

SINGAPORE SILAT FEDERATION // VOLUME 37 // NOVEMBER 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

MEETING WITH THE NEW CHIEF OF THE SINGAPORE SPORTS INSTITUTE (SSI)

CEO Dr Sheik Alau'ddin Yacoob Marican, PBM & President Mr Mohd Yasrin Mohd Yasil had a meeting with the new Chief of the Singapore Sports Institute (SSI), Dr Su Chun Wei, on the 26th of October 2021.

The meeting was circling around the topics on getting to know Pencak Silat as a sport, and for Dr Su to learn more about the leaders of the National Sports Association (NSA).

All in all, it was a good meeting getting to know one another, and understanding Pencak Silat even further.



Photo credit: SPORTASIA.ORG

"We are looking forward to have more contact time and sharing sessions with the Chief on further developments and improvements of Pencak Silat in Singapore.

And, we are looking forward to seeing him on our training grounds, training and trying out the sport!"

2021 ICM INTERNATIONAL MARTIAL ARTS PHOTO CONTEST

UNESCO ICM has organized an International Martial Arts Photo Contest.

Anyone who is interested in Martial Arts and photography regardless of age and country, are open to participate in the photo contest.

The theme to this contest is the value and philosophy of martial arts in our everyday lives.

Our Daily Lives with Martial Arts

Training martial arts in our daily lives makes our body and mind healthy and changes our life positively. Martial arts teach us courage and wisdom as well as make us learn patience and perseverance. Martial arts are not separated from our life, and it is an art and a technology that are dynamically existed in our daily lives. The true value and profound philosophy of martial arts are always with us.

The winners have been announced on the official website on the 5th of November 2021!

Although SSF's submission was not selected as one of the winning entries, we are so impressed by all the winning submissions! Congratulations to all!





arm-wrestling

AUNG MOE, MYANMAR

Check out the works of the other winners through this QR code, directing to the official UNESCO ICM website!



A CHAT WITH: PERGURUAN SETIA HATI ESHA SINGAPURA

I am Muhammad Imran Bin Matnawi, the Guru of Perguruan Setia Hati ESHA Singapore.



I am currently working in Building and Construction Industry, as a Senior Supervisor, dealing with Maintenance and Repair of Air-Conditioning and Mechanical Ventilation (ACMV) systems in commercial and industrial sectors.

I have been working with the company for the past 21 years.



Ever since my younger days I liked to watch shows with fighting scenes in it. I also enjoyed watching Silat performances whenever it was displayed at any wedding ceremonies.

I was first introduced to Silat and *kompang* at the age of 13 years old, and I found that Silat had interesting and graceful artistic moves. That was what spurred my interest in learning it as self-defence.



From then on, I chose to continue to do Silat with its swift and precise striking moves.

To me, Silat is not only an art of self-defence, but it also builds character and personality of the Silat practitioner through self-discipline and teamwork.

It is also a platform to preserve the culture and heritage of the Malay community.



Perguruan Setia Hati (ESHA) was founded by our Late Grand Master, Mohd Jasman Bin Hj Ali, also mainly known as Kang Jasman, in the early 1940s.

It was later officially registered as an Association in 1945 where it was known as Persatuan Seni Silat Setia Hati (ESHA) Singapura.



Late Kang Jasman learned the art of Silat from several silat Gurus and one of them was a Guru from Indonesia, Kang Munaji, whom was a practitioner from Persaudaraan Setia Hati Indonesia (PSH).

Kang Jasman started teaching Silat, and to commemorate his Guru, Kang Jasman named his silat school, Setia Hati (ESHA). The Late Kang Jasman had many discipline, amongst them were Hj Rahman Ismail (Former President of PERSISI), late Hj Suib (Former National Team Coach and Wasit Juri), late Andak Noh, to name a few.

I got involved in silat as a trainee in 1987, started to learn the moves and upon completing the grading ceremony, was promoted to trainer and started teaching younger athletes from year 1998 to date.



There are many Silat schools in Singapore and ESHA is one of the oldest silat school and is still actively operating till today.

ESHA was part of the founding members of PERSISI when it was first established.

Some of our ESHA trainees were also representing Singapore in the National Team and help to fly Singapore flag in local and international Silat competitions.

One of the greatest memories was when ESHA became overall Champion in PSK 2004, where we won medals in both Tanding and Seni category.

Another great memory was when we organised a visit to our Main Silat school in Indonesia.





What makes ESHA unique, apart from our iconic red uniform, is our origin.

Being one of the Silat schools that has a history that links us to one of the biggest Silat schools in Indonesia.

Having said that, we are big on making the most out of each training session, and it is very important to us that we ensure that our new members feel welcomed and accepted by the rest of the family.

For new members who joins us will first be introduced to the whole class. The current *pesilats* will mingle and join in as a whole group.

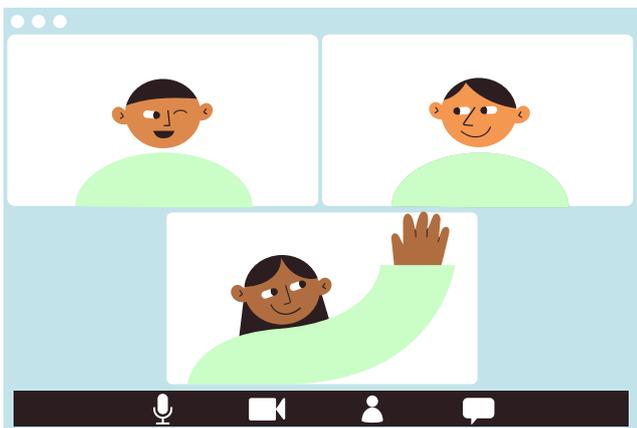
We taught our *pesilats* to treat their team members as one family and no one is better than the other in terms of ranking or how long they have been in ESHA.

Everybody who came down, has come to learn from each other and train with each other. We also instill team bonding wherever possible. At the end of the day, we will then cheer: *“One Team! One Name! SETIA HATI! ESHA!”*



The one advice that I constantly give to the members of ESHA is to always be humble, responsible and respectful.

This comes in handy for all the challenges that they might face in the arena, or outside.



With the recent Heightened Alert and Recovery Phase that was being enforced in Singapore due to the pandemic, we had to conduct online classes via Zoom where the students will join in and participate in the training sessions.



During our physical classes, students were broken up into small groups where they will be doing different activities and will rotate the groups so that each group will have to change to learn and do the given activities.

Other than that, some of our challenges include getting new students and maintaining the current, especially during this difficult time, where the number of students attending the session will drop as many parents are being cautious of their health.

Conducting training sessions via Zoom, we will not be able to attain as much attendance due to individual family condition.

In terms of gaining the interest and morale of the students, we had several Sharing and Q&A sessions with some of Silat icons from Malaysia, Indonesia, Thailand, Philippines and our very own local talents.

In the coming future, our goal for ESHA is definitely to see more students from the younger generation, learning and upkeeping this tradition, culture and heritage of the Malay community.

Learning Silat and its proper techniques, deepening their knowledge in the art of Silat.

The vision of having the younger generation learning to appreciate it and continuing the legacy further is something that will be very heartwarming, and we hope that they do not lose its value and in time have it buried in history.



As what was taught and passed down to us by our late Guru, not to chase popularity.

Learn what is being taught, be respectful to others upkeep our school's motto.

"*SETIA HATI*" – Faithful Heart

"*SELEMBUT UMBUT
SEKERAS KHARSANI*" - Soft as palm pith, hard as steel

ANTI-GRAVITY HAMMOCK TRAINING WITH MR. ARWAN LUMBRI

Every Friday, our athletes have been undergoing a special Anti-Gravity Hammock Training with Mr Arwan Lumbri at our training grounds in OCBC Arena.

With the specialized day to train Anti-Gravity Hammock, this can help our athletes in increasing their muscular strength & flexibility, to help them in their Silat matches.

Additionally, this can also help to build upper body and core strength in our athletes!

Do keep a look out for more pictures and videos of the training on our future issues and social media platforms!







FACE OF THE MONTH

NUR HADI BIN NORSHAMSUDDIN, 18

NATIONAL ATHLETE (SENIOR)

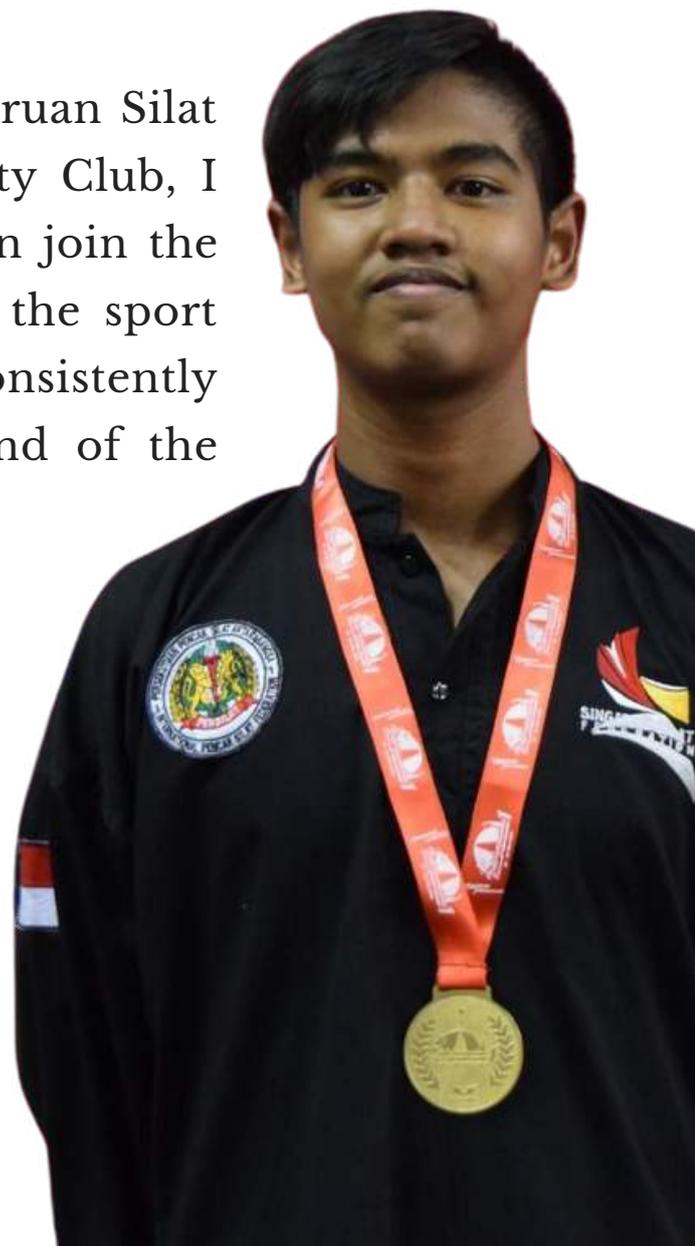
I got into Silat when I was 5 or 6 years old, so technically it has been around 10 years in Silat.

My father found a flyer for Silat classes and insisted me to join the sport. I did not know what Silat was at that time and thought that it would be fun to try something new.

When I first got into Silat with Perguruan Silat Seni GRASIO at Pasir Ris Community Club, I initially did the Artistic Silat and then join the Match category. I chose to continue the sport because as I grew older and been consistently going to the trainings, I became fond of the sport and it became my passion.

At the time when I joined the training sessions for Silat, I found out that it was a tradition in our Malay culture to perform Silat as a martial art.

So, additionally, I joined Silat for the culture.





To me, Mr. Shakir Juanda is my biggest inspiration.

His journey throughout being a Silat athlete is very moving and motivational. His attitude and dedication towards the sport is so great that it makes me want to improve to the point that I can attain his level of skill and dedication in the future.

If I could achieve anything in Silat, just like him, I would want to have the opportunity to participate in the major games such as SEA Games and the Pencak Silat World Championships.

The dream would obviously be champion in every competition but realistically I would want to at least bring back a medal from these major competitions.

The thing that I enjoy the most in Silat is that I am able to learn new techniques every day from the coaches, be it dropping techniques or various types of kicks and punches.

Especially during this time with the new rules, there are so many possibilities and I feel that there is still much more to learn.



Every time I'm deciding whether or not I want to go for training, I will always say to myself, "I want to improve, I want to get stronger, to get better. To prove myself to my coaches that I could exceed their expectations. In order to that, I need to be consistent in my training".

So in other words, wanting to improve is what drives me to get up and go training.

While being an athlete with the National Team, I have the chance to travel and compete against other athletes from other countries and at the same time, gain so much experience.

This is what motivates me the most about being an athlete with the National Team.

Some of the strengths that I have as an athlete and as a person is that I am optimistic and will always look on the bright side of things.

For example, when I lose a match, I will always think to myself, its not the end of the world, I still have lots of opportunities and I can try harder next time. Or when I am finishing my assignments, it can be very overwhelming but I will just say to myself once I'm finished I can relax and and not think about the assignment again. This motivates me to not give up and just keep going.



There are a lot things I need to improve on but the main thing is my discipline.

Being an athlete, it requires a lot of discipline especially when the sport requires one to be in a certain weight category.

I always need to lose lots of weight whenever there is a competition that is coming. I don't control myself when I'm eating so my weight can shoot up easily and it will be very hard and tiring to lose all the weight I've gained again and again.



To prepare mentally before a match or a competition, I usually try to keep my mind completely blank.

Think about nothing except for my goal which is to win. Sometimes I will listen to music to keep unnecessary thoughts that will distract me out of head.

The best advice I have gotten was from my father. He told me that, *“It is not about winning. Win or lose does not matter as long as u put up a good fight and show the spectators, coaches and your friends your will to fight and that you will get straight back up every time you're knocked down.”*



Of course, the pressure increases when everyone put their hopes on you.

However, it just shows that they believe in me, in my skills and that I could knock down any obstacle that is against me. That alone, can release the pressure that I might be feeling at any point in time.

Honestly I don't remember being compared to my brother a lot but there was one competition where one of my coaches compared me with my brother. I felt really pressured and my confidence level dropped.



However, at the same time, my determination increased. I would want to prove my coach wrong and prove to them that I can be better than my brother which will then eventually enhance my performance.

Every time I feel like I did not perform well in a game, I will always look back at the video of my fight and analyze my mistakes and what I could have done better.

I would usually analyze them together with my father and he will tell me what I need to improve on.

Sometimes I will ask my coaches or friends any tips from my previous fights and ask them for their opinions as well. I take a loss as lesson and that I would learn from them and be better.



In terms of silat, to be honest, I don't see myself participating in anymore competitions but might attend a few trainings if I am available.

So, in ten years', I might pursue my dream career of being a real estate agent or maybe being in events' management industry.

If not for my involvements in Silat, I honestly don't know what I will be doing now as I started this sport at such a young age.

Without it, I would not have been enrolled into the Singapore Sports School, and may still be the chubby kid I used to be when I was younger.



PHYSICAL FITNESS TEST FOR TEAM SG SILAT

On the 20th and the 21st of October 2021, we held our first physical fitness test for our National Athletes in light of the selections for the upcoming major games in 2022.

This was held at our training ground in OCBC Arena, for our Senior athletes.

The games that the athletes will be preparing for will be for the 31st SEA Games and the 19th World Pencak Silat Championships in 2022. The 6th Asian Indoor Martial Arts Games has been postponed to late-2023.



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!



NEWSPAPER ARTICLES

Berita Harian | Jumaat, 19 November 2021

23

SILAT

Pesilat masuk gelanggang semula

Kejohanan pertama sejak pandemik melanda dijangka disertai lebih 140 pesilat dari 10 kelab

ZULAIQAH ABDUL RAHIM
zulabr@sph.com.sg

SETELAH hampir dua tahun tidak bertanding selepas acara kompetitif di dalam dan luar negeri tidak diadakan akibat Covid-19, atlet silat setempat akhirnya boleh melangkah semula ke gelanggang hujung minggu ini.

Esok pertandingan silat pertama sejak pandemik melanda akan dianjurkan oleh Persekutuan Silat Singapura (Persisi).

Dinamakan *The Beginning: Rising To Greatness* (RTG), pertandingan tiga hari itu turut disambung pada minggu hadapan.

Pusingan saringan dan suku akhir bagi acara tanding dan seni akan bermula esok.

Pusingan separuh akhir pula akan diadakan pada Sabtu depan (27 Nov), diikuti final pada Ahad berikut.

Semua acara diadakan di dewan sukan di Heartbeat@Bedok.

Ketua Pegawai Eksekutif (CEO) Persisi, Sheik Alau'ddin Yacoob Marican, memberitahu *Berita Harian* bahawa pertandingan itu mendapat sambutan menggalakkan daripada kelab silat setempat.



"Tahun lalu ketika Covid-19 menjejaskan Singapura, semua aktiviti dan program kami terpaksa dihentikan... Keadaan tahun ini juga masih tidak menentu dan kami tidak pasti sama ada kami dibenarkan menganjur pertandingan... jadi sebaik kami mendapat kelulusan, kami teruja untuk kembali bertanding walaupun terdapat sekatan dan batasan."

— Ketua Pegawai Eksekutif (CEO) Persisi, Sheik Alau'ddin Yacoob Marican (gambar).



SIAPKAN MEDAN TANDING: Kakitangan Persisi mempersiapkan dewan sukan di Heartbeat@Bedok untuk pertandingan 'The Beginning: Rising To Greatness' — kejohanan pertama silat yang akan diadakan di tengah-tengah pandemik. — Foto PERSISI

"Pesilat masuk gelanggang semula"
Silat athletes get back into the arena,
Berita Harian
(19 November 2021)



Silat restarts at Heartbeat@Bedok

Eidrizz Ar-Rayyan Roslan (left) tussling with Iqbal Ibrahim in the Junior Class D final at the Rising To Greatness: The Beginning event at Heartbeat@Bedok yesterday. Seligi Tunggal Angkatan Singapura's Eidrizz beat his Seni Silat Gayong Perwanit rival 53-44. The event was the first pencak silat competition to take place in Singapore since the pandemic began almost two years ago.

PHOTO: PERSISI



"Silat restarts at Heartbeat@Bedok",
Straits Times
(29 November 2021)

CATCHING UP WITH OUR SILAT ALUMNI

My name is Syed Haiezal Bin Syed Husin, and I am 49 this year.

The first time I tried Silat, I was 15. It was not easy for me then because I was quite stiff with little to no agility and, even if no one believes me, I was a very shy person.

The Silat club which I attended is Seligi Tunggal Perwanit which now known as Seligi Tunggal Angkatan.



During my active years, I always looked up to two individuals which were my Guru, the late Ramli Awi and one of my seniors, Abang Masri.

My Guru, he was just like a father figure to me.



He taught me what discipline is and never gave in to pain. Discipline conquers all.

As for Abang Masri, his skills, experience and advices were superb and taught me to how be humble. This has helped me through my years as an athlete, and as a working adult today.

Being a part of the National Silat team during my active years, it was really heart-warming. This is because as a team, we constantly motivated each other throughout the toughest days, and celebrate the good days together.

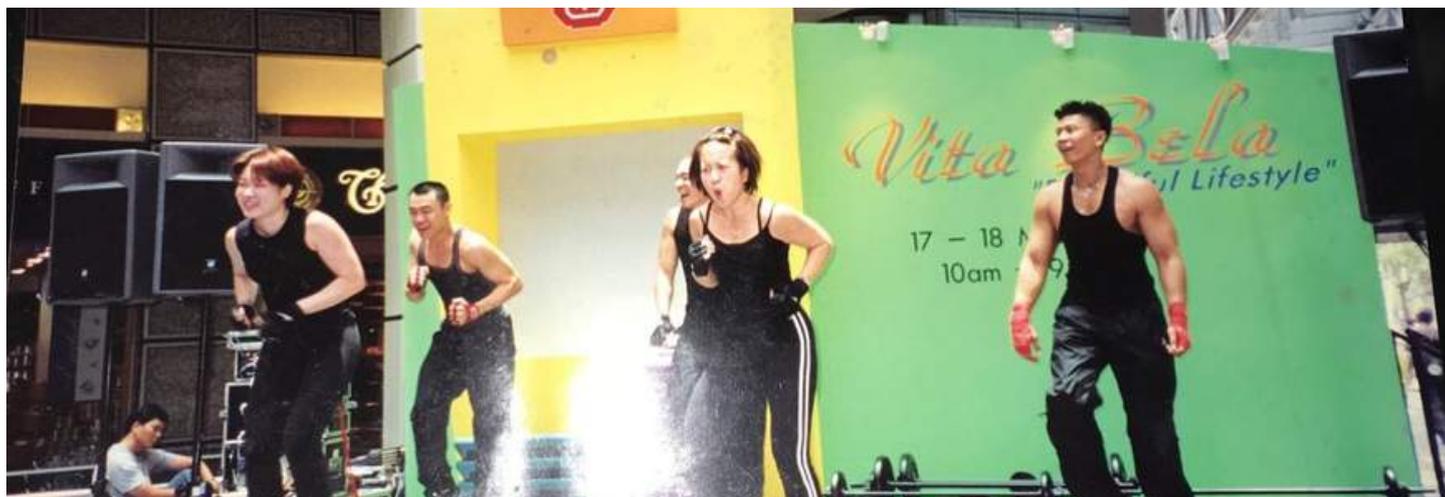
I learn new skills every day during the time when I was in the national team, and being a part of the team was like being a part of one big family, even though we all come from different Silat clubs.



I remember during our physical training routines, we always push each other to motivate and in a way we try to compete each other. This made the normal routines fun, and always motivated me to attend the training sessions.



Of all the competitions that I attended and competed in, my greatest achievement has definitely got to be getting selected to be in the National Silat team and compete for Singapore.



Now that I have retired from being a National Silat athlete, I am now keeping healthy as a Personal Trainer.

As a Personal Trainer, my training frequency is pretty high, and I do teach kick boxing to some of my clients as I am also a licensed kick boxing instructor.

Besides this, I also do cycling from time to time.





Looking back, I feel that the current National Silat team is more organized in their training regime compared to the time when I was competing.

There are more new techniques, and it is now more dynamic.

For me, Silat has definitely made me into a more disciplined individual, and if there was an advice given to me that I want to pass down to the current athletes, it is to *"never give up, keep pushing, get on your feet as fast as you can whenever you fall."*

I can tell that our current athletes are very dedicated individuals so I hope that they keep up the good work and stay humble.

As much I would love to go back to my Silat club to assist with the younger generation, it is tough as time is of an essence for me.

I have also thought about getting myself involved with the National Silat team as well, but I do hope to give my assistance when time allows me to.



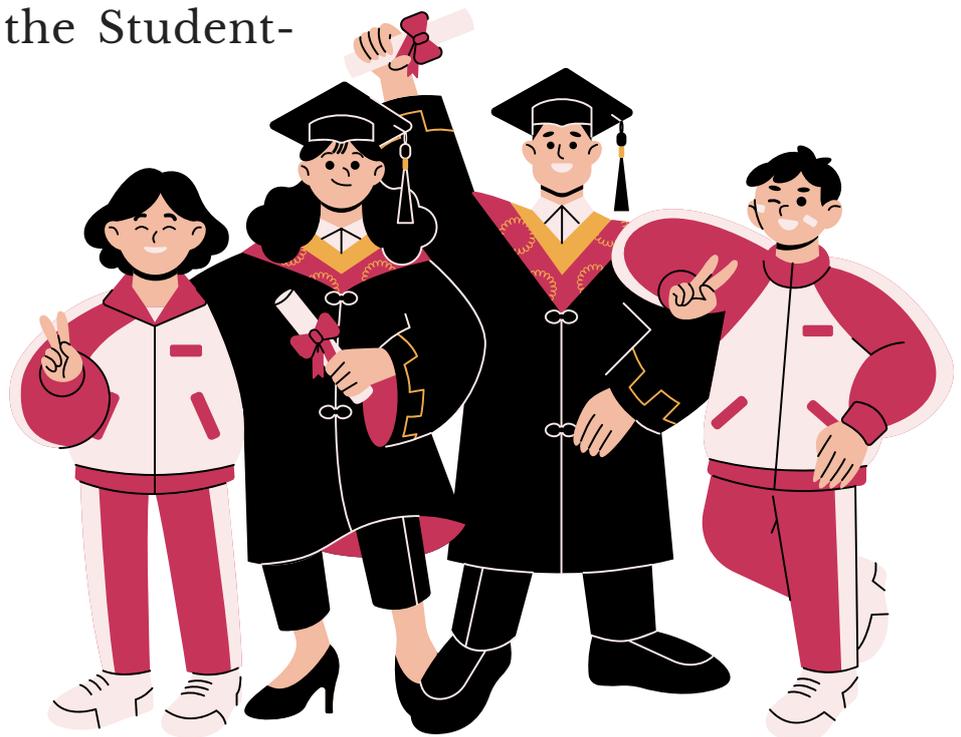
WEEKLY CONTACT SESSIONS WITH SSP

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!



UPCOMING COHORT FOR SSP PENCAK SILAT TEAM



Ilhan Dani Bin
Muhammad Zaki



Maisarah Binte Sahrin



Danial Hariz Bin Rizal

SSP Pencak Silat team welcomes three Primary 6 student intakes for the year 2022. The 3 athletes went through an interview with SSP from July – October 2022. Due to their outstanding achievements, school records and performance report from SSF, the three were selected to join SSP.

SSP Pencak Silat started back in 2006 with the first batch consisting of 8 athletes. Until date, SSP Pencak Silat has a total of 51 students athletes & alumni. We groomed a total of 4 World Champions, 14 World medalists, 4 Asian Games medalists, 4 Sea Games Champions, 16 SEA Games medalists and 10 World Junior medalists.

Let's welcome the Ilhan Dani, Maisarah and Danial Hariz into the SSP Pencak Silat team!

WORKSHOP IN PREPARATION FOR RISING TO GREATNESS: THE BEGINNING

On the 13th of November 2021, a week before the first day of *Rising to Greatness, The Beginning*, we held a Refresher Workshop on the Pencak Silat New Rules prior to the event for all Team Managers, Coaches and Participants physically and through Zoom concurrently.

Beginning from 3 pm, attendees who were there physically and logged in via Zoom were briefed on the techniques (Not Allowed, Locking, and Allowed), the Entry & Exit for the Artistic Category and followed by an Question and Answer session for attendees who were in-person and via Zoom, conducted by Dr Sheik Alau'ddin Yacoob Marican, PBM.



RISING TO GREATNESS, THE BEGINNING: SMM, TECHNICAL BRIEFING & BALLOTING

On the 13th of November 2021, right after the Refresher Workshop, we held a Technical Briefing and Balloting, as well as to brief on the Safety Management Measures, for *Rising to Greatness, The Beginning* for all Team Managers, Coaches and Participants physically and through Zoom concurrently, conducted by Mr Noh Mohd Sharif and Ms Nur Fazlin.

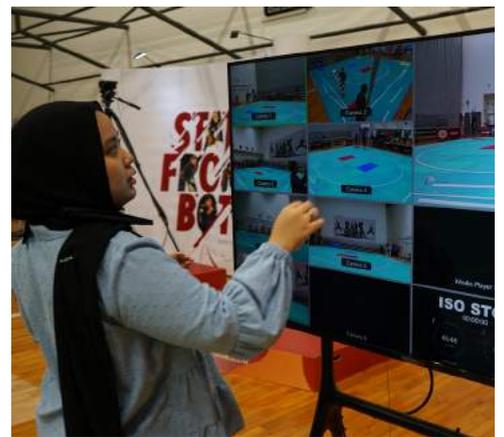
It has been about 2 years since the last competition, and we are thrilled to get back into the arena!



BEHIND THE SCENES: RISING TO GREATNESS, THE BEGINNING



DRY RUN: RISING TO GREATNESS, THE BEGINNING



RISING TO GREATNESS, THE BEGINNING

On the 20th, 27th and 28th of November 2021, Singapore Silat Federation hosted our first Pencak Silat competition in two years, due to the pandemic.

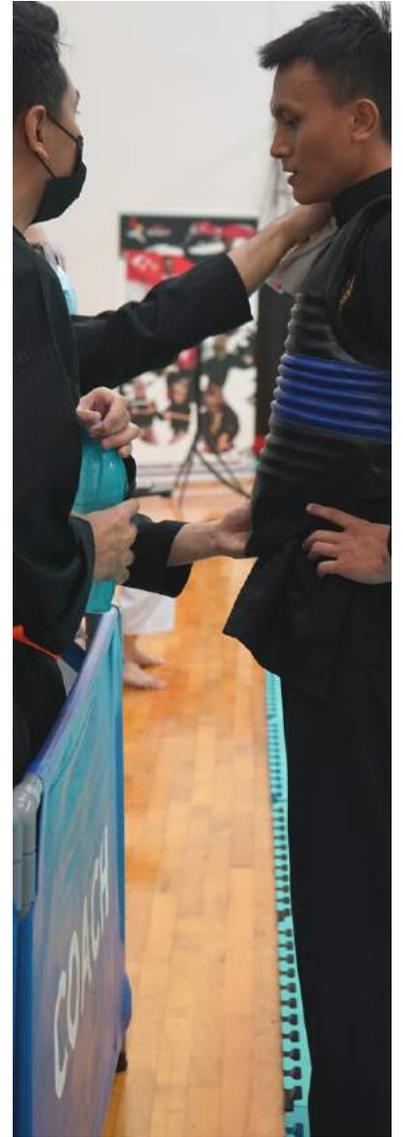
Due to the safety management measures, there were no spectators allowed for *Rising to Greatness, The Beginning*. Live matches were broadcasted live on our YouTube channel.

With the upgrades of the Pencak Silat Competition Rules and Regulations, more action-packed and dynamic techniques were witnessed during the matches. The rules went through updates and the new implementation in October 2020, however, the spectators have not been able to watch the athletes implement in their matches due to COVID-19.

From this competition, we had managed to encourage the participation for the Silat clubs locally, and we would like to thank them for the participation and support:

1. Perguruan Seni Silat Gayong Perwanit
2. Perguruan Sendeng Belalang
3. Perguruan Silat Seligi Tunggal Kemuning
4. Perguruan Silat Seni Grasio
5. Perguruan Seni Silat Setia Hati (ESHA) Singapura
6. Perguruan Sendeng Pukulan
7. Perguruan Silat Seligi Tunggal Angkatan Singapura
8. Perguruan Pencak Sendeng
9. Perguruan Silek Harimau Minangkabau Singapura

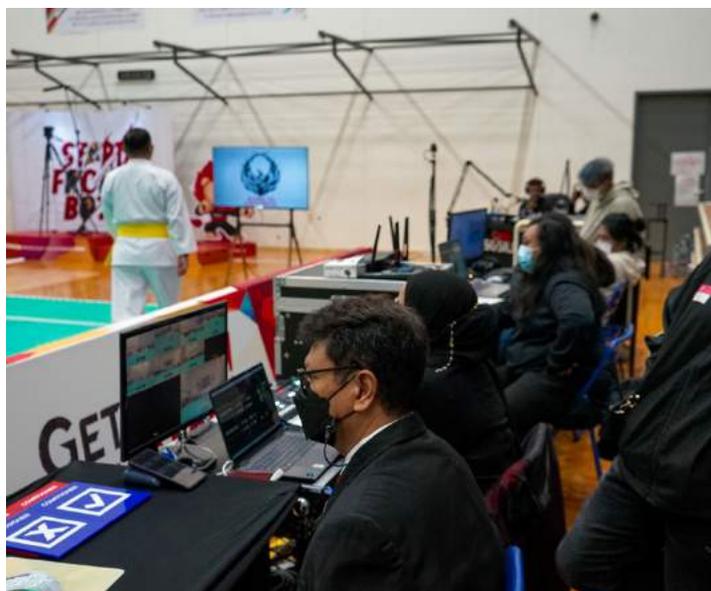
DAY ONE: 20TH NOVEMBER 2021, SATURDAY



DAY TWO: 27TH NOVEMBER 2021, SATURDAY



DAY THREE: 28TH NOVEMBER 2021, SUNDAY



THE PEOPLE BEHIND SG SILAT

CHAIRMAN, WASIT-JURI COUNCIL, TUBAGUS TUAH WIN HASHIM

I am Tubagus Tuah Win Hashim. I am married to my beloved wife for 30 years and have 6 children and 8 grandchildren.

During my free time, I enjoy cooking for my family. My specialties are Mee Rebus, Sambal Sotong and Asam Pedas.

I used to be a Director in my company, specializing in Fire Safety Engineering, for 20 years. Currently, I am working as Maintenance Officer with NEA-Certis.

Currently, I am a coach for GRASIO Silat Association, hence my duty is to train and motivate the Silat athletes to reach their fullest potential.

Also as a Chairman of Referee-Jury for Singapore Silat Federation, I conduct training for the new-comers and refresher course for existing members. I have been a part of the Referee-Jury team for SSF for 16 years since 2005.





I started my journey in Silat in 1998 as I used to accompany Sheik Alau'ddin at Macpherson CC as he trained the Boys Club under GRASIO Silat Association.

My interest in Silat grew from there, hence I decided to become an instructor in 2003. After which, I became a National Referee-Jury in 2005 and International level Class 3 in 2010. As of 2020, I am a certified International Referee-Jury Class 1.

As the Chairman of the Referee-Jury team is to supervise all the Referee-Jury in the arena and ensure that they adhere to the rules and regulations, and always act with integrity and honesty.

I believe that my role is important to the Singapore Silat Team because we provide proper training and guidance to our Referee-Jury to perform their duties well. For example, proper scoring and good judgement.

I was given the opportunity to Referee in International competitions such as the ones in Belgium, Vietnam, Korea, Malaysia and Indonesia.

My biggest achievement was being awarded “*Kejuaraan Pencak Silat Kebangsaan 2010 Wasit Juri Tauladan*”, otherwise known as the Best Referee-Jury in the year 2010.



Being a part of this experience, I get to meet and interact, as well as share good insights and thoughts with both national and international Referee-Jury from different backgrounds.

As I was also given the opportunity to opportunity to travel overseas for competitions, it helped to widen the knowledge that I have as a professional Referee-Jury.

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**

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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: HAZLIATI ABDUL RAHIM

Hazliati Abdul Rahim, is a member of the management committee for Singapore Silat Federation.

A working mum of three children ages 21, 17 and 15, Hazliati is a Travel Executive mainly dealing with emergency corporate ticketing.

Before becoming a member of the management committee, she kept up with the Federation's events and news as her son was a National Silat Athlete.

With her son being in the National team, she was initially involved with the Federation as a member of the Parents' Support Group.

From assisting and witnessing the existence and growth of Silat in Singapore, Hazliati eventually got into the position of a Committee Member of the Federation.



While she enjoys being a part of the Federation as a Committee Member, one thing that she values the most about being a part of the Silat industry here in Singapore, is the fact that she gets to help to work towards the betterment of the sport and the art of Silat itself.

Without expecting anything in return or as a reward for the volunteer work that Hazliati does, it is already rewarding for her to watch the young Singa Cubs grow and transform into being powerful champions that they are today.

Being in the Silat industry for so long, one thing that she wants to change in an outsider's view on Silat in Singapore is to be able to recognize just by mentioning 'Silat' instead of describing it as "Malay Wushu" to the people who are unfamiliar in the community.



Hazliati believes that it is the passion and determination that she has in her heart, motivates her to do a good job that she does.

According to her, if you allow your passion to become your purpose, it will one day become your profession and this will drive success.

This determination gives her the drive to go through the day.



In the coming future, Hazliati visualizes Singapore Silat Federation being global and bringing the art of Silat everywhere.

While that is in the progress, she wants to contribute as much as she can to make that vision a reality.

SPORTS SCIENCE & SILAT



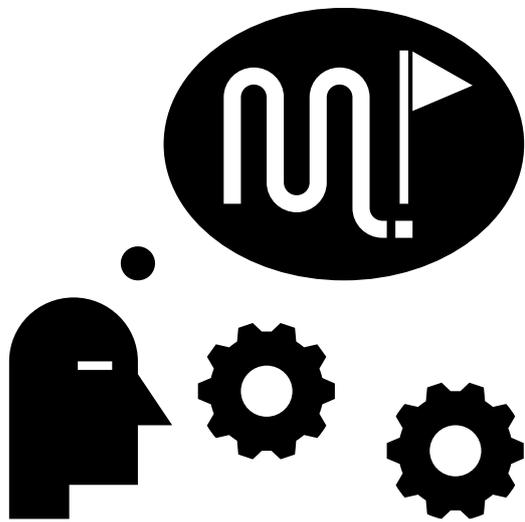
Combat Silat is a full-contact, weight-categorized match with the objective of landing strikes and takedowns to score points while avoiding them to successfully win. It is fast-paced and consists of a wide variety of attacks exchanging between combatants.

Successful Silat athletes need to be strong, fast, agile, and able to react to their opponent's attacks within the shortest amounts of time. A systematic review across multiple sports evaluating existing video-based training on perceptual-skill



development indicated beneficial effects in improving decision-making abilities of athletes in time-constrained, reaction-based situations.

These past studies emphasize the usefulness of video-based training on Visual-Perceptual Motor Skills (VPMS) across multiple sports, particularly a combat sport such as Silat. Together with Head Sport Scientist Dr Marcus Lee, Team Lead of Sport Biomechanics Dr Luqman Aziz spear heads the research in Silat at the Singapore Sport Institute. The Sport Biomechanics team has a 6-year research roadmap with Silat Singapore which focuses on the VPMS of the athletes.



The current research stream the Sport Biomechanics team is conducting serves as a continuation from prior studies specific to Silat, amongst national athletes in Singapore. Initial studies using video-based projections investigated the defensive responses of athletes responding to attack scenarios projected in 2D versus 3D.

An interesting finding in that study was that regardless of 2D or 3D attack scenarios, the elite Silat athletes focused a significant 38.1% of the time on the trunk compared to any other areas of the attacker's body (Lee, Lim & Aziz, 2020). However, there is a lack of research on the importance of visual fixation on the trunk despite the common trend for elite Silat athletes to fixate primarily on it. This next phase of research investigates whether trunk occlusion of the projected video-based attackers performing different attacks would affect the defensive VPMS of the Silat athletes.



We would expect that elite Silat athletes would take a longer time to respond to the projected attack (higher reaction time) scenarios with trunk occlusion compared with full view of the attacker due to a reduction in visual information.

We also expect that despite the trunk occlusion, visual focus would remain primarily on the trunk region, as it remains central, providing a visual pivot to the other body parts during an attack.

Our findings intend to assist in developing future studies of video-based training as an alternative form of skill development and/or maintenance for our Silat athletes at all levels of expertise.

Dr Luqman Aziz
Sport Biomechanist
Sports Science Centre,
Singapore Sports Institute

SCHOOL HOLIDAY PROGRAMME: DEC 2021

Organized by the ActiveSG Martial Arts Club, we will be guiding them in terms of coaching for the School Holiday Programme: Pencak Silat for Kids!

Each session lasting around 1.5 hours, this will give the participants the opportunity to learn about traditional and modern Silat and its differences.

The participants will be able to practice some basic Silat movements, punches and kicks!

The ActiveSG Sports Centre locations will be at Pasir Ris, Jurong West, Choa Chu Kang and Heartbeat@Bedok.

More details can be found in the poster on the next page.





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SCHOOL HOLIDAY PROGRAMMES

**HEARTBEAT@BEDOK
PASIR RIS
CHOA CHU KANG**

JURONG WEST

**DATE ; 7,11,14,18,22,23 DEC
TIME: 10-11:30AM**

**DATE: 19 DEC
TIME: 1:30-3:00PM**



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.



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.





YOUTH ATHLETE DEVELOPMENT CONFERENCE (VIRTUAL)

The sixth edition of the Youth Athlete Development Conference by the National Youth Sports Institute (NYSI) was held on the 2nd of November 2021, and attended by Nurul Fiona Azlani and Hasmuzaffar Hasibollah.

Highlighting Singapore's athlete pathways and the guiding principles for talent development and optimization, participants who attended were treated to insightful presentations by local and international guest speakers and interviews with Singaporean athletes and Football Association of Singapore's U-15 national coach.



● 119 online



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.

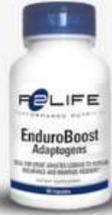
Something unique that P2Life's products are able to bring to the table, is that our products are able to help athletes attain a well-balanced nutritional diet, by filling in the gaps they may be lacking in, help them meet their daily required nutrition intake and also help build lean muscles.



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!



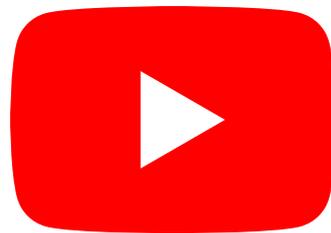
#OUTOFARENA



**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 NOVEMBER 2021

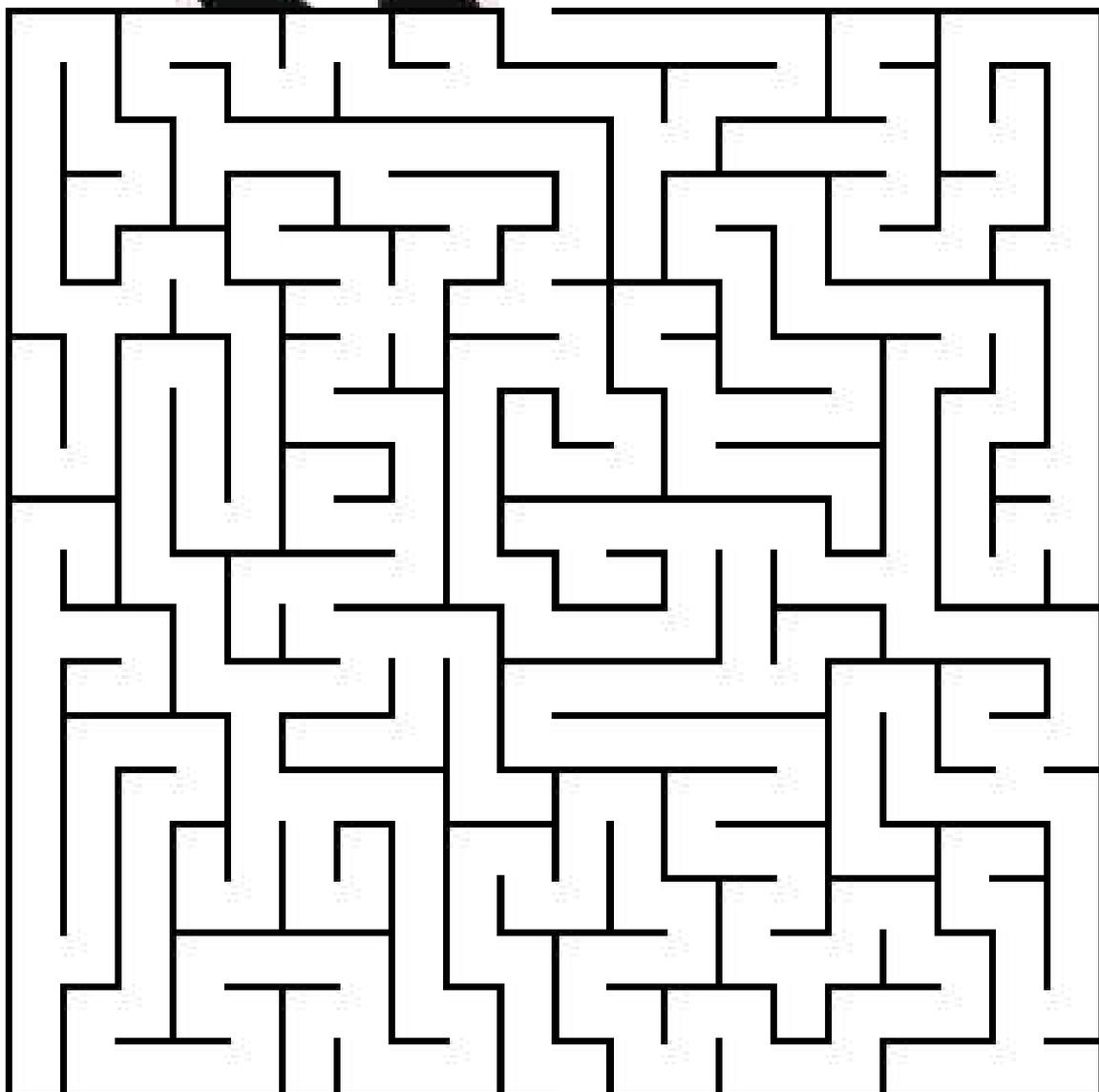


GAME ON!

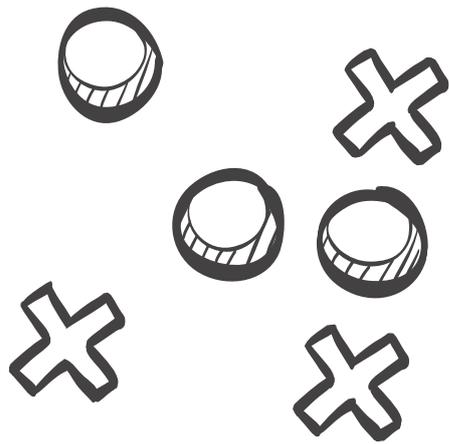
**HAVE A GO AND TAG US ON @SGSILAT WITH
YOUR ANSWERS!**



**HELP OUR SINGA
CUB GET TO HIS
GOLD MEDAL!**



ANSWERS FROM OCTOBER 2021'S ISSUE OF SILAT UNCUT



K A R A M B I T D I M R H L A
 S D H B J T E V U D E P T L V
 I S A U E R T E P I S N O L J
 K S P M X Y F P A V M J Y B J
 A E Q O P T A N D I N G A E Q
 P N G W L C S T U N G G A L A
 P I V M B A Z E H W E M V M F
 A U H H V A L R R M I R M N U
 S N R I A D N A G A R C W Z L
 A X L T N R K T N O N K H P S
 N H N K D D O E I G L G A M R
 G B R B W V A F R N K O K E E
 G A N D A D R R V I G A K L G
 S G P V S D Y N W N S A H A U
 X O O D I R N Z V J O M N K O

Pola Langkah

Tanding

Serang

Ganda

Sikap Pasang

Hindar

Keris

Regu

Bantingan

Karambit

Tepis

Seni

Tunggal

Golok

Toya

Elak



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!

December 2021

- 7, 14: School Holiday Programme - Heartbeat@Bedok
- 11, 18: School Holiday Programme - Choa Chu Kang Sport Centre
- 19: School Holiday Programme - Jurong West Sport Centre
- 22, 23: School Holiday Programme - Pasir Ris Sport Centre

January/February 2022

- TBC: SSF National Recruitment Open House (Singapore)

**Events are still TBC, depending on the safety guidelines closer 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 rendered in a large, bold, purple font with a white outline and a drop shadow. It is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards from the text, resembling a stylized burst or starburst effect.

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



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

MERRY

Christmas





@SGSILAT



SINGAPORE SILAT FEDERATION

TALK TO US

(65) 6282 2316 / 17 / 19

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

WE ARE LOCATED AT..

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Singapore 469662*



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