

# SILAT

A Monthly Newsletter by  
Singapore Silat Federation



# I JURNAL CUT

Vol. 41 March 2022

# ROAD TO: 31ST SEA GAMES

As we are approaching the 31st SEA Games that is due to be held in May in Hanoi, Vietnam, Team Singapore Silat team is training intensively in preparation for the games.

With various training programmes catered to each athlete by the technical team of Singapore Silat Federation, we are determined to work together with athletes in order to bring victory for the country at the first SEA Games since the COVID-19 pandemic.



**31<sup>st</sup> SEA GAMES  
HANOI 2021**

Stay tuned to our future issues of Silat Uncut, and our Social Media pages for more updates on the different programs and training sessions for our athletes for the SEA Games!

# **TEAM COMPOSITION:**

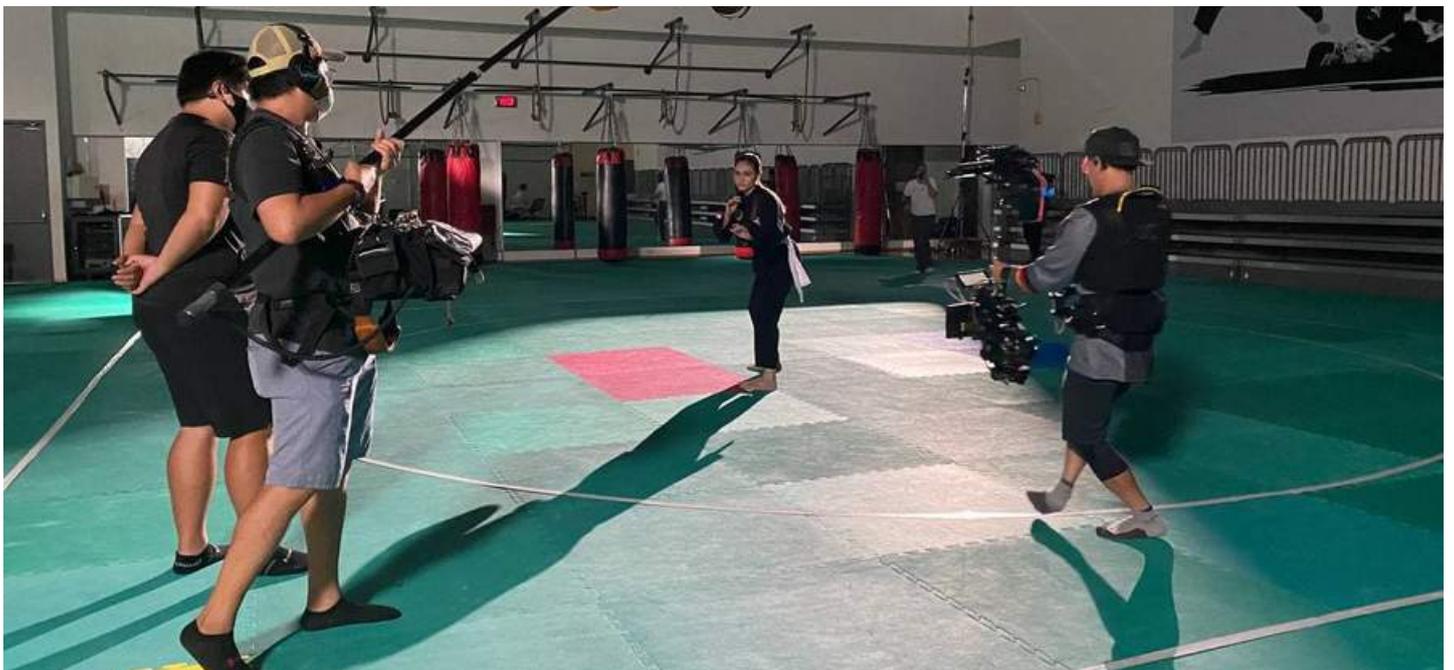
1. Match Male B (50 - 55kg) - Aniq 'Asri Bin Mohammad Yazid
2. Match Male C (55 - 60kg) - Muhammad Hazim Bin Mohd Yusli
3. Match Male D (60 - 65kg) - Muhammad Riansyauqi Bin Mistam
4. Match Male F (70 - 75kg) - Abdul Raazaq Bin Abdul Rashid
5. Match Male G (75 - 80kg) - Sheik Ferdous Bin Sheik Alau'ddin
6. Match Male H (80 - 85kg) - Muhammad Syakir Bin Jeffry
7. Match Male J (90 - 95kg) - Sheik Farhan Bin Sheik Alau'ddin
8. Match Male Open 1 (95 - 110kg) - Muhamad Rizuan Bin Muhamad Razak
9. Match Female E (65 - 70kg) - Nurul Suhaila Binte Mohd Saiful
10. Match Female F (70 - 75kg) - Siti Khadijah Binte Mohd Shahrem
11. Artistic Male Single - Muhammad Iqbal Bin Abdul Rahman
12. Artistic Male Double - Muhammad Hazim Bin Mohd Zaque & Muhammad Haziq Bin Mohd Zaque
13. Artistic Male Team - Muhammad Iqbal Bin Abdul Rahman, Muhammad Nazrul Bin Mohd Kamal & Muhammainil Mustafar Bin Mohd Isa
14. Artistic Female Single - Siti Nazurah Binte Mohd Yusoff
15. Artistic Female Double - Nur Azlyana Binte Ismail & Sharifah Shazza Binte Samsuri
16. Artistic Female Team - Iffah Batrisyia Binte Noh, Amirah Binte Sahrin & Nur Ashikin Binte Zulkifli

# BEHIND THE SCENES: MCCY'S SPORT VIDEO SERIES FEAT. NURUL SUHAILA

MCCY is currently producing a series of sport-related videos as part of their efforts to rally Singaporeans to participate in sports as we progressively reopen the sport sector, and to highlight the various support system that is put in place for High Performance sports and Team Singapore athletes.

In support of this project, they have featured Nurul Suhaila, Silat Spex Scholar, as part of the video series. With scenes of Suhaila training, they also will be featuring her with Dr Luqman (SSI Biomechanist) in the video series!

Keep a look out for the videos out on MCCY's Social Media platforms!



# CONNECT 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,
- FY2023 intake for Primary 6 students and/or mid-streamers', and
- School programmes involving the student-athletes.

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



# RULES & REGULATIONS REFRESHER COURSE FOR COACHES

On the 12th of March 2022, a Refresher Course & Workshop was held for the coaches and sparring partners of Singapore Silat Federation (SSF), to get everyone refreshed in terms of the Upgraded Pencak Silat Rules and Regulations.

With a theory session starting at 1.30pm running till 4.30pm, a practical session was followed after until the end of the day at 7.30 pm.





# PERSILAT'S 42ND ANNIVERSARY

On the 11th of March 2022, the International Pencak Silat Federation (PERSILAT) celebrated its 42nd Anniversary.

Similar to the celebration last year, we sent in some wishes video on behalf of the Asian Pencak Silat Federation and Singapore Silat Federation.

The videos are available online for viewing on PERSILAT's official website: [www.persilat.net](http://www.persilat.net), or you can view the videos by scanning the QR codes on the next page!

Once again, we congratulate PERSILAT on their 42nd anniversary, and here's to a bigger and brighter future for Pencak Silat!



# ASIAN PENCAK SILAT FEDERATION



# SINGAPORE SILAT FEDERATION





Since 1980

**PERSILAT**  
**PERSEKUTUAN PENCAK SILAT ANTARABANGSA**  
**INTERNATIONAL PENCAK SILAT FEDERATION**

No. : P- 13 /3/2022

Jakarta, 7 March 2022

To. President of Pencak Silat Association / Federation  
Members of PERSILAT

Salam Pencak Silat,

**Subject: 42nd Anniversary of PERSILAT and New Pencak Silat Competition Rules & Regulation.**

I am pleased to announce the following:

- 1 March 11th, 2022 will mark the 42nd anniversary of PERSILAT. If you wish to congratulate PERSILAT, you can make a short video and send via email. As a reference, you can see videos from 41st anniversary at PERSILAT website. Let's see your Pencak Silat creativity shine!
- 2 The 8th South East Asia (SEA) Pencak Silat Championship on 25-27 February 2022 in Singapore marked an important milestone for Pencak Silat. It was the first time the new Competition Rules & Regulations were used in international competition. The 5 participating countries were: Indonesia, Singapore, Malaysia, Thailand and Vietnam. Check out the footage at the PERSILAT website to see how the rules have been evolving and transforming our sport for the better.
- 3 Some of you have received the latest 2022 rules & regulations update. This is the product of much work and illustrates how we are continually striving to improve our sport to make Pencak Silat more exciting, engaging and safe for Pencak Silat players and spectators around the world. These rules and regulations help to define the sport for athletic competition. They should be viewed as complementary and not a replacement for curriculum from your perguruan. Each perguruan has its own unique jurus (movement) that must be learnt and preserved.

To find the link to the updated 2022 rules & regulations, SEA Championship competition footage and much, much more, please visit the updated website at [www.persilat.net](http://www.persilat.net).

Best Regards,

**Teddy Suratmadji**  
Secretary General

CC: Executive Chairman

Padepokan Pencak Silat Indonesia, Jl. Taman Mini I Jakarta 13560

Phone : (62 21) 8416666, 87782612 Fax: 8413815 Website : [www.persilat-ipsf.org](http://www.persilat-ipsf.org) Email: [secretariat@persilat-ipsf.org](mailto:secretariat@persilat-ipsf.org)

# NUTRITION WORKSHOP BY NATIONAL YOUTH SPORTS INSTITUTE (NYSI)

On the 18th of March 2022, National Youth Sports Institute (NYSI) conducted a Nutritional Workshop for our athletes.

Held at the OCBC Arena, our athletes learned the science of nutrition in sport where nutritional needs are catered based on their physical and physiological demands Sport Silat.

These needs are then translated into the recommended types and amounts of food and drinks to be consumed to enhance performance and recovery. Sport Nutrition helps them to also enhance recovery in between training sessions and events, support training adaptations, boost immunity, improve body composition and strength, reduce risk of injury and enhance performance.





# PERSILAT STEERING COMMITTEE MEETINGS

Recently, the founding members of the International Pencak Silat Federation (PERSILAT) conducted a meeting online via Zoom to discuss:

- 16 March 2022, Wednesday, 6 pm
  - Agenda:
    - SEA Games 2022 (ITOs)
    - Setting up of Pencak Silat Federations
    - Train of Trainers (TOT) Graduation Ceremony.

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.



# PERSILAT: INTERVIEW WITH BERITA HARIAN

On the 9th of March 2022, 3pm, an interview was held with the Steering Committee of the International Pencak Silat Federation (PERSILAT) with Singapore's Berita Harian reporter, Mr Ismail Ali.

The interview was held via Zoom to accommodate to our international counterparts, and the discussion was circled around the implementation of the Upgraded Pencak Silat Rules and Regulations in the recent Southeast Asian Pencak Silat Championship that was held in February 2022.

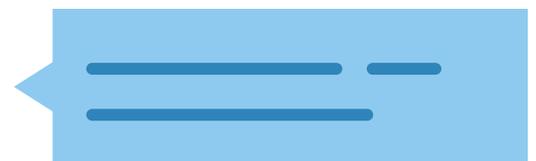


# WASIT JURI FEEDBACK SESSION

The Wasit Juri team had a meeting with Dr. Sheik Alau'ddin Yacoob Marican, PBM on the 5th of March 2022 to do a review on the 8th SEA Pencak Silat Championship which was held in late February 2022.

As this is the first international event in 2 years since the pandemic started, the team that went for the International Wasit Juri Upgrading Course in 2019 finally has the opportunity to be on duty for an international competition.

This is also the first event that officially uses the updated rules, therefore the Wasit Juri team were even more focused. As first timers, some of them brought up that there were overwhelmed as the situation and atmosphere were different from a local event.



The new rule has definitely brought Silat to a different level, and the penalty symbol guide on the arena screen was really helpful for the Wasit whenever they need to penalise an athlete.

The set up allows lesser room for mistakes and misunderstanding, and increases the confidence for the Wasit Juri to make decision. It's a learning process for most of the Wasit Juri, and the live broadcast allows them to review their own performance as a Wasit and perform better for the next match.

Though not all were able to be on duty in the arena as Wasit or Jury, the duty appointed to them were as crucial such as the time keeper, gong striker, 5-seconds buzzer and the patdown officer. Despite watching the game from their designated duty area, the tension of the game and wanting the Wasit on duty to do well still remains.



Photo by Sia Kian Teck

# COLLABORATION: SINGAPORE SILAT FEDERATION X EVERRICH

Singapore Silat Federation will be collaborating with Ever Rich, who is a Halal Ingredients Specialist in Singapore.

With their office based in Senoko South Road, we went over to discuss on the different opportunities that SSF and Ever Rich can work together towards changing the community's perception on Halal food and products, and that they should not be of a premium price compared to other food products.

Keep your eyes peeled for more updates on this upcoming collaboration!





# PHYSICAL TEST FOR SEA GAMES & WORLD CHAMPIONSHIP TEAM

On the 19th of March 2022, Saturday, we held a Physical Test for our athletes who will be in the SEA Games and World Championship team.

The physical test was held at the ActiveSG Silat Hall in Heartbeat@Bedok.

Fitness testing is a way to monitor and assess our athletes' abilities as it relates to aerobic fitness, strength, and flexibility. It can also help the athletes understand how healthy they are and learn to set goals to improve their health-related fitness.



# #IWD2022: WOMEN'S LEADERSHIP IN THE APAC SPORTS INDUSTRY

The Global Sports Innovation Center (GSIC) powered by Microsoft, in collaboration with SportSG, organized an onsite Round-Table about "Women's Leadership in the APAC Sports Industry".

The attendees from Singapore Silat Federation include our female coach and staff members, went over to the GSIC APAC offices on the 8th of March 2022, and got great insights from 5 individuals including: Debbie Lee (Founder at TechstormTV), Joanne Wearnes (General Manager at Octagon), and Iris Córdoba (General Manager at GSIC powered by Microsoft).



The banner features a top row of logos: GSIC (Global Sports Innovation Center, Powered by Microsoft), an illustration of a soccer player, a woman's profile, an illustration of a person in a white martial arts uniform, a woman's profile, and Sport SINGAPORE. Below this is a dark blue bar with the event title and date. The bottom row consists of six portrait photos of the speakers, each with their name and title below.

**GSIC**  
Global Sports Innovation Center  
Powered by Microsoft

**Sport**  
SINGAPORE

**WOMEN'S LEADERSHIP IN THE APAC SPORTS INDUSTRY**  
8TH OF MARCH | 16:30 (SINGAPORE TIME) | 6 STADIUM WALK, #01-05, SINGAPORE

 <p><b>DEBBIE LEE</b> CHIEF EXECUTIVE OFFICER, <b>TECHSTORM</b></p>	 <p><b>WAN JUAN PEK</b> CHIEF EXECUTIVE OFFICER, <b>RRESOLVE</b></p>	 <p><b>JOANNE WEARNES</b> GENERAL MANAGER, <b>OCTAGON</b></p>	 <p><b>CHARLES KOH</b> CHIEF DIGITAL OFFICER, <b>SEMBCORP INDUSTRIES</b></p>	 <p><b>IRIS CÓRDOBA</b> GENERAL MANAGER, <b>GSIC</b></p>	 <p><b>PEGGY TNG</b> DEPUTY DIRECTOR, EVENTS EXPERIENCE &amp; OPERATIONS, <b>SPORT SINGAPORE</b></p>
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# SSF VISITS: PERGURUAN SENI SILAT GAYONG PERWANIT

On the 19th of March 2022, our Technical team went over to make a visit to Perguruan Seni Silat Gayong PERWANIT!

Led by Assistant Technical Director, Mdm Nurul Fiona, the session was to promote recruitment for the National team, and to review and recap on the upgraded Pencak Silat Rules and Regulations with practical examples with the *pesilats* from the *perguruan*.





# RECRUITMENT: SILAT ALUMNI

SINGAPORE SILAT FEDERATION

**JOIN  
OUR  
ALUMNI  
TEAM**



INSPIRE DEDICATE ASPIRE

For more enquiries, contact us at: +65 6282 2316 or [ssf@persisi.org](mailto:ssf@persisi.org)



**ONE  
SGSILAT**

ADDRESS: NO 11 BEDOK NORTH ST 1 #04-02 (469662)

WEBSITE: [WWW.PERSISI.ORG](http://WWW.PERSISI.ORG)

FACEBOOK: [WWW.FACEBOOK.COM/SGSILAT](http://WWW.FACEBOOK.COM/SGSILAT)

INSTAGRAM: [WWW.INSTAGRAM.COM/SGSILAT](http://WWW.INSTAGRAM.COM/SGSILAT)

YOUTUBE: [WWW.YOUTUBE.COM/SSF](http://WWW.YOUTUBE.COM/SSF)

# NOTABLE ALUMNI



Jamal Jantan



Suzie Eryani



Nur Fazlin & Muhammad Nur Alfian  
Juma'en



# 8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022: STAFF APPRECIATION DINNER

In appreciation for the efforts in helping to make the 8th Southeast Asia Pencak Silat Championship 2022 a success, a dinner was held at Seoul Garden (Marina Square) for all staff members, including our National Coaches and Sparring Partners!

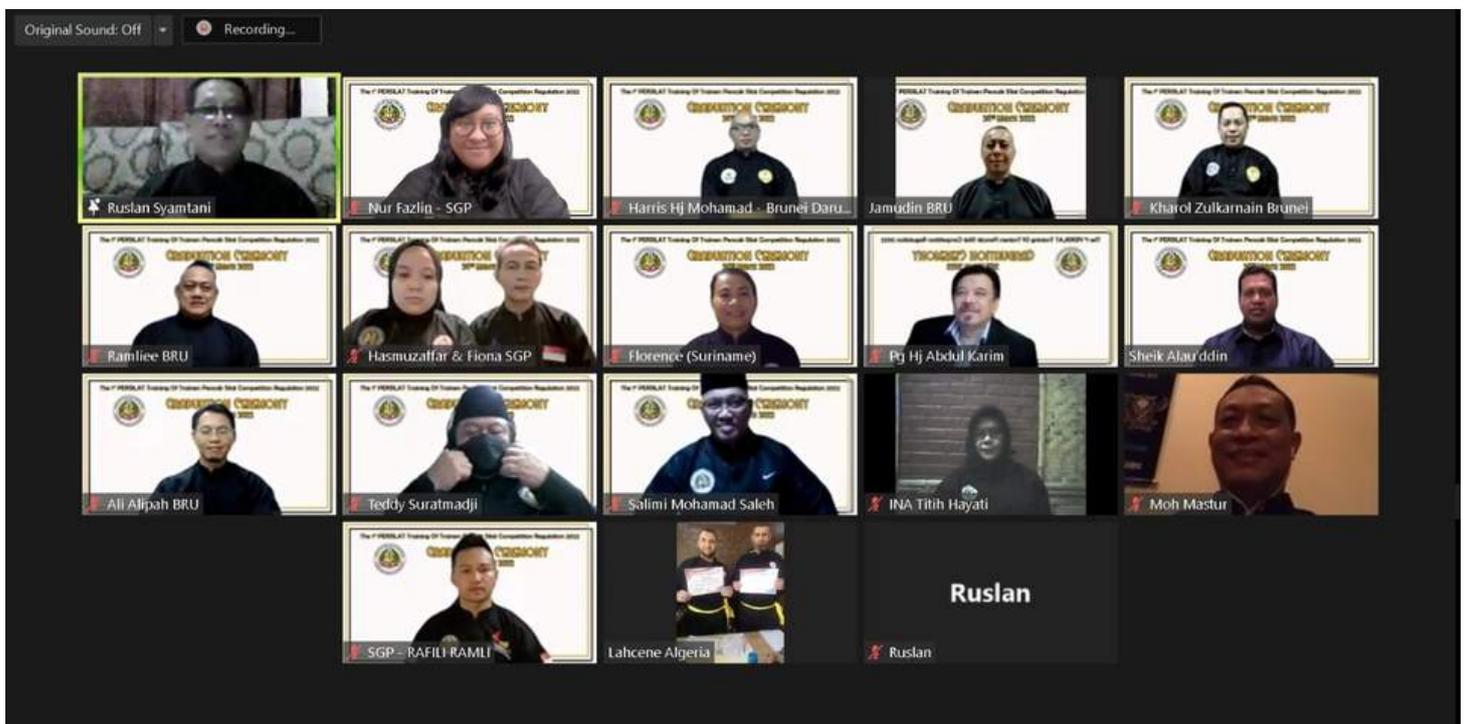


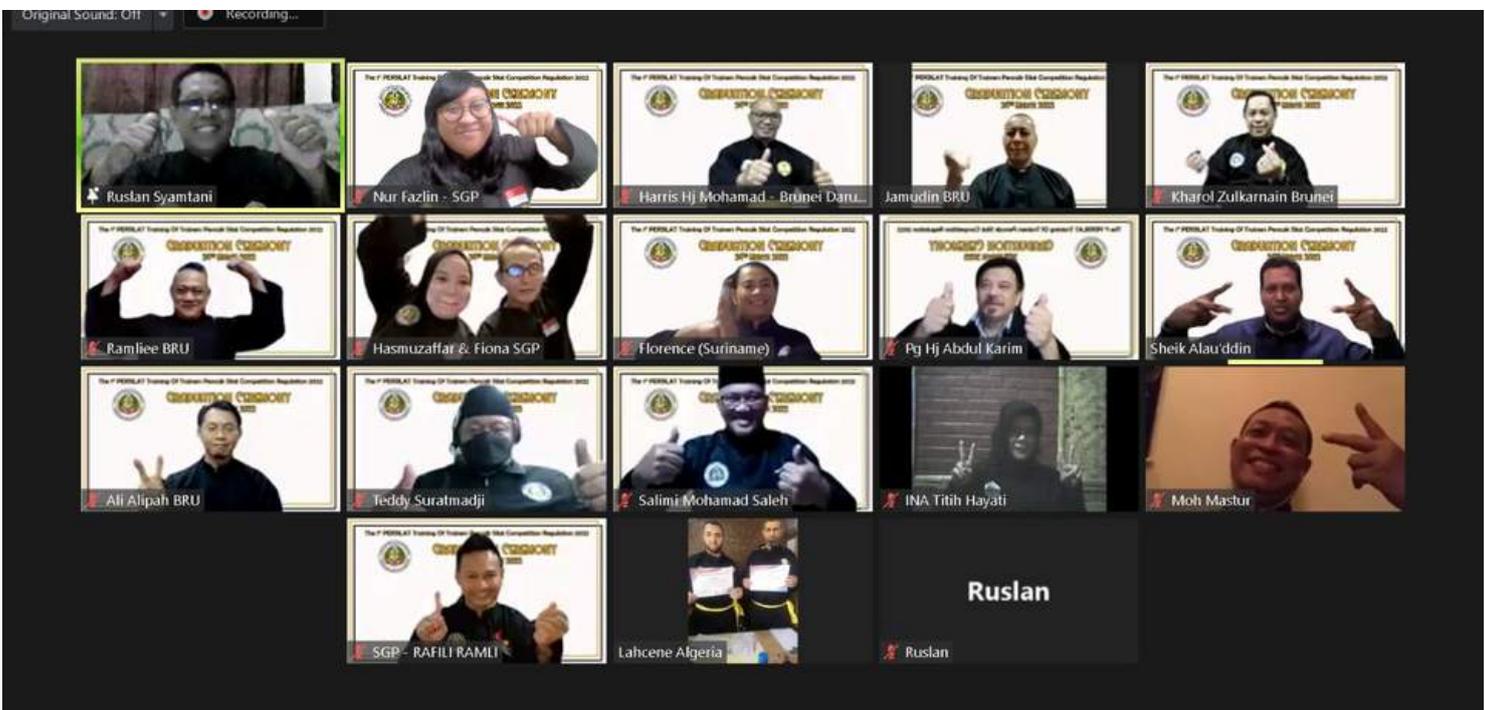
# GRADUATION CEREMONY FOR TOT

In January - February 2022, the International Pencak Silat Federation (PERSILAT) conducted the Training of Trainers course. At the end of the course, the participants received a competency certificate that certified them as a recognized trainer to conduct sessions on the New Rules and Regulations in their countries.

The course has 4 components: Theory, Practical, Recorded Assignment and Live Assessment.

Course trainers, Bapak Benny Sumarsono, Dr. Sheik Alau'ddin Yacoob Marican, PBM, Bapak Teddy Suratmadji and Datuk Megat Zulkarnain, managed to complete the course for the participants, and the participants from Singapore: Nur Fazlin Juma'en, Nurul Khairunnisa @ Fiona, Hasmuzaffar Hasibollah, Salimi Mohd Saleh and Mohd Noor Rafili, have graduated from the Training of Trainers! Congratulations!







Our friends from Malaysia has also successfully graduated from the Training of Trainers!

Heartiest congratulations from all of us here at Singapore Silat Federation to: Mohamad Hairil Hj Mohamad Tanuri, Mohamad Sayuthi Bin Abd Rani, Kamarul Ariffin Bin A Latib, Mohammad Nor Azan Bin Aziz and Mohsin Bin Shaari.



# NEWSPAPER ARTICLES

Berita Harian | Rabu, 9 Mac 2022

15

## PERSIAPAN KE SUKAN SEA: SILAT SNOC lulus rayuan Persisi bawa skuad penuh ke Hanoi

► ISMAIL ALI  
ismail@sph.com.sg

PERSEKUTUAN Silat Singapura (Persisi) menerima berita baik petang semalam apabila hasrat mereka menyertakan skuad penuh seramai 21 atlet ke Sukan SEA Hanoi Mei ini mendapat restu Majlis Sukan Olimpik Kebangsaan Singapura (SNOC).

Berita tersebut disampaikan kepada Ketua Eksekutif Persisi, Sheik Alau'ddin Yacoob Marican, oleh jurucakap SNOC selepas panel rayuan majlis sukan setempat itu meluluskan permohonan persatuan-persatuan sukan bagi penyertaan atlet mereka ke temasya dwitahunan itu.

Kelulusan itu bermakna kesemua 21 pesilat dalam skuad negara kini akan tampil dalam semua 16 acara yang dipertandingkan dalam Sukan SEA Ke-31 yang dijadualkan berlangsung dari 12 hingga 23 Mei ini.

Melahirkan kegembiraannya kepada *Berita Harian* selepas menerima berita baik itu, Sheik Alau'ddin berkata:

"Pertama sekali saya ingin mengucapkan rasa syukur hasrat Persisi membawa dan menyertakan semua pesilat kami menjadi kenyataan.

"Saya amat berterima kasih kepada SportSG (Sport Singapore) dan SNOC kerana menimbangkan dan meluluskan rayuan kami. Saya berasa sangat gembira dan akan mengongsi berita baik ini kepada atlet kami malam ini (semalam)."

Dalam senarai awal yang dikeluarkan pada 16 Februari lalu, SNOC hanya menamakan juara dunia, Muhammad Iqbal Abdul Rahman Iqbal; juara dunia, Sheik Farhan Sheik Alau'ddin; dan Abdul Raazaq Abdul Rashid, pemenang pingat gangsa Kejujutan Pencak Silat Asia 2019, dalam senarai pesilat yang akan dibawa ke ibu kota Vietnam itu.

Menurut Sheik, penyertaan kesemua atletnya dalam temasya kali ini wajar berdasarkan pencapaian terkini mereka.

### ACARA TANDING

1. Aniq Asri Mohd Yazid - Lelaki Kelas B (50-55kg)
2. Muhammad Hazim Mohd Yusli - Lelaki C (55-60kg)
3. Muhammad Rilansyauqi Mistam - Lelaki D (60-65kg)
4. Abdul Raazaq Abdul Rashid - Lelaki F (70-75kg)
5. Sheik Ferdous Sheik Alau'ddin - Lelaki G (75 - 80kg)
6. Muhammad Syakir Jeffry - Lelaki H (80 - 85kg)
7. Sheik Farhan Sheik Alau'ddin - Lelaki J (90 - 95kg)
8. Muhamad Rizuan Muhamad Razak - Terbuka Lelaki 1 (95 - 110kg)
9. Nurul Suhaila Mohd Saiful - Wanita E (65 - 70kg)
10. Siti Khadijah Mohd Shahrom - Wanita F (70 - 75kg)

Ini menyusuli kejayaan skuad negara membolot 25 pingat – 11 emas, sembilan perak dan lima gangsa – dalam Kejujutan Pencak Silat Asia Tenggara (SEA) yang berlangsung di sini dari 25 hingga 27 Februari lalu.

"Bagi Sukan SEA Hanoi, kami meletakkan harapan memenangi sekurang-kurangnya empat pingat emas menerusi Sheik Alau'ddin; juara dunia, Sheik Ferdous Sheik Alau'ddin; Muhammad Iqbal dan pemenang pingat emas Sukan SEA 2019, Muhammad Hazim Mohd Yusli," jelas Sheik Alau'ddin, yang turut bertindak sebagai ketua jurulatih pasukan.

Beliau turut melahirkan harapan tiga lagi juara dunia dan pemegang Biasiswa Kejujutan Sukan (Biasiswa spex) seperti Muhammad Syakir Jeffry, Nurul Suhaila Mohd Saiful dan Siti Khadijah Mohd Shahrom dapat memenangi pingat emas.

Menurut Sheik Alau'ddin lagi, beliau tu-

rut menjangka pasukan pesilat negara memenangi tiga lagi pingat perak dan enam gangsa di Hanoi.

Cabaran yang dihadapi Persisi sekarang, tambah beliau, adalah menonjolkan muka baru berbakat bagi menggantikan atlet yang sudah berundur.

"Saya yakin atlet baru kami mampu memberikan persembahan terbaik. Ada di antara mereka yang menunjukkan persembahan cemerlang dalam Kejujutan Pencak Silat SEA lalu. Seperkara lagi adalah persediaan pesilat menggunakan sepenuhnya perubahan teknik dan peraturan dalam kategori tanding yang diluluskan Februari lalu dan dipertandingkan buat julung-julung kali dalam Kejujutan Pencak Silat SEA lalu. Siapa yang dapat menguasai perubahan teknik ini, yang antara tujuannya menjadikan pertandingan silat lebih menarik, mempunyai peluang cerah menang," ujar beliau.

### SKUAD PENUH PESILAT NEGARA KE SUKAN SEA HANOI



### SENI

11. Muhammad Iqbal Abdul Rahman
- Seni Lelaki Tunggal & Regu
12. Muhammad Haziq Mohd Zaque

- Seni Ganda Lelaki
- 13. Muhammad Hazim Mohd Zaque
- Seni Ganda Lelaki
- 14. Muhammad Nazrul Mohd Kamal
- Seni Lelaki Regu
- 15. Muhammadnil Mustafar Mohd Isa
- Seni Lelaki Regu
- 16. Siti Nazurah Mohd Yusoff
- Seni Tunggal Wanita
- 17. Nur Aziyana Ismail
- Seni Ganda Wanita
- 18. Sharifah Shazza Samsuri

19. Ifah Batrisyia Noh - Seni Raghu Wanita
20. Amirah Binte Sahrin - Seni Regu Wanita
21. Nur Ashikin Zulkifli - Seni Regu Wanita

### Pertemuan teliti teknik, peraturan baru

EMPAT negara pendukung utama silat – Singapura, Malaysia, Indonesia dan Brunei – akan mengadakan satu pertemuan khas hari ini untuk meneliti penganjuran Kejujutan Pencak Silat Asia Tenggara (SEA) baru-baru ini.

Ini didedahkan Pengarah Besar Persekutuan Silat Antarabangsa (Persilat), Sheik Alau'ddin Yacoob Marican, yang juga Ketua Pegawai Eksekutif

Persekutuan Silat Singapura (Persisi).

Antara agenda pertemuan yang akan diadakan menerusi wadah Zoom itu adalah untuk memastikan semua anggota Persilat, terutama yang mengambil bahagian dalam mana-mana kejujutan silat, faham sejelas-jelasnya pelaksanaan teknik dan peraturan baru yang diperkenalkan dalam acara tanding.

Perubahan itu bertujuan menjadikan pertandingan

lebih menarik, adi dan moden, selari dengan perkembangan teknologi.

Teknik dan peraturan baru yang diperkenalkan pada Februari tahun lalu itu buat julung-julung kalinya dilaksanakan dalam pertandingan sebenar dalam Kejujutan Pencak Silat SEA di Singapura yang berlangsung dari 25 hingga 27 Februari lalu.

*Berita Harian* turut menerima undangan menyertai pertemuan tersebut.

9 March 22, Berita Harian, SNOC lulus rayuan Persisi bawa skuad penuh ke Hanoi, Page 15

FOKUS SUKAN

# Teknik, aturan baru janji masa depan cerah bagi SILAT

Pertandingan lebih menarik, moden dan canggih yakinkan Persilat sukan kampung dapat dipertandingkan dalam Sukan Olimpik 2028 sebagai acara pertunjukan

by ISMAIL ALI  
ismail@cpn.my

SILAT bakal menikmati masa depan lebih cerah dengan adanya beberapa teknik baru dan sistem penarakanh canggih dan telus yang akan menjadikannya lebih moden dan menarik.

Kepercayaan itu dilahirkan oleh tiga daripada empat anggota pendahulu utama Persekutuan Silat Antarabangsa (Persilat) - terdiri daripada Singapura, Indonesia dan Brunei - dalam satu pertemuan khas menerusi wadah Zoom baru-baru ini.

Malah, kejayaan memperkenalkan teknik lebih tangkas dan menarik untuk menyertir dan memantulkan lawan serta sistem penarakanh lebih moden dan telus baru julung-julung kali dalam Kejuaraan Pencak Silat Asia Tenggara (SEA) di sini pada Februari lalu mampu membawa silat - sukan yang berasal dari kampung - ke persada antarabangsa apabila ia bakal diperkenalkan sebagai sukan pertunjukan dalam Sukan Olimpik 2028 di Los Angeles, Amerika Syarikat.

"Ya, itu sasaran baru bagi silat. Kami menetapkan matlamat memperkenalkan silat sebagai sukan pertunjukan dalam Sukan Olimpik XXXIV di Los Angeles pada 2028 dan kami optimis dapat mencapainya," jelas Teddy Suratmaji, Setiausaha Agung Persilat dan Ikatan Pencak Silat Indonesia.

"Silat 1987 (Sukan SEA Jakarta) hingga 2019 Sukan SEA Manila, aset ikonik silat menggunakan peraturan lama. "Ramai yang menyifatkan acara silat yang dipertandingkan dalam Sukan SEA dan kesudahan Sukan Asia sebagai membosankan, terlalu konservatif dan terlalu lambat".

"Dengan pertandingan terluh kerap dibentok kerana campur tangan jurulatih, pengadun dan wasit juri, penonton menjadi kecewa, tidak faham.

"Bagi mereka, ia ibarat satu keseronokan yang tidak nampaknya, manakala pihak media membanding-bandingkan silat dengan sukan lebih tangkas dan menyeronokkan seperti muay thai, karate, taekwondo dan seni perlawanan diri campuran (MMA)."

"Kami merasakan jika kami mahu membawa silat ke Sukan Olimpik, silat tidak boleh kekal begini (membosankan, terlalu konservatif dan terlalu lambat).

Jadi, selepas mengadakan pertemuan dan perbincangan yang begitu lama, bermula pada 2019, Persilat kini memperkenalkan teknik, prosedur dan pemarkahan baru bagi pertandingan silat yang bertujuan menghiburkan, menarik minat penonton di rantau ini dan di peringkat global dengan matlamat memperkenalkan silat dalam Sukan Olimpik."

- Teddy Suratmaji, Setiausaha Agung Persilat dan Ikatan Pencak Silat Indonesia.

Menurut Teddy, yang juga Setiausaha Agung Ikatan Pencak Silat Indonesia, anggota utama Persilat mengadakan lebih 20 mesyuarat dan lebih 1,000 jam untuk mencanai bujukan untuk memajukan silat.

"Kami merasakan jika kami mahu membawa silat ke Sukan Olimpik, silat tidak boleh kekal begini.

"Jadi, selepas mengadakan pertemuan dan perbincangan yang begitu lama, bermula pada 2020, Persilat kini memperkenalkan teknik, prosedur dan pemarkahan baru bagi pertandingan silat yang bertujuan menghiburkan, menarik minat penonton di rantau ini dan di peringkat global dengan matlamat memperkenalkan silat dalam Sukan Olimpik," tambah Teddy.



MEMBINCANG PELAKSANAAN TEKNIK DAN PERATURAN BARU: Sheik Alau'udin (baris atas, kiri), Teddy (baris bawah, kiri) dan Pengiran Abdul Karim (baris bawah, kanan) bersama wartawan BM dalam sesi Zoom untuk membincangkan pelaksanaan teknik dan peraturan baru bagi acara tanding dalam Kejuaraan Pencak Silat Asia Tenggara yang baru lalu. - Foto PERISA

## Pendukung utama Persilat puas hati Kejuaraan SEA jalan lancar

WAKIL anggota pengadun yang menjadi pendahulu utama Persekutuan Silat Antarabangsa (Persilat) berpuas hati bahawa pelaksanaan teknik, peraturan dan sistem pemarkahan baru pertandingan silat yang dilaksanakan buat julung-julung kali dalam Kejuaraan Pencak Silat Asia Tenggara (SEA) di Singapura pada Februari lalu berjalan lancar.

Namun, panel tiga anggota utama Persilat itu - Teddy Suratmaji, Sheik Alau'udin Yacob dan Pengiran Abdul Karim Pengiran Metassan, - berpendapat bahawa lebih banyak krusus penyeyapan peraturan akan diadakan dalam kalangan negara anggota bagi memastikan semua pihak - daripada atlet, jurulatih kepada pihak pengurusan pasukan - faham sejelas-jelasnya mengenai perubahan tersebut.

Teknik dan sistem pemarkahan baru itu - yang bertujuan menjadikan pertandingan silat lebih menarik, moden, adil dan selari dengan perkembangan teknologi - akan dilaksanakan dalam acara tanding Sukan SEA Hanoi Mei ini.

Menuturkan kesimpulan itu, Teddy, selaku Setiausaha Agung Persilat, berkata: "Setelah menyaksikan pelaksanaan teknik dan peraturan baru ini akan berjalan dengan selamat, lancar dan berkesan.

"Kami telah mengumpul maklum balas dan mengambil pelajaran daripada Kejuaraan SEA dan akan mengadakan krusus penyeyapan untuk semua pihak terhadap para wasit juri bukan hanya untuk Sukan SEA akan datang, malah hingga ke Sukan Olimpik."

Teknik dan peraturan baru bagi acara tanding itu diperkenalkan pada Februari tahun lalu itu.

Memberikan pandangannya, Pengiran Abdul Karim, berkata kesemua perubahan itu bertujuan menjalkan pertandingan silat menarik dan menarik.

"Selapa yang mendalamnya akan mendapati ia lebih menarik. Kalau ada kes (tidak puas hati), mereka perlu kembali kepada asas, nama ada faham atau tidak teknik dan peraturan yang diperkenalkan," ujarnya.

- lantikan acara tanding  
- dilaksanakan buat julung kali dalam Kejuaraan Pencak Silat SEA di Singapura Februari lalu  
- akan dilaksanakan dalam Sukan SEA Hanoi Mei ini dan pertandingan seterusnya

### TEKNIK & PERATURAN BARU

#### Antara Teknik Menarik Yang Dibolehkan

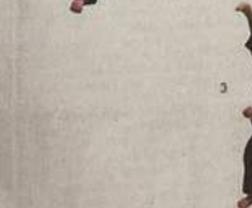
#1 - Angkat dan menghempas ke tepi atau 'lift and side throw'



#### Teknik yang Tidak Dibenarkan - "mengakibatkan penyingkiran"

#2 - Menghempas ke belakang atau 'Suplex'

#3 - Menghentak kepala ke bawah dengan kaki di atas atau 'Pile Driving'



#### Kesalahan Serius



#4 - Tendangan tepat ke lutut

Penjelasan: Tendangan tepat ke lutut adalah satu kesalahan serius - kerana ia satu serangan pada bahagian tubuh yang tidak dibenarkan yang akan mengakibatkan atlet diberi Amaran (-5 mata)

#### Teknik yang Dibenarkan



#5 - Mengunci Lengan atau 'Standing Ambar'

#6 - Mengunci Buku Lali atau 'Ankle Lock'

Penjelasan: Atlet dibenarkan melakukan teknik kuncian ke atas lawan dalam tempoh 5-saat. Jika atlet yang dikunci menyerah kalah secara lisan atau dengan menepuk tangan (tap), atlet itu akan disingkirkan (dilarah kalah) dengan keputusan TKO. Atlet yang melakukan kuncian tidak akan diberi amaran lisan atau diberi teguran.

#### Kelengkapan

##### Tikar Gelanggang



##### Kotak Jurulatih



##### Pelindung tubuh atau jaket

Jaket pelindung tubuh berlapis penah batu



##### Alat Kira Masa 5-Saat

Wajib perlu menguatkuasakan peraturan 5-saat apabila menyakikan atlet dalam proses melakukan teknik jatuhan (termasuk menarik, menyentak dan mengunci)



# FUNDRAISING: HARI RAYA BAKE SALE 2022

It's the time of the year!

The Hari Raya Bake Sale is a fundraising initiative by Singapore Silat Federation to help raise funds for our athletes and youth development.

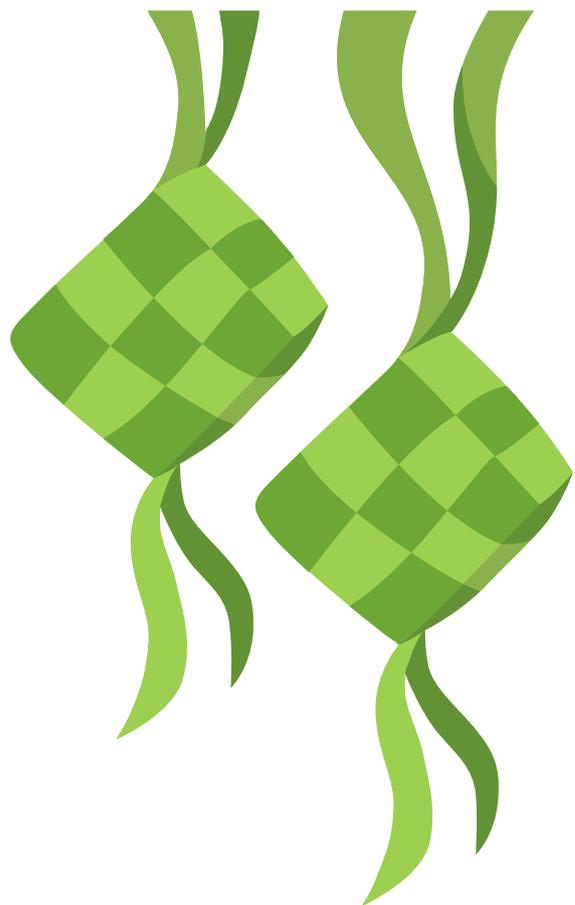
Get your Raya goodies through the QR code below.

The order form will be closed on the 22nd of April (Fri), 2359.

For more information, do not hesitate to contact us at [ssf@persisi.org](mailto:ssf@persisi.org).



# FUNDRAISING: MINI BAZAAR RAMADHAN 2022



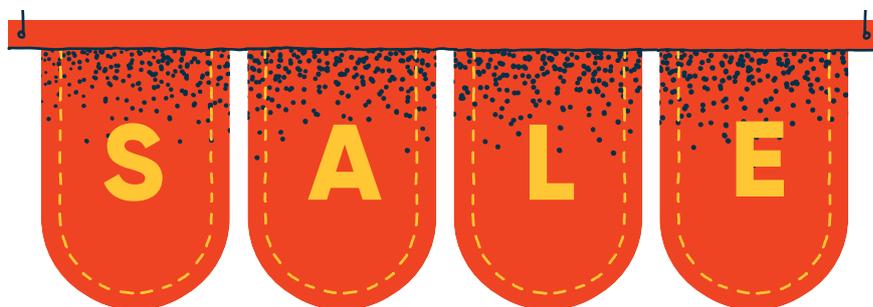
In line with the upcoming festivities, Singapore Silat Federation will be holding a Mini Bazaar Ramadhan in aid of fundraising to help raise funds for our athletes and youth development.

The bazaar will be held at the ActiveSG Silat Hall in Heartbeat@Bedok from the 15th - 17th of April 2022, 1 pm - 9 pm.

With the current Safety Management Measures (SMM), there will be no time allocation for all shoppers, however only 30 pax (inclusive of sellers) will be allowed in the hall at each time.

Some of our vendors include De'chickies Apparel and Z's Snacks. Prices start from \$5, and all payment terms will be in cash.

See you soon!





**ONE**  
**SGSILAT**

PRESENTS

# MINI BAZAAR RAMADHAN

IN AID OF FUNDRAISING

15, 16, 17 APRIL 2022  
1 PM - 9 PM

ACTIVESG SILAT HALL  
HEARTBEAT@BEDOK

AN INITIATIVE BY SINGAPORE SILAT  
FEDERATION'S PRIDE TEAM



# SPORTS MATTERS ACADEMY: SPORTS MARKETING MATTERS

On the 15th of March 2022, the Marketing department of Singapore Silat Federation attended one of the modules of the Sports Matters Academy, which was the Sports Marketing Matters: Getting Noticed to Build Fan Communities.

Featuring panelists such as Andrew Collins (CEO of Mailman) and Erica Kerner (Chief Marketing & Communications Officer of SailGP), the module covered topics such as marketing our content, athletes and brands, using the social and traditional media that is delivered by ad agencies, sports agencies and media platforms.



# FACE OF THE MONTH: MUHAMMAD HAZIQ MOHD ZAQUE & MUHAMMAD HAZIM MOHD ZAQUE

Our Silat journey started when we were both 7 and 5 years old respectively. Since then, we have managed to win in both local and overseas Pencak Silat competitions like the Singapore Open and Maliboro.

Throughout the years in Silat, we really want to achieve our goal of competing in the SEA Games, and this year, we are so glad that we will be able to reach that goal.

Being athletes, not only does the commitment and the dedication for the sport helps us to achieve our own personal goals, but it also helps us deter away from unhealthy activities and helps to keep our family bonding strong!

We feel very lucky to be a part of this with our parents, this has definitely helped to shape us into who we are today.



Photo by: Jupong



Photo by: Jia Xing

Being a part of a team sport as brothers has definitely helped us in terms of our relationship with each other. It has also put us in an advantage in terms of the teamwork that we have between each other.

Additionally, being in a team with each other has also boosted the level of understanding that we have for each other. It helps us learn things such as resilience, leadership, accountability, respect and patience.

The best part about competing? For us, it is knowing our own levels of competency. After each competition that we go through, we will review our own performances and moving forward, we make sure to be one level better than we did previously.

To motivate through the tough days, we always tell ourselves that "*pain is temporary, victory is forever*". We believe that we will not be able to achieve success at all without the pain. We have to undergo the pain if we want to win in the game.

For sure, we will shed the sweat. We will have cramps in our calf muscles. We will feel tired but we always have to remember that these sufferings are nothing before the joy of victory.

With that, we can confidently say that our strength is definitely self-motivation.

With the three most important values that we share, Happiness, Prosperity and Progress, we hope to achieve the greatest heights together as a team.

Ten years down the road when we have gotten enough experience, hopefully, we would definitely love to have the opportunity to coach the next generation of athletes, and give back to the Silat community.

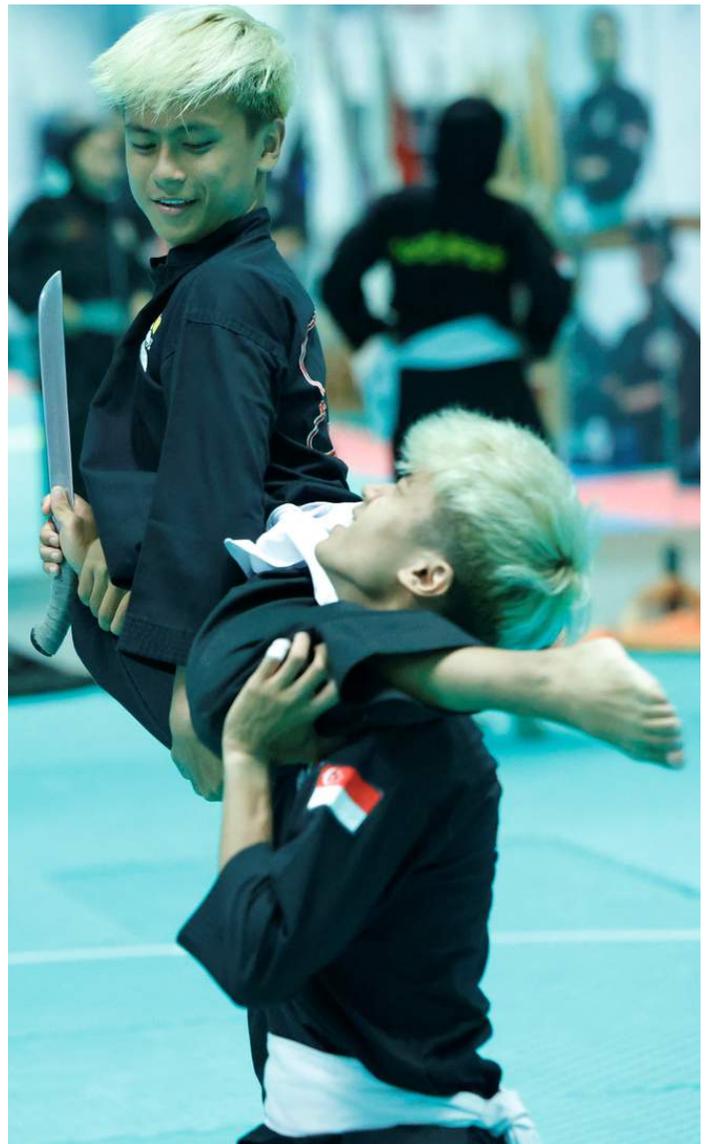


Photo by: Jupong

# GAME FOR LIFE (GFL)

Sport Singapore developed the Game For Life Toolkit that features the use of game activities and specific role playing for the learning and development of performance, social and moral values and attributes. This enables training, education and coaching professionals to create teachable moments, where learning values can be infused into any sporting experience for every individual.

Only NROC coaches will be able to take the assessment.

Coaches who have passed the GFL:

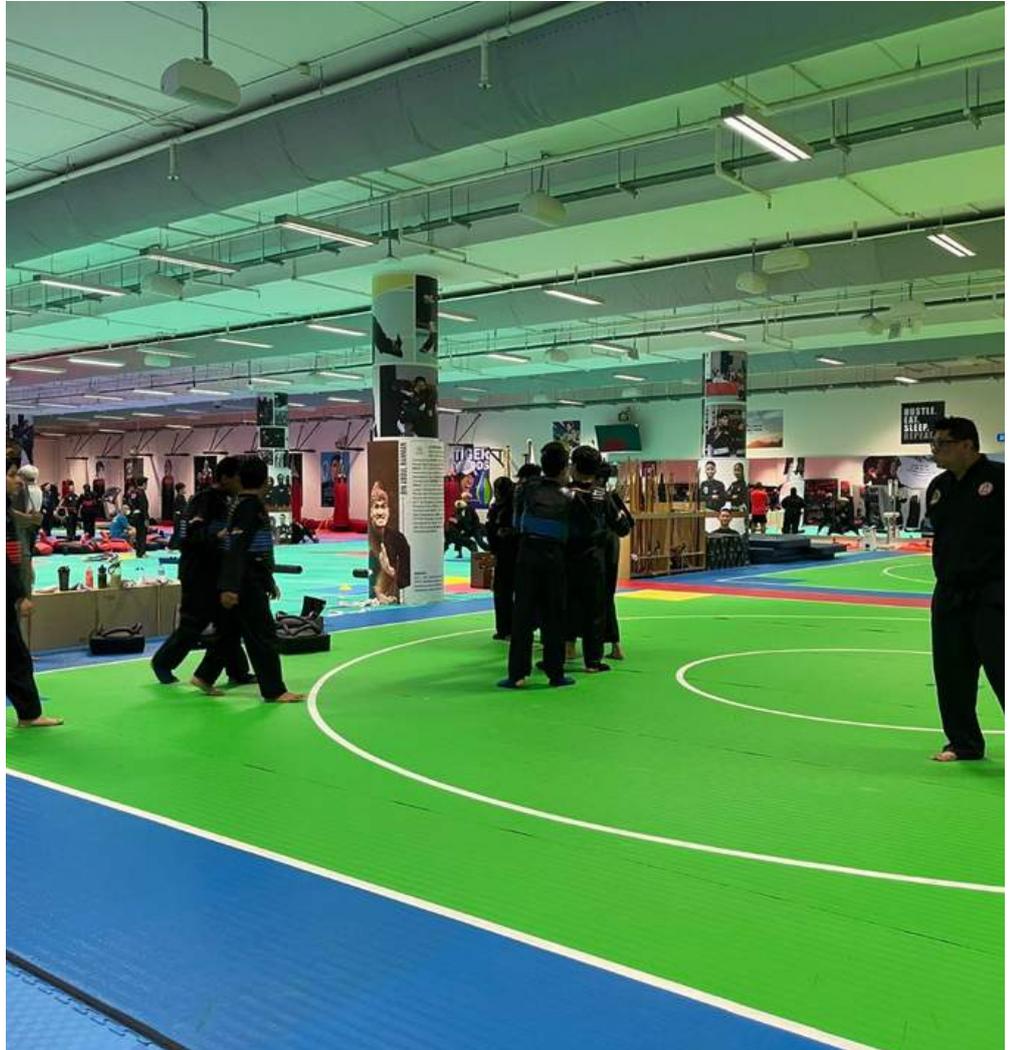
1. Muhammad Fiqri
2. Noh Mohd Sharif
3. Nurul Fiona

In Progress:

1. Nur Fazlin



The graduation for the Game For Life (GFL) assessment will take place on the 29th of April 2022.

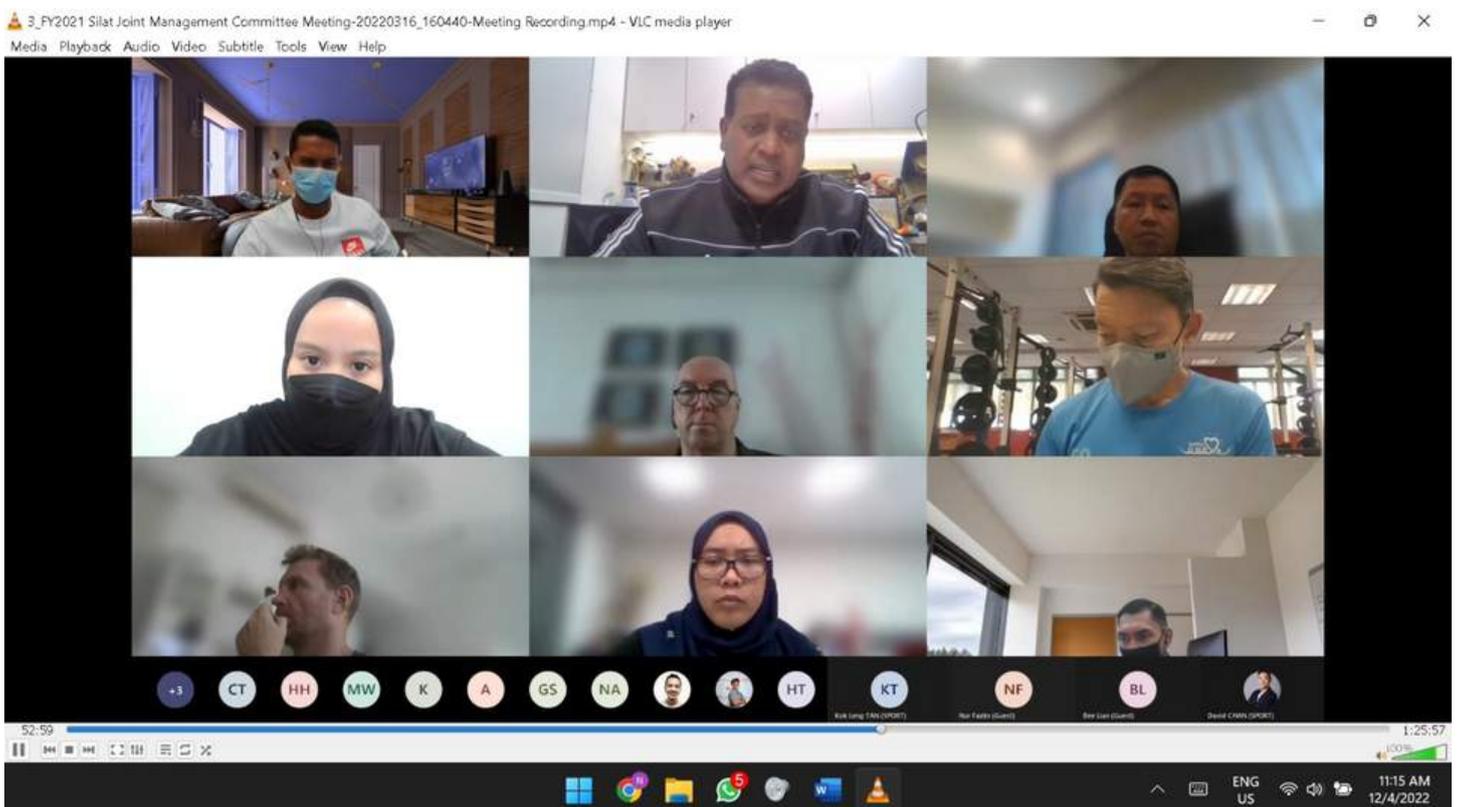


# JMC MEETING WITH SSI

The Joint Management Committee meeting was held on the 16th of April 2022, from 4pm - 6pm via Microsoft Teams.

The meeting covered the Preparation towards the Major Games (SEA Games & World Championships), the High Performance Plan (2022 - 2026), a Review on SEA Championship athletes, a Sharing on the R&D Roadmap, NYSI's Performance Pathways Science Approach and a Sharing on Silat Syllabus and Curriculum.

The meeting was attended by staff members of Singapore Silat Federation, Sport Singapore Institute, National Youth Sport Institute and Singapore Sport School.





## Silat JMC - Sport Biomechanics -

### Visual-Perceptual-Motor Skill: Research Roadmap

Dr Luqman Aziz  
Sport Biomechanist  
Singapore Sport Institute



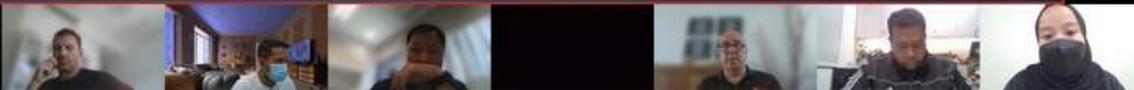
+15 KT RS NF BL



## Preparation for Major Games in 2022 31<sup>ST</sup> SEA Games

MONTH	DAYS	TIME	PROGRAM	REMARKS
March 2022	Monday to Friday	4pm to 6pm	Physical Training	
		730pm to 10pm	Skill Training	
	Saturday	10am to 1pm	Physical Training	
April 2022	Monday to Friday	4pm to 6pm	Physical Training	**Ramadhan
		830pm to 1030pm	Skill Training	**Ramadhan
	Saturday	4pm to 6pm	Physical Training / Recovery / Friendly Trial	**Friendly Trial to simulate updated R&R
May 2022	4 May 2022	Closed for Hari Raya. Training will resume as per usual on 1, 2, 3, 5 & 6 May 2022		
	5 & 6 May 2022	Local Training Camp		
	7 May 2022	Depart for 31 <sup>st</sup> SEA Games		

+12 KT NF



# SPORTSCOLLECTIVE



SportsCollective, co-founded by Singapore Silat Federation's CEO, Dr Sheik Alau'ddin, alongside Alfred Lye, is a platform that will allow fans of local sports to hold Non-fungible Tokens (NFTs) curated by their favourite sports athletes. This will be launched in mid-February.

With the objectives of generating income and improving the interactions between the athletes and fans, the NFTs will be made available in forms such as super-fan badges, iconic sports moments, portraits of the athletes, and many more.

Some of the athletes who have joined SportsCollective include our very own World Champions; Sheik Farhan, Sheik Ferdous and Nurul Suhaila.

Find out more about SportsCollective by scanning the QR code!



# FOR MORE READING ON NFTS:

Asia

## Indonesian student's selfies fetch US\$1 million in NFT sales



14 Jan 2022 10:55PM  
(Updated: 14 Jan 2022 10:55PM)



Sultan Gustaf Al Ghazali took a picture of himself sitting in front of his computer almost every day over the last five months. He then sold the photos as NFTs for a total of US\$1 million.

Singapore

## IN FOCUS: Opportunities and risks? Singapore creators ride NFT wave as new source of income

More local artists are entering the NFT space, drawn by the novelty of the medium and potential new income streams as they look to sell their work. As buyers hop on the bandwagon too, CNA explores the trend – and the pitfalls to beware of.



Non-fungible tokens have exploded in popularity in the past year. (Images: Jonathan Liu, Yuga Labs, Larva Labs, Speak Crypto, The Next Most Famous Artist, Salona Monkey Business, Bleep, Chanel Lee, Shavonne Wong)

Cheryl Lin  
@CherylLinCNA

29 Jan 2022 06:00AM  
(Updated: 29 Jan 2022 09:12AM)



Technology  
Crypto

## Tom Brady's NFT Startup Gets \$170 Million in Silicon Valley Funding

- Autograph closed Series B co-led by a16z, Kleiner Perkins
- Startup partners with athletes to create digital collectibles



Tom Brady. Photographer: Andy Lewis/Icon Sportswire/Getty Images

By Yueqi Yang  
January 20, 2022, 5:02 AM GMT+8



# THE PEOPLE BEHIND SG SILAT

I am Nur Asiah Arshad, 33 years old, and currently, I am the Director of Marketing and PR for Singapore Silat Federation (SSF).

Definitely not as fierce as what people perceive me to be, as a person I am simple, quiet and quite an introvert. However due to the nature of my work, I have become the opposite.

I started off as a volunteer at the National Pencak Silat Championship in 2008, where I got too much free time as I just graduated then, and my course mate who was already working with the federation was looking for volunteers to support the championship with more manpower.

After volunteering for another event of SSF's at Mega Big Bazaar at Singapore EXPO in August 2008, I was offered to work as a part-timer under the accounts.



A month after working as a part-timer, I was offered a full-time position when Dr Sheik Alau'ddin Yacoob Marican, CEO of SSF, was looking for an assistant.

From then on, my life has been a roller coaster ride with Singapore Silat Federation.



Mainly for my current position, the marketing department handles appearances of our national athletes, queries from the media, promoting and creating awareness for Pencak Silat.

As the world is now evolving virtually and digitally, we are approaching the public with more of our digital contents to introduce about our sport, athletes, culture, and people in the Silat community.



Being a part of Singapore Silat Federation, I really enjoy my time here because I know that I have supportive colleagues, team members, and especially your leader (Dr Sheik) who will always be there to catch me or push me and I am at the bottom or at the top!

The most rewarding part of the job of course is when people start to recognize who and what Singapore Silat Federation is, and the fact that I was a part of it.

This helps to motivate me each and everyday, but of course, I am still learning. Everything that I do at work is still part of a learning process for me, where I feel that I should improving on and working on it.

However, my main motivation will be ticking off "DONE!" on my checklist at the end of the day!

The past fourteen years being in SSF has definitely got me through the different ups and down.

If I could highlight one best memory, it has to be the year of 2018 where we had back-to-back events, programs, championships (including organizing of the 18th World Championships and participating in the Asian Games) and external engagements.

Each and every staff worked closely together, to ensure that the event proceeded as planned.



In the coming future, I would like to see Singapore Silat Federation being the hub where reliable news and information on Pencak Silat can be found locally and internationally.

# #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

# MAR. 2022

## #OUTOFARENA



SUBSCRIBE 

# LIVE! TALK SHOW WITH DR SHEIK ALAU'DDIN & NATIONAL COACHES

On the 26th of March 2022, we conducted a Live! Talk Show featuring CEO of Singapore Silat Federation, Dr Sheik Alau'ddin Yacoob Marican, PBM, along with our National Coaches, Muhammad Fiqri, Muhamad Hamdi, Hasmuzaffar Hasibollah and Selvi Dwi Sri Marlina.

Deep insights were shared amongst each other with regards to the Upgraded Pencak Silat Rules & Regulations, along with lots of laughter and funny stories!

The live replay is available on our YouTube channel if you missed it!



The poster features the Singapore Silat Federation logo (SINGAPORE SILAT FEDERATION) and the 'ONE SGSILAT' branding. It includes a grid of six images: a man in a tuxedo, a man in a suit, a man in a dark jacket, a man in a dark jacket, a microphone icon, and a woman speaking. The text 'PRESENTS LIVE TALK SHOW' is prominently displayed, with 'LIVE' in large white letters and a red circle. Below this, a yellow box states 'STREAMING: 26 MARCH 2022'. At the bottom, a yellow box reads 'EXCLUSIVE WITH DR SHEIK ALAUDDIN YACOOB MARICAN, PBM & NATIONAL COACHES' and an orange box shows '1:00 PM'.

**SINGAPORE SILAT FEDERATION**  
**ONE SGSILAT**

**PRESENTS LIVE TALK SHOW**

**STREAMING:  
26 MARCH  
2022**

**EXCLUSIVE WITH  
DR SHEIK ALAUDDIN YACOOB MARICAN, PBM  
& NATIONAL COACHES**

**1:00 PM**



# LIVE! TALK SHOW WITH TEAM SINGAPORE PENCAK SILAT ATHLETES

On the 29th of March 2022, we conducted a Live! Talk Show featuring our athletes, Muhammad Iqbal Abdul Rahman, Nur Azlyana Ismail, Sheik Ferdous Sheik Alau'ddin, Siti Khadijah Mohd Shahrem, and moderated by Nurul Suhaila Mohd Saiful.

Lots of experiences and thoughts amongst the athletes with regards to the Upgraded Pencak Silat Rules & Regulations, and what they look forward to the most in the upcoming SEA Games in Vietnam!

The live replay is available on our YouTube channel if you missed it!



The graphic is a black rectangular poster with yellow and orange accents. In the top left corner is the Singapore Silat Federation logo, which includes a stylized red and yellow 'S' shape and the text 'SINGAPORE SILAT FEDERATION'. Next to it is the 'ONE SGSILAT' logo. On the right side, the text 'PRESENTS LIVE TALK SHOW' is displayed in white, with 'LIVE' in a larger font and a red circle to its right. Below this, a grid of six small images shows athletes in various poses and a microphone icon. To the right of the grid is a yellow rounded rectangle containing the text 'STREAMING: 29 MARCH 2022'. At the bottom, there are two more rounded rectangles: a yellow one on the left with the text 'EXCLUSIVE WITH TEAM SINGAPORE SILAT ATHLETES' and an orange one on the right with the text '1:00 PM'. A small orange box at the bottom of the grid says 'MODERATED BY: NURUL SUHAILA'.

**SINGAPORE SILAT FEDERATION**

**ONE SGSILAT**

**PRESENTS LIVE TALK SHOW**

**STREAMING:  
29 MARCH  
2022**

**EXCLUSIVE WITH  
TEAM SINGAPORE SILAT ATHLETES**

**1:00 PM**

**MODERATED BY:  
NURUL SUHAILA**



# LIVE! TALK SHOW WITH REFEREE-JURY

On the 30th of March 2022, we conducted a Live! Talk Show featuring our Referee Jury, Mr Hardy Yanto Bin Mameni, Mr Mohd Zaque Mohd Ali, Mr Md Roslan, Mr Shafaq Ali Haq, and moderated by Mr Abdul Hamid Bin Gaus. Unfortunately Mr Mohd Yasrin Mohd Yasil was not able to attend the session due to work commitments.

Lots of insights were shared amongst themselves as the Referees in the matches, and their thoughts with regards to the Upgraded Pencak Silat Rules & Regulations!

Bonus, the gentlemen also entertained us with an ice-breaker game in the middle of the session and their hilarious answers!

The live replay is available on our YouTube channel if you missed it!

**SINGAPORE SILAT FEDERATION**  
**ONE SGSILAT**

**PRESENTS LIVE TALK SHOW**

**STREAMING:  
30 MARCH  
2022**

**EXCLUSIVE WITH  
REFEREE-JURY**

**8:00 PM**

MODERATED BY:  
ABDUL HAMID



# 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.



# LEVELS IN NATIONAL SYLLABUS

SASH	LEVEL	DEFINITION	REMARKS
White	1	Beginner	
	2		
	3		
Green	4	Intermediate	Eligible to compete
	5		
	6		
Red	7	Advanced	
	8		
	9		
Brown	10	Assistant Instructor	Assist instructors with the White Sash students
	11		
	12		
Black	13	Instructor	
	14		
	15		

Full completion for the National Grading & Syllabus will approximately to be completed between 8 to 10 years.

Upon completion of each level, students will earn a badge where it will be placed on the edge of the sash. Students are required to put on the current badge they have attained for instructors to identify their level easily during training.

Badges will be given upon completion of each level.

Components that will be graded is inclusive of:

- Combination of basic techniques
- Stances and footwork
- Fighting style
- Memorization of artistic movements
- Code of Ethics of a Pencak Silat athlete
- Others

# A CHAT WITH: PERGURUAN SELIGI TUNGGAL SINGAPURA



I am Khaizuran Ahmad, the Guru Utama of Seligi Tunggal Singapura. My passion for martial arts has unraveled a rather distinct and unorthodox path for me in my Martial Arts journey. My childhood was rather unconventional – my hours were usually spent in the library reading martial arts books, watching martial art movies and sidelined with various martial arts classes and competitions.

In 1986, I joined a Kungfu and later a Karate class in Jurong East. My father then persuaded me to join Silat and for the next few years I would visit to several different Silat '*gelanggang*' almost every other day with my friends and we would watch from the side. Silat really intrigues me with so many different unique forms and structures.

In 1988, I informed my father I would be joining a Silat school in Pasir Panjang. My father was surprised and told me since I was willing to travel that far, he will bring me to his friend's school in Clementi and then I can then decide which one I would want to join then, and I agreed. The first night was love at first sight and I joined Seligi Tunggal under the tutelage of the late Grandmaster Mawadi Ifi.



I was 10 when I first joined Seligi Tunggal but at the same time I was also taught by two of my father's friend in Pukulan and Pencak Pedang. Silat just synced with me although in the earlier years I was more interested in the combative forms rather than the artistic forms.

I have never been an outstanding student but I was always the most passionate and dedicated. My late master adored my commitment to learning and I will always be taught by him personally. He would fetch me from home and send me home after training. In 1998, he tested my Pukulan and taught me the last two forms to complete my learning – Jurus 20 and Langkah Roboh Rimau.



His wealth then deteriorated in late 2001 and on three occasions, he met my father and wanted me to be Guru. I refused as I felt I was too young to be one and there were many seniors before me.

In 2003, he met my father at his shop and asked him to persuade me to be a Guru. When I refused that night, my father burned my uniforms. Before he passed on, he did not certify any of his students as a Guru.

Seligi Tunggal was founded and officially registered at Malay Youth Literary Association (4PM) on 9 Oct 1963. Before it was first registered, the perguruan had no official names but just called Pencak or Pokolan. It was in 1963 that Seligi Tunggal and Bandangan Asli were initiated and nominated to be registered but Seligi Tunggal was then chosen.



Pendekar Ifi was born in Sulawesi Bugis and travelled to Bawean before he migrated to Singapore in the 1930s. He had various teachers namely Pendekar Dol Sayyid, Pendekar Atmar and Pendekar Kokko before he learned from the great Grandmaster Daeng Omar Daeng Ahmad the Buginese Art. Started at Tank Road, Bras Basah and Sophia Road, he later starts teaching at Kampong Fernhill (Wayang Satu) Infront of his abode in the early 1940s.



During one of the sessions with some of the seniors and students, when someone mentioned about certifying someone as a Guru, he only mentioned, to be a Guru you need to know Roboh Rimau. And when he was asked to teach, he said, "*I am too weak to teach you and if you want to learn the only one who knows is Ais (Khaizuran).*"

A few of them contacted me to teach them but as per my late Guru, only teach the ones whom your heart says so. He passed on that year and during his departure, I told myself when the time is right, I would then step-up.

It was in May 2011 after the passing of the late Grandmaster Mohamed Arsek Ifi (Mawadi Ifi's brother) that I told myself I need to give full commitment to Seligi Tunggal. From that day forth, Seligi Tunggal Singapura was then established and was officially inaugurated in 2013.

After taking up Kungfu, Karate and Silat, I also joined other Martial Arts – Taekwondo, Kickboxing (Kyokushin), Muay Thai (Toi Muay), Boxing, Judo and Aikido. And still trying to find time today to take up my tenth Martial Arts Jujitsu.

I learned that each Martial Art has its own unique system, values, principles, ethics and standards; this draws me to want to learn more, but Pencak Silat just feels closer to my heart.

It made me travel to Malaysia, Indonesia, Borneo and Southern Thailand to visit and learn from Silat schools. In 1994, I went for an 18-hour journey to Pattani to compete in a ‘Tomoi’ competition and it was truly an eye opener. The last I went travel for such a purpose was in 2017 in Batam as it has always been by wish to understand more about Sabandar and Patimakan; and the seminar had both.



Seligi Tunggal Singapura's *pesilat* have taken part in many full contact competitions overseas and have won many medals. Showcasing silat as a complete art has always been my goal. As a young school, STS have also competed in overseas traditional artistic competition and have won both team and individual medals with students winning the gold medal even with just a few months joining silat.

One of the best memories are performing at major performing theatres like Esplanade, Singapore Indoor Stadium, The Star Theatre, MBS Theatre, Victoria Theatre etc. One of it is Soundwave Anniversary 2013 at Esplanade Theatres in which we showcase contemporary Silat forms compounded into a theatrical dance performance.



Seligi Tunggal Singapura have always practiced adherence to the core of the traditional teaching following closely the traditions of the school. Yet STS have been involved in many new contemporary performances and modern hybrid showcases never done before. It is one of the schools that has today maintained its traditional teachings amongst it is 252 *pukulan* (combat).

Our classes are divided into two segments, the first segment is standardised traditional forms and the second segment is divided into smaller groups – tanding, seni and pukulan grouping with a few trainers will take each group.



One of the classes that I teach, the students come from broken and vulnerable families and youth-at-risk. Many of the students are delinquents are from unhealthy socio-cultural environment with and psychologically challenged from low self-esteem to violent overt tendencies and criminal propensity. For these classes, we conduct a 30mins briefing session and break-out groups to understand, discuss and counsel/share the issues raised. And also refer families to the agencies to assist and help them.

The regular advice we always tell our students are respect, humility and honor. To always have compassion, self-control and courage.

Intensive competition regime would usually start three months before competition. We would have specialized training only for competitors.



The pandemic has definitely posed a challenge for many martial arts school. Many schools have to temporarily close while others have to downsize in training numbers. We have come together for pre-endemic plans from 2022 to start with two grouping – competitive and performance group. This is to prepare for both the new *tanding* rules and also the 60th Anniversary celebration of Seligi Tunggal in 2023.



I have been self-employed since 2008 specializing in events management and production. Apart from it, I also continued my research on Martial Arts, particularly Pencak Silat. Part of my research on Weapons of Southeast Asia also went on public exhibition at the Old National Library in 2003. I also started doing programs for schools focusing on Malay Culture and Pencak Silat.



I started my Mixed Martial Arts school some years back. I started my first full-contact class back in 2004 when I conduct classes under the yellow ribbon project. If I did not continue Silat, I would have pursued in Judo or Muay Thai.

I love nature both flora and fauna. I would have been a geologist, botanist or zoologist. However today, I do spend a lot of time hiking and doing nature walks, taking pictures primarily of nature with my wonderful friends.

# UPCOMING COURSES

**NEW DATES ADDED!**

## WASIT-JURI COURSE

With the current rules and regulations, our new wasit juri course will cover every aspect of the article including the setting up and running of competition, theory sessions on all the rules, physical fitness test, practical session on becoming a wasit, learning and trying out the technical skills for both match and artistic, understanding the digital scoring system as a juri, and understanding the process of the protest system.

Participants will go through a hands on session for the digital scoring system and protest system.

To complete the session, all participants must go through the attachment during the 44th National Pencak Silat Championship 2022. Therefore, you cannot compete or be a team official for the event.

The course fee will be \$500, inclusive of one set of WJ Uniform. You are eligible to claim SkillsFuture Credit for this course.



WJ Course Dates: 18, 19, 25, 26 June & 13, 14, 20, 21 August 2022

Attachment Period: 25 to 27 August 2022

# **SG COACH INTEGRATED LEVEL-ONE COURSE**



## **SG-COACH PENCAK SILAT INTEGRATED LEVEL 1 COURSE**

DATES: 4, 5, 6, 11, 12 & 13TH APRIL

Register at <https://forms.gle/818VFfdt8DLt9vzm6>

Singapore Silat Federation is pleased to announce that we will be organizing the SG-Coach Pencak Silat Integrated Level 1 Course this 4, 5, 6, 11, 12 & 13 April 2022 at Heartbeat@Bedok, and additional dates for e-learning from 2 August - 13 September 2022, and in-person lessons on the 3, 4, 5, 10, 11 & 12 October 2022.

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

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

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

Participants are required to complete all pre-required modules via Sports-SG Ed before the start of the course.

The total course fee for SG-Coach Pencak Silat Integrated Level 1 Course is \$680.00. Participants can submit their course claim via MySkillsFuture.

Should you have any further enquiries, please do not hesitate to contact Mdm Nurul Fiona, Assistant Technical Director at [fiona@persisi.org](mailto:fiona@persisi.org) and/or +65 94249840.



# HELP US ACHIEVE OUR DREAMS TO BE A CHAMPION!



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

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

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

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

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

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

For more details, you can contact us via

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

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

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

   
  @sgsiilat



# NATIONAL RECRUITMENT 2022

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](mailto: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  link in bio.

For further inquiries, please contact us at 62822316 or email [fiona@persisi.org](mailto:fiona@persisi.org)

SINGAPORE SILAT FEDERATION ONE SGSILAT

**SINGAPORE SILAT FEDERATION**



# NATIONAL REGISTRATION

<b>REGISTRATION FEE</b>	<b>NEW</b>	<b>RENEWAL</b>
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**



# UPCOMING EVENTS



3 Apr - 2 May: Fasting Month

Timing for National Training:

Session 1: 4 PM - 6 PM

Session 2: 830 PM - 1030 PM

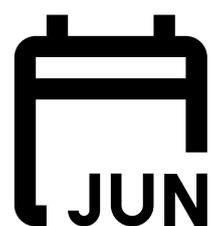
*(\*Training Closure: 29 Apr - 8 May (Except for SEA Games Team)*

4, 5, 6, 11, 12, 13 Apr: SG-Coach Pencak Silat Integrated Level 1 Course



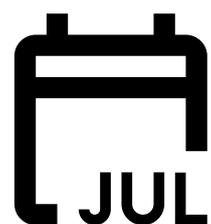
~~6 - 8 May: Belgium Open (Postponed to 2023)~~

7 - 17 May: 31st SEA Games (Hanoi, Vietnam)



13 - 17 Jun: Local Training Camp for 19th WPSC

11, 12, 18, 19 Jun: 6th WJPSC Selection



13 - 20 Jul: Overseas Training Camp for 19th WPSC (Kuala Lumpur, Malaysia)

21 - 31 Jul: 19th World Pencak Silat Championship (Kuala Lumpur, Malaysia)

21 - 31 Jul: 1st World Freestyle Artistic Pencak Silat Championship (Kuala Lumpur, Malaysia)



2 Aug: Coaching Level 1: Start of E-Learning  
13, 14, 20, 21 Aug: National WJ Upgrading Course  
16 - 22 Aug: Indonesia Open Pencak Silat  
Championship (Solo, Indonesia)  
25 - 27 Aug: National WJ Upgrading Course -  
Attachment Period  
5 - 7, 25, 26, 27 Aug: 44th National Pencak Silat  
Championship (Singapore)



5 - 9 Sep: 6th World Junior Pencak Silat  
Championship Local Day Camp / Friendly Trial  
(Singapore)  
17, 18 Sep: 2nd WBPSC Selection  
23, 24, 25 Sep: 19th National Tertiary Silat  
Championship (Singapore)



11 - 17 Oct: 6th Asian Pencak Silat Championship  
(Uzbekistan)



14 - 21 Nov: 6th WJPSC Local Training Camp  
22 - 28 Nov: 6th Asian Pencak Silat  
Championship & 1st Arena of Pendekar  
(Singapore)



29 Nov - 5 Dec: 2nd WBPSC Overseas Training  
Camp (Cebu, Philippines)  
6 - 12 Dec: 2nd World Beach Pencak Silat  
Championship (Cebu, Philippines)



2022

With all the mentioned events scheduled for the year, we look forward to achieving more medals and recognition for Pencak Silat in Singapore and internationally!

We look forward to seeing the support that we always get throughout the years!

Keep a look out for more updates and exciting news involving Singapore Silat Federation, and Pencak Silat in the future issues to come!

# RUNNING A SILAT CLUB?

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 seven (7) 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](mailto:ssf@persisi.org) and attention it to our President with Affiliation with Singapore Silat Federation as your subject.

We look forward to welcoming you on board!





# GAME ON!

**PHANICOM**

— 4 — 10 — 8 —

**ETAM**

— 2 —

**NRAGPEOIS**

— 7 — 1 —

**NIALAOTN**

— 3 — 11 — 5 9

**KCSKI**

— 6 —

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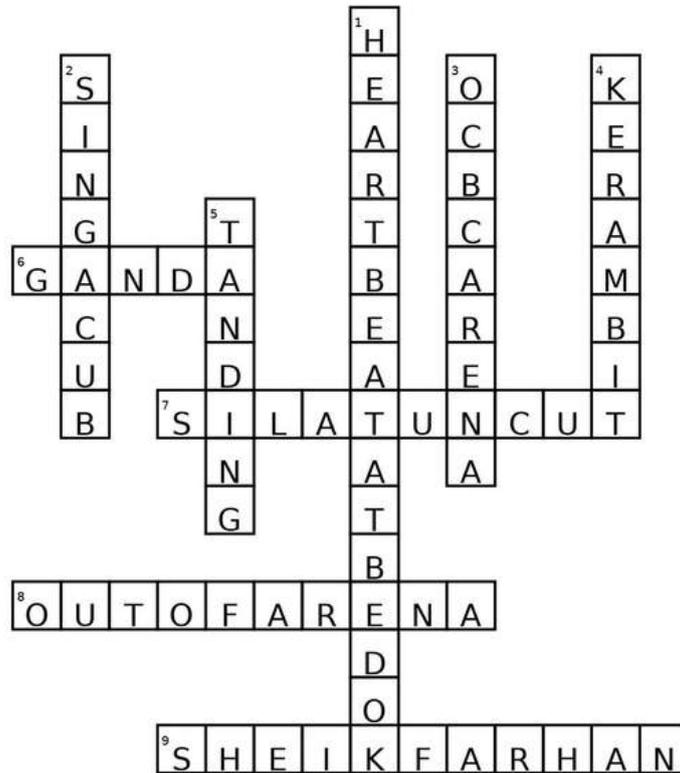
11

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

**STAND A CHANCE TO WIN OUR LIMITED EDITION SG SILAT  
MERCHANDISE WHEN YOU SEND IN THE CORRECT ANSWERS!!**

# ANSWERS FROM FEBRUARY 2022'S ISSUE OF SILAT UNCUT

**\*\*WINNERS ANNOUNCED ON THE NEXT PAGE**



**Down:**

1. Location of PERSISI Office
2. Category for 3 - 7 year old's
3. Training Venue in Singapore Sports Hub
4. A narrow curve blade that resembles a tiger's claws
5. Match Category for Silat

**Across:**

6. Artistic Category for Silat - group of two
7. Title of SSF's monthly e-newsletter
8. A Production by Singapore Silat Federation to showcase our athletes outside of the Silat arena
9. Silat Athlete named in Forbes' 30 Under 30



# CONGRATULATIONS

1

**ISKANDAR ZULFIKAR**

Singapore

2

**PUTRI RATNA**

Singapore

3

**ILHAM ABDULLAH**

Singapore

# FOLLOW US ON



# @SGSILAT



**SINGAPORE SILAT  
FEDERATION**

## TALK TO US

(65) 6282 2316 / 17 / 19

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

## WE ARE LOCATED AT..

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



**ONE  
SGSILAT**

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

*Ramadhan*

*Kareem*



**ONE  
SGSILAT**



SGSILAT



MUHAMMAD IQBAL

MUHAMMAD HAZIM

SHEIK FARHAN

NURUL SUHAILA

SHEIK FERDOUS



**CHAMPIONS**