

SINGAPORE SILAT FEDERATION // VOLUME 38 // DECEMBER 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

STANDARD CHARTERED MARATHON 2021

Over the weekend of the 4th and 5th of December 2021, staff members of Singapore Silat Federation, National Athletes and some of the parent volunteers, along with our National Coaches, volunteered for this year's Standard Chartered Marathon.

Spreading across the different duties throughout the marathon, we had a good time volunteering and cheering the runners on.

We look forward to support the future Standard Chartered Marathons in the next coming years!



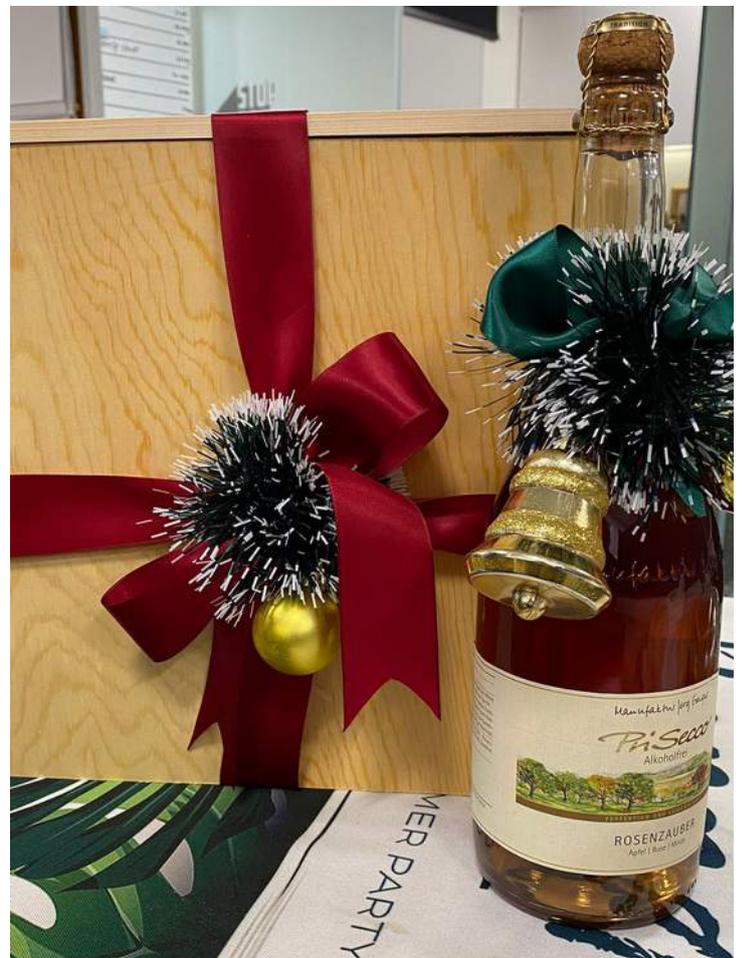


THANK YOU, SINGAPORE SPORTS HUB!

Special thank you to the team at Singapore Sports Hub for sending us goodies in light of the holidays for us here at Singapore Silat Federation!

May the coming new year continue to bless us all with health, wealth and happiness! With all the successes that has come upon us in 2021, we look forward to working together even further in 2022 to continue making Singapore proud.

Happy New Year and Happy Holidays!



PANEL SESSION WITH M3@JURONG - IFFAH BATRISYIA

Our National Athlete, Iffah Batrisyia, was selected to be one of the 5 youths with interesting backgrounds to share on their education pathways, life experiences and passion for a panel session called Project Soar organized by M³@Jurong.

The main theme was surrounding education and how they have chosen the path that they are in and how they are currently managing their responsibilities. It is to inspire the mentees aged 14-16 to listen and reflect on the possible future pathways they can consider as well as advices these individuals can provide for them to better prepare for the next step in life.

The panel session was held on the 18th of December 2021.





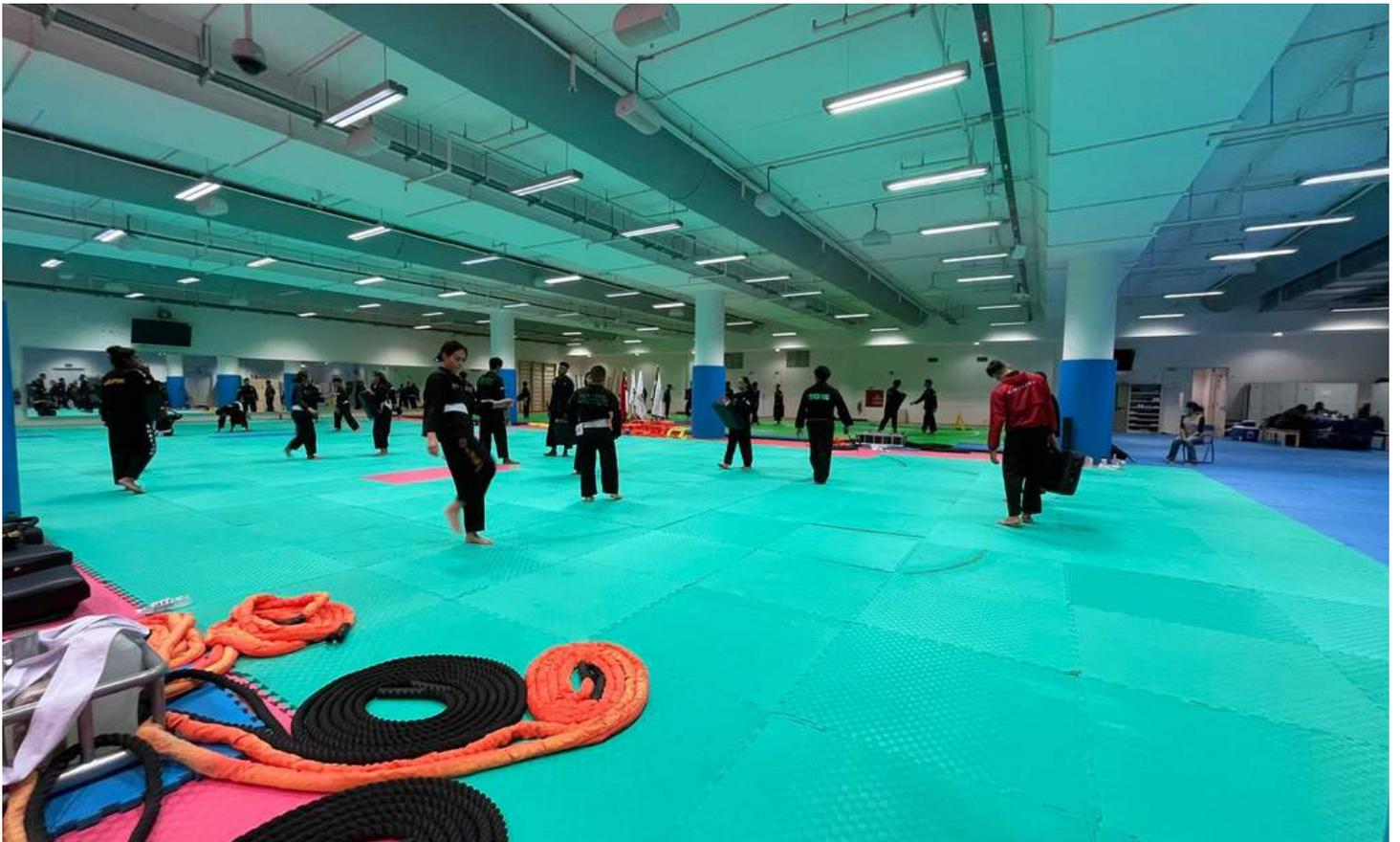
Photos courtesy of Project Soar - M3 @Jurong

VISIT FROM SAFE SPORT - SPORTSG

On the 15th of December 2021, Safeguarding Officers from Sport Singapore, Mr Azhar Yusof and Ms Elaine Lee made a visit to our national training grounds at OCBC Arena Hall 4!

Working together with the Safeguarding Officers for Singapore Silat Federation, Mdm Nurul Fiona and Mr Noh Mohd Shariff, the role of the safeguarding officers is ensuring that the necessary safeguarding policies are enforced and maintained within the respective sports.

They are the first point-of-contact for anyone in need and serve as a source of support and advice for any Safe Sport-related matters.



WBPF DISTINGUISHED AWARD – DR SHEIK ALAU'DDIN

Singapore Silat Federation CEO Dr Sheik Alau'ddin Yacoob Marican, PBM was awarded the World Bodybuilding and Physique Sports Federation (WBPF) Distinguished Service Award for his contributions on developing bodybuilding in Singapore.

He believes that bodybuilding is a great disciplined sport and he has since been helping to promote the healthy discipline in Singapore.

Congratulations on the Award, Dr Sheik!



AWARDS PRESENTED TO SEVERAL DEDICATED OFFICIALS OF THE ASSOCIATION OF BODYBUILDING & PHYSIQUE SPORTS SINGAPORE (ABPS) IN THE REPUBLIC OF SINGAPORE

WBPF President Datuk Paul Chua in recognition and contributions by several members of the ABPS awarded the following officials:

Capt.(rtd) Richard Teng was awarded the DISTINGUISHED SERVICE AWARD and GOLD MEDAL for his great contributions in developing our sport in Singapore. He was the pioneer to support Singapore bodybuilders by providing free training in the Golds Gym. He is the first Singaporean to be awarded with two awards from WBPF.



WBPF GOLD MEDAL

Mr Rujok Pandi (Secretary)
Mr. Alan Ng (Executive Vice-President)
Mr Ramesh Naidu (Asst. Secretary)
Dato Barnabas Huang (Board Member)
Mr Fatholomein Ali (7 times Asian champion)
Mr Ibrahim Sihat (Asian & Sea Games) Champion

WBPF SILVER MEDAL

Ms Bindiya Namwani Fam (Vice-President)
Ms. Marie Wellesley (Treasurer)

The other person to receive WBPF DISTINGUISHED SERVICE AWARD is Datu Seri Dr. Sheik Alau 'ddin Yacob Marican, PBM. He is the CEO of Singapore Silat Federation. A two time Silat World Champion. He believes in bodybuilding as a great discipline sport and helped in promoting the healthy discipline in Singapore.

WBPF AND ABBF EXECUTIVE COMMITTEE WISH TO CONGRATULATE ALL RECIPIENTS OF THE AWARDS.

FACE OF THE MONTH

MUHAMMAD HARITS BIN MOHD YUSLI, 17 **NATIONAL ATHLETE (SENIOR)**

The youngest in the family of six, 17-year-old Harits is a student in the Institute of Technical Education (ITE), studying Mechanical Technology.

A National Athlete with the Singapore Silat Federation, he is playing in Category E for *tanding*.



In 2010, when his uncle was still a coach back then with Perguruan Silat Seni Grasio and opened a Silat class near where they lived. As Harits and his brothers were still very young, they loved to wrestle each other at home and that was when their father decided to sign them up to learn self-defence.

Since Silat has always been a part of his growing up years since he was six, Harits made so many friends along the years, growing up together, and eventually Silat has become a part of his life.

When asked about his role model in Silat, there is no doubt that he looks up to his brother, Muhammad Hazim.

With a Silat SPEX Scholar, a World Junior Champion and a World Champion as a brother, Harits says he does not feel any pressure to be on the same level or better than him, however he does feel a sense of motivation to be just like Hazim.



Besides that, his family is one of his biggest motivations as well, and the people around him who believes and trusts that he can do it through his Silat journey.

Every training session is a fruitful session for Hazim and he looks forward to each one of them that he attends.

Learning new skills and techniques is a highlight, but to him, the best part of the training sessions is when he gets to spar.



Being in the National Silat Team, the best part to him is to be able to represent the country, getting the opportunity to travel to a lot of countries, meeting the other athletes of other countries and experience competing with them.

Competing is another great exposure for Harits as well, due to the adrenaline rush in the match, not knowing whether he is going to win or lose. It keeps his heart beating fast and hypes up the energy through the game. The people around him supporting and cheering for him during the match also plays a big part.

His family is very supportive, especially when it comes to competitions. They will look forward to Harits and his brother's games and their father will prepare them with a motivational talk one-on-one and revise the skills and strategy that they can apply in the matches.

To prepare for a game mentally, Harits does not let any negativity get to him before any game because it is important for him to not have any necessary thoughts that might lead to anxiety before the game.

To help him with this, he will always listen to upbeat and motivational songs to keep his spirits up.

His confidence to go through the tough times definitely comes from the mentality that he has. Harits believes that if we have a good mentality towards something, we will think positive out of it and we will gain the confidence to go through whatever obstacle.

To him, *"success is not final, and failure is not fatal. It is the courage to continue that counts. Even when I win or lose, it is not something that I should stop, but to keep on moving and do my best every day."*

Harits' goal is to win at every competition and to be able to get a SPEX Scholarship.

Before retiring, he wants to achieve a gold medal for Singapore in the SEA Games or the Asian Games one day.



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 Pencak Silat.

Featuring CEO Dr Sheik Alau'ddin along with our coaches and national athletes, the series of video outlines include topics like *Learn To Play*, *Learn To Develop*, and many more!

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



BEHIND THE SCENES: BEACH SILAT FILMING

On the 12th of December 2021, staff members, athletes and coaches put all our hands together into the filming for the Beach Pencak Silat manual.

A big thank you and shout-out to the Singapore Sports Hub team for allowing us to use the Beach Volleyball Court, the weather was on our good side despite it being rainy a few days prior. All in all, it was definitely a productive day for the team to film in a new setting!





SPORTS SCIENCE & SILAT

Pencak Silat is a martial art sport that requires short burst of intense and/or explosive exercises with short rest in-between efforts.

With the very high intensity of movements and efforts involved, this sport demands the athlete to possess high levels of anaerobic fitness to be able to produce quick and impactful movements during matches as well as high-level of aerobic fitness to optimally recover between efforts, between rounds, and between matches.

Hence at the Physiology Lab in SSI, bi-annual testing is conducted for our Silat athletes to monitor their aerobic fitness levels.

VO₂max is deemed as the best indicator of cardiorespiratory/aerobic fitness and the value of this variable is obtained during a graded maximal exercise to voluntary exhaustion on a treadmill. In this VO₂max test, the Silat athlete would be required to run continuously on the treadmill where he/she is compelled to run at a progressively increasing speeds and inclination (treadmill level becomes faster and steeper) until he/she could

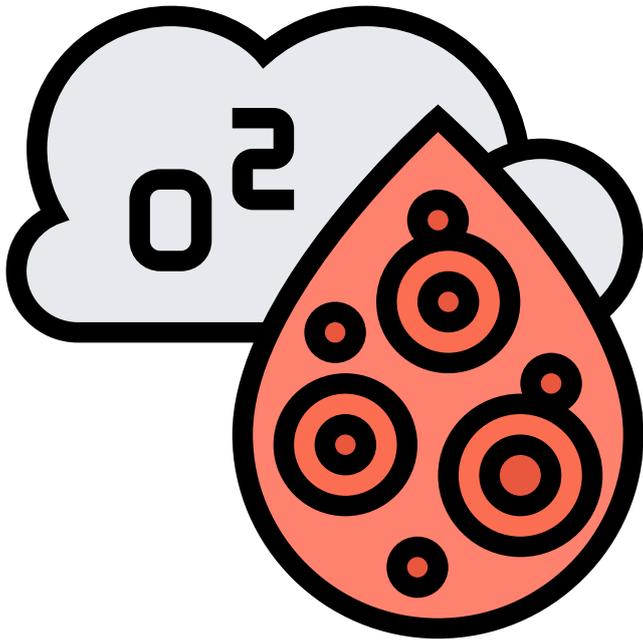


not maintain the running pace, i.e., attaining volitional exhaustion. During the test, the amount of oxygen the athlete consumes (note: greater effort requires greater amount of oxygen) is measured with a specialized equipment.

At the point of exhaustion, the amount of oxygen used by the athletes represents the greatest amount of oxygen that the body can extract from the air to be utilized in energy production for muscular contractions or exercise. Thus, the higher the level of oxygen used during the run implies a greater ability of the athlete to make energy via the aerobic pathways.

An excellent $VO_2\text{max}$ value for elite Silat players would be around >55 ml/kg/min for males and >48 ml/kg/min for females (Aziz et al., 2002).

As mentioned, it is advantageous for a Silat athlete to possess a high level of aerobic fitness. Having a high VO_2 max value would benefit the Silat athlete both during training and competition.



With the ability to recover faster between the intense efforts, the Silat athlete would be able sustain a higher level of muscular efforts consistently throughout a match and over the many competition days.

There is also evidence to suggest that higher levels of aerobic fitness allow the Silat athletes to be able to make quicker and more informed/better decisions by delaying physical and mental fatigue to much later during the bouts.

Recovery is an important integral component of the overall training programme to assist the athlete in the restoration of physical and psychological function, and subsequently, training performance. In general, our Silat athletes train twice a day, 5 times a week. With the taxing training schedule in stall for them, post-exercise recovery interventions are important. Thus, apart from servicing our athletes and improving their physiological levels, the provision of optimal recovery services is vital in keeping our Silat athletes fresh and going.

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Thus, apart from servicing our athletes and improving their physiological levels, the provision of optimal recovery services is vital in keeping our Silat athletes fresh and going.

On a weekly basis, Silat athletes perform post-exercise cold water immersion in the Physiology lab after a long hard run and/or intense training session for optimal muscle recovery, and to prepare them for their evening technical training.



The cold-water immersion helps to relieve physical fatigue, reduce swelling and inflammation around the damaged tissue via vasoconstriction and reduce the effect of post-exercise DOMS (delayed onset of muscular soreness).

The Silat athletes would usually immerse their lower body into the cold-water bath of 11°C for 10 minutes up to their chest level, once a week at most.

Reference:

Aziz AR, Tan B, & Teh KC. (2002). Physiological responses during matches and profile of elite Pencak Silat exponents. *Journal of Sports Science & Medicine*, 1(4), 147.

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

SINGAPORE SILAT FEDERATION **ONE SGSILAT**



Register now link in bio.

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

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!



COACHING ATHLETE - NAZRI SILASRI

Working alongside the Kickboxing Federation of Singapore, our coaches helped to coach Kickboxing athlete, Nazri Silasri, on realizing his dream to become a gold medalist in the upcoming SEA Games in May 2022.

While the preparation for the upcoming games intensifies, we look forward to seeing athletes rise to the occasion and achieve awards that they deserve.

Look forward to more updates from us through upcoming Silat Uncut issues and social media platforms!



CATCHING UP WITH OUR SILAT ALUMNI

I am Norazmi Bin Makmor.

I have been the Duty Rota Commander for SCDF's Special Rescue Unit for 6 years and counting. I started out at Serangoon Fire Station in 1995 as a firefighter before being posted to DART (Disaster Assistance Rescue Team) for 26 years.

As a DRC, I lead my subordinates under me through fire, rescue or Hazmat calls whilst always looking for ways to improve their morale, fitness, and critical thinking. Standards must be set high in order for us to better prepare ourselves and strengthen our chemistry together, helping us to visualize being in a real incident.

I started Silat when I was 7 years old. I was a very active person. It began as a family tradition that my dad and uncles practiced.

It slowly became interesting to me as I enjoyed it. From there, it became my passion.





I joined Gayong Perwanit in 1984, which was led by the late Guru Utama Jasni Salam now known as Sendeng Pukulan at Hougang Community Club.

During my active years, I always looked up to a certain individual which was my Guru, the late Jasni Salam.

My Guru was the best teacher I could have ever asked for. He taught me how to be responsible with the self-defence skills that I have learned. It wasn't easy at times, but the effort and determination for wanting to conserve the discipline beat all temptations.

His guidance, skills, experience, and pieces of advice were superb and taught me how to be humble despite what I have attained. This has helped me through my years in socializing, working adaptability, and taught me the value of friendship today.

Besides him, his late wife Rubiah Selamat also played an important role in guiding me from the start up till who I am today. I admire the both of them as they respected people's time, effort, discipline and desire.

Other senior instructors also played an important role in training me, which led to me being a Silat instructor and in 2012, I was mandated as a Wakil Guru in my perguruan.



With that, I had participated in several Silat competitions in the past, such as Pesta Sukan, Inter-Community Centre, as well as the Sidek Saniff Cup, where I was awarded with the Best Senior Male Pesilat in 1995.



Back in 1993, being in the same National Silat Team as Dr Sheik Alau'ddin and the late Abdul Kadir Ibrahim was a life-changing experience as I was passionate about Silat.

Besides our coaches, these mentors gave me the opportunity to learn from them, which was exciting and motivating as these peers had titles as World Champions and SEA Games Champions.

Being in the National Silat Team was memorable as we learned each other's strengths & weaknesses to work on, and we were there for one another, be it through the good or bad days.

The year 1999 was one of the best times for me as I got to learn how to raise funds through displays and producing albums.

This was pertinent in preparing ourselves through friendly matches with the foreign teams.

Thus, allowing us to attend multiple competitions and fulfil my dreams, such as competing in the SEA Games, World Championships and Open Championships in various countries.

JUMAAT, 23 JULAI 1999 (10 RABU'LAKHIR 1420)

MENJELANG SUKAN

Pesilat pula buat album



FOTO: ZAINAL

Pesilat penghibur: Juara dunia, Abdul Kadir Ibrahim (kanan), sedang merakamkan salah satu daripada empat lagu. Di sebelah kiri: Norazmi Makmor, Mateena, Sheik Alauddin, Nurul Huda Sarkawai, Hidayat Hosni dan Anita Musadi.

OLEH YUSOFF A. RAHMAN

yang mengandungi lima lagu termasuk satu lagu instrumental.

Rakaman itu diadakan di Sounding Production House dan album itu akan diterbitkan bersama oleh Salleh A. Samad dan Mayuni Omar.

Menjelakan antara tujuan album itu dibuat, juratih nasional, Sheik Alauddin, berkata: "Ia adalah sebahagian daripada rancangan Persekutuan Silat Singapura (Persis) untuk memajukan silat di sini.

"Selain itu, hasil penjualan album ini mungkin diserahkan kepada badan-badan Islam setempat."

Johan dunia, Abdul Kadir Ibrahim, yang menjadi salah seorang daripada tujuh penyanyi utama, pula berkata: "Selalunya, kami akan menyanyi semasa latihan dan juga dalam bus semasa berada di luar negara. Kini, kami memutuskan untuk menghasilkan album pula.

"Dengan menyanyi beramai-ramai ia juga boleh mengeratkan hubungan antara para pesilat."

Ditanya tentang suara para pesilat seperti Kadir, Mayuni selaku penerbitnya memberitahu: "Kadir ada potensi menjadi penyanyi. Tetapi, menjadi penyanyi bukan senang.

"Ia seperti silat. Mereka juga harus banyak berlatih."

Seorang lagi yang dikatakan 'boleh' menyanyi ialah adik Kadir, Mateena Bec.

"Di kalangan pesilat wanita, Mateena boleh nyanyi," dakwa Rafeah, pemenang pingat emas dalam Sukan SEA Jakarta.

Empat lagu yang pat dalam album ialah Jurus Jaya, Bumi Sire, Glory of Cha Pesilat Negara. Lagu Jaya dihamkan oleh Dadi.

"Ia adalah lagu Mayuni memberitahu lagu tersebut.

Kejohanan Silat Dunia

Tiga emas matlamat Singapura



Tunggak harapan negara: Inilah sebahagian dari barisan pesilat nasional yang akan memikul cabaran negara di Kejohanan Silat Sedunia yang akan berlangsung di Jakarta, Indonesia yang akan bermula Selasa ini. — Gambar oleh KHALID BABA.

Originally, I had planned for my last World Championship to be in the year 2000. Then, NUS Silat Team invited me to join them as a coach.



Thus, I was a coach for the NUS Silat Team for 12 years, who managed to clinch best overall position for the Tertiary Silat Championship in 2011.

Additionally, they were given the opportunity to compete in friendly matches, as well as Tertiary Open Championships in Malaysia and Indonesia. Afterwards, I was yet again invited to be a coach for teams competing in Malaysia's Sukipt.



In 2012 and 2014, I was also chosen by the Singapore University Sports Council to lead the team as overall coach for the Singapore University Pencak Silat team in order to prepare them for the ASEAN University Games in Laos and Palembang respectively.

From 2014 to 2016, I was nominated to be a committee member in PERSISI and was in charge of the Tertiary Silat Council where I organized 2 Tertiary Silat Championships.



Now that I have retired from being a National Silat athlete, I am still maintaining a healthy lifestyle by working out, which is motivated especially as my position as a Deputy Rota Commander (DRC) as well as being in the Operation Lionheart Contingent (Overseas Activation).



Looking back, I am thankful for being able to experience and be a part of the National Silat Team as it was a treasure in my life that aided me in making everyday decisions.

Personally, Silat has shaped me into a more disciplined individual, and if there were to be an opportunity for me to advise current athletes, it would be for them to *"Be the best you can ever be, chase after your dreams because only you can. You will only fail once you stop trying. So invest yourself, trust your instinct and lead with an open heart."*



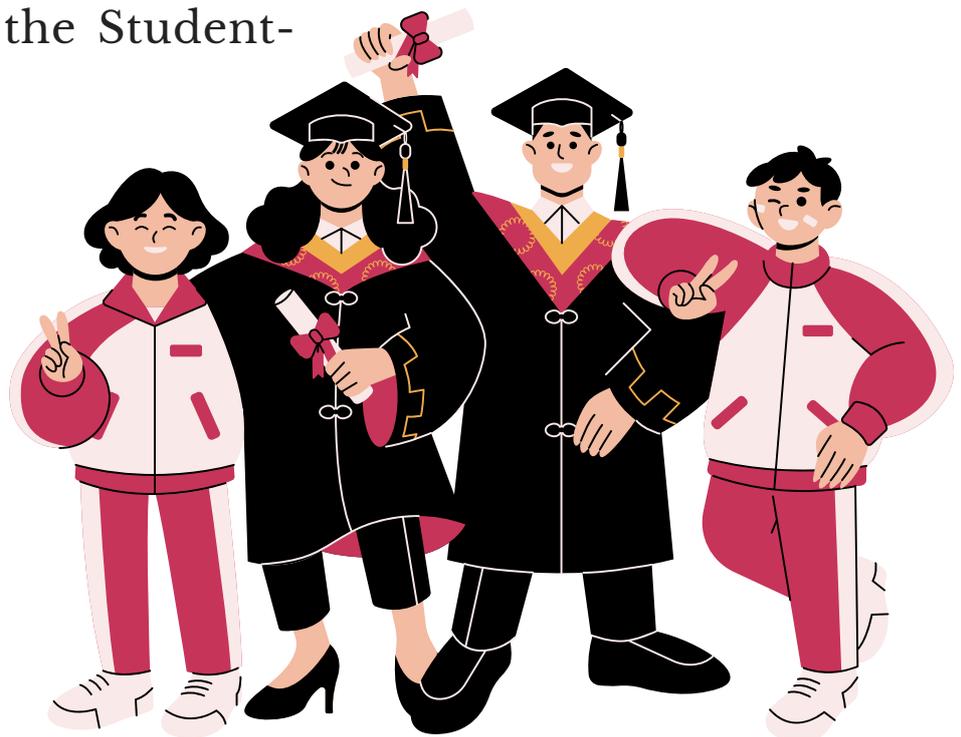
WEEKLY CONTACT SESSIONS WITH SSP

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!



MEETING WITH PERSILAT



This month, the 4 founding members of the International Pencak Silat Federation (PERSILAT) conducted a meeting 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*.



Since 1980

PERSILAT
PERSEKUTUAN PENCAK SILAT ANTARABANGSA
INTERNATIONAL PENCAK SILAT FEDERATION

No. : P-30 /12/2021

Jakarta, 7 December 2021

To: President of Pencak Silat Association/Federation
Member of PERSILAT.

Salam Pencak Silat.

**Subject: Invitation to attend the International Pencak Silat
Competition Rules & Regulations Technical Course (Hybrid).**

I am pleased to inform you that PERSILAT will hold the International Pencak Silat Competition Rules & Regulations Technical Course both online and offline (hybrid) on the following:

Day, Date : Sunday, 19 December 2021
Time : 1400 hrs – 1900 hrs (GMT+8)
Venue : In Person, Place TBA,
Online, Zoom Meeting.

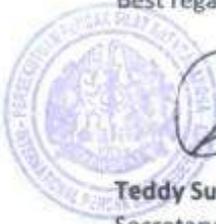
The participants to the course are Coaches, Team Managers, Athletes and Wasit-Juri.

You have no limitation in sending participants to attend this course.

Registration to the course will be done thru Google Form. Link will be available on **December 14, 2021**. The link to Zoom for the course will be available on **December 17, 2021**.

Thank you for your participation.

Best regards,

Teddy Suratmadji
Secretary General

c.c. President of PERSILAT
Executive Chairman of PERSILAT
Central Board of PERSILAT

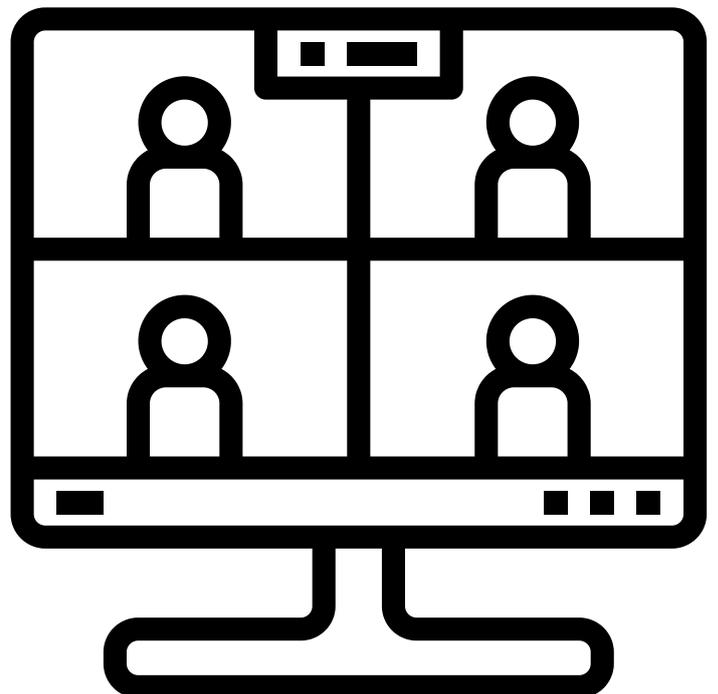
Contact: Mr. Shaffei , +60 12 6859523



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

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



THE PEOPLE BEHIND SG SILAT

My name is Hardy Yanto Bin Mameni, 42 years old. I am married and blessed with a son who is of 20 years of age.

Currently, I am an International Referee Jury Class 3, and I have joined Singapore Silat Federation as a Referee Jury for over five years now.

My role as a referee in a match is very crucial in the *tanding* event. This is because I act as a middle man that ensure the game is a safe environment for the *pesilat* that is competing.

In addition, the role of a referee is also important because it is also ensuring the safety of the *pesilats* who are competing.

The role of a referee is not only to keep the game in play, but also to act as a leader who follows all the procedures and apply it to the referee as well as the *pesilat*.

Other than being a referee jury, I am also a coach from Perguruan Silat Harimau Minangkabau Singapura. I am also a Goalkeeper coach in Star Academy.





To motivate me in doing a good in what I do, is always the passion. The fire that keeps me to do my very best in what I do is my passion of the sport. If you are passionate about the thing that you do, and you will give your hundred percent for it.

One of the most unforgettable memories that I have had with the federation was during the time with my referee jury friends during our referee jury international course. I had the chance to meet the other referee juries from different countries.

In the coming future, I would like to see Silat becoming more well-known to the world and to be featured in the Olympic.

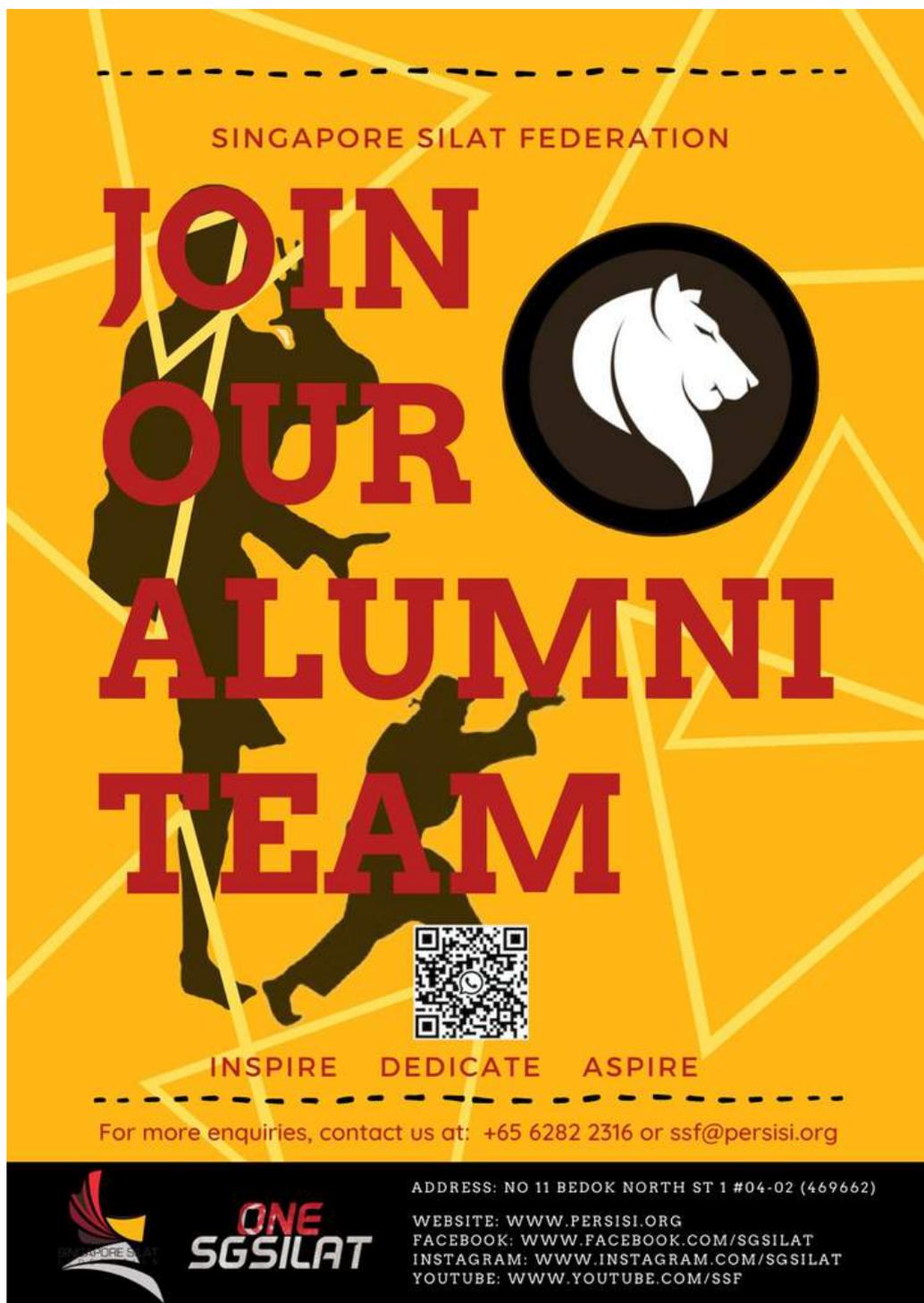
My advice for people who wants to be a referee jury, is to be fair in the arena and upholding the rule during the time as a referee jury.



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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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!



SINGAPORE SPORTS HUB: 2021 YEAR IN REVIEW

In Singapore Sports Hub's Year in Review for 2021, they produced a video to look back on our national athletes and their supported everyday patrons who stayed active with #MySgSportsHub.

Featuring our very own Sheik Farhan to represent Singapore Silat Federation, the video consists of other athletes from the other sports as well.

Watch the video by scanning the
QR code!

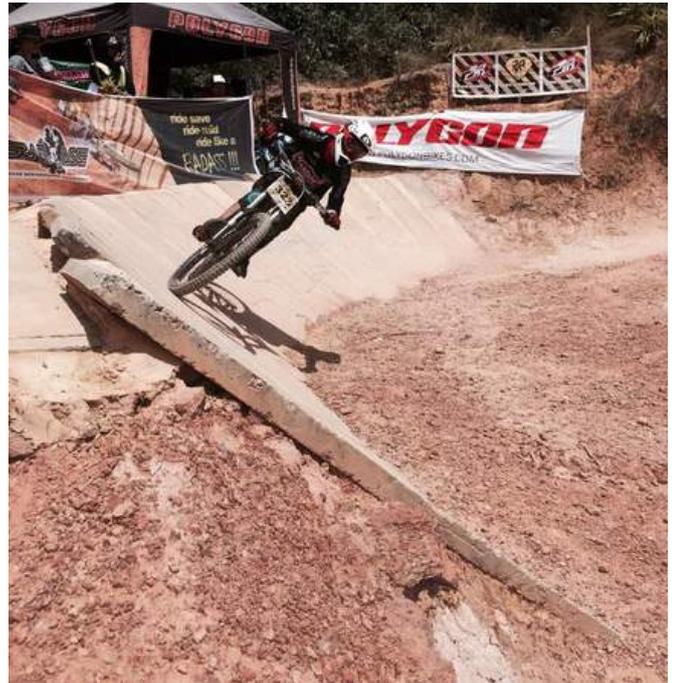


A CHAT WITH: BANDANGAN ASLI

My name is Md Hindra Bin Arsek, and I am the 3rd generation from the founder of Perguruan Bandangan Asli, my late grandfather Ifi Bin Suhoor.

I love martial arts in general, not just Silat, but many other forms of it. Apart from Silat, I am also an avid mountain biker and I enjoy riding on my off days.

As a career, I work as a technician at a data centre.



The first time I tried Silat I was still in my early secondary school years, when I was just 14 years old in 1993.

This was with my late uncle, Hj Mawadi Bin Ifi, and naturally, I loved it very much. I felt drawn to it and wanted to learn more.

Unlike other martial arts or any other forms of self-defense, Silat has a totally different side to it which is very artistic, and not forgetting the spiritual part of it too.



Perguruan Bandangan Asli's current school was started in 2007 after my late father felt that he had to get back into the scene and pass down the knowledge that he had. I was still just a student at this time.

One thing that makes Bandangan Asli unique and different is the fact that we emphasize in self-defense and self-preservation first, in which it is the epitome of what any martial should be of in my opinion.



In barely a year after starting the school, we won third overall in a local competition, and this was one great memory that I will never have with Bandangan Asli.

This makes me proud to be a part of this, and the fact that it is in my flesh and blood, it makes me even more proud that I am a part of this.

When we were running the Silat club, we had struggled working together, as we did not know what roles we had to take and did not know exactly what to do.

However, these bad experiences are, of course, of good lessons. We learnt to recognize each other's strengths and help one another whenever it was possible.





To make the most out of each training session, our coaches are made to rotate their duties amongst themselves weekly. Hence, every trainer will have a feel of handling the different age groups. At the same time, the students can also benefit from the different ways of engagement from the respective trainers.

We always make it a point to constantly advice them the way that my late father loved to say, which is to "*Never be rude to those who teach you, but if you have to be bad, be it at asking questions.*" To top that off, we always encourage them to perform their best and go for it, should they ever wish to do so.

For the coming future, my goal is to be able to continue the legacy that my late grandfather and father left behind, and to be able to find someone else who will be able to continue this legacy as well.



TEAM SINGAPORE ATHLETES PREPARE FOR PACKED SPORTING CALENDAR IN 2022: CNA

In a video report by Channel News Asia (CNA) dated 22nd December 2021, our Pencak Silat Spex Scholar Siti Khadijah was interviewed by reporter Alif Amsyar on how training is like for her during this pandemic, and with the upcoming major games and competitions in 2022.

Watch the video interview by
scanning this QR code!

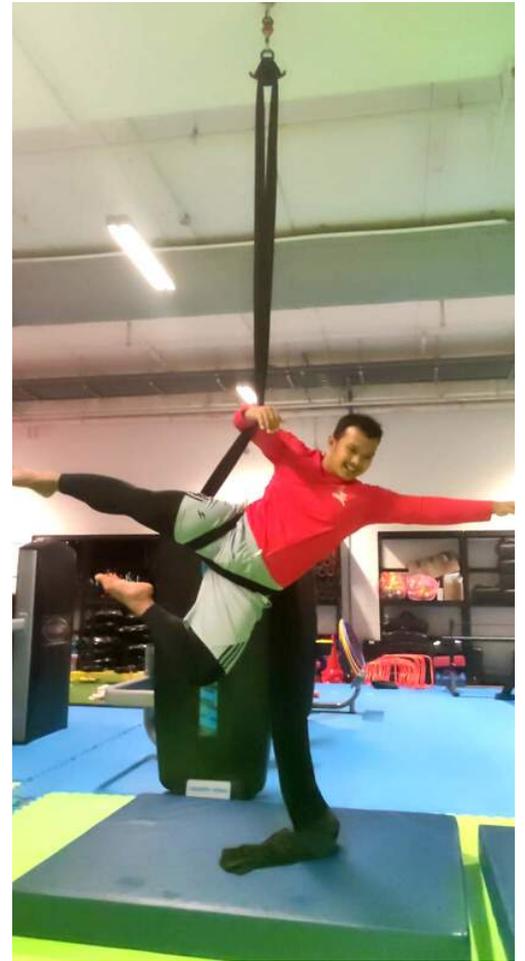


AERIAL YOGA TRAINING

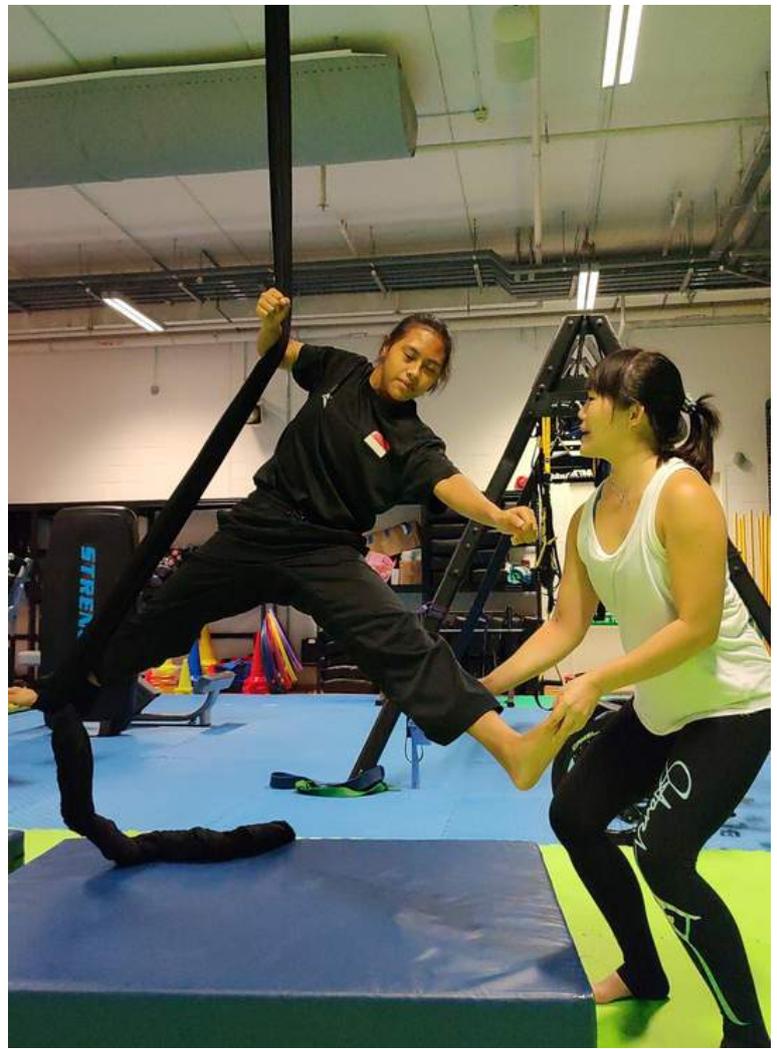
Recently, our athletes and coaches have been undergoing a special Aerial Yoga Training on our training grounds in OCBC Arena.

With the opportunity to train Aerial Yoga, it helps deepens stretches and relieves joint pressure and spinal compression that the daily workouts can trigger.

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







SCHOOL HOLIDAY PROGRAMME: DEC 2021

Organized by the ActiveSG Martial Arts Club, Singapore Silat Federation has been working with them in terms of guiding them with the coaching for the School Holiday Programme: Pencak Silat for Kids!

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

The participants were also able to practice some basic Silat movements, punches and kicks!

The ActiveSG Sports Centre locations were held respectively at Pasir Ris, Jurong West, Choa Chu Kang and the ActiveSG Silat Hall in Heartbeat@Bedok.





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!







FRIENDLY TRIALS WITH MALAYSIA'S NATIONAL SILAT TEAM

Ever since COVID-19 hit the world, our wings are clipped from flying. Recently, the Vaccinated Travel Lane (VTL) between Singapore and Malaysia was established, our athletes and team officials took the opportunity to have a Friendly Trial with the Malaysian National Team.

This is in preparation towards the upcoming 31st SEA Games and 19th World Pencak Silat Championship which are scheduled to be held in May 2022 and July 2022.

The Friendly Trial is officially endorsed and sanctioned by the International Pencak Silat Federation (PERSILAT), to conduct a test run on the implementation of the updated

International Pencak Silat Competition Rules and Regulations, after our first Technical Course (Hybrid Edition) which was held on the 19th of December 2021 at Kompleks Lincah Mahaguru Omardin in Kuala Lumpur, Malaysia, and via Zoom Meetings.











STAFF PROGRAMMES

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 ran until the end of December 2021, with the last module taken place on the 28th and 29th of 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.

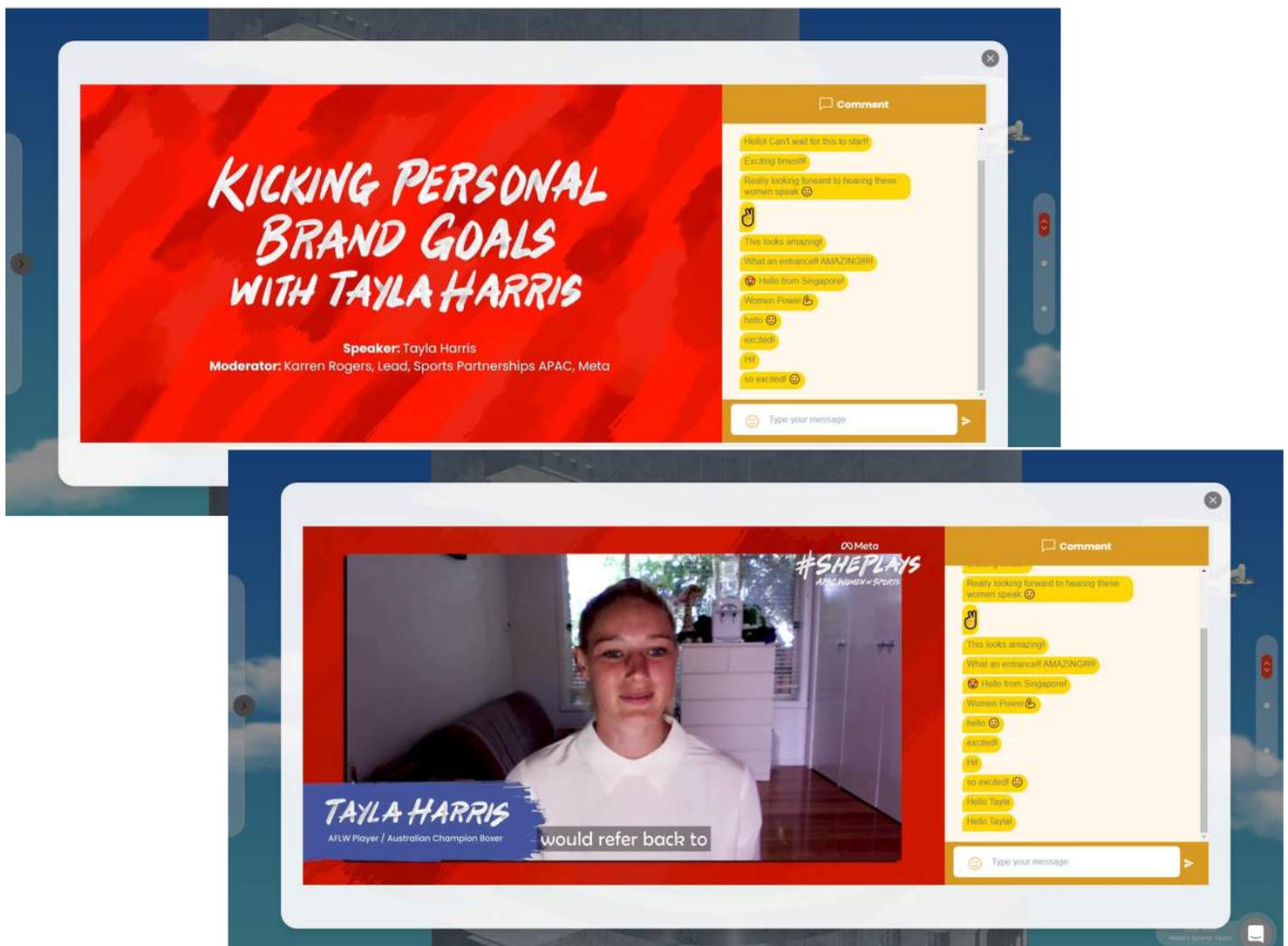
These will also support career progressions through leadership development through the various management skills such as, Visioning, Performance Management, Change Management, Relationship Building, People Development.



META'S WOMEN IN SPORTS VIRTUAL EVENT

On the 7th of December 2021, Meta hosted a virtual event to welcome female athletes, along with sports' male allies, to Women In Sports, an APAC event for leading sportswomen and women in sports media, across the region.

To represent Singapore Silat Federation, our Marketing Executive, Ifrah Ithnin, joined the event with aims to learn on how to motivate female athletes to craft their own story, with the tools to stay safe online, and to empower women in the sports industry to achieve their potential on and off the field.



STANDARD FIRST AID COURSE + AED

On the 9th of December 2021, staff members of Singapore Silat Federation and some of our coaches attended a Standard First Aid Course + AED, conducted by MHI Training.

The participants went through refreshers on how to conduct proper CPR, the proper usage of the AED, and other standard First Aid modules like bandaging as well.



SINGAPORE SILAT FEDERATION'S STAFF YEAR-END DINNER

To wrap up the new year, the staff members including our interns and trainees, went over to the Asian Market Cafe located at Fairmont Singapore for a year-end dinner on the 29th of December 2021!

With the new year in our way, we look forward to achieving greater heights together for the federation and for the sport itself. Let's go!



2021: YEAR IN REVIEW



2021 has brought Singapore Silat Federation so many good opportunities and events, despite the ongoing pandemic.

This has in fact, helped to grow our sport and our National Athletes were given even more exposures into the sporting industry, locally and internationally.

Coming into the year 2022, us at Singapore Silat Federation look forward to working with everyone to grow even further alongside our athletes, coaches and staff members, with all the support that has been given to us.

Thanks for an amazing 2019! Wishing our readers all the best as we head into a new year. Happy New Year!

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.

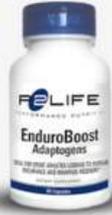
Something unique that P2Life's products are able to bring to the table, is that our products are able to help athletes attain a well-balanced nutritional diet, by filling in the gaps they may be lacking in, help them meet their daily required nutrition intake and also help build lean muscles.



Products

View Grid Stream

SHARE +



Endurance + Recovery

EnduroBoost Adaptogens
\$39.99NutriBoost Shake
\$66.99

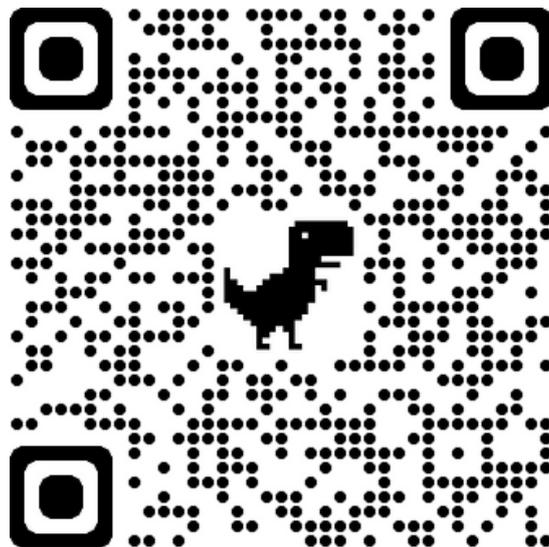
Strength + Power + Lean Muscle

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!



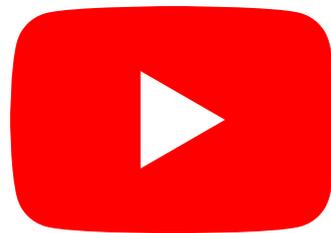
#OUTOFARENA



**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

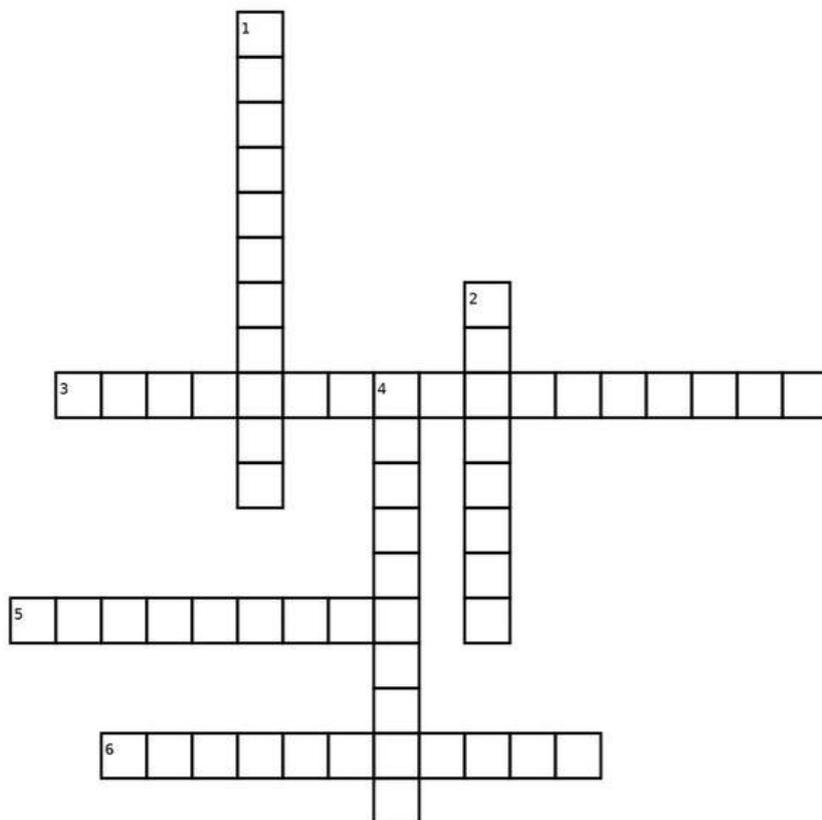


sgsilat

#OUTOFARENA CONTENT FOR DECEMBER 2021



GAME ON!

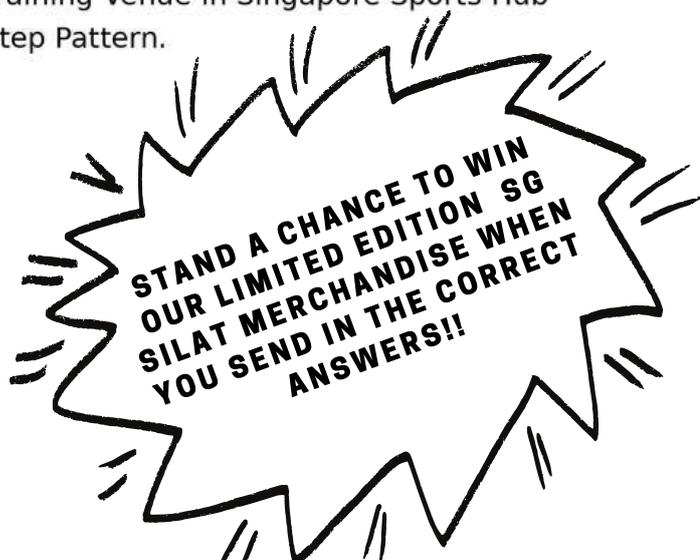


Down:

1. A countermeasure that involves defending the health and well-being of oneself from harm.
2. The International Governing Body for Pencak Silat.
4. A Video Production by Singapore Silat Federation to showcase our athletes outside of the Silat arena

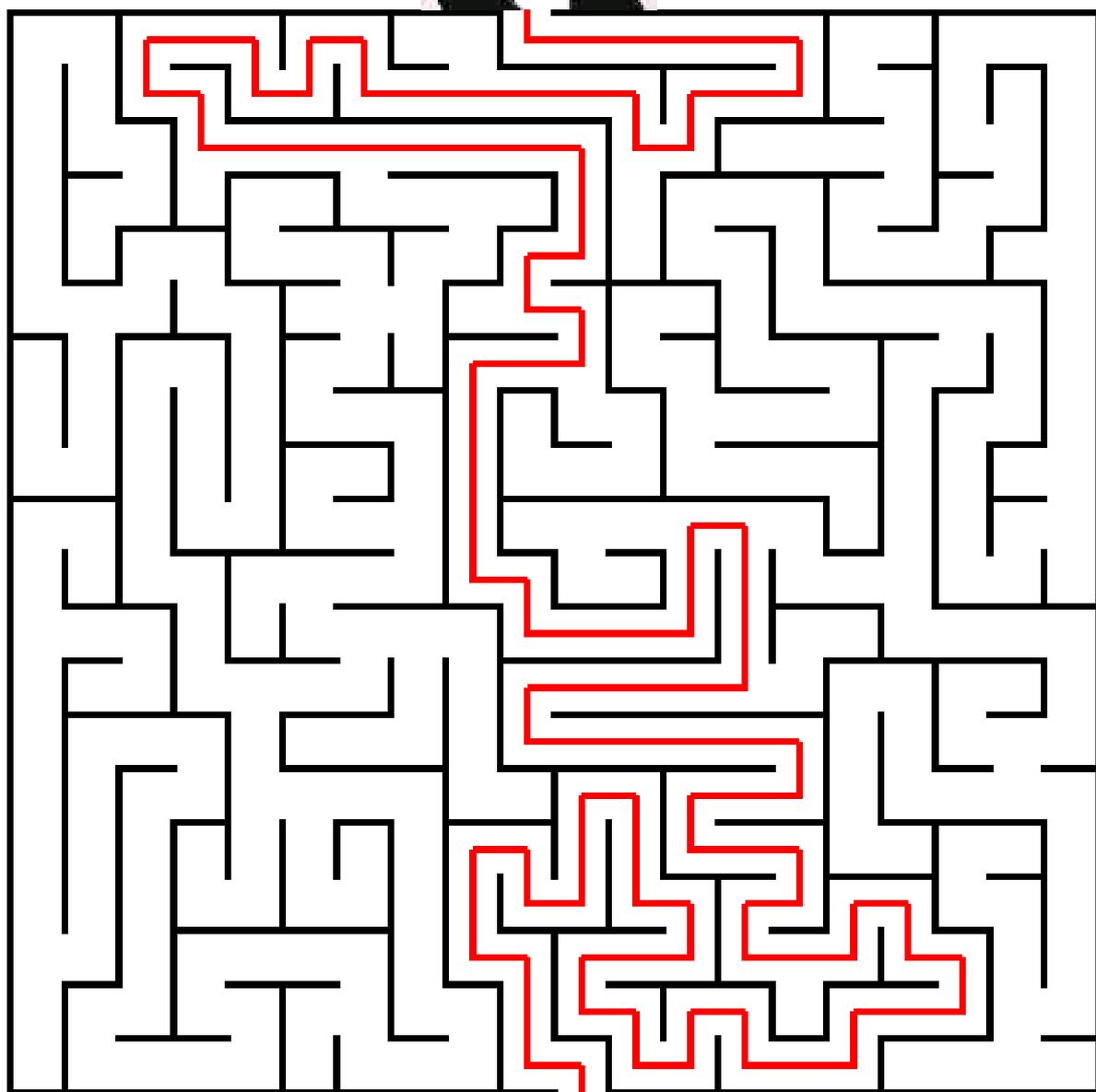
Across:

3. A national competition for affiliated Silat clubs held in November 2021.
5. Training Venue in Singapore Sports Hub
6. Step Pattern.



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

ANSWERS FROM NOVEMBER
2021'S ISSUE OF SILAT UNCUT



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!

January 2022

- 20 - 23: SEA Championship (Singapore)

February 2022

- TBC: SSF National Recruitment Open House (Singapore)

March 2022

- 16 - 21: 6th Asian Pencak Silat Championship (Uzbekistan, Central Asia)

*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 bold, purple, 3D-style font with a white outline. 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

 
  @sgsiilat



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

20

Happy New Year

22



SINGAPORE SILAT
FEDERATION

ONE
SGSILAT



@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*



ONE
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