

SINGAPORE SILAT FEDERATION // VOLUME 35 // SEPTEMBER 2021

SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



SINGAPORE SILAT
F E D E R A T I O N

ONE
SGSILAT

WORLD MARTIAL ARTS MASTERSHIPS COMMITTEE

In a letter from the World Martial Arts Masterships Committee (WMC), the Governor of Chungcheongbuk-do Province, Republic of Korea, and President of WMC, Mr Lee Sijong, has sent his sincerest congratulations and appreciation to the founding of the Singapore National Martial Arts Masterships Committee (NMC Singapore), functioning as WMC's National Martial Arts Masterships Committee (NMC).

The NMC Singapore was officially approved by the WMC Council on the 6th of August 2021.

In line with the aims of the WMC, the NMC Singapore is the sole national governing body of disseminating Masterships Movement in Singapore. This will ensure the public confidence and promotion of the World Martial Arts Masterships, and will also be a great opportunity for the WMC to take a step forward for a closer cooperation with Singapore.



MEETING WITH PERSILAT



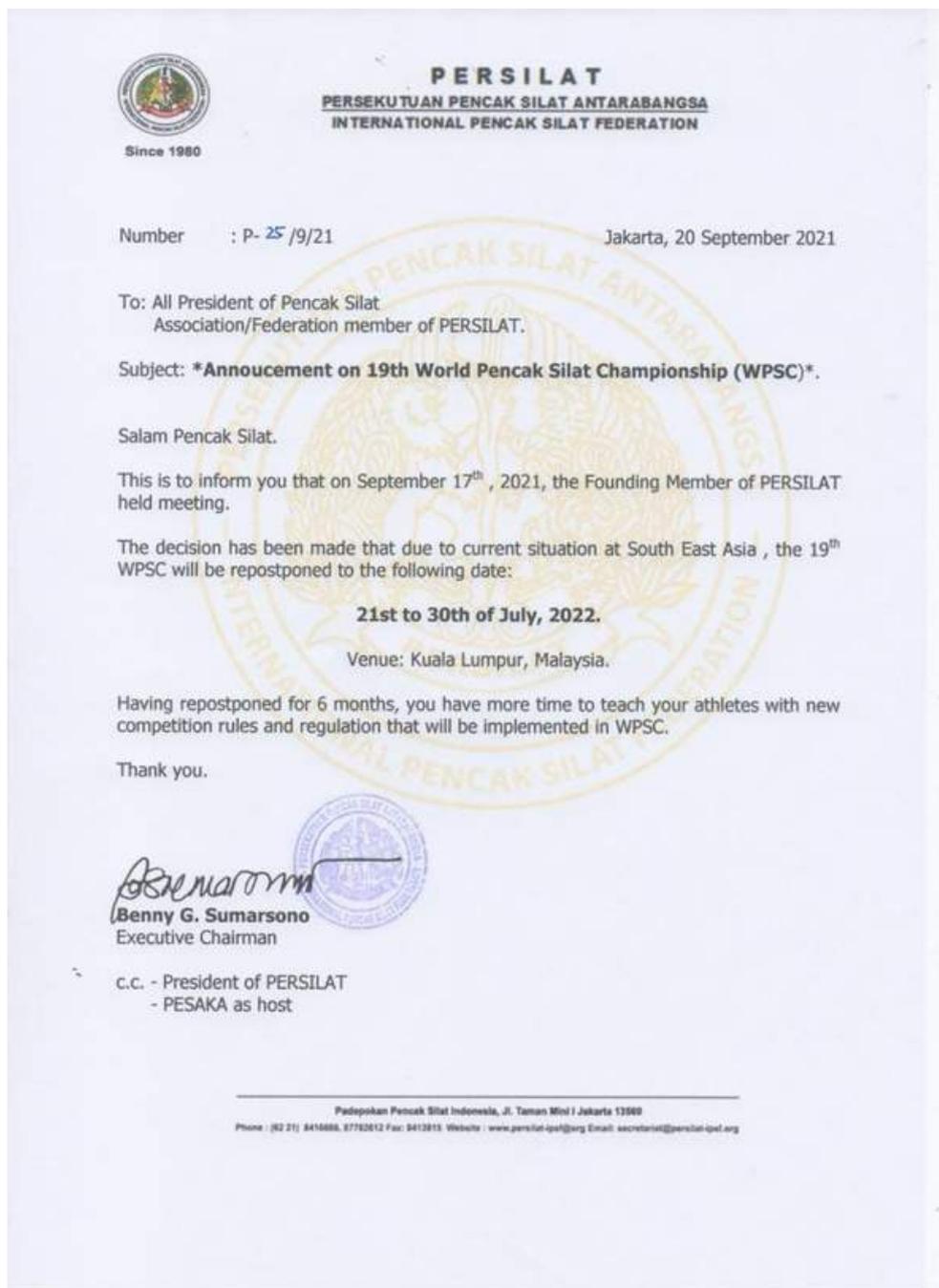
This month, the 4 founding members of the International Pencak Silat Federation (PERSILAT) met twice online via Zoom to discuss topics such as:

- Improving and Developing the Pencak Silat Competition Rules and Regulations further,
- Future World Pencak Silat Championships,
- New varieties of Pencak Silat competitions,
- and many more.

The agenda of the meetings were also to discuss on the implementation of the International Ranking, and the concerns of recognition for the National Pencak Silat Federations in most countries, in working on *Silat Towards Olympics*.

The meeting also covered the decision that was made for the 19th World Pencak Silat Championship (WPSC). Due to the current situation circling around the spread of COVID-19, the 19th WPSC will be re-postponed to the 21st to the 30th of July 2022.

With Persekutuan Silat Kebangsaan Malaysia (PESAKA) as the host, the championships will be scheduled to take place in Kuala Lumpur, Malaysia.

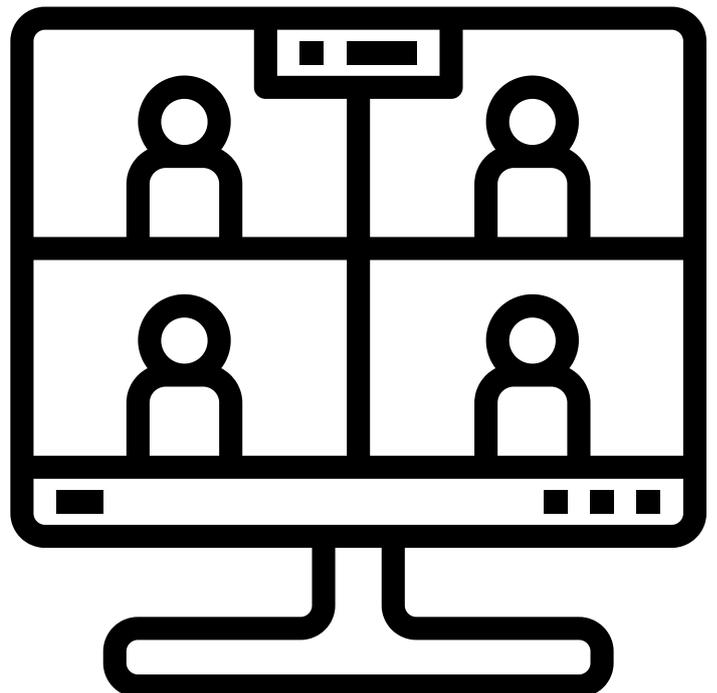




The meetings also discussed the other proposed new competitions such as:

- Pencak Silat World Cup
- Pencak Silat World League
- Open World Freestyle Artistic Pencak Silat Championship
- Beach Silat Pencak Silat Championship
- Arena of Pendekar

Moving forward, PERSILAT and the Founding Members will be meeting frequently to discuss further improvements can be done for the betterment of Pencak Silat in the world.



BEHIND THE SCENES: COMBAT COLLECTION

For a project by Active Life, we are featured in a series called Combat Collection, which consists of 12 videos focusing on Silat.

Fronted by our National Coach, Hasmuzaffar and some of our athletes, video Outlines include *Learn To Play*, *Learn To Develop*, and many more!

Keep a look out for more updates for us for the full videos!

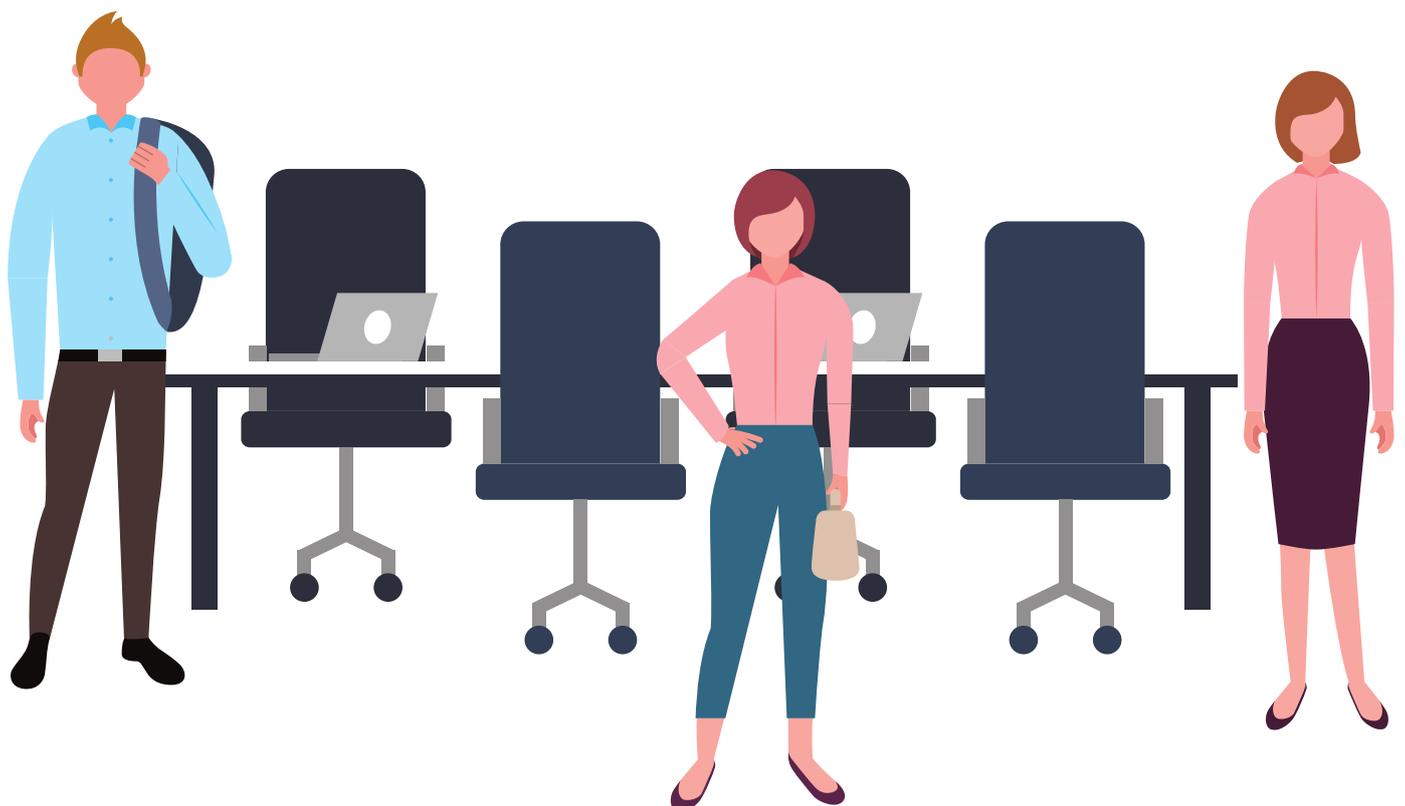


LONG SERVICE AWARD FOR STAFF OF SSF

This month, we awarded our staff members who have been rendering their services to Singapore Silat Federation for more than five years.

These staff members include, Asmira As-Sunnah (IT Officer), Muhammad Fiqri (National Coach), Nur Fazlin Juma'en (Technical Manager) and Nur Hafidzah Arshad (Admin Executive).

Besides the Long Service Award, we also awarded a Performance Bonus for two of our staff members, Noh Mohd Sharif (National Coach/Project Manager) and Nurul Fiona Azlani (Senior Manager, High Performance).





6TH ASIAN INDOOR MARTIAL ARTS GAMES

The 6th Asian Indoor Martial Arts Games has been postponed for a number of times due to the spread of COVID-19.

The multi-event games what was supposed to held in May 2021 was put on hold until next year, and is scheduled to take place from the 10th to the 19th of May 2022.

With a total of 11 events which will be competed in the 6th Asian Indoor Martial Arts Games for Pencak Silat, 8 Match/*Tanding* categories and 3 Artistic/*Seni* categories will be included.

The events for Pencak Silat will be taking place over 5 days, from the 14th to the 18th of March 2022, at the Assumption University Gymnasium in Bangkok, Thailand.



6th Asian Indoor and Martial Arts Games
Bangkok - Chonburi
2021

BRIEFING FOR ATHLETES' SELECTION FOR MAJOR GAMES IN 2022

On the 27th of September 2021, a briefing was held for our National Athletes on a selection for the upcoming games in 2022 namely:

- the 6th Asian Indoor Martial Arts Games,
- the 31st SEA Games, and
- the 19th World Pencak Silat Championships.

The calendar of events which includes the physical tests and selections can be found below:

Date	Program	Venue
20 & 21 October 2021	Physical Test	OCBC Arena, Hall 4
30 October 2021	1st Selection - 6th AIMAG	OCBC Arena, Hall 4
17 & 18 November 2021	Physical Test	OCBC Arena, Hall 4
27 November 2021	2nd Selection - 6th AIMAG	OCBC Arena, Hall 4
2 - 5 December 2021	SEA Championships	Jakarta, Indonesia
13 - 19 December 2021	Friendly Trial - Brunei	Brunei
15, 16, 22 & 23 January 2022	Selection - 19th World Pencak Silat Championship	Heartbeat@Bedok, Silat Hall
22 & 23 January 2022	Physical Test	OCBC Arena, Hall 4
12 - 19 March 2022	6th Asian Indoor Martial Arts Games	Phuket, Thailand
20 & 21 April 2022	Physical Test	OCBC Arena, Hall 4
May 2022	31st SEA Games 2022	Hanoi, Vietnam
27 & 28 June 2022	Physical Test	OCBC Arena, Hall 4
20 - 31 July 2022	19th World Pencak Silat Championship 2022	Kuala Lumpur, Malaysia

Do keep updated with us through our Social Media and future Silat Uncut issues!

A CHAT WITH: PERGURUAN SENI BELADIRI TAPAK SUCI SINGAPURA

Mohamad Talhah Bin Johari currently holds the rank of the Kader Utama (Senior Cadre/Instructor) in Perguruan Seni Beladiri Tapak Suci Singapura.

He is a Class 3 International Referee-Juror, who has been active as a Referee-Juror since 2003. As a Pencak Silat Coach, he is registered with NROC, and has been coaching at Singapore Polytechnic Silat Club since 2007.

While he was officially registered with Tapak Suci Singapura in 1992 at 6 years old, his parents liked to joke that he was already learning Silat in his mother Jamilah HM Salim's womb, as she was an active member in Perguruan Alhaq under Wak Hosni's guidance when she was pregnant with him.

His parents left Alhaq in 1986.

Shortly after, Talhah's father, Mr. Johari Mokti, was introduced to Perguruan Seni Beladiri Tapak Suci Putera Muhammadiyah and was invited to set up the Perguruan in Singapore.





Originating from Pesantren Binorong Banjarnegara, the Master of the Banjaran Pencak Silat Style, K.H. Busyro Syuhada, moved to Kauman, Yogyakarta in 1872. Eventually, two of his finest students, brothers A. Dimiyati and M. Wahib established Perguruan Cikauman in 1925. Students of Perguruan Cikauman would later form Perguruan Seranoman in 1930 & Perguruan Kosegu in 1951.

Eventually these three Silat Schools would reunite under one Perguruan. Thus, Perguruan Seni Beladiri Indonesia "Tapak Suci" Putera Muhammadiyah was established on 31 July 1963 as the continuation of the three Silat schools.

In March 1988, two companions from Singapore travelled to Yogyakarta to train at the Tapak Suci headquarters. After undergoing tests, they successfully received their certificates. 17th March 1988 marked the start of Tapak Suci Singapura as Mr. Buang A. Rashid received the rank of Pendekar Pelimpahan (Delegate Master) while Mr. Johari Mokti became a qualified Pelatih Kepala (Head Instructor) at Masjid Kraton, Yogyakarta in a formal ceremony. They were then tasked to establish the 30th Tapak Suci Regional Commissariat (Komisariat Wilayah - KOMWIL 30), now known as the 29th Regional Representative (Perwakilan Wilayah - PERWIL 29), in Singapore.

Perguruan Seni Beladiri Tapak Suci is established as an organisation with its own rules & constitutions, different from most traditional Silat schools. The executive committee members work together to resolve issues and guide Tapak Suci forward. They carry out their responsibilities as entrusted by the Tapak Suci Headquarters in Yogyakarta.



With his parents playing significant roles establishing Tapak Suci in Singapore, Talhah and his siblings joined at tender young ages and Silat became a family venture for them. Much of the family's free time were spent on training grounds and competition venues.

Talhah has learnt a lot growing up through the Tapak Suci system and continues to learn to this day. Through Tapak Suci he is connected to numerous Pencak Silat experts, learning from the best such as his own father Master Johari, the late Master Suryo Wirawan, Master Joko Suseno from Germany & his brother-in-law, Master Akhmad Radhiansyah Yuliadi. Talhah has also attended coaching clinics by the World & SEA Games Champions Abbas Akbar and Rony Saifullah, as well as other seminars and courses.

SILAT

Double gold for artistry

Singapore's Zahid and Alya wow judges with Sports Minister Yaacob watching from the stands

By MARILYN ISHMAN

WHEN the national silat team heard that Minister for Community Development and Sports Yaacob Ibrahim was scheduled to attend the day's events at the CSO College Gymnasium in Hanoi, they were apprehensive.

Not because they did not want the minister around.

Rather, they heard he would only be at the arena in the early evening.

Explained team manager Abdul Shukri: "We had hoped he would be around later because that was when our artistic singles would be competing."

"We were very confident we could produce a gold-winning performance in front of him."

As it turned out, they got their wish.

Mr Yaacob's schedule meant he went to the gym only after watching the swimmers at the National Aquatic Centre.

And true to their word, the silat team won gold — not one but two.

Both Muhammad Zahid Saaban and Alya Osman turned in immaculate displays to win the men's and women's artistic titles respectively.

There was also a bonus when Kamarul Arifin and Farid Aziz won a silver in the men's team artistic final.

With the golden brace, Singapore are already half-way to the four-fold target set by



LANHE ZAHIDAO

'Based on my performance in the semi-finals, I knew I had it in me to win. All I needed was to execute my moves with more power and precision.'

—Zahid Saaban, men's artistic gold medalist

'My movements weren't as smooth as they were in the semi-finals. But I did whatever I was supposed to do, hit my moves well, and I knew I still had a chance.'

—Alya Osman, women's artistic gold medalist



Besides participating in local and overseas events, Tapak Suci Singapura have also successfully organized their own events in the past, such as the Festival Pencak Silat Temasek and the Mass Silat Record Breaking, both in collaboration with Yew Tee CC MAEC.

One thing that makes Perguruan Seni Beladiri Tapak Suci unique?

It has got to be their distinctive red uniform and their dakwah through Silat, which includes the rule that makes it compulsory for female members to wear tudung or jilbab during every Tapak Suci training sessions and events.



Tapak Suci has a standardized syllabus and training programme, which guides the planning of their training sessions. To make the most of their training sessions, they set training objectives, consider their student demographics and execute the plan.

Whenever there are new members joining the training, they would be introduced to the other members either at the start or the end of the sessions. Senior members are always ready to help guide the new members. They would briefly share the Tapak Suci history, training system and of course, the rules.

The members often remind each other of Tapak Suci's and their parent organisation, Muhammadiyah Association's, core principle – “Amar Ma'ruf Nahi Munkar” which means doing things God commanded and forbade things God prohibited. They constantly remind their members to “Berdoa dan Berusaha”, to pray for God's blessings as well as put in the effort to excel.

Goals for Tapak Suci in the coming future?

It is to continue the mission to train and develop Muslims who are strong mentally and physically, guided by their motto “*Dengan iman dan akhlaq saya menjadi kuat, tanpa iman dan akhlaq saya menjadi lemah*”, which means “With faith and morals I become strong, without faith and morals I become weak”.





With Tapak Suci Singapura being viewed as one of the top ranked Silat clubs in Singapore, Talhah is humbled and appreciative of how the Singapore Silat community acknowledges Tapak Suci Singapura's contributions and achievements. It spurs them to continue the hard work and keep up the high standards as set by their masters and predecessors.

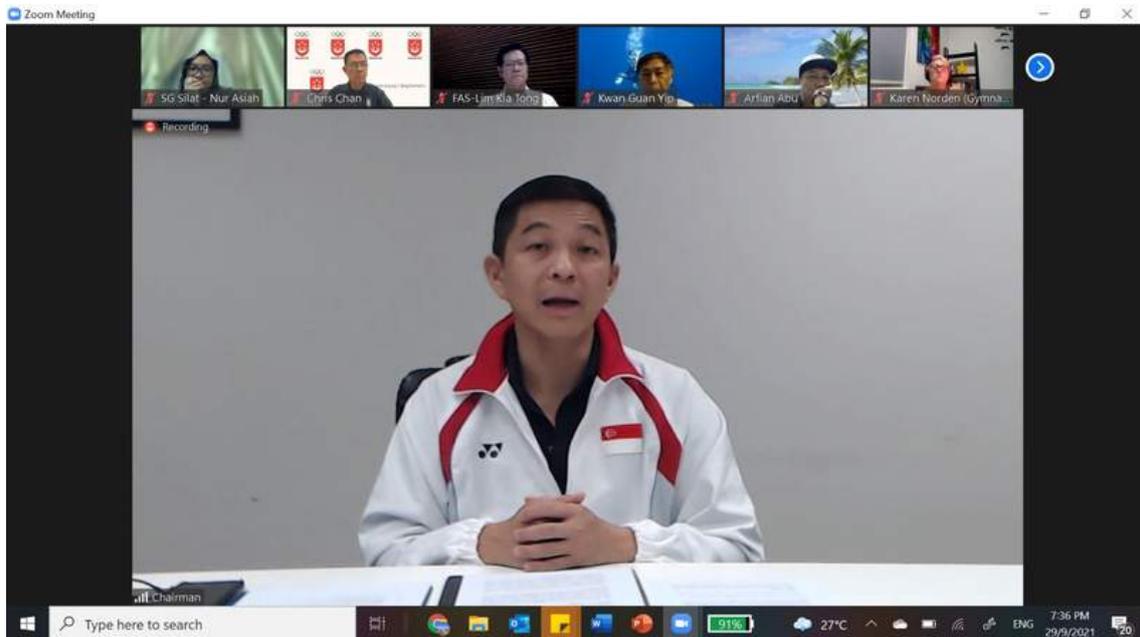
For Talhah personally, competing at the 2004 National Tapak Suci Championships (Kejurnas Tapak Suci) in Batam was unforgettable. It was his first overseas competition, and he was a member of the Massal Bersenjata which won Silver, despite numerous obstacles and difficulties that the team faced. On top of winning several other medals, the Singapore contingent also won 2nd Best Team for the championships. The Singapore branch had not participated in any Tapak Suci competitions in Indonesia for quite a while then, and to achieve so much in 2004 was indeed a milestone.

A large part of why Talhah continues to do Silat today is “*Amanah*”, as his father have entrusted Talhah to continue his legacy and to bring Tapak Suci Singapura forward, together with the other senior members.



His father also taught them that there is no “end” in Pencak Silat, and that there is still much to learn. Talhah completely agrees and to this day he continues to train to learn from his Masters, Gurus & seniors, as well as to pass down the knowledge to the next generation.

SINGAPORE NATIONAL OLYMPIC COUNCIL (SNOC) ANNUAL GENERAL MEETING 2021



For this year's Singapore National Olympic Council (SNOC) Annual General Meeting (AGM), it was held on the 29th of September 2021 via Zoom.

The meeting agenda covered topics on:

- Passing on resolutions on Amendments to SNOC Constitutions,
- Election for Honorary Treasurer, 3 Elected Members, and
- Reports on Activities.

To represent Singapore Silat Federation, the AGM was attended by the Secretary-General Madam Ainin Jasni, CEO Dr Sheik Alau'ddin Yacoob Marican, PBM, Director of Finance and Admin Mr Kamal Yunus, Director of Marketing and Promotion Madam Nur Asiah Arshad, and Senior High Performance Manager Madam Nurul Fiona Azlani.

YOUTH SDG SUMMIT 2021 - EMPOWERING YOUTHS THROUGH SPORTS

For this year's Youth SDG Summit, Dr Sheik Alau'ddin Yacoob Marican, PBM, has been invited as one of the speakers for the panel discussion.

The Youth SDG Summit is the world's premiere Summit hosted 100% by young people. The event convenes the world's top young leaders to discuss how we can further our actions to maximize our impact and transform the world.

The Youth SDG Summit is a virtual summit that takes place thrice a year.

The recent summit took place on the 22nd to the 24th of September 2021, and this edition is a special one as it takes place in conjunction with UNGA – United Nations General Assembly and Global Goals Week.

Summary of Panel Discussion

Empowering Youth through Sports been something that has been talked about in years. How has this impacted our youths today? What are some achievements or milestones achieved? Are there challenges or social issues we must first tackle.



Other speakers on the panel include: Dr Selina Swee (Learning Strategist, Temasek Polytechnic) and Mark Chay (Director at Global Esports Federation, Paralympic Gold Medalist Coach, and Nominated Member of Parliament (NMP)).

GLOBAL Sports WEEK

SPEAKER ANNOUNCEMENT



VALENCIA YIP
 BUSINESS DEVELOPMENT
 DIRECTOR, ACTIVE LIFE CENTER
 SECRETARY-GENERAL, KICKBOXING FEDERATION
 OF SINGAPORE
www.youthsdgsummit.com

GLOBAL Sports WEEK

SPEAKER ANNOUNCEMENT



MARK CHAY
 DIRECTOR AT GLOBAL ESPORTS FEDERATION,
 PARALYMPIC GOLD MEDALIST COACH, AND
 NOMINATED MEMBER OF PARLIAMENT (NMP)
www.youthsdgsummit.com

GLOBAL Sports WEEK

SUMMIT ANNOUNCEMENT



HOSTED BY
 UNITE 2030

Empowering Youths through Sports

YOUTH SDG SUMMIT
 SEPTEMBER 22-24, 2021

GLOBAL Sports WEEK

SPEAKER ANNOUNCEMENT



DR SHEIK ALAU'DDIN
 PRESIDENT OF ASIAN PENCAK SILAT
 FEDERATION, CHIEF EXECUTIVE OFFICER
 OF SINGAPORE SILAT FEDERATION
www.youthsdgsummit.com

GLOBAL Sports WEEK

SPEAKER ANNOUNCEMENT



DR DELINA SWEE
 LEARNING STRATEGIST
 TEMASEK POLYTECHNIC
www.youthsdgsummit.com

GLOBAL Sports WEEK

SPEAKER ANNOUNCEMENT



DR SUMANT KULSHRESHTHA
 CEO & CO-FOUNDER
 SPORTANIX HEALTHTECH PRIVATE
 LIMITED, PHYSIONIZE
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SATURDAY TRAINING FOR TEAM SG SILAT

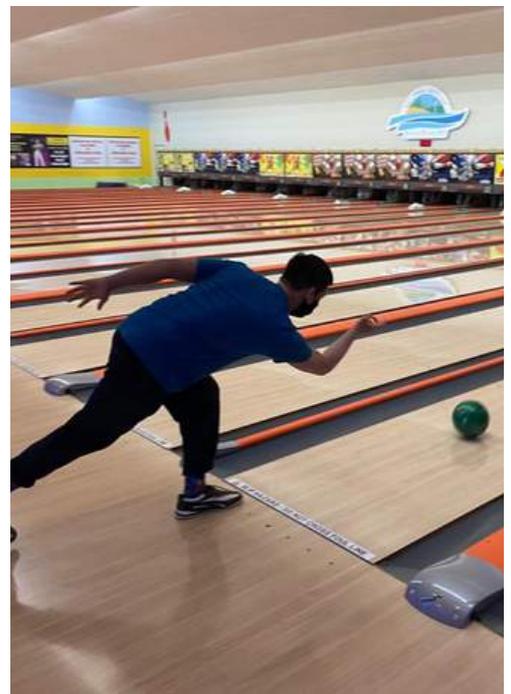
Since August, some of our athletes have been training with the head coach, Dr Sheik Alau'ddin, on Saturday mornings from 11 am onwards.

They have been running and other exercises at a few places including Gardens By The Bay, East Coast Park and Sentosa. This will be on every Saturday, after the bustle of the past week with school and their daily training sessions.

Do keep a look out for our future issues to see what these athletes have been up to for their upcoming Saturday training sessions!

If you are interested to join these Saturday sessions with the team, send in your enquiries to ifrah@persisi.org!







SSF'S 34TH ANNUAL GENERAL MEETING



ONE
SGSILAT

28TH SEPTEMBER 2021
TUESDAY
8PM

**34TH ANNUAL
GENERAL
MEETING**

This year, the Singapore Silat Federation Annual General Meeting was held via Zoom on the 28th of September 2021, 8pm onwards.

The agenda of the meeting included:

- The President's welcoming address,
- To approve and confirm the minutes of the Annual General Meeting held on the 28th of Oct 2020,
- To approve and confirm the Annual Report of the year ending 31st March 2021,
- To approve and confirm the Annual Statements of Accounts of the year ending 31st March 2021,
- To appoint the External Auditor for the ensuing year - 1st April 2021 to 31st March 2022, and
- To approve the proposed amendments to the constitutions incorporating changes to the conduct of meeting.

FURTHER UPDATES TO SSF'S PROTOCOLS

A few updates has been made to the current protocols for Singapore Silat Federation, and the information are as follows:

SSF Safeguarding Officers

The Safeguarding Officer is responsible for ensuring the necessary safeguarding policies are enforced and maintained. For SSF, we have appointed Mr. Noh Mohd Sharif and/or Madam Nurul Khairunnisa Azlani @ Fiona, and they are the first points-of contact for anyone in need.

For the process to report on any Safe Sport related matters, reports can be submitted officially with the Safe Sport Incident Report Form via email at safeguarding@persisi.org.

Athletes' Commission

The mission of SSF's Athletes' Commission is to ensure that the athletes' viewpoint remain at the heart of SSF's movements.

Parties can reach out to the Chairperson of the Athletes' Commission, Mr. Dzulfadly Mohd Jaffar via email at athletecommission@persisi.org.

FACE OF THE MONTH

UMAR BIN SHAHRIZAL, 7

NATIONAL ATHLETE (SINGA CUB)/STUDENT

I am Umar Bin Shahrizal, and I am seven years old this year. I am a National Athlete with Singapore Silat Federation.

I like to make many friends because I am an only child. That is probably my favourite thing about myself.

One day, my mother brought me to a community centre and made me watch my elder cousins practice Silat. From then on I got interested, and I started with Silat training with them.

I enjoy going for Silat training because I get to meet my fellow Silat friends and train together.

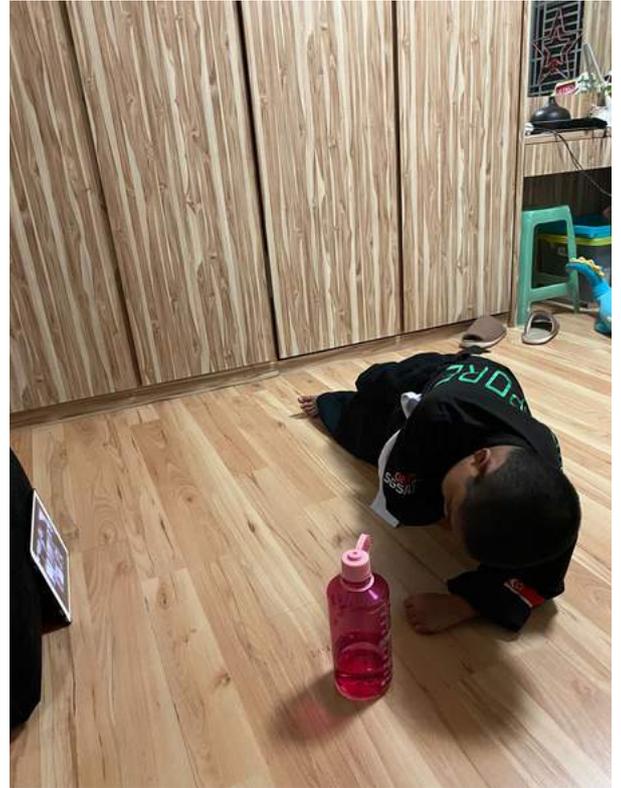
Going for training also makes me feel strong, and I truly enjoy the games that my coach sometimes play with us during our training sessions.



My mum or dad will usually be sitting down and watch me while I train for Silat via Zoom. Other times, they would always send and fetch me to and from Silat trainings. I am very thankful for that.

I really like Silat, but I also do other sports like roller-blading and swimming.

I really hope that I will be able to compete in all the Silat competitions in the future.



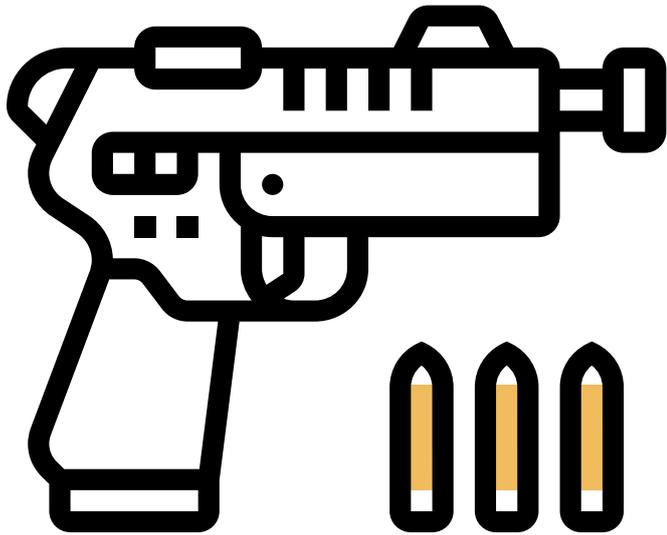
I look up to Kakak Aisha Eva Klomp a lot, because she trains very well.

If I could do anything with her for a day, I would love to go on a staycation with her.



As a hobby, I really enjoy playing with Nerf guns especially. If I could be a Superhero, I want to be Nerf-Man.

Being Nerf-Man, I will be able to shoot bullets from my hand without a gun as my super-power!



My favourite thing to do with my family is going to the beach, playing Nerf gun battles and other activities including tree-top climbing, flying fox and also fishing with my dad.

When I grow up, I want to be a fisherman because I really enjoy going fishing with my dad.

He inspires me to do well in everything I do.



NATIONAL RECRUITMENT 2021

Join us and be the next Silat World Champion!

If you're interested in joining the National Team for Pencak Silat, send in your registrations now!

A Silat background would be ideal, but we are also open to those who don't.

For more information, you can contact us at 6282 2316, or send in an email to us at ssf@persisi.org.



**NATIONAL
SILAT
RECRUITMENT**

"ALWAYS AIM FOR THE TOP!"

JOIN US AND BE THE NEXT SILAT WORLD CHAMPION!

- World class training facilities & equipment
- Opportunity to represent Singapore in major international games
- Support from SSI
- Opportunities for awards & scholarships

Register now link in bio.

For further inquiries, please contact us at 62822316 or email fiona@persisi.org

SINGAPORE SILAT FEDERATION **ONE SGSILAT**



SINGAPORE SILAT FEDERATION



NATIONAL REGISTRATION

REGISTRATION FEE	NEW	RENEWAL
Senior (17 - 45 yr old)	\$420.00	\$360.00
Junior (14 - 16 yr old)	\$420.00	\$360.00
Pre Junior (12 - 13 yr old)	\$420.00	\$360.00
Pre Teen (10 - 11 yr old)	\$320.00	\$260.00
Singa Silat (6 - 9 yr old)	\$320.00	\$260.00
Singa Cub (3 - 5 yr old)	\$320.00	\$260.00
Direct Entry (3 - 45 yr old) <i>For individuals who does not come from affiliated clubs and / or no martial art background</i>	\$460.00	\$400.00

TRAINING SCHEDULE

Category: Senior, Junior & Pre Junior

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: OCBC Arena, Hall 4

Category: Pre Teen, Singa Silat & Singa Cub

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: Heartbeat@Bedok, Silat Hall

Note: Singa Cub & Singa Silat only trains from Monday - Thursday

REGISTRATION DOCUMENTS

1. Athletes' Agreement
2. Club Endorsement form

Scan to register



NATIONAL SYLLABUS

The National Syllabus is created to form a standard syllabus for those who are interested to learn Silat, and are not involved in any of the Silat clubs available.

This is also set for interested coaches and referees who have no prior Silat background to learn the basics of Pencak Silat.

With the National Syllabus, this can assist any interested members of public who are interested in the upcoming Referee-Jury and Coaching courses conducted by Singapore Silat Federation.

As the National Syllabus (Level 1) will be a pre-requisite for the two courses mentioned, this can give a heads up to participants on Pencak Silat and the New Rules.

Do keep a look out for further updates!



CATCHING UP WITH OUR SILAT ALUMNI



I am Nur Fazlin Binte Juma'en, and I am currently working with Singapore Silat Federation as the Sports Planning and Technical Manager.

I was an athlete from 2004 till 2016, where I retired after competing in the ASEAN University Games (AUG).

I have 3 brothers, and I am closest to the youngest one.

My friends believe that I am always in my own world, as I like to be alone and have my own space, and I am also known for being very sarcastic.

I first started Silat at Al-Khair Mosque when I was in lower primary.

I was just playing around in the Mosque, and I saw a Silat session being conducted in one of the rooms they used for religious classes. I looked through the door window panel and was interested to join. I went home and inform my parents and started training the following week.

I do not remember exactly how the first session went, but as time went by, I got very interested in the sport. I remember it being very different from the Taekwondo session that I used to attend with my older siblings.



During my active years, I did not have a specific person that I look up to but I really look up to the senior team especially during our daily training, or in-camp training. When I was younger, I always dream to be a part of them. To me, their dedication and commitment to the sport is what I admire most.

Despite being busy with their individual activity, like work or school, they always attend training with a positive mindset and give off good vibes. What attracts me the most is how they can change from being friendly and playful to professional and serious the moment we start training.

We once had a camping session which was led by the Senior Team for the Sports School and Pre Sports School team. At that point of time, I felt very honoured to be able to interact with the seniors, and the same time nervous.



Personally, I bonded more with my teammates when I was in the Seni team as compared to when I was in the Tanding Team. As we are a smaller team with almost everyone playing 2 events, the bond between the Seni team was undeniably strong. Often during training, we had to start earlier and end later to ensure that we have enough time to focus on both events we are competing in.

When we were still training at the Silat Centre of Excellence, our training could stretch up to past 11pm, especially when we are preparing ourselves for competition.



Even then, we gave each other motivation and strength to complete our session. We will then rush to clean up and catch the last train home together. It became a routine that is tiring yet rewarding for all of us.

As I graduated from Singapore Sports School, I was given a chance to choose which event to focus on. After competing a few times in the senior category and giving it many thoughts, I chose to focus on the Artistic Team. For me, it was one of the best decisions I made for my athlete's career. If given another chance, I will still choose to be in the Artistic Team.



I joined the National Team under the Singa Silat 2010 Project that was launched in 2004. When I first entered the program, I had no idea what event will be held in 2010. What I knew was through this program, it is to prepare a team to compete in a major event in the senior category starting 2010 onwards.



I then continued with the program and got better progressively. Nearing to 2010, it was confirmed that the World Pencak Silat Championship will be held in Jakarta. With God's grace, I managed to be part of the World Pencak Silat Championship 2010 team alongside with a few of my teammates that joined the Singa Silat 2010 Project and earned the bronze medal for both Ganda and Regu. From then on, it is to maintain being in the first team and I remained in the team till I retire in 2016.



Training has always been challenging for us. Usually, my teammates and I will insert some fun elements during the breaks in between training by singing or dancing along to random songs.

We will use training equipment like the Agility Plyometric Pole as a microphone stand and have our individual position as either the singer, band mates or dancers.

Personally, my greatest achievement was not when I won medals in championships or received recognition awards from school or Sport Singapore but it was when I got selected to enter the Singapore Sports School. It was in 2006 when they announced that Pencak Silat will be included in the Singapore Sports School and they opened only 8 slots.



There were many candidates and we had to go through a series of selection for over a few days. When the result came out and I was selected, I was delighted. It was one of the few moments that I will not forget.



For the times when I competed well, I always get overwhelmed with emotions. Competing in the artistic event, it wasn't just a fight against my competitors but also against my previous performances. One of the few things that goes through my mind before I compete is, make this performance the best one. As our movements are choreographed, or compulsory, we are aware of our mistakes and accuracy in executing our movements.

I get overwhelmed each time after competing as I must maintain my composure throughout the 3 minutes routine. When I finally get to let go of all thoughts and emotions after the whole routine is complete, that was when everything feels overwhelming.



Before every competition, I will do light stretching and visualization for both events as a routine. I will then proceed to change into my competition attire and wear my *samping* from the hotel room.

This is to familiarize myself with the competition attire and not make my movements feel restricted by the additional clothing that we do not use during training.



Once we reach the competition ground, I will head to the competition area with my team to do a few runs of the routine before heading to the warm up area to make the final preparation.

Now that I am working full-time, I do not have that a specific schedule that I follow to keep healthy and in shape.



However, whenever I have a free weekend, or during public holiday, I do various activities with my friends like cycling, hiking, or playing badminton.



The main progress that we can see for Silat in Singapore is our training facilities.

Back when I was an athlete, we had to remove the mattresses and punching bags on Friday evening to make room for the weekend hall rental. We then need to set up the hall again on Mondays for training.



Other than the usage of the training hall, the training equipment and sport science support for the current athletes are better now. The athletes now have various training equipment and sport science support for them to reach out to become better athletes. The recovery program for the athletes are also more accessible now.

I believe that Silat has trained me to always be respectful.



Not only do we show respect to people, but also towards the situations and surrounding. I have travelled to many countries for Silat and have seen a fair share of both luxurious and less fortunate countries. It has made me a better person as I believe everyone has their story to share and we must not judge anything before knowing the reason.

One of the best advice that I have ever received is to never give up. Everyone can start something and have a great idea but seeing something significant through to completion takes perseverance. Disappointments, pain, failure, resistance, setbacks and criticism from others are all part of the process for you to reach your goals.



I currently apply this to my work, especially in this current pandemic where most events that I plan to host must be postponed. Despite facing these issues, I am still working and discussing with my team to figure out ways for us to continue running our events.

My advice to the current and future Silat athletes is to not fear failure and stop comparing yourself to others. Everyone who has ever accomplished things in life has had many failures along the way.

The key is how you learn from the failure to keep moving forward. Also, protect your sanity and stop comparing yourself to anyone else. Have a little compassion for yourself and celebrate your own successes more regularly. Surround yourself around positive people, people who lift you up not bring you down.



I have been working with Singapore Silat Federation for the past 6 years, and have been working on projects like assisting new countries to set up Pencak Silat. These are my contributions to give back to the Silat community.

On top of that, I am also hosting events both locally and internationally. For international events, I have assisted the host countries to run the Asian Pencak Silat Championship, World Martial Arts Mastership, Pre-SEA Games, and many more.

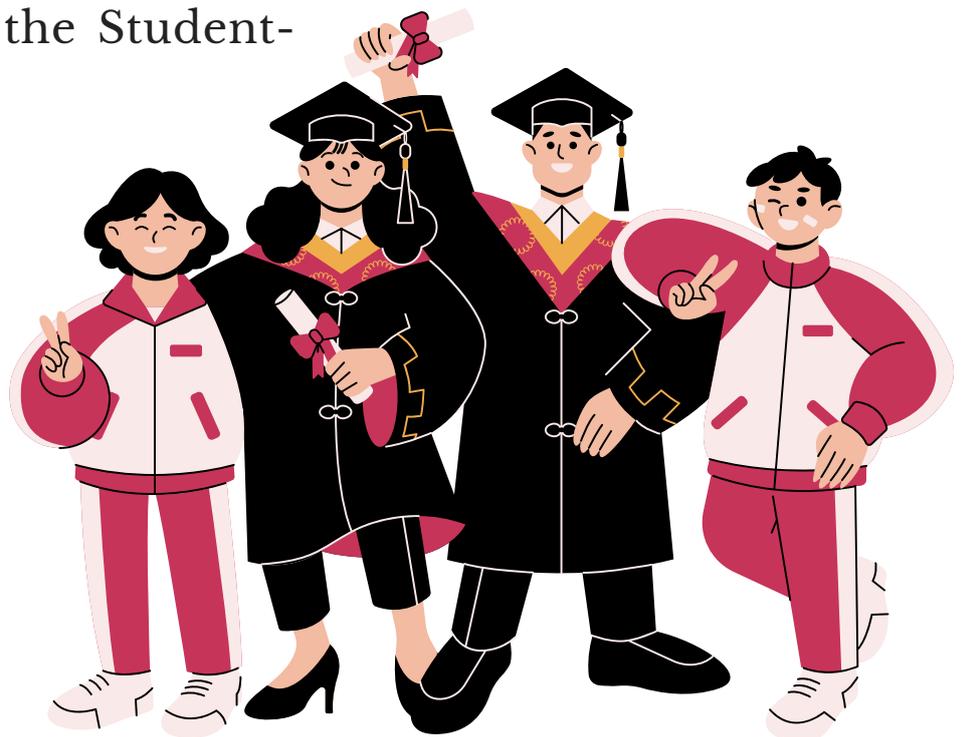
WEEKLY CONTACT SESSIONS WITH SSP

To keep ourselves in the loop, our Technical team has been attending weekly contact sessions with the Senior General Manager (Individual Programme) from the Singapore Sports School, Mr. Ng Kok Wei.

Some of these updates include:

- Updates on the student-athletes' academic performance,
- Planning of their 4-year projection in future competitions,
- Sharing of their training programme and progress,
- Talent identification for future admissions for Primary 6 students and/or mid-streamers' intake, and
- School programmes involving the student-athletes.

Keep a look out on our future issues for further updates on the Student-Athletes!



THANK YOU, SINGAPORE SPORTS HUB

Special thank you to the team at Singapore Sports Hub for sending a box of mooncakes to us here at Singapore Silat Federation!

During this time, the bright, full moon wishes you many blessings, sincere and long-lasting friendship, and always good fortune in the future.

Happy Mid-Autumn Festival!



**SINGAPORE
SPORTS HUB**



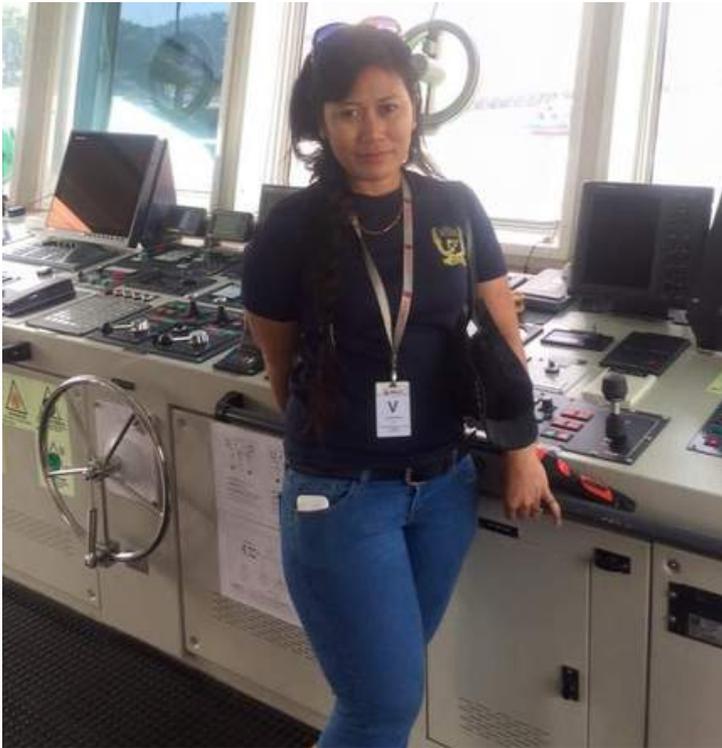
THE PEOPLE BEHIND SG SILAT

ASST. TREASURER,

SINGAPORE SILAT FEDERATION: ZARINA YAHYA

I am Zarina Binte Yahya and am 50 years of age in October.

Happily married to Sahland Bin Mohamed, we are gifted with 3 boys, Muhammad Noor Azlan Sahland, aged 27, Muhammad Azfizan Sahland, aged 25, Muhammad Azryan Hamish Sahland, aged 15, and a girl, Mia Azmyra Natasha Sahland, aged 13.



Currently working with a local shipowner company in Marine & Offshore industry, Berlitz Marine Pte Ltd, I am responsible in procurement & purchasing management of deck & engine spares, provisions, machineries & equipment for all Berlitz-owned vessels.

Although obliging working full-time in a very stressful & challenging environment, yet, I am a dedicated housewife and a mother of 4, in which we acknowledged spending time together to inculcate family bond and values.

Although I have a mere background as a pesilat when I was younger, my involvements in Silat only started when I enrolled my children to their weekend curriculum activity with Grasio Association at Pasir Ris East CC. From then on, looking at my children's potential in Silat, I gradually



got them registered as National Athletes with Singapore Silat Federation.

This interest not only grow within my children, but also has empowered us and develop enthusiasm as parents and further immerse ourselves with Silat in which my husband and I too enrolled as pesilat & later as coach together. However, to understand the rules & regulations, I enrolled as a National Referee/Jury. As of today, I am a qualified Class 2 International Referee/Jury.

Through my credibility with SSF's involvements, I have gained the attention of the SSF committee in which I was given the honorable opportunity to being elected in the Annual General Meeting (AGM) and appointed by the President of Singapore Silat Federation with the position of the Assistant Treasurer.



With the role as SSF's Assistant Treasurer, I am tasked to assist the Treasurer, administrating of a corporate treasury and cash management and overseeing the financial accounts of SSF organization, as well as providing oversight and guidance for all cash-management activities.

Being the committee member provides me the insight and opportunity to part of the decision-making process providing advice and counsel in policy formulation.

Other than establishing my rapport, it also keeps me more active in this community service, building stronger relationships with athletes & affiliates.

Reward definitely comes in many forms. To me, the federation is part of the community service. Manifesting a personal contribution can be extremely satisfying especially the opportunity to be a part of the federation achievement, success and great satisfaction.

Being a part of the Silat community, I have learnt that Silat is an art form that has flourished and has been globally accepted in places such as the United States, Europe, India, China, Korea, Japan, etc., even though Silat originated from the roots of the Nusantara region.

Thus, just like any other martial arts, Silat is open and accessible to every race and gender in Singapore.



SSF has been and will continue to be creative and ambitious in development and planning. To globalize competitiveness, SSF offers more diversified portfolio of tools and opportunities to better address specific needs for sports, athletes and stakeholders.

In the coming future, I see Silat finally taking the centre stage in the Olympics, with the Federation bringing our athletes to the world, and earning Singapore its well-deserved medals.

My biggest motivation is my family. They are my biggest source of inspiration and my strongest supporters as well.

Learning new things also gives me immense motivation. My willingness to learn a new trick or trade is what kept me going. The very fact that I am adding to my knowledge base is a big positive for me. Also, utilizing my free time in a constructive way is my source of motivation to do a good job. I believe that learning should never stop. Given the level of competition either in life or working environment nowadays, it becomes imperative to constantly reinvent yourself by accumulating whatever usefully comes along the way.

In spite of above, to be successful & be able to earn the recognition, we need to be passionate in what we do, be 101% committed, remain focus & prioritize self-care.



Back in the olden days, Pencak Silat is a must-learn either at the basic, intermediate or advance level as an act of self-defence.



Today, Silat is still practiced as an art (*seni*), self-defence (*bela diri*), a sport (*olah raga*), as well as a spiritual exercise (*olah batin*).

As part of the Malay community, I am glad to see Silat being practiced here in Singapore as I feel that it will be a waste if we lost the trait of Pencak Silat as part of our culture.

In the federation, athletes inculcate discipline, being confident, self-controlled, creative & empowering critical thinking. Pencak Silat maintained a growth mindset and realizing that failures along the way are part of the learning process.



SILAT TRAINING WITH TERTIARY STUDENTS!

For some of the Silat teams from the different tertiary bodies in Singapore, they have been holding their training sessions in the Silat Hall at Heartbeat@Bedok on their training days!

We hope that the training session has been held conducive so far, and we look forward to seeing more of our tertiary youths train Silat in places beyond our Silat training halls!



FELICITATION OF THE COMMISSIONER OF MALAYSIA TO THE REPUBLIC OF SINGAPORE

On the 3rd of September 2021, we were invited to witness the Felicitation of H.E. Dato Dr Azfar Mohamad Mustafar on his appointment as the High Commissioner of Malaysia to the Republic of Singapore.

To represent Singapore Silat Federation, we had Mr Kamal Yunus, the Director of Finance & Admin, to attend the event at the Jamiyah Islamic Centre.

Pictured below is YBhg. Tan Sri Datuk Seri (Dr.) Haji Mohd Ali bin Mohd Rustam, who is the governor of Malacca attending the event via zoom as a witness to the signing of the Memorandum of Understanding (MOU).



To grace the event as well, our Seni athletes were also invited to perform! Check out some photos from the event on the next page!



RECRUITMENT FOR SILAT ALUMNI

We are open to recruitment for members who are interested to join our Alumni Team!

For more enquiries, do contact us at 6282 2316 or email us at ssf@persisi.org!

SINGAPORE SILAT FEDERATION

**JOIN
OUR
ALUMNI
TEAM**



INSPIRE DEDICATE ASPIRE

For more enquiries, contact us at: +65 6282 2316 or ssf@persisi.org

 **ONE
SGSILAT**

ADDRESS: NO 11 BEDOK NORTH ST 1 #04-02 (469662)
WEBSITE: WWW.PERSISI.ORG
FACEBOOK: WWW.FACEBOOK.COM/SGSILAT
INSTAGRAM: WWW.INSTAGRAM.COM/SGSILAT
YOUTUBE: WWW.YOUTUBE.COM/SSF

UPCOMING COURSES BY SSF

WASIT-JURI COURSE

The Wasit-Juri Course (Pencak Silat) conducted by Singapore Silat Federation will be commencing soon.

The Wasit-Juri, or otherwise known as Referee-Jury, Course, will be certifying Technical Officials, who will then be registered and recognized by the International Pencak Silat Federation.

The course will be eligible for all Singaporeans, PR or those residing in Singapore with valid documentation. Participants have to be at least 18 years old, and are able to memorize and execute the Artistic Compulsory Tunggal & Regu moves.



The pre-requisites for participation are Standard First Aid Certification and a Medical Check-up.

The course duration will run for 38-hours, and will cost S\$700 for each participant.

For more information and how to register, do keep a look out for more updates!

SG COACH INTEGRATED LEVEL-ONE COURSE

The SG Coach Integrated Level One course will be returning for its third intake soon!

Interested applicants will be learning topics ranging from sports science modules such as Sport Biomechanics, Sport Nutrition and Sport & Exercise Psychology as well as SG-Coach theory modules such as Values and Principles In Sport, Safe Sport & Sport Safety and learning how to build a positive culture in our sport. Modules will be delivered both online and face to face.

No Silat background? Not to worry! You can sign up for the course as well if you're interested in learning what it's like to be a Silat coach. You will have to go through a 1 week introduction to Silat with Singapore Silat Federation first before you embark on your journey with us.

Coaches who have yet to be NROC certified are strongly encouraged to enter the course. Being NROC certified allows coaches to improve their marketability to prospective employers and opens up a myriad of benefits for coaches. Such benefits include eligibility to sign up for Continuing Coach Education (CCE) course for free or at a preferential rate, booking of Sports Hub Library Seminar rooms, exclusive invitation to special events and many more! More details can be found by scanning the QR code below.

Stay tuned for more details to the course!



SPECIAL FEATURE: THE COACHES OF SG SILAT

In light of Coaches' Appreciation Month this September, we spoke to some of our National Coaches on their coaching experience with Singapore Silat Federation as well as their coaching philosophies.

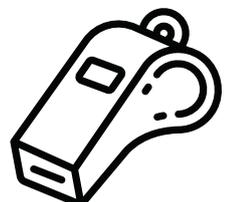
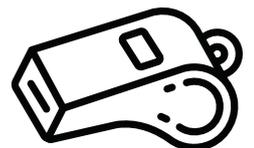
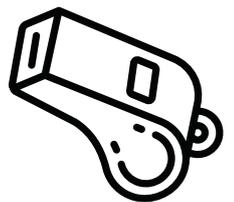
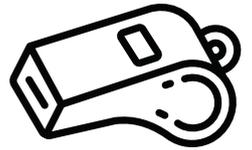
National Coaches Noh Mohd Sharif, Abdul Rashid and Alexandre Nguyen answer our questions.

What are the qualities that make a good coach for the National Silat team?

Noh (N): A good coach needs to communicate effectively and provide constructive feedback. They need to plan and organize programmes for the development of the athletes. Analyze and evaluate performance to gauge and direct progress, as well as creating a safe environment is important for the well-being of the athletes.

We need to be open-minded in developing our coaching skills and knowledge. This is the most important attribute of good coaches, i.e., the ability and willingness to evaluate our own skills and knowledge, and constantly work to develop and improve them.

Rashid (R): For me, a good coach has to be enthusiastic, supportive, trusting, focused, observant, respectful and have definable goals. As a coach, I also need to be creative to design for every training.



Alex (A): In my humble opinion, an effective coach needs to be an active practitioner to be practical and pragmatic when teaching, should have leadership qualities to influence positively and lead by example to build a trustworthy relationship with the athletes.

This relationship implies empathy and respect. As a coach we always need to understand what are the athletes potentialities to provide personalized and adapted guidance for them to grow and eventually excel.



What is one thing that you always do to motivate the athletes?

R: To build up their confidence and motivate them, I always tell them that they can do it.

N: As a coach for the Pre-Junior category, I will always acknowledge the athlete when they finish a tough drill. Pointing out will encourage them to keep striving for more, telling them of the improvements that they can make, and make it known to them at the right moment. Working with young athletes, it is important to point out even the tiniest achievements since they may not recognize them on their own.



A: I am convinced that the motivation kicks in for the athletes when they realize the benefits of spending a few hours with us daily or weekly. They need to go back home with something they learnt and can contemplate on, even better with a pinch of fun.

At a certain point of time, these committed athletes figure out that they are progressing and achieve their next step, be it a simple technique mastered up to a major competition victory. That is precisely this moment we need to grasp on as a coach to build on motivation and the momentum.

How do you handle difficult athletes or any Silat practitioners?

A: Well, I am lucky enough to not have encountered such a situation so far. In general difficulties may result from a lack of communication and mutual understanding with the athletes.

As soon as athletes realize that our own and sole purpose is to help them achieve their goals, even if sometimes they adopt a critical point of view, they will tend to soften their position and absorb whatever they can from the training sessions.

On the other hand I think that athletes not fully engaged in the very demanding national team dynamic will eventually naturally choose a different path more suitable for them.

N: I have to look at every athlete as individuals. They should not be coached the same way. Every single one of them is different in terms of their attitude, perspective, goals and abilities. Some athletes respond well to being coached hard, not everyone can take being yelled at. They don't respond well to that, and will often just shut down, and your coaching will go through one ear and out the other. I use constructive criticism, explain to them calmly on what they did wrong, and be sure to include ways they can change their form or actions to do better the next time.

R: By praising them during training sessions and motivating them. To communicate with them, understand their problems and advice them to focus on training.

What motivates you the most about being a coach?

N: I am driven, passionate and dedicated. I have got that inner fire, that's the difference between just showing up and fighting for every last inch. It is the coach's job to make sure athletes are motivated to perform their best.

R: I enjoy helping athletes to unleash their potential. I also enjoy encouraging athletes to take ownership of their own development by sharing my knowledge to them as what I did to my three sons who are also Silat athletes.

A: To be honest for me there is no better reward than watching the athletes grow, as simple as that.

How would you ensure that all team members feel included in the team?

R: I would observe and ensure that there is no discrimination between one another.

A: Inclusion is increasingly important nowadays, while conducting a class with many students we need at the same time to allocate sufficient time individually with all of them and adjust our recommendations based on their particular context and circumstances.

Sometimes some students can go through difficult times without our knowledge, we need to pro-actively detect these situations to help during or outside the class.

N: The athletes giving the same level of respect. I do not tolerate derogatory or belittling language between the athletes. Listen and display empathy to all athletes.



What is the most difficult part of being a coach with the National Silat team?

A: I would say the main challenge is about maintaining a good physical condition while implementing and sharing the required new tactics and techniques as per the syllabus from our coach supervisor Mr. Noh, the senior coaches and of course, our Head Coach and CEO, Dr Sheik.

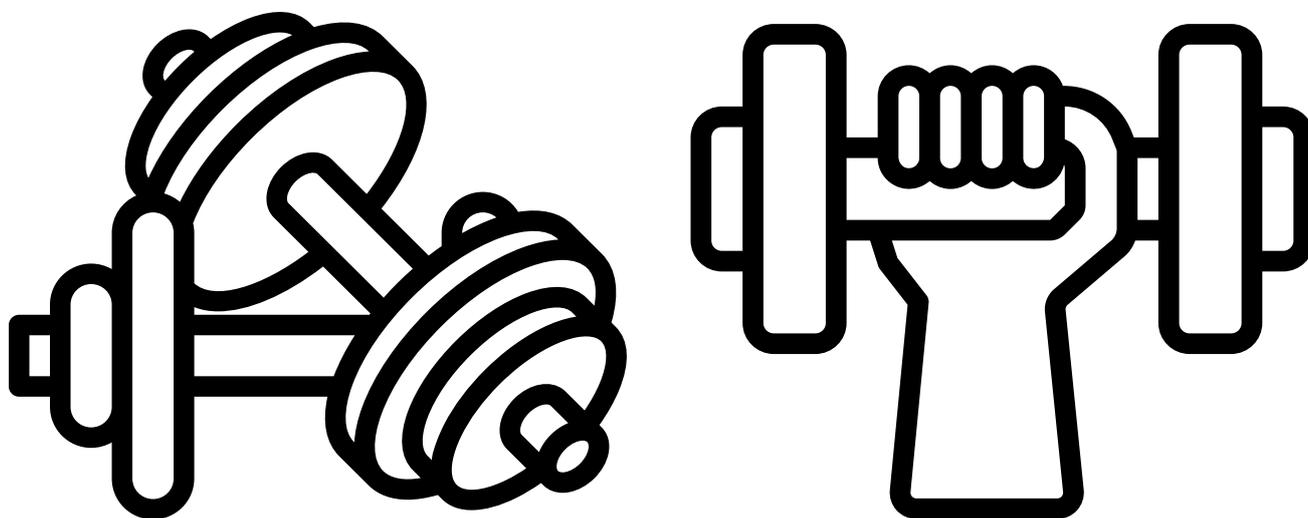
Although the new regulations were published around 2 years ago, I have to say that in the COVID-19 context we did not have many opportunities to practice them in competitions with the athletes, so we have been preparing them technically as much as possible and we will be ready to fine-tune our approach as soon as we can gather more data points and observations from future competitions.



R: For me, it is to plan for every training session and I would have to ensure that every session is beneficial for everybody and the athletes are able to improve their performance.

N: I do think that being a coach can be very difficult, but as I thought about this deeper, I feel there is one thing that is the absolute toughest of all, and it is definitely not dealing with the parents. Even though that could be a close second.

I feel that the toughest thing about coaching is developing the ability to actually teach the athletes something and have them apply it. In this day and age, with oversensitive kids and parents, everybody needs to be a winner. It really is a wonder if a coach can coach something to an athlete that is meaningful.



What is your leadership and coaching philosophy?

N: For leadership, I believe everyone should participate in the process and share responsibility with the team. I respect my team, listen to their ideas and inspire them. For coaching, the feeling of helping the young further develop their determination, dedication, discipline and respect to others not only in competition but in life.

R: I believe that in terms of leadership, a coach needs to demonstrate effective leadership by maintaining desired standards of behavior within the group that will instill confidence in all athletes.

As for my coaching philosophy, it has to be my passion in the Silat sport. Mold the athletes to be accountable. I believe in nurturing their dreams.

A: I perceive Silat as a platform with deep traditional values which develops athletes towards discipline, self-awareness and excellence in sport and life in general.



How do you keep updated on the new tactical and training methods?

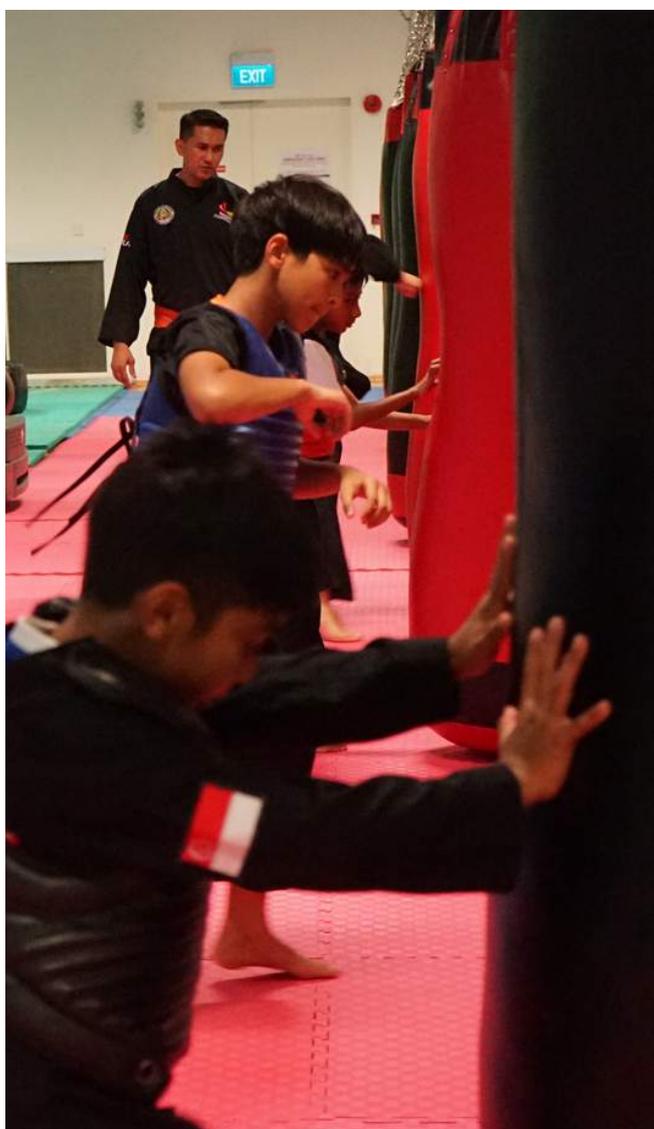
A: We are fortunate to have a weekly technical and upskilling programme with Dr Sheik, he spent a lot of time re-assessing and strengthening our foundational skills while upgrading us on the various new rules and techniques.

Trainings are intense but extremely rich given the ground we are covering from basic stance, foot work, to the most advanced grabbling techniques. As part of these trainings Dr Sheik is also highlighting methodologies and training stance to improve our effectiveness, this is a great opportunity for all of us to train directly with Sheik who is genuinely passionate about knowledge transmission.

N: I constantly have discussion with my team, share ideas on improving or developing new tactics.

I also watch Phil Daru's YouTube channel. Phil Daru is known for training UFC fighters, boxers and Olympic athletes. He was named the Best Strength and Conditioning Coach in 2012/13 and also Trainer of the Year 2019 for World MMA Awards.

R: I do my own training after every lesson with Dr Sheik, and then I relate it to the athletes.



What is one advice given to you, that sticks with you throughout your whole coaching journey?

N: It's more of an advice that my late father gave to me which I will always remember.

“Don't worry about what others think of you. Be responsible for your own actions, first and always. There will be victories as well as defeats. You have to pursue passions that are greater than yourself. Take everything life can give but always give back. Nothing is better than a strong man with even greater humility.”

R: One advice that constantly sticks to me throughout is, *"We are doing it not for us, but for our new generation and Singapore."*

What are your strengths as both a coach and a person?

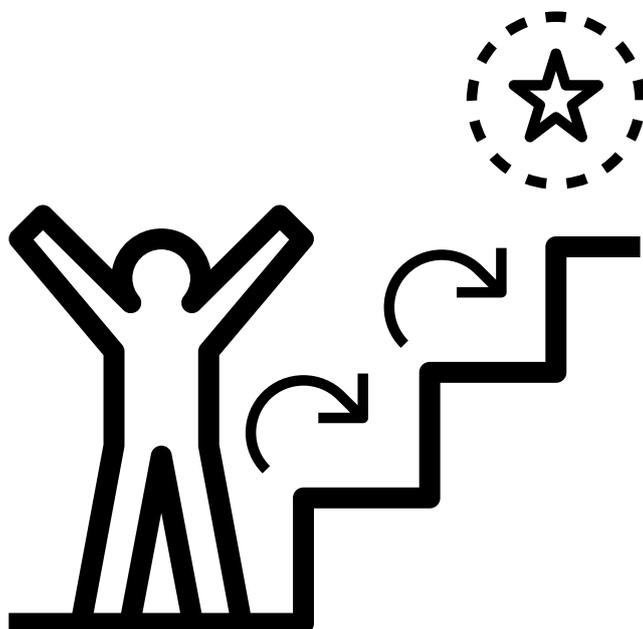
N: I am a positive, supportive, observant, a clear communicator and dedicated person. These are the strengths I live by both as a coach and person.

A: Resilience and adaptability are probably my main strengths. Before Silat I have been practicing various martial arts since I was young; Judo, French-boxing, Kung-Fu during these years I sustained numerous injuries and always find a way to carry-on, even when in 2018 I fractured my tibia and fibula during a Silat sparring which prevented me to walk for months (my friend Danish will recognize himself if he reads this article). Falling and failing is necessary, it creates the impetus to transform pain and trials into opportunities to grow mentally.

Adaptability, because I am a French national, as people usually notice from my accent. Coming from a different background and culture, I had to adapt to the Silat culture and athletes, and of course I was warmly welcomed by the whole community. I am very thankful for that.

R: My strengths as a coach and a person is that I am enthusiastic and passionate.

I am hungry to develop athletes to be champions, and I'm a person who is inspired by vision, fueled by passion and grounded in action.



MEET THE COACHES OF SG SILAT



DR SHEIK ALAU'DDIN YACOOB MARICAN, PBM

Head Coach & CEO of Singapore Silat Federation

NOH MOHD SHARIF

Full-time National Coach & Coaching
Supervisor



MUHAMMAD FIQRI

Full-time National Coach



NUR FAZLIN

High Performance Executive & National
Coach



NURUL FIONA

Senior High Performance Manager &
National Coach



HASMUZAFFAR

Full-time National Coach



KHAIRUL ANWAR

Full-time National Coach

ABDUL RASHID

Part-time National Coach



ALEXANDRE NGUYEN

Part-time National Coach



DZULFADLY JAFFAR

Part-time National Coach



NURHAFIZAH RAHIM

Part-time National Coach



MAAHDIE JUMAAT

Part-time National Coach

NURUL SYAFIQAH FAIZUL

Part-time National Coach





SYAFIQ JEFFRY

Part-time National Coach



SHAHRUL ABDUL RAZAK

Part-time National Coach



FAHMY FAREED

Part-time National Coach

STAFF PROGRAMMES

ONGOING: LEADERSHIP PEOPLE MANAGEMENT

Module	Level	Attendees
Supervisory Level		
Workplace Communication to Improve Relationship	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Organisational Relationship Building	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Vision Leadership	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Managerial Level		
Personal Effectiveness	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People & Performance Management	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Vision Leadership	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People Change Management	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People Development	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Senior Management Level		
Personal Effectiveness	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en
People Development	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en
Vision Leadership	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en

Since July 2021, the staff of SSF have been attending these courses which will run until the end of the year in December 2021.

Conducted by ODC Training, these modules enables leaders and managers to keep up-to-date with the latest trends and practices through structured and peer learning. It also allows them to gain formal recognition of their competencies through modularized competency training programmes within a nationally recognized framework.

These will also support career progressions through leadership development through the various management skills such as, Visioning, Performance Management, Change Management, Relationship Building, People Development.



CELEBRATORY EVENT - VIRTUAL COACHES' DAY

2021

Last year on 3 September 2020, CoachSG organized a virtual Amazing Race Challenge as part of the celebrations for which, the coaches showcased their athleticism and sportsmanship.

A “Most Valuable Player (MVP)” Award was also given to team members who displayed teamwork and leadership.

Their #sgthankyoucoach social media campaign held last year also saw many heart-warming messages of thanks, photos and videos of their coaches received from athletes and organizations/institutions.

With the success of 2020, CoachSG would like to once again honour the coaches’ dedication and perseverance, especially given the challenges of Covid-19, in keeping our community active and safe by having another virtual Coaches’ Day celebration.

Two of our National Coaches, Noh Mohd Sharif and Muhd Fiqri, attended the virtual event and managed to participate in the exciting live games that were organized and planned for Coaches' Day!

We hope our coaches enjoyed the session, and don't forget to send in your well-wishes for our National Coaches!



VIRTUAL COACHES' DAY 2021

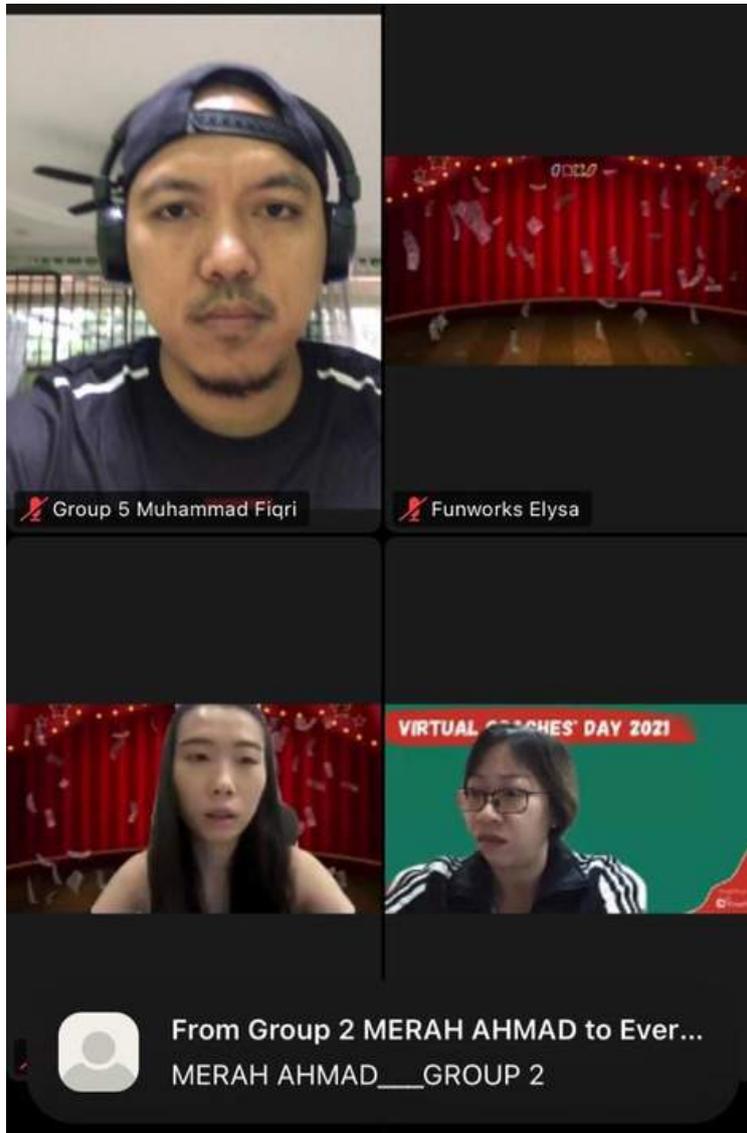
Let's connect and have fun together at this celebratory event!
Exciting live games and **attractive prizes** await you!
Limited slots available.

#sgthankyoucoach

2 Sep 2021, Thurs
10 - 11.30am
Online via Zoom
Register Now!
go.gov.sg/coachesday2021



Brought to you by:

PERSONAL DATA PROTECTION WEEK 2021

The Personal Data Protection (PDP) Week kicked off with the anchor PDP Seminar graced by Mrs Josephine Teo, Minister of Communications and Information, and featured two panel discussions with distinguished speakers to share real world examples of harnessing data to derive useful insights and how organizational accountability can be strengthened through effective management of data breaches.

The PDP Seminar was held on the 14th of September, and was attended by our Senior Manager, High Performance/Data Protection Officer, Nurul Fiona Azlani.

Through *Driving a Data Driven Culture*, the PDP Seminar 2021 returned with a focus to empower businesses to start using and harnessing data at hand, and to strengthen organizational accountability to stay resilient in the digital economy.



WEEKLY TRAINING FOR NATIONAL COACHES

As a refresher for all of our full-time and part-time coaches, we are holding a weekly coach training with the first session held on the 20th of August 2021!

Taking place on our training ground at OCBC Arena, this will help give the coaches a deeper understanding of how they are able to improve their coaching abilities and technical knowledge of the sport through theoretical and practical sessions by Dr Sheik Alau'ddin.



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, is 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

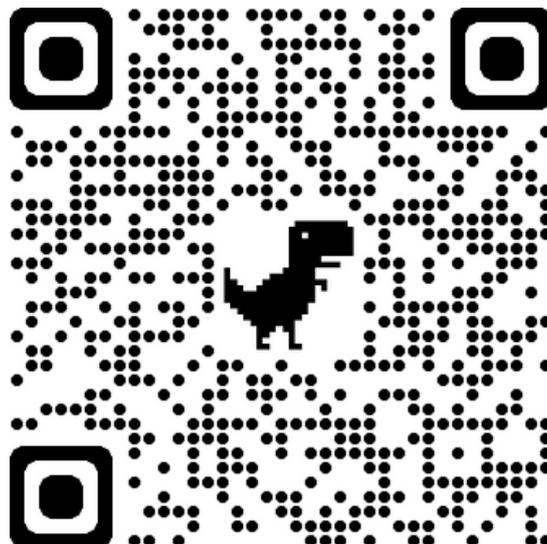
Strength + Power + Lean Muscle

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!



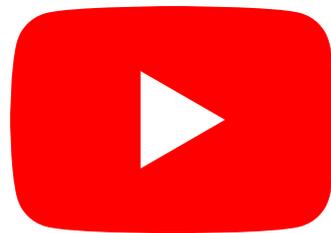
#OUTOFARENA



**OUT OF
ARENA**

#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

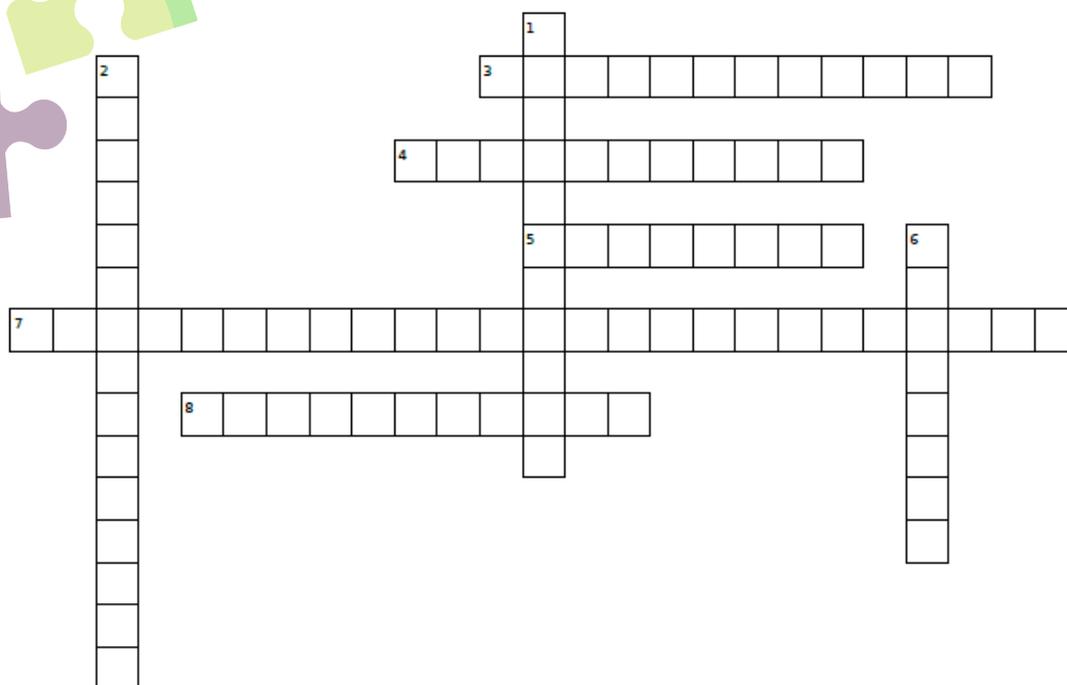
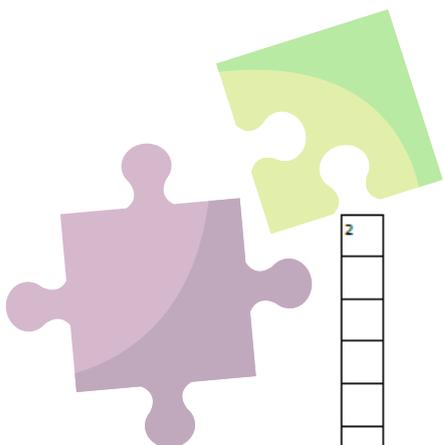


sgsilat

#OUTOFARENA CONTENT FOR SEPTEMBER 2021



GAME ON!



Down:

1. Fighting stances.
2. A person who helps to restore movement and function when someone is affected by injury, illness or disability.
6. A return to normal state of health, mind or strength.

Across:

3. A person who studies the mechanical parameters of human motion.
4. Step Pattern.
5. The International Governing Body for Pencak Silat.
7. Created in 2003 to raise the standard and professionalism of sports coaching in Singapore.
8. A countermeasure that involves defending the health and well-being of oneself from harm.

**HAVE A GO AND TAG US
ON @SGSILAT WITH
YOUR ANSWERS!**

ANSWERS FROM AUGUST 2021'S
ISSUE OF SILAT UNCUT

1

IABMAGUNANK
MINANGKABAU

2

ENKASLDDAUHII
SHEIK ALAUDDIN

3

YIPLOCMS
OLYMPICS



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!

November/December

- TBC: Tertiary Open (Singapore)
- 6, 7, 13, 14, 20, 21, 27, 28
Nov: 44th National Pencak
Silat Championship 2021
(Singapore)

January 2022

- TBC: SSF National Recruitment
Open House (Singapore)

**Events are still TBC, depending on the safety guidelines nearer to date. Keep a look out on our future issues and social media platforms for more updates!*

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

The text "JOIN US" is written in a large, bold, purple font with a white outline. It is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards, resembling a stylized sunburst or starburst.

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

 ssf@persisi.org

 
  @sgsilat





@SGSILAT



SINGAPORE SILAT FEDERATION

TALK TO US

(65) 6282 2316 / 17 / 19

ssf@persisi.org // www.persisi.org

WE ARE LOCATED AT..

*11 Bedok North Street 1, Heartbeat@Bedok, #04-02,
Singapore 469662*



ONE
SGSILAT