVERSITAS NEGERI SURABAYA	443
5	SINGAPORE	442
6	UNIVERSITAS SEBELAS MARET A	442

STANDINGS

LIVE

Results for Tunggal Male Category

The screenshot shows the results for the Regu Female Category. The interface includes the event logo, a video feed of officials, and a detailed scoreboard.

REGU FEMALE CATEGORY

#	Contingent	Final Score
1	UNIVERSITAS SEBELAS MARET A	451
2	UNIVERSITAS SEBELAS MARET B	448
3	SINGAPORE	447
4	UNIVERSITAS MUHAMMADIYAH PURWOKERTO	446
5	BRUNEI DARUSSALAM	445
6	UNIVERSITAS MUHAMMADIYAH YOGYAKARTA	444

STANDINGS

Results for Regu Female Category

A CHAT WITH: MACAN ASSOCIATION



1. Tell us about yourself.

I am Sumarleki Amjah, but usually being called as Leki, Lex (Leks) or Ali (within family and Perguruan Macan practitioners and alumni).

Academically, I graduated with a Bachelor of Business (Honours) from NTU and a Master of Business Administration from the University of Manchester. I also have a postgraduate diploma in Strategic Management from Universiti Teknologi Malaysia and a diploma from College of Insurance.

2. What do you do as a career?

I have always been in the field of managing international business, having held positions such as Head of Exports and Regional Managing Director (Southeast Asia and South Asia) in my previous two companies. My current position is Head of Processed Business and Business Development with a multinational company.

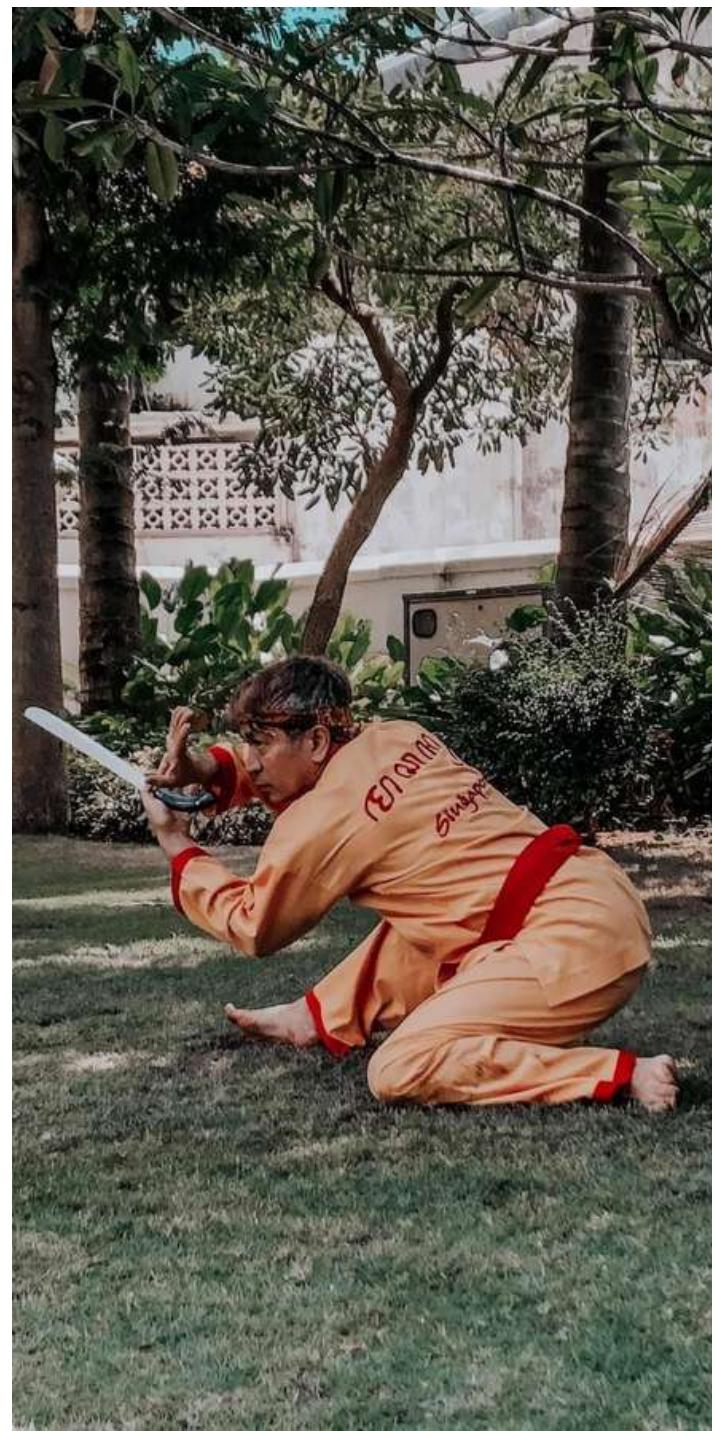


3. Do you remember the first time you tried Silat? What was it like?

I got interested in Silat Macan at the age of 10 years old when the students were training right in front of my house. I was intrigued and fascinated by its unique form and movement; soft and fluid yet deadly. It was an exhilarating experience. I was trained by various Macan instructors before finally being refined by my own father, Macan Grandmaster (Sesepuh) Amjah Kassim.

4. How and when did Macan Association come about, and how did you get involved?

The idea of setting up Macan Association was first mooted out in 1997 by 3 Silat stalwarts back in those days – myself (Sumarleki Amjah, Guru Utama of Macan), Arwah Jamaludin Jamil (Secretary-General of PERSISI back then and also Guru Utama of Silat Cekak Serantau) and Mr. Jamal Malik Atan (Guru Utama of Kuntaw Asli). I personally drafted the Constitution of the association. The association was officially gazetted in 1998 and has been in existence since then, with 8 Silat clubs under its umbrella now.





5. What is your favourite thing about being a part of Macan Association?

The joy of seeing my fellow Silat gurus bloom in their respective fields and their clubs grow and prosper.

6. What is a great memory with Macan Association that you will never forget?

Organizing the Ultimate Satria Championship in 2012 and 2013 with my own silat students helming the project, supported by members of Macan Association and others in the MMA circle. It was the first demonstration of how we, as an association, can galvanize the strengths of our affiliates /clubs with good leadership and great teamwork.





7. What is the one significant difference that you can highlight on Macan Association with other Silat Associations?

Macan Association has the unique ability and position of having many different Silat clubs (perguruans) co-existing under its umbrella. We have Silats styles coming from different ethnicities; from Sunda (Macan itself), Bawean, Javanese and Malay, all working together harmoniously with the greater interest of Silat unity in mind. I cannot think of any other Silat associations in Singapore with 8 clubs (perguruans) under its purview.

8. What is a Silat highlight that you are most proud of?

Performing “silat pengantin” at about the age of 12 years old at Teban Gardens, with relatives and other guests coming to me to give a pat on the back and said that it was the nicest “silat pengantin” that they have ever seen.

9. If you could do anything else besides Silat, what would you be doing?

Teaching religion, be an Ustaz or Kyai.



10. How would your 10-year-old self react to what you do now?

Being a kampong boy, I would have never imagined that I could have travelled to more than 60 countries around the world and still counting, and living a blessed life with, what others would describe as, luxurious comforts of living.

11. What is something that your family would be surprised to learn about you?

My family knows me well. They have always been confident of my success and achievements.



12. If there was an advice that you could give to your younger self, what would it be?

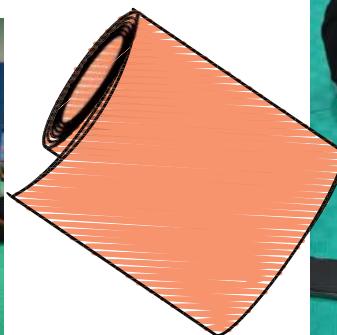
Start improving your command of the English language from primary one, and not just before GCE "O" level, and aspire to be a litigation lawyer.

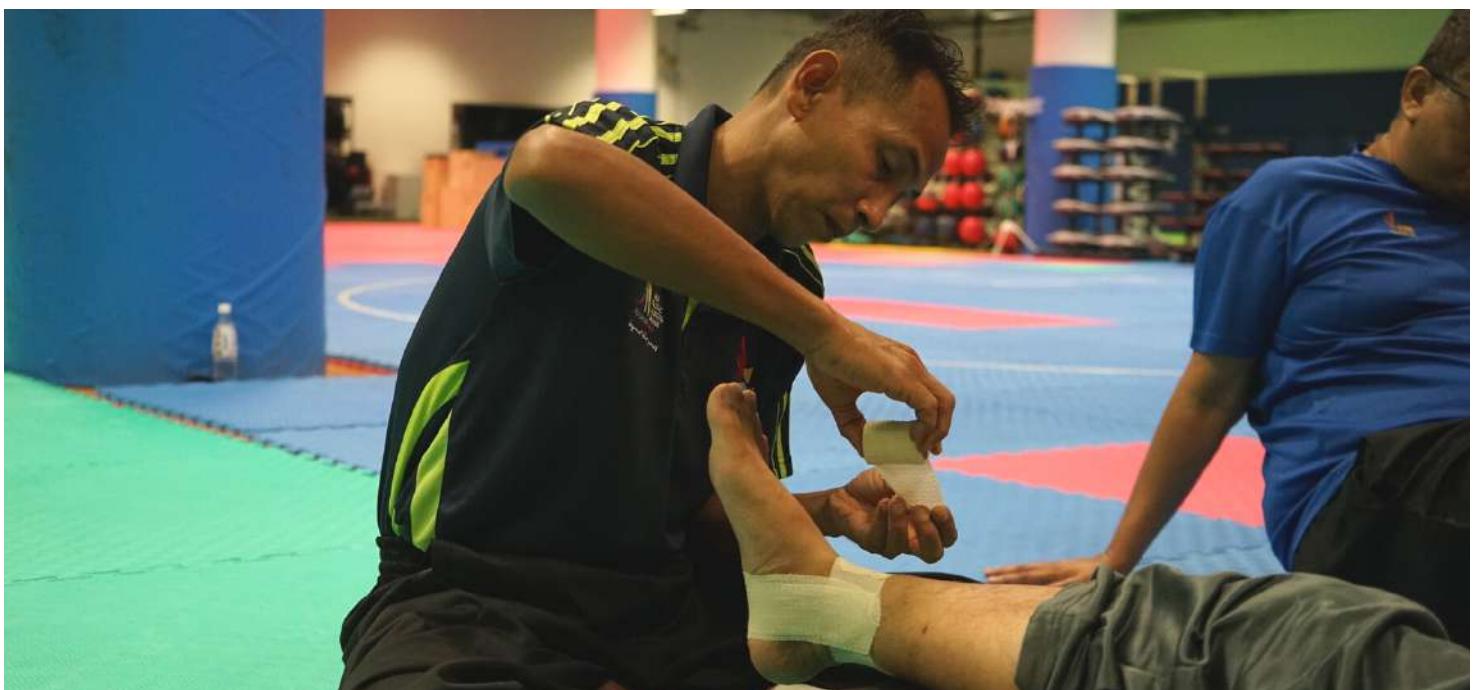
TAPING WORKSHOP FOR OUR ATHLETES

Our National Athletes had another Taping Workshop with Huma from Singapore Sports Institute's (SSI) Physiotherapy in end-April!

During this session, our Senior athletes learned how to tape properly to restrict the movement of injured joints, soft tissue compression to reduce swelling.

We would like to specially thank SSI and Huma for coming down and conducting the taping session for our athletes.





FACE OF THE MONTH

ANIQ 'ASRI BIN MOHAMMAD YAZID, 16

NATIONAL ATHLETE (JUNIOR) / STUDENT

Seeing both my sisters, Nurzuhairah and Nurzianah, at Silat training, was when I officially got into Silat. I was only 5 then.

From then, I chose to continue doing Silat because to me, I take Silat as my passion as I grew up in the sport and I can see that I have the potential, and I believe that I can go far.



If I could achieve anything in Silat, I really want to be the top in every major competition.

The adrenaline rush that I get before every fight is what I enjoy the most and watching fighting videos on YouTube such as Silat Fan TV really drives me to get up and go for training. The videos show a lot of good fighters in action, and I can really learn from there as well.





If there was something I could tell my 5-year-old self, it would be: "Never doubt yourself."

One of the strengths that I have as an athlete and a person is that, I am quite an ambitious person.

With that, having to strive what I want to fulfill my dreams is what really motivates me most about being an athlete.

Training with my sisters has never been boring because we love to joke around with each other. Of course, when it is time to be serious, we will be serious.

I'm lucky to be sharing the same love we all have for this sport, growing up and watching each other compete, supporting one another. All of the wins and gaining the different experiences together, I am very grateful to have this kind of bond with them. At such a young age, we grew a lot as one. A strong trio.



My biggest inspiration in Silat is Muhammad Hazim Yusli, who is a two-time Junior World Champion, World Champion and SEA Games gold medalist in 2019.

I take him as my biggest inspiration because he is one of the youngest Spex Scholar who has achieved a lot in the major games at a young age while being a full-time student.

Seeing him in training makes me feel motivated as he trains with determination and he puts 100% in every training session.



The one thing that I need to work on to improve is my endurance because it is very important as fighting with the new rules can be quite tiring,



Other than warming up before any of my fights, I will have my alone time to set my game plan and listen to music for me to get myself pumped up.

If I feel that I did not perform well in a game, I will rest my mind first before analyzing my fight to see where I went wrong.

Of course, I do feel the pressure when everyone else puts their high hopes on me, but one of the best advices that I have ever gotten was: "Every time when you feel like stopping, think about where and why you started."

I constantly remind myself of that and that makes me feel better from the pressure and want to do well.



Besides Silat, I also take Football as one of my hobbies which I play during my free time. Especially after my exams, to reduce the stress from studying intensively.

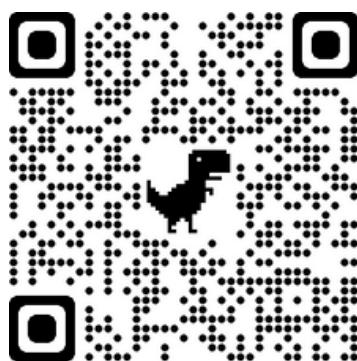
Essentially, if I was not involved in Pencak Silat, I will probably be doing other sports, like Football.

STAFF PROGRAMMES

SSI-NYP SHOWREEL COURSE

For 5 Saturdays since the 27th of March 2021, our Marketing team members, Hazmira Amin and Ifrah Ithnin, attended the Showreel Workshop organised by Singapore Sport Institute (SSI) and Nanyang Polytechnic (NYP).

In these 5 sessions, they learnt how to create a personalized showreel for two of our young athletes - Tuah Iskandar and Aisha Eva Klomp.



Watch
Tuah's video
here!

Watch
Aisha's video
here!



Create Your Personalised Showreel Workshop



Singapore Sport Institute is partnering Nanyang Polytechnic to conduct an online showreel workshop for you. In 5 sessions, you will learn to create your own personalised showreel by shooting and editing videos and photos by exploring different editing applications and tools. The end result will be a 90s video to showcase your strengths, abilities and/or your journey.

Sign-up now if you would like to:

- Elevate your personal branding through your showreel (Have your showreel in your social media or TeamSG platforms)
- Increase your marketability (Send your showreel to prospective sponsors or employees)
- Tell the world your story online using simple mobile devices



Course details:

Athletes have to commit to all 5 sessions. Sessions will be conducted online and breaks will be provided for each session.



Date and Time	Title
Sat, 27 Mar, 9am - 12pm	Introduction to Storytelling & Video Production
Sat, 10 Apr, 9am – 12pm	Review of Script & Storyboard
Sat, 17 Apr, 9am – 12pm	Introduction to Video Editing
Sat, 24 Apr, 9am – 12pm	Review and Finessing of Showreel
Sat, 8 May, 10am – 11am	Final presentation of Showreel

Registration



To register for the workshop, please click [HERE](#) or scan the QR code by 12 Mar 21. Slots are very limited and registration will close once slots are taken up.



For any queries, please reach out to the spexBusiness team (Apple Tan Apple_tan@sport.gov.sg or Bernard Lim Bernard_di_lim@sport.gov.sg)

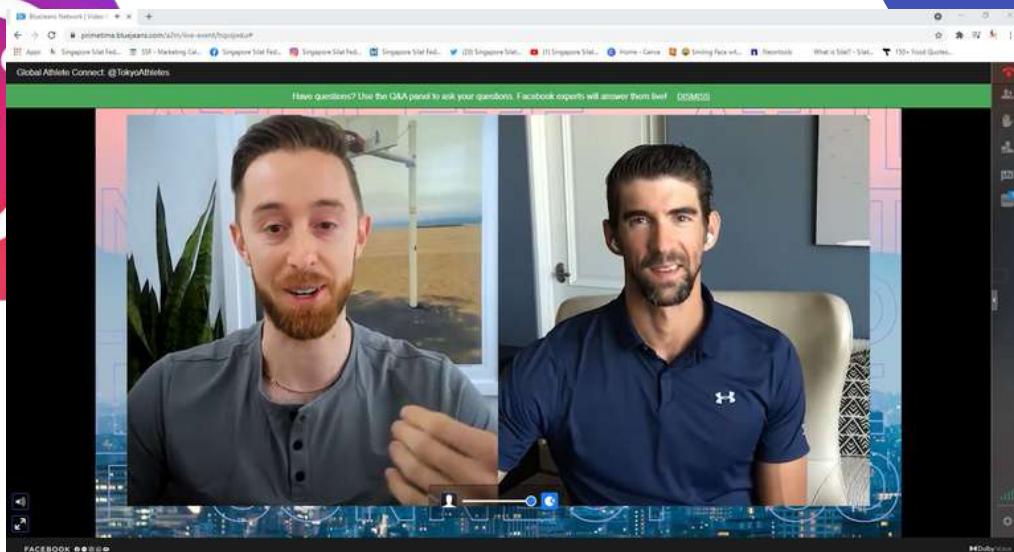
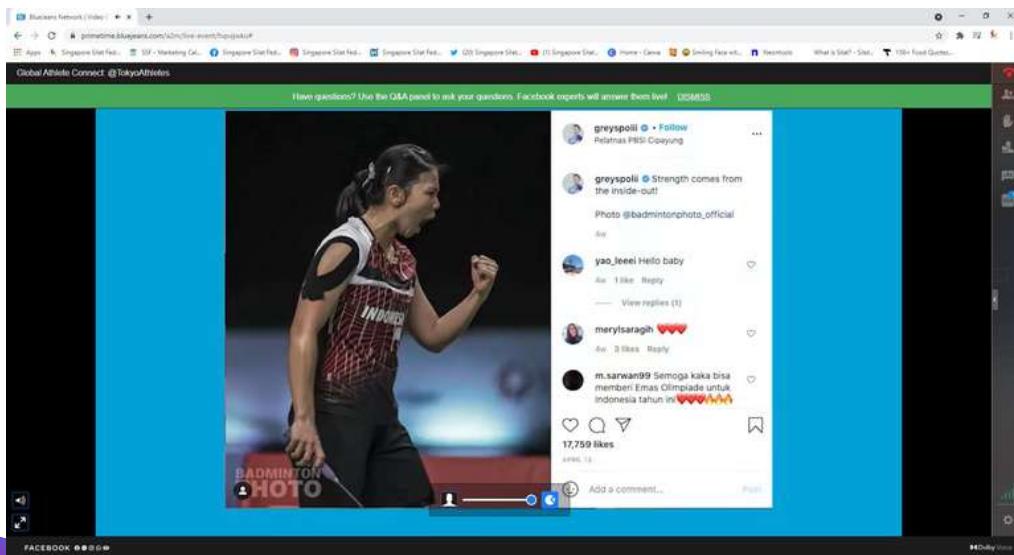


GLOBAL ATHLETE CONNECT

@TokyoAthletes

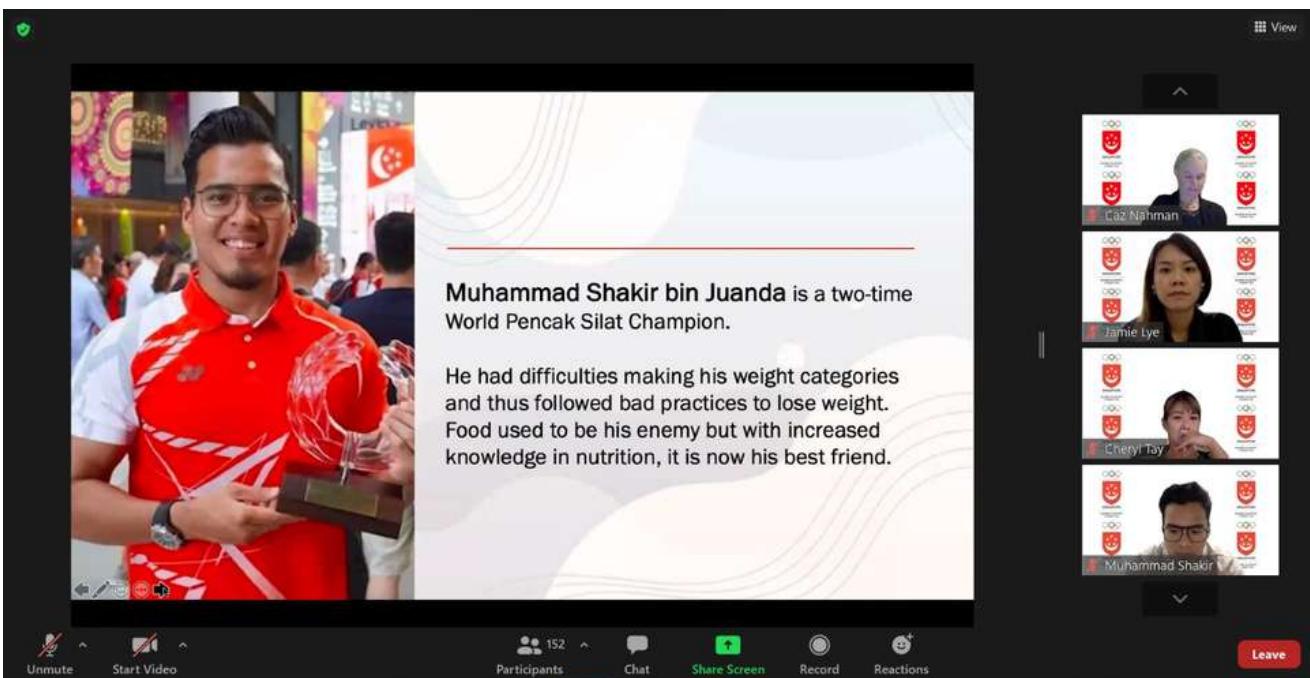
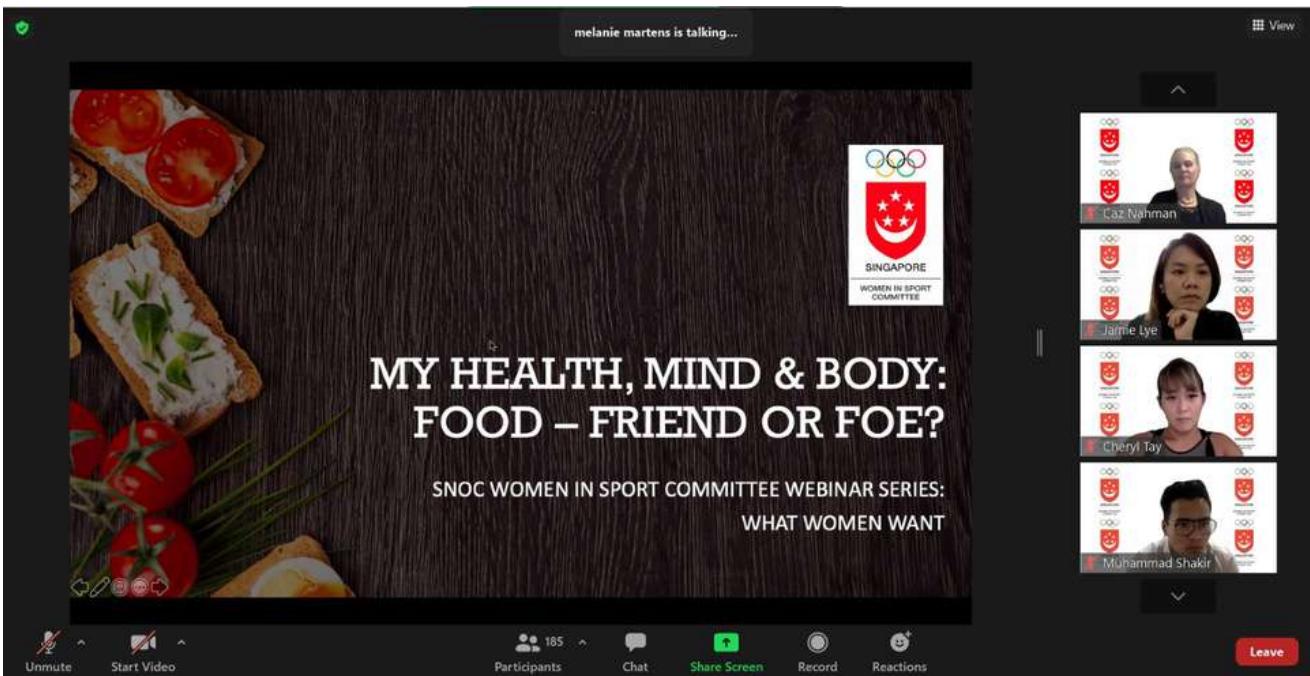
GLOBAL ATHLETE CONNECT: **@TOKYOATHLETES**

On the 25th of May 2021, Our Marketing team members, Hazmira Amin and Ifrah Ithnin, attended an athlete summit organized by Facebook where experts from Facebook and Instagram, together with fellow Olympians and Paralympians shared tips on how to make the best of social media during the Games.



SNOC WOMEN IN SPORT COMMITTEE

WEBINAR SERIES: WHAT WOMEN WANT



On the 29th of May 2021, our Senior Manager for High Performance, Nurul Fiona, attended one of SNOC's Women in Sport Committee webinar series, My Health, Mind & Body: Food - Friend or Foe?

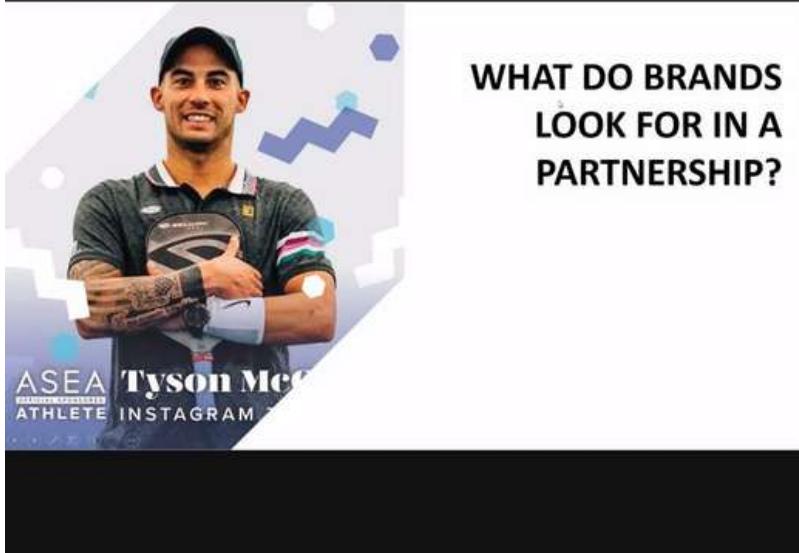
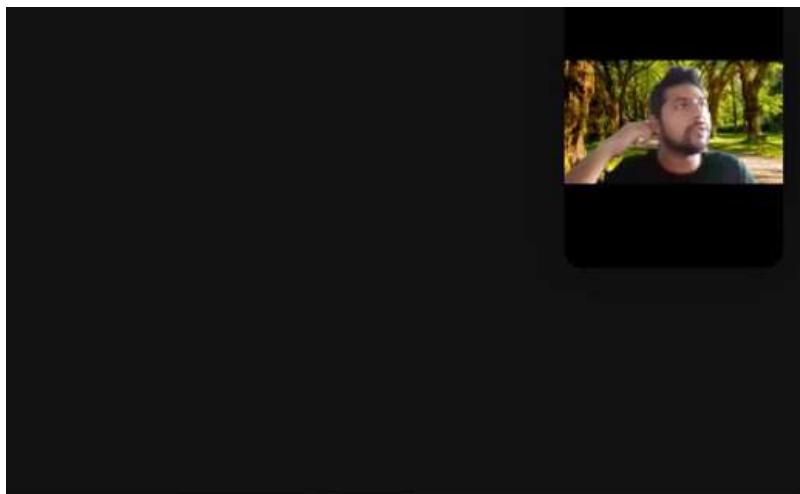
This webinar also featured our Silat alumni, Muhammad Shakir Juanda, as one of the speakers where he talked about making weight.

ATHLETE ENDORSEMENT & SPONSORSHIP

On the 29th of May 2021, our Senior Manager for High Performance, Nurul Fiona, along with some of our athletes, attended a webinar that focused on Athlete Endorsement and Sponsorship.

The agenda for the webinar includes:

- Overview of what a brand partnership is
- How to Approach Brand/Athlete partnerships
- Review of what brands look for in a partnership
- How to improve one's own personal "brand"
- Where to start and how to land a brand partnership



JAL YOGA COLLABORATION WITH SG SILAT

As part of #OUTOFARENA, Singapore Silat Federation has collaborated with Jal Yoga for one of our video contents (keep a look out!).

They have offered some exclusive privileges for our Silat community as follows:

1. Complimentary trial class (except Aerial and Barre Classes) – U.P. \$45
2. Prepaid Membership Packages (15 months) - \$1,723.80 GST inclusive (U.P. \$2,333) – unlimited access to Yoga, Pilates and Barre Classes.
3. AutoPay Membership Packages (12 months) - \$144/month GST inclusive (U.P. \$194/month) - unlimited access to Yoga, Pilates and Barre Classes.

Terms and conditions apply.

To enjoy these privileges, simply head down to any of their studios to register!



HARI RAYA ZOOM PARTY WITH IMH



For a Hari Raya special, Singapore Silat Federation has been invited by a group of volunteers known as the Achievers - Friends of Institute of Mental Health (IMH).

Since the DORSCON Level has been alerted to Orange in February 2020, our special friends have been kept in their wards most of the time.

These volunteers started Zoom sessions in April 2020 and shared many great moments together, with their Zoom sessions being conducted almost every week.

For the Hari Raya Zoom Party that was held on the 15th of May 2021, it included more than 500 residents, staff and volunteers.

We contributed to the Zoom Party with a showcase of our Seni performance, and a few wishes from one of Spex Scholars, Muhammad Iqbal.

Alongside our Silat showcase, they also featured friends from various facilities, playing games, doing handicraft, all via the Zoom platform!

This is the second year celebrating Hari Raya over Zoom and Singapore Silat Federation is glad to be a part of this!



THE PEOPLE BEHIND TEAM SG SILAT

MENTAL COACHES: **ANTONY LOU & GOH KANG WEI**

1. Tell us about yourselves.

A: I am Antony Lou and have been a Mental Coach since 2007. I am self-employed and have great interest in the area of sport in general. Getting myself immerse in local sport scene actually keeps me going and gives me the energy. On the other hand, witnessing athletes that I worked with achieving pinnacle of their sporting career will be my key motivation.



KW: For myself, I'm from a family of 3 with a teenage boy. I've spent more than 20 years in the military, with about 10 years as an organizational psychologist. I enjoy keeping myself healthy with regular jogs and cycling. I believe that the best gift I can give to my wife and son is a good slate of health.

2. How did you get started to being a Mental Coach?

KW: I started my mental coach journey after leaving my military career as an organizational psychologist. Nevertheless, I have had been involved in some aspect of mental training in the military which include preparing servicemen mentally for operations. After leaving the military, I'm glad to find out about SportPsych Consulting and be certified by the Mental Toughness Research Institute as a mental toughness coach and facilitator, and subsequently an Associate with them. I'm grateful to be given the opportunity to pursue my interest in helping individuals to excel beyond the physical aspect but also the often neglect mental aspect.



Montfort Secondary School students learning about concentration techniques. PHOTO: COURTESY OF MONTFORT SECONDARY SCHOOL

A: Back in 2002, I was attending an IOC Administrative Course that I came to know about this Diploma Programme in Sport Psychology (offered by Australia College of Applied Psychology). Something that intrigued me when it comes to this subject whereby how mental can influence one's performance. After finishing this Diploma Programme, I embarked on the Bachelor's Degree (Applied Sport Psychology) to further enhance myself and dive deeper into the area of Sport Psychology.

3. What is your role in Team SG Silat?

A: I am a friend to the athletes. I am there to help them whenever they need. Sharing my knowledge in HOW they can overcome or manage any situations that may arise during competitions and trainings. I do active interventions when needed as well especially during on site trainings. It is essential as the error is still fresh in the athlete's mind. By engaging them, they can learn and apply the relevant mental skills in improving their area of Composure, Concentration and Confidence when handling challenging tasks at hand. Playing a complimentary and supporting role to the Coaches is equally essential. When there is any team meeting and debrief, my role is to be an active listening ear. I will leverage on what have been discussed and pitch my sharing from a psychological perspective.

End of the day, my presence and role is to add values to the team in our common pursuit to Sports Excellence.

4. What do you find the most interesting about the job that you do?

A: As you can see my above comment on how I got started, the role I played is intriguing and tricky too. Every athlete is different due to personality and



upbringing. There are no model textbook answers to every situation. One strategy may fit Athlete A but may not apply to Athlete B. We need to understand the individual differences. It is only through

active engagement with them then I am able to understand them better. This tedious process will take time.

As a Mental Coach with Silat and other sports, it provides a different learning platform due to the dynamic and demand of each sport. In every competition, each will give me a different learning exposure. Love every exposure as this will only enriches my experiences and expanding my horizon as well. The money can't buy experiences I gained were indeed very valuable. These are the driving mechanisms and sources of motivation.

5. What makes you feel most proud about your career?

A: To me, it is not about personal glory. It is about the journey I experienced holistically as an individual. How can I improve myself playing the supporting role in helping the athletes? Personally, this is more important. I am playing an integral part in the athlete's career. How can I add values into them and create an impact. Once I see an athlete achieving their goals and pinnacle of their career, there will be a sense of fulfilment in me. As I have involved with many sports through these years, seeing my athletes living in their dreams, that will be my proudest moment. These are the unspoken and intangible materials that I cherish. In essence it harnesses the energy that I needed in continuing my journey in impacting more athletes.

6. How did your journey with SSF begin?

A: It was in November 2016 when I met SSF CEO Dr Sheik. He was my course mate in my pursuit of Sport Psychology journey. We met in a Sports Summit. At that time, the team was having a centralized training preparing for World Championships 2016 in Bali, Indonesia. He cordially invited me to join the team and was honored to be invited by him. I said yes to him without any hesitation. He asked

me to get someone along with me as the team is huge (Match and Artistic). Chris Lee, my fellow long time co-trainer was the obvious choice. He was the right person as he is well verse in martial art and also a martial art exponent himself too. He can resonate better with combat sports. The rest is history.



KW: My journey with SSF is still very much in the infant phase and I'm looking forward to a positive experience with the athletes.

7. What is the best part about working with SSF?

A: Dr Sheik, CEO of SSF, is very supportive towards our (Chris and myself) roles as Mental Coaches. He was always very supportive towards our suggestions put forth, for instance introducing Mental Toughness Profiling Tools and purchase of Halo Set. Dr Sheik also gave us the “freedom” to roam in engaging the athletes even during training sessions. He fully concur that Mental Skill is essential and part of the curriculum if you want to develop the athlete to the higher level. Chris and I were honored and more than happy to contribute our efforts and knowledge to the athletes. For me, mutual respect for each party will go a long way. Though Chris and I were given the autonomy, we will always bring up our ideas to all stakeholders for discussion before we implement for the benefits of Team SG Silat.

The bonus for being part of the SSF's family is that we need to work with a bunch of dedicated coaches and sparring partners from Indonesia. They are humble in nature and hardworking people. They need to sacrifice their families back home and to be in Singapore to earn their livelihood. They do deserve our respect and appreciation.



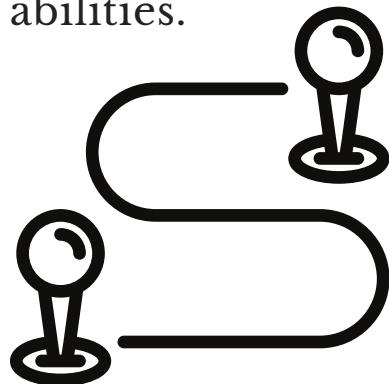
Also not forgetting the supporting staff in the SSF's office doing the administrative behind the scenes. Without them, the overseas trips and competitions will not be possible. Thank you all.

8. What are some of your best memories with SSF?

A: Ever since I came on board with SSF, I have been many overseas competitions and trainings. The high profile competitions will be the 2016 World Championships in Bali, 2018 in Singapore, 2017 SEA Games in Kuala Lumpur, Malaysia and 2018 Asian Games in Jakarta, Indonesia. Each competition brought different precious memories. The more memorable one I would say was when Singapore was crowned the Overall Champions in the 2018 World Championships. The team created



history by winning 7 Gold, 6 Silvers and 7 Bronzes. Besides these accolades, I witnessed hardships endured by the athletes and pushing themselves through various centralized trainings. A daily grind was always on the card as Dr Sheik, the coaches as well as the sparring partners were pushing everyone to its limit. It was really heart warming to experience. Everyone just gave their best to their abilities.



Actions speak for it as these tough journeys actually translated into better performances and good results that we are witnessing in recent years. Silat now is one of the five core sports that was identified by SSI.

9. How do you remain calm and positive when you are not in a good mood yourself?

KW: I usually would step out for a jog. Over time, I have in a way, been able to incorporate deep breathing exercise into the rhythm of my jog. It facilitates me getting into the flow of jogging.



A: I need to be a walking billboard for this. These are the stuff I commonly shared with the athletes. In essence, I need to practice what I preached. Having an uncluttered mind through deep breathing (doing my centering) in compliment with my positive self talk, it will naturally slow down my heart rate hence physiologically, I can be more calm. In shifting my state of emotion, I will remind myself why I begin this journey. Will take a step back and look from outer parameter if needed. Also I can take my current situation as a feedback. Where and how I can improve. This will help me to reframe my vision and realign my thought process. From a victim of circumstances into an overcomer.

10. What is the first thing you will tell athletes before they enter the arena for their fights?

A: I do not talk or talk much to them before they enter the arena. There will be tons of thought process that running through the athlete's mind. Their body in a way is preparing them for actions. The most I can say is "Go in and enjoy the process and have fun". Usually the coaches will be by their side giving them tactical instructions. What I strongly advocate is that one's preparation and ready to enter the arena comes from their daily training



sessions and believe in their processes. Also having a good warm up and sticking to one's routine, they will be combat ready. When these processes are well taken care of, one will be able to enter the arena with much confidence. On the other hand, sometimes Chris will shout from the spectator stand, cue words or affirmation statement to them. We established an understanding what these cue words or affirmations means to them. Once they hear these, it resonates with their thoughts process which will anchor them, to remain focus, calm and be confident.

11. What are your concerns as a mental coach?

A: As a mental coach, we can share as much as we can to an athlete. End of the day, is how much they can absorb or embrace during our sharing sessions. How they can utilize this as the additional weapon they poses enabling them to excel to higher level with constant practice. I can't emphasize more in this area of constant practice of



your mental skills, just like your technical skills. One can be sharper in making good decisions in critical moment and be mentally tougher. This is fundamental but many athletes in general do not see the importance of it. I would encourage all athletes to be proactive in this area of awareness. Once the athletes realize the interdependency of the 4 Performance Blocks (Physical, Technical, Tactical and Mental), any failure or weaknesses in any of the block, their performance will be impeded.

KW: I would probably consider the following three. First, complacency. Complacency may place an individual lesser prepared for volatility, uncertainty and ambiguity. Second, overthinking. Overthinking may generate fear and affect confidence. And third, ignoring the mental aspect. Henceforth, the individual will not be receptive to any advice.

12. How do you prefer to spend your free time?

A: In this unprecedeted time of COVID-19, most will experience more time in their hand. Recently I have developed an interest and aspire to become a Youtuber after watching a lot of videos on travelling. I have recently bought a drone and started learning to fly it to capture some nice pictures and video footages while airborne. Also I have picked up video editing skill. Both these 2 new acquired skills are still in the conscious incompetency stage. Guess this will occupy much of my time for now. Other than this, spending more time at home and catching up with Netflix.



13. What would you want to achieve in the next year?

A: On the sporting scene, I aspire to share, influence, inspire and

impact more athletes in their pursuit of their dreams in Sporting or Personal Goals. On a personal note, to be more innovative and creative in creating interesting contents for my future vlog. Is trendy and need to catch up with time. It will be a fun thing to do for me. Once travelling is permitted, it will be a blue ocean out there for me to explore my potential in this area of travelling vlogs.



14. Is mental health important in combat sports?

A: Without a shadow of doubt is a resolute yes for me. Look at the professional circuit like One Championships and UFC. All fighters enter the Ring with a Warrior Mentality that they can win. If a fighter enters with fear, injury can easily occur as your body is not prime at optimal combat fighting mode. Mind and Body is one, hence if you enter the fight with a negative mental health, this will be the precursor for failure and injuries.

15. Any advice for our athletes, and our readers?

KW: Mental skills are life skills which can be applied beyond sports. They are like one's muscles which need to be constantly 'flexed' and internalized in the process, possibly becoming second nature.

A: In this challenging time, many livelihoods are being affected in many ways. I am not any expert in dispensing any advice to anyone, but more of an encouragement. I pray that situation will be under control soon so most life routines will resume.

It may not be the same as before but we need to embrace and adapt to the changes and move along. We need to be tolerance and mindful of our actions by adhering to the new measures adopted by our authority in combating the situation. It may be a long battle but we do have a common goal in sight. I am sure we can stand united as one in overcoming it and emerge stronger when this storm is over. Stay vigilant and be safe to all.

Also I would like to take this opportunity to thank the following 3 persons:-

1. Dr Sheik for providing this excellent platform in working with your elite athletes. It has provided me a challenging, meaningful and interesting learning experience which I value a lot.
2. My mentor Edgar Tham since 2005 from SportPsych Consulting. With his selfless sharing of knowledge and guidance, my journey in pursing of sport psychology will not be that smooth sailing. I have benefited so much from his wealth of experiences that he has shared willingly.
3. Chris Lee, partner in crime. I have worked along with him since 2007 for countless of training sessions and competitions (both local and overseas). We often bounce ideas off each other trying to make the learning experience more meaningful and fun. It has been a long journey together but for now, he has decided to take a break and be closer with his family.

Thank you Dr Sheik, Edgar and Chris for the beautiful journey thus far.

PRESIDENT, SINGAPORE SILAT FEDERATION: MOHD YASRIN MOHD YASIL

1. Tell us more about yourself.

My name is Mohamed Yasrin Bin Mohamed Yasil. I am 49 years old this year, and the President of Singapore Silat Federation since 2016.

I am happily married to my wife, Hazliati Abdul Rahim and we have 3 children - Yasmyn Nabiqah, Hazyq Danieal and Haqym Martyn.

2. What do you do as a career?



As for my career, I work in the warehouse and logistics industry as a Container Freight Manager. I will not deny that it has been tricky balancing time between my job and involvement in Silat but I believe that with smart prioritization and time management, it is possible to fulfil my duties in both aspects - work/career and hobby.

3. How did you get into Silat?

I got into silat through my children. I was driving home from work and noticed a Silat class banner outside my local community center from Perguruan Seni Grasio. From there, I decided to register them for classes as I once took up Silat as a young child as well and wanted the same for my own children plus it was an added benefit that it kept them active and busy.

I slowly started getting more involved in Silat through the parent support group. I managed to get to know many parents through this group and it broadened my social circle by a lot. Some of the parents that I've met have become my closest friends.



Eventually, I was encouraged by our CEO, Dr Sheik Alau'ddin to get more involved and I started going for Silat classes myself. I went for the different gradings and after much time, got certified as a PA Instructor. Some of the centers I used to co-instruct at were Pasir Ris East CC, Kampung Ubi CC, Kembangan CC and Punggol CC.

I was pushed even more and encouraged to become a Referee-Jury for National Level. I slowly learned more and went for more courses, until I was promoted to International Class 1 Referee Jury where I was given multiple opportunities to attend competitions such as SIJORI, World Championship and SEA Games.



Simultaneously, throughout this time, I was also serving as a committee member in Singapore Silat Federation. I became the Honorary Treasurer from 2012 - 2014, then a Committee Member from 2014 - 2016, and then the President of Singapore Silat Federation since 2016 till present.

4. How did you come about being the President of Singapore Silat Federation, what were your emotions like when you are elected as the President?

After my 2 year term as the Honorary Treasurer ended, I served as a Committee Member for another two years, and was later on nominated for the position of President. I was elected by the 11 club members of the different perguruans in SSF and humbly accepted the position.

I was definitely blessed for the opportunity given to me and was very thankful for the support and trust bestowed upon me by the committee members and club members of the different perguruans. However, I always tried to keep in mind that with a bigger position, comes more responsibility as well.

5. What are the significant responsibilities that come along with the elected role?

After being elected as president, there were definitely more responsibilities entrusted to me. Some of which include overseeing the well-being of athletes and their performances, the daily operation of SSF as an organization and plan ahead for future developments - management and progress in Silat as a sport.

6. What are some of your best memories with the Federation?

It is very hard for me to pick one memory as I have many moments that I have come to cherish throughout my time in Silat. From seeing my children win their first competition, to my first overseas competition as a Referee-Jury and even the honor I have been granted of meeting distinguished people in our community during numerous events such as Prime Minister Lee Hsien Loong and also other ministers.

Sometimes, small moments like even lunch in between courses and dinner after a tiring training session with my Referee-Jury friends are memories that I appreciate and will remember from years to come.





7. What are some of the challenges that you faced as the President of the Federation, and what did you do to overcome it?

Being a president is not an easy feat and comes with its own set of challenges. One of my greatest challenge has been trying to reach out to the different *perguruan* and trying to get them on the same page (in terms of competition and rules). Each *perguruan* has their own history, traditions and way of doing things that may not coincide with the others. To be fair to all *perguruan*, I try my best to understand their point of view and their perspective instead of getting everybody to agree with an idea that benefits only one party.

However, that being said, I unfortunately have not found a solution to overcoming this and it is still something that I am working on. I am still very hopeful to see a future for Silat in Singapore where we may be divided by clubs/*perguruan* but still one big community with one main passion, which is for the sport Silat.

8. What are some of the improvements that you have seen in the Federation, then and now?

I am very proud to say that the federation has done well in adapting to the times and made improvements in many aspects.

The electronic scoring system in the past compared to the manual handwritten scoring system in the past. As a Referee-Jury myself, I can see that it is something that has benefited us greatly - more convenient and games run smoother.

The well-being of our athletes are also better taken care of - We have more staff on the team now such as sports nutritionist and even a mental coach. Our staff are dedicated and focused on ensuring that our athletes are taken care of not just physically but also mentally to ensure their best performance during competitions.

Now, we also have better training facilities - I have noticed that we are now equipped with better and suitable equipment for the development of our athletes. It is nice to see that we have progressed and worked on ways to make training more effective and efficient for the athletes by providing quality equipment for their usage.



9. You are also involved in the Referee-Jury – how do you juggle your role so that you will be able to contribute the best in both area?

As a President, I have to put my country first and serve as a person representing my country. However, as a Referee-Jury, i have to be fair to the game and to the athletes fighting for their respective countries. Personally, I much prefer to attend competitions as a Referee-Jury as it is something that I have trained much longer for and I'm very comfortable with it.

There are times where I have to step in as President and have to change certain perspectives in my head. I have to be more focused on the athletes and their performance instead of looking at the game as a whole. I try my best to not get clouded by my role and be objective.



For me, I think that i can also best contribute by being a familiar face. Since I understand the duties of both and know what goes into each, I can better understand certain things and suggest improvements for future games (link between Referee-Jury and Committee member). For Referee-Jury, if they have any concerns, they can come to me and openly voice them as i am a part of their team as well and it would be easy for them to approach me - same goes to the committee member in the federation. From there, I get to see both sides and try to come up with the best solution for all parties.

10. With all the achievements that our athletes have achieved thus far, what are you most proud of about the Federation?

I am very proud that our Federation were the first ones to recommend and implement the change of rules in Silat competitions that we are now trying to practice internationally. As we all know, Silat is a traditional sport and we cannot change tradition, however, we can develop on it.

The new rules were a big change and it took a lot of testing and brainstorming from the team. It shows that we are trying to take Silat one step further not just in Singapore but worldwide. It also reflects very well on Singapore and our ability to adapt to changes. I truly hope that with the new rules, we get to appreciate the sport even more and create new memories for being able to experience such a revolutionary change. This is only the start of a very exciting future in Silat.





11. If there is one thing you would want to change in the Federation, what would it be?

I would very much like to change the perception that Silat is for one certain race. It is true that Silat is a traditional sport practiced by our Malay ancestors and the majority of our athletes are of Malay race. However, we should remember that Silat is an international sport practiced around the world. Countries such as Korea, Australia and even the USA have exposure to Silat and though it is a small population, we should feel proud that our traditional sport has come so far. I would like to reciprocate the same thing here in Singapore.

Thankfully, Singapore is a multi-racial country with people from all walks of life. We should work on trying to show people that Silat is for everyone and can be enjoyed by anybody. I hope in the near future, we get to see more diversity in Silat.

12. If you are not involved with Pencak Silat, what other activities or sports you will get yourself busy with?

If I weren't in Silat, I think I would probably have been very bored at home. I personally like watching movies and think that maybe if I hadn't occupied my time with Silat, I would've been binge-watching movies and an avid cinema goer.

Maybe even dabble in Sepak Takraw too as I also once played during my teenage days. But, I think I'll just stick to what I know best.



SENIOR GENERAL MANAGER (INDIVIDUAL PROGRAMME) – SINGAPORE SPORTS SCHOOL: NG KOK WEI

1. Tell us more about yourself.

Hailing from a PE teacher background, I had some stints in MOE schools both secondary and Junior College. Always a teacher-coach in CCAs, I have enjoyed managing teams in swimming, water-polo, canoeing and hockey.

In Singapore Sports School (SSP), I was General Manager (GM) of Swimming before a stint as Senior Manager of Boarding and Business.



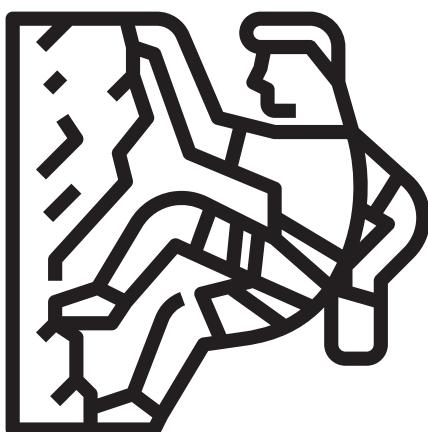
2. What is your role with the Silat Student-Athletes and Singapore Silat Federation?

Silat student-athletes (SAs) from the SSP form the backbone of the national team. As the GM overseeing Silat, I am privileged to be involved in the wholesome development and well-being of the SAs. This entails facilitating close and effective communication among the SAs, their parents, the staff at Silat Federation and the academy and boarding mentors in SSP.



3. Describe a typical day at work as the Senior General Manager for Individual Programme in Singapore Sports School.

Due to the dynamic nature of the job revolving around SAs and their total development, my tasks centre around working on helping SAs.



As the Senior GM for Individual Programme, which includes Pencak Silat, Golf, Sport Climbing and Cycling among others, I work with many other National Sports Associations to develop sports talents, providing a conducive environment in the SSP.



I also have an interesting portfolio that looks at the area of talent transfer, otherwise known as Talent Optimisation. This allows athletes to fulfil their potential possibly in more than 1 sport.

4. What do you find the most interesting about being the Senior General Manager for Individual Programme in Singapore Sports School?

Working with staff from Silat Federation, namely Dr Sheik and Coaches Noh, Hasmu and Fiona is more than a pleasure as they emanate passion in their work with the athletes. It enlightens me to inspiration that is possible via the avenue of sport.

5. What are some of your proudest moments throughout your journey being the Senior General Manager for Individual Programme in Singapore Sports School?

Before I even took on this portfolio, I was very touched when Alfian mounted the SEA Games rostrum and moved the nation. One thing for sure, Silat Federation will continue to have more Alfians and for them to be schooled at SSP speaks volumes about the collaboration involved.



6. How do you constantly maintain a positive relationship with our Silat Student-Athletes?

Silat athletes are a team, yet they need to be treated and respected as individuals with different backgrounds and past experiences. Credibility and a helpful spirit are values that the SAs recognize and appreciate in adults.

Children's eyes are sharp and there is no place for disguise and fakeness in relationships.



7. Share with us on how you motivate the Student-Athletes, in situations where you find yourself at your lowest point.

Kids are kids, especially if one factors in the diversity of background and experiences they may have grown up with. When there is rapport and understanding with the parents, this becomes more achievable.

When the kids fall short of expectations, it is important to encourage and motivate them to be a better version of themselves, have the benevolence to forgive and allow another chance. They will appreciate during adulthood, in retrospect.

8. Do you see yourself as a mentor to the SAs more than Senior General Manager with them?

I had been the SSP Discipline Master for a long time. It is a role that requires empathy while being resolute in upholding school rules and regulations. Similarly, as the

SGM, a mentoring role is inevitable. The system will naturally push the SAs to their optimal performance on all fronts but it is the praiseworthy moments and actions that must be capitalized and exemplified as part of the mentoring process. SSP encourages much of catching SAs doing the right thing and affirming them.



2021 HARI RAYA BAKE SALE FUNDRAISING



Last month, we organized a fundraising initiative to help raise funds for our athletes and youth development. We were overwhelmed with the responses and the orders that we received in the one-week that the orders were open!

We also managed to deliver the goodies to the doorsteps on the 6th and 7th of May 2021, with our Spex Scholars, Nurzuhairah and Muhammad Iqbal!

It was a fun-filled journey traveling around the island, delivering the goodies!

Once again, we thank everyone for supporting us with the Fundraiser and we look forward to organizing more like these to meet and interact with the community!





RAMADHAN CHALLENGE

For our second session of our Ramadhan Challenge on the 1st of May 2021, it was indeed productive!

Similar to the first Ramadhan Challenge, the subsequent challenges were held at the Silat Hall at Heartbeat@Bedok.

Safety measures were in place as well, this time stricter, in which the athletes had their individual bubbles to prevent close and prolonged interaction with other players.

Special thanks to Perguruan Seligi Tunggal Angkatan Singapura, Silek Harimau Minangkabau Singapura and Perguruan Pencak Sendeng for participating in our second session.

Unfortunately, the third session of our Ramadan Challenge had to be called off due to the new safety measures that implemented on the 8th of May itself.

Nonetheless, we sincerely thank everyone who was involved and those who participated, making sure that the Ramadhan Challenge was a successful event!



1ST MAY 2021, RAMADHAN CHALLENGE WITH PERGURUAN SELIGI TUNGGAL ANGKATAN SINGAPURA, SILEK HARIMAU MINANGKABAU SINGAPURA & PERGURUAN PENCAK SENDENG



CATCHING UP WITH OUR SILAT ALUMNI

I am Jamal Jantan, 61 this year.

I was active in the Silat scene from the 1970s till the 1990s.

I got started with Pencak Silat during the days when I was staying in the kampong. At that time, I was not attending official classes but I followed my friends and started to pick up adhoc knowledge in the

Kranji kampong area (Lorong Fatimah). This was around early 1970's when I was a teenager who had just finished my secondary school education.



The first time I started doing Silat, I was very excited and always looking forward to the Silat sessions which was conducted twice a week on the weekend.

I enjoyed the art movements, steps and defense techniques.

Silat changed me to be a better person because I became more disciplined and was leading an active lifestyle which has kept me active all these years and even till today, I still have weekly workouts by running, walking or cycling and some other indoor sports.



My greatest achievement has got to be the ability to represent Singapore in 4 tournaments (1987 to 1990), 2 SEA Games, 1 Brunei Merdeka Game and 1 International World Championship. It was really an honor to be able to do this. Even though I wasn't the Gold medalist in the competitions but I did get 3 bronze medals which were in 1988 International World Championship, 1989 SEA Games and 1990 Brunei Merdeka games. This, to me, was very special because I felt that this was part of the country's history and my personal life achievements.



The best thing about my days when I was still actively doing Silat was definitely participating in the SEA games, representing my Silat section (Perguruan Silat Cekak) for activities. Assisting my late Guru (Pak Budin Seon) and the seniors (Abang Tumiran, Abang Rosli & other senior members) to train and coach the juniors. I also participated and performed Silat in a group or as an individual at weddings, national events and many other local invitations.



If I had to go through your whole Silat journey again, I would have started leaning Silat at an early age with a vison to be a champion as an athlete.

I want to encourage more youths to participate and learn Silat. There is a lot to be learned from Silat as a form of art, self-defense and self-discipline.





The differences that you see from the athletes today compared to the ones back in my day is that, today there are a lot of younger athletes, even at young age from primary schools, the children are getting involved in sports which is good. Also, now Silat is part of some schools' CCA programs and students are encouraged to be active to participate. Also, now there are also inter-school competitions where students can get involved.

Also, in today's sports landscape in Singapore, there is more support from Singapore National Olympic Council (SNOC) or Sport Singapore whereby athletes are given benefits to participate.

There is also now Singapore Sports School whereby athletes are focused on both sports training and academics. At the same time, there are annual programs for nomination to be best athlete in Singapore.





Currently, I am not very active in Silat anymore but often, during weddings, I am asked to perform Silat for the bride and groom.

Other than my weekly routine exercise, I occasionally play futsal or badminton with my family and friends. Presently, I am more involved in my bowling activities whereby I participate in local tournaments and leagues as an individual or in a team.



My former Silat institution (Perguruan Silat Cekak) is no longer in existence ever since our late guru moved to Malaysia.

However, our group is still very active on social media and we keep in touch and occasionally, we meet when there are events such as weddings or someone is having a celebration (pre-COVID) and we would talk and discuss or debate about the current Silat landscape. For us, our opinions would of course be different.

I still keep in touch with some of the old batch friends (Singapore & Overseas) whom I met during my active Silat days representing Singapore. Folks such as Sheik, who's the current CEO of the Silat Federation and few others. Sheik often shares updates about the current Silat programs and activities without fail.



I am aware of the New Rules implementation, because I did follow up on the information online from PERSISI, IPSI & PESAKA via social media platforms. The new changes have their pros and cons but I reserve my comments at the stage as we may all have different viewpoints.

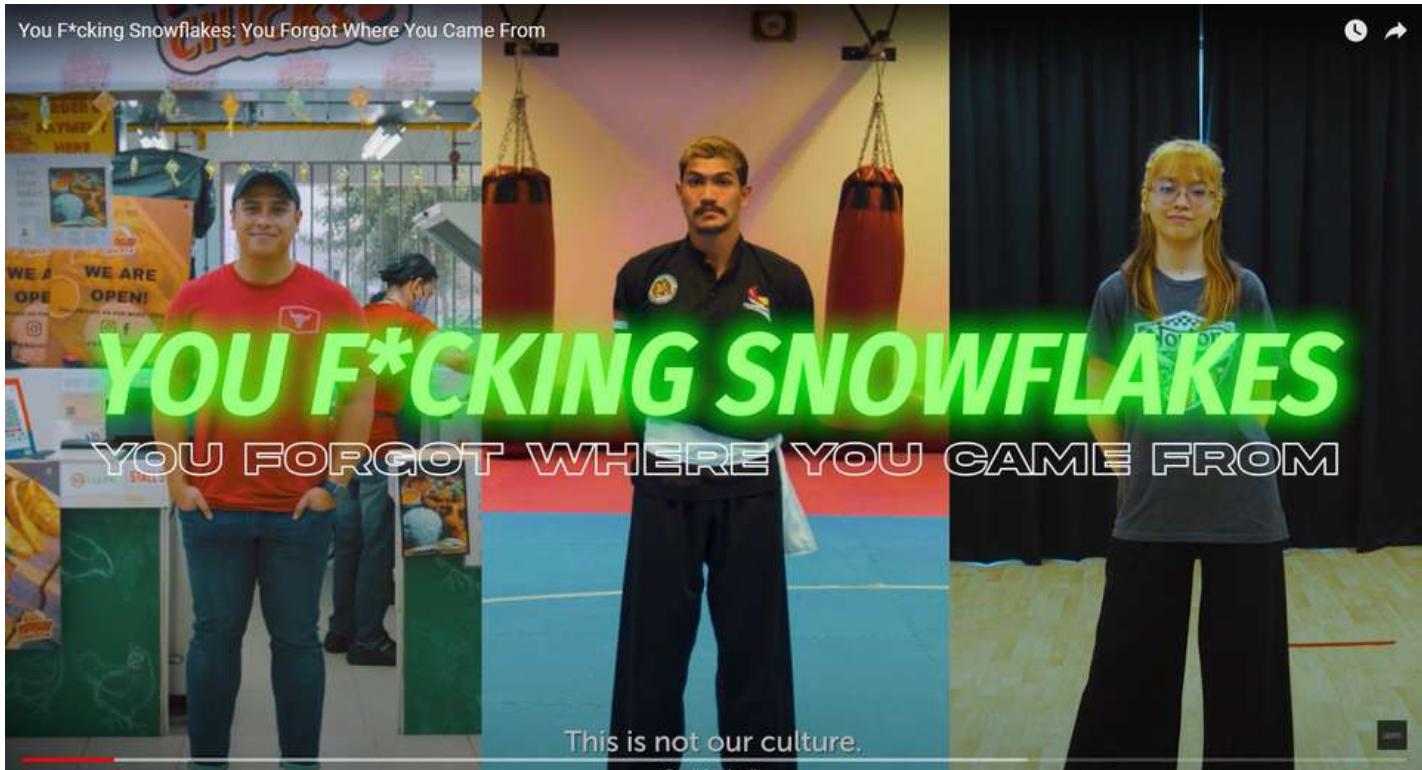
If there is an advice that I can give to the up-and-coming Silat athletes, my advice would be to whilst you enjoy the sport and have high hopes to bring pride to the association or country, one must maintain discipline and make sure that for athletes that are still in school, they must strike a balance between sports and studies. For athletes who are already working, they need to stay disciplined in terms of maintaining healthy lifestyle.



Now that there is the support from SportSG for Pencak Silat, I will definitely support my children or grandchildren, if they want to take up Silat as their careers, I would definitely support.

From my perspective, the world is a changing world and what's most important is that our children/grandchildren must at least have their academic qualifications in place and they can pursue silat as their career if this makes them happy.

SILAT FEATURE IN NOT SAFE FOR TV



This Hari Raya, the people from Not Safe For TV spoke to 3 individuals, including our Spex Scholar Muhammad Iqbal, who champion the practice and preservation of food, sports and arts in the Malay culture.

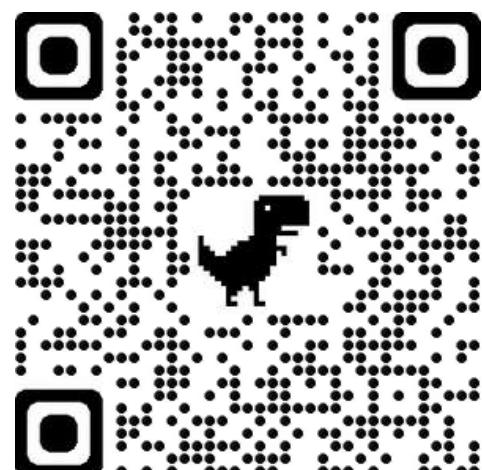
Albeit the controversial title, the video is part of a series which features Gen-Z/Millennials and the stereotypes made about our generation.

Scan the QR code to watch!

FB: <https://www.facebook.com/nsftv/>

IG: @nsftv

YT: <https://www.youtube.com/c/notsafefortv>



P2LIFE SEA COLLABORATION WITH SG SILAT

P2Life SEA are the Southeast Asian Market representative of P2Life, an American Sports Nutrition Brand. As the brand-new year starts, many athletes are constantly looking to better their training and recovery routine.

P2Life's products are most suitable and recommended for professional athletes. For athletes, the formation of muscles is important in order to build strength, stamina and power. However, in order for them to do so, a proper recovery process and diet is also essential for them to perform well during training and competitions.

Something unique that P2Life's products are able to bring to the table, us that our products are able to help athletes attain a well-balanced nutritional diet, by filling in the gaps they may be lacking in, help them meet their daily required nutrition intake and also help build lean muscles.



Products

View Grid Stream

SHARE +



Endurance + Recovery

EnduroBoost Adaptogens
\$39.99NutriBoost Shake
\$66.99

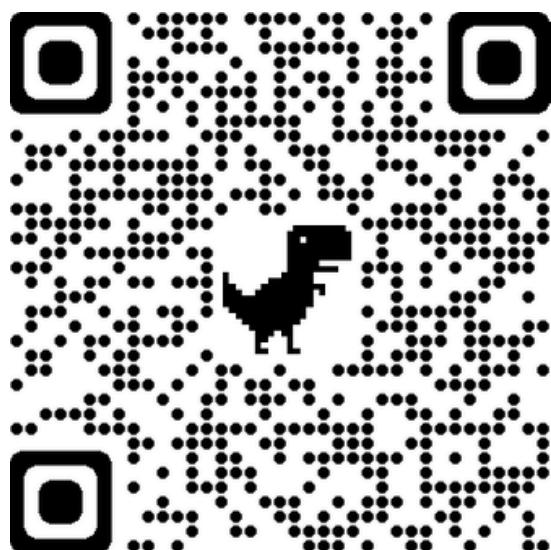
Strength + Power + Lean Muscle

Powerboost
\$39.99

Their products include:

- EnduroBoost Adaptogens (for Endurance + Recovery)
- NutriBoost
- Powerboost (for Strength + Power + Lean Muscle)

Share with your family and friends who are looking for sports nutrition brand. They can simply get the product from their website <https://www.p2life.sg/collections/all> (or simply scan the QR code below), and you can enjoy 10% off by simply using the Promo Code **Silat10** at the checkout!

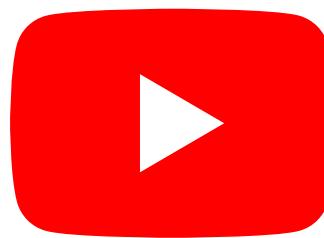


#OUTOFARENA



#OUTOFARENA is an effort to promote the sport and the people involved in the Silat community in Singapore via video content on our YouTube channel, as well as our Social Media platforms.

Keep your eyes peeled for more fun and exciting content on our YouTube channel and our TikTok as well!

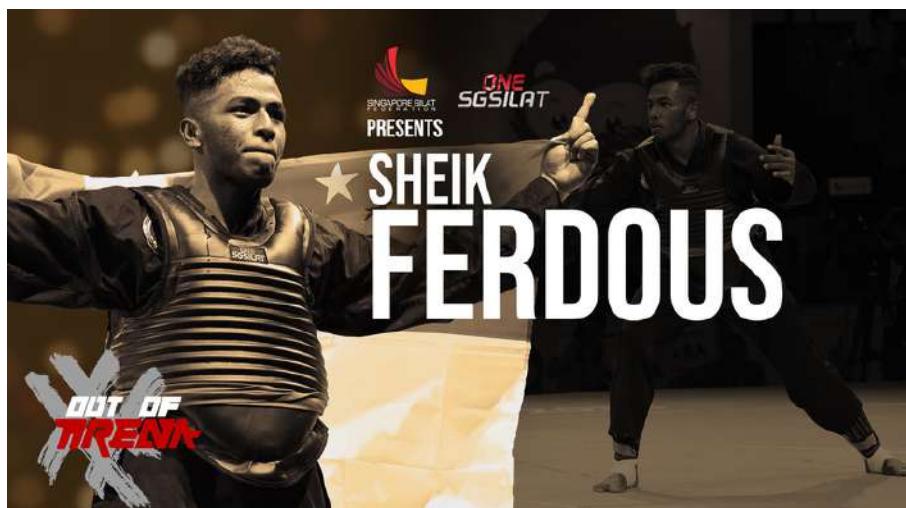


Singapore Silat Federation



sgsilat

#OUTOFArena CONTENT FOR MAY 2021



UPCOMING EVENTS

As an update, here are the events that are coming up!

Do keep a look out for further updates on our Social Media pages and future Silat Uncut issues!



July

- 3, 4, 10 & 11: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)

August

- 7, 8, 14 & 15: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)
- 18 - 22 & 27 - 29: Referee-Jury Course 2021 (Singapore)
- 28 & 29: SSF Recruitment Open House 2021 (Singapore)

September

- 4 - 5: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)
- 18, 19, 25 & 26: 19th Tertiary Silat Championship (Singapore)

October

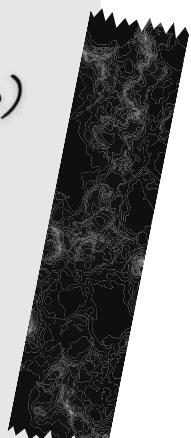
- 2, 3, 9 & 10: 19th Tertiary Silat Championship (Singapore)
- 20 - 24 & 29 - 31: Referee- Jury Course 2021

November/December

- 21 Nov - 2 Dec: 31st SEA Games (Hanoi, Vietnam)

December

- 9 - 19: 19th World Pencak Silat Championship (Kuala Lumpur, Malaysia)



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 (20) Ordinary Members, and five (5) Associate Members registered with us.

And a total of forty-eight (48) 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 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

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Fax: +65 6282 2308



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SINGAPORE SILAT FEDERATION

TALK TO US

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ONE
SGSILAT