

SILAT -

A Monthly Newsletter by
Singapore Silat Federation



- LUN CUT

Vol. 49 November 2022

RISING TO GREATNESS

On the 4th, 5th, 6th, 11th, and 12th of November 2022, Singapore Silat Federation hosted Rising to Greatness for the second time!

For this year's edition, the competition was held at Anjung @ Wisma Geylang Serai, where we saw outstanding participation from the Silat clubs locally and we would like to thank them for their participation and support:

- 1.Perguruan Seni Grasio
- 2.Perguruan Sendeng Belalang
- 3.Seligi Tunggal Angkatan Singapura
- 4.Setia Hati ESHA
- 5.Perguruan Pencak Sendeng
- 6.Perguruan Sendeng Pukulan
- 7.Seni Silat Gayong PERWANIT
- 8.Republic Polytechnic
- 9.Temasek Polytechnic
- 10.Seligi Tunggal Kemuning
- 11.Perguruan Si Rumpun Padi
- 12.Cekak Serantau
- 13.Singapore Institute of Technology

Organised by



**ONE
SGSILAT**

Venue Partner



Supported By



ANJUNG @ WISMA GEYLANG SERAI

**04, 05, 06, 11, & 12
NOVEMBER 2022**

**FRIDAY
7:30PM - 10PM**

**SATURDAY & SUNDAY
10AM - 10PM**



**RIISING TO
GREATNESS**

FREE ENTRY FOR PUBLIC

4TH NOVEMBER 2022, FRIDAY



Photos by: Sia Kian Teck



Photos by: Jia Xing

5TH NOVEMBER 2022, SATURDAY



Photos by: Sia Kian Teck

6TH NOVEMBER 2022, SUNDAY



Photos by: Sia Kian Teck

11TH NOVEMBER 2022, FRIDAY



12TH NOVEMBER 2022, SATURDAY



TEAM PREPARING FOR PENANG & BATAM

As the team prepares for the upcoming competitions that will be happening back-to-back, training gets more intense and our athletes are more than ready to get back into the arena and show the world what we've got!

The competitions that the team is preparing for are as follows:

- Penang International Open Pencak Silat Championship in Penang, Malaysia from the 6th to the 12th of December 2022,
- Wasit Juri IPSI Kepri Championship 2022 in Batam, Indonesia from the 15th to the 19th of December 2022, and
- Walikota Batam Open Pencak Silat 2022 in Batam, Indonesia from the 18th to the 26th of December 2022.



SELECTION TRIALS

SENIOR MATCH CATEGORY

On the 1st of November 2022, we held a selection trial for the Senior Match category, in light of the upcoming competition in Penang.

The athletes involved in the trials are as below:

Match Male Class A: Shaiman Johanis VS Isqandar Dzulfiqar

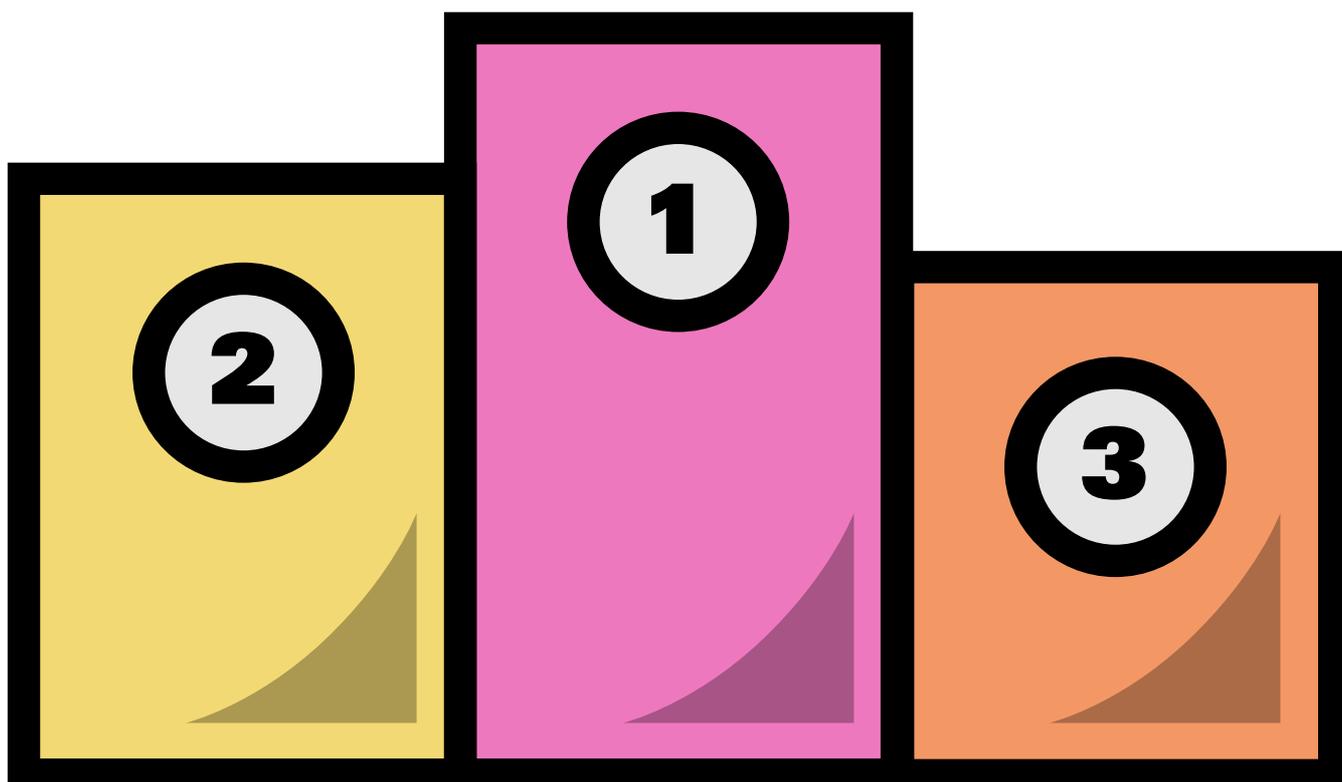
Match Male Class B: Eidrizz Ar-Rayyan VS Khairul Fitri

Match Male Class C: Syakir VS Asfar

Match Male Class C: Aniq 'Asri VS Naufal

Match Male Class F: Nurhisham VS Kasbani

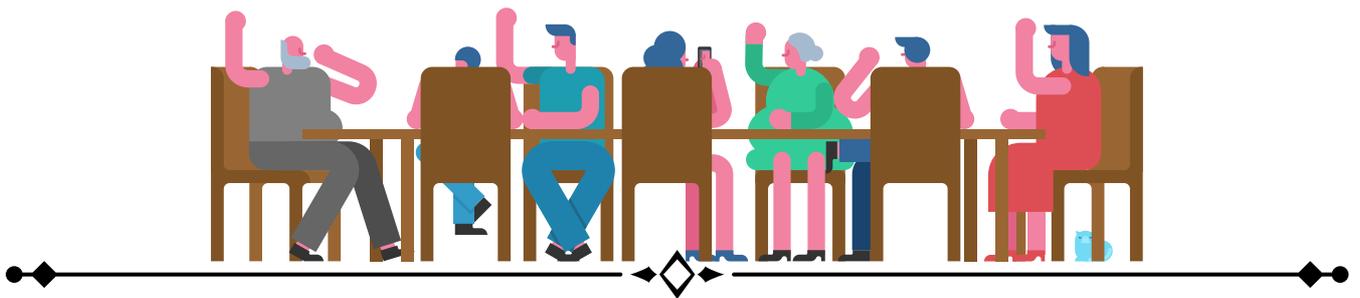
Match Female Class B: Nur Jannah VS Dewi Ellyana



SSF BOARD MEMBERS

Following Singapore Silat Federation's (SSF) Annual General Meeting (AGM) that happened last month via Zoom on the 27th of October 2022.

As part of the agenda, the committee was to elect the board members in accordance to SSF's Constitution Clause, for the term 2022 - 2024.



Board Members for Term 2022 - 2024

Mohamed Yasrin Bin Mohd Yasil (President)
Abdul Rashid Bin Mohd Ibrahim (Vice President)
Ainin Binte Jasni (Secretary General)
Zahrah Binte Mohd (Treasurer)
Zarina Binte Yahya (Assistant Treasurer)
Govindaraju Sinnappan (Committee Member)
Hazliati Binte Abdul Rahim (Committee Member)
Mohd Fadali Bin Mohd Sani (Committee Member)
Saidi Bin Adnan (Committee Member)

MEETING WITH SINGAPORE SPORTS INSTITUTE (SSI)

Over a lunch meeting with the people from the Singapore Sports Institute, Mr. Richard Gordon, the Senior Director & Head of High Performance & Athlete Life, Shufang Tan, the Senior Manager, and Mr. Hendra Irawan, Relationship Manager for Pencak Silat.

The meeting revolved around discussions on high performance matters and the developments of Pencak Silat in Singapore.



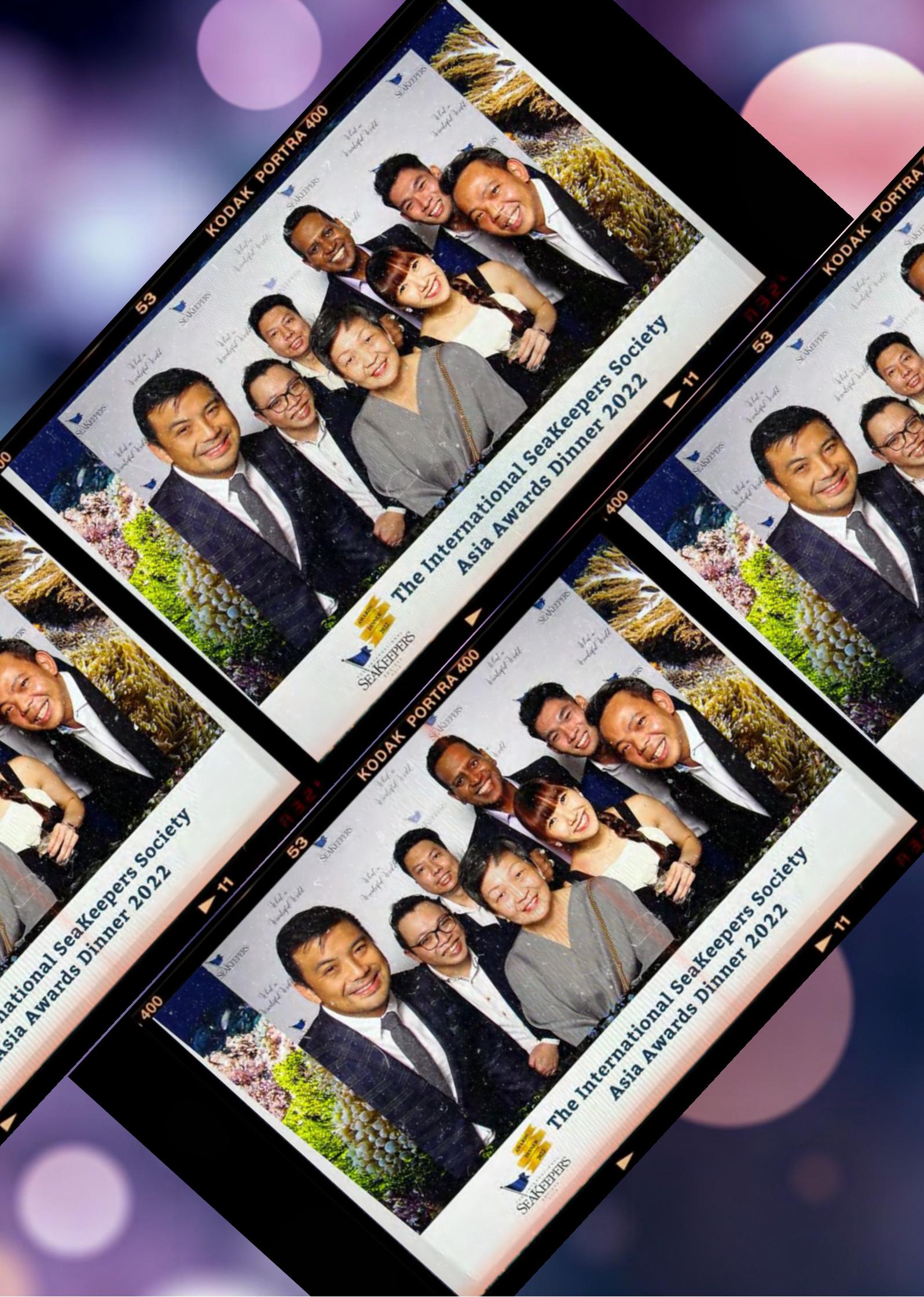
THE INTERNATIONAL SEAKEEPERS SOCIETY ASIA AWARDS DINNER 2022

On the 5th of November 2022, Dr. Sheik Alau'ddin attended The International Seakeepers Society Asia Awards Dinner, by invitation from our kind friends from Kin Productions Pte Ltd! The dinner was held at the ONE°15 Marina Club.

Seakeepers is a non-profit organization that promotes oceanographic research, conservation, and education through direct involvement with the yachting community. Their mission is to restore the oceans for our future generations by partnering with yacht owners and hobbyists.

They enable the yachting community to take full advantage of their unique potential to advance marine sciences and raise awareness about global ocean issues.





53 KODAK PORTRA 400

The International SeaKeepers Society
Asia Awards Dinner 2022

SEAKEEPERS
The International SeaKeepers Society

53 KODAK PORTRA 400

The International SeaKeepers Society
Asia Awards Dinner 2022

SEAKEEPERS
The International SeaKeepers Society

KODAK PORTRA

53

400

400

The International SeaKeepers Society
Asia Awards Dinner 2022

11

53

11

53

SMAIA COMMITTEE MEETING

The Singapore Martial Arts Instructors Association (SMAIA) committee meeting was held on the 10th of November 2022, where discussions were held on proposals presented by respective project heads.

With ideas to host joint demonstrations, competitions, and award ceremonies, to recognize the efforts of grandmasters in their efforts to grow the martial arts scene here in Singapore.



AH BOY DURIAN & PATISSERIE GRAND OPENING!

We were invited to the grand opening of another F&B outlet owned by Ms. Shirley Shi, whom we worked with before for the 18th World Pencak Silat Championship in 2018.

Mr. Fairuz Mohamed, Head of Operations, Madam Nur Asiah, Marketing Director, and Mr. Noh Mohd Sharif, Coach Manager, got the chance to attend the grand opening, where the scent of durian flows upon entering the shop.

If you are looking at enjoying desserts with Durian or the fruit itself, head to down to their shop, located at 66 East Coast Road, The Flow Mall, #01-02.





We request the honor
of your presence at the

Grand Opening

of our new F&B outlet on

10 November 2022
5.30pm

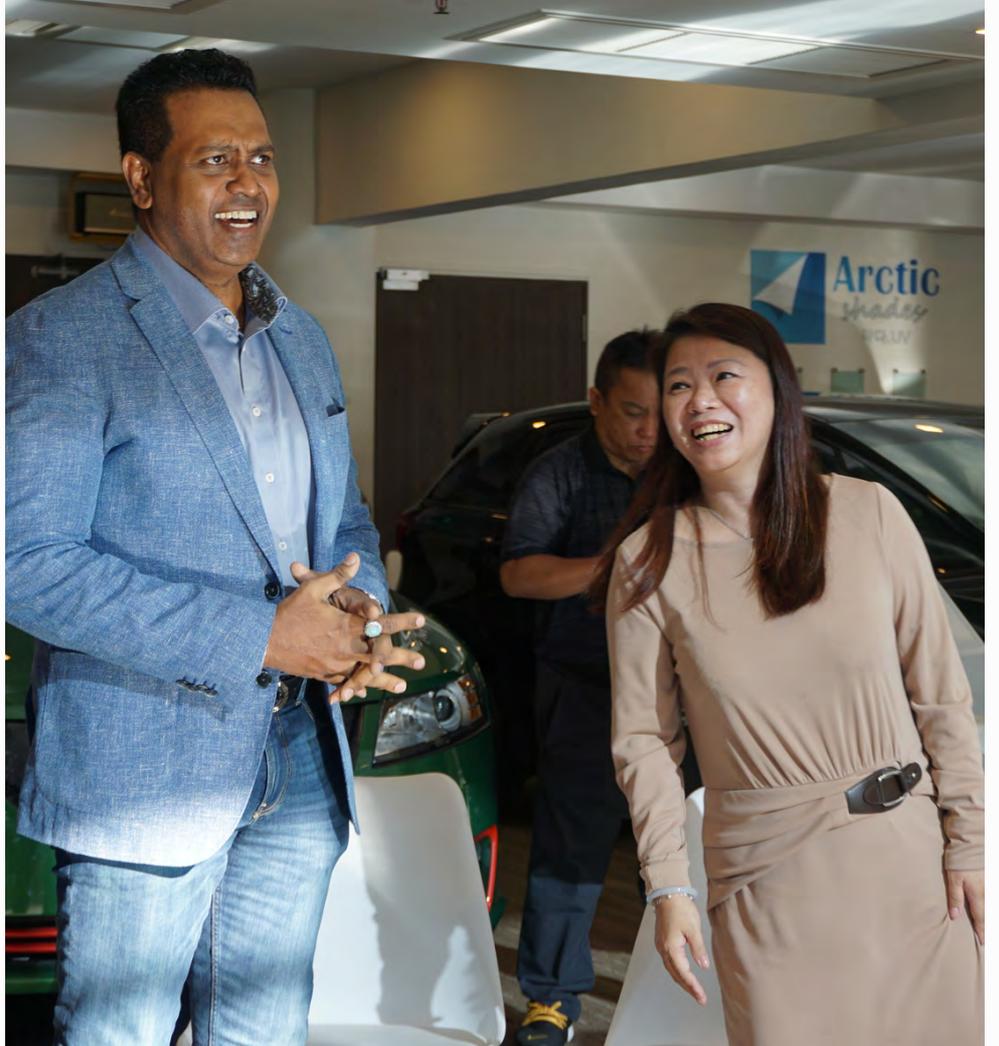
Ah Boy Durian & Patisserie
66 East Coast Road
The Flow Mall #01-02
Singapore 428778

OFFICIAL SIGNING CEREMONY WITH DELGROW AUTOMOTIVE PTE LTD

A signing ceremony was held in the showrooms of Delgrow Automotive on the 25th of November 2022, between Singapore Silat Federation and Delgrow Automotive Pte Ltd.

As part of the partnership, we are excited to work with Delgrow Automotive towards the betterment for both parties. Stay tuned to our social media platforms and future issues to find out more!





MEETING WITH DUCATI MOTOR CLUB SINGAPORE

This month, our team met with the friendly people from Ducati Motor Club Singapore on our training ground on our training grounds at OCBC Arena, Singapore Sports Hub.

The discussion revolved around working collaboratively and more exciting plans are underway! Stay tuned for more updates!





MEETING WITH DATO' BARNABAS HUANG

CEO, Dr. Sheik Alau'ddin, and Head of Operations, Mr. Fairuz Mohamed. took the opportunity to sit down with Dato' Barnabas Huang on the 4th of November 2022, Friday, to discuss any potential collaboration and partnership.

Dato' Barnabas Huang owns Huangs Jewelry – supplying rubies, sapphires, and many more. He is also the Founder of NutriFirst Group, where they specialize in sports nutrition & health supplements, and the Owner and Managing Director of UFC Gym Singapore.

We look forward to many happy returns of this exchange!

**GET TO
KNOW**
Dato' Barnabas Huang



MEETING WITH MR. ZURAIMI JUMAAT

CEO, Coach Manager, and Marketing Director had a meeting with Mr. Zuraimi Jumaat, Vice President of Ever Rich Pte Ltd, a subsidiary of Neo Group Limited, which they are one of the major importer/exporters of international halal products.

Mr. Zuraimi shared the full concept of how his company handles the import and export of halal products internationally, handling halal supply chain, and many more. Singapore Silat Federation is exploring for any potential partnership with them, where Neo Group Limited is looking at giving back to the society through CSR, and many more. We also explore on partnership, advertising, and exploring their networking through Singapore International Halal Hub.

While at it, Mr. Zuraimi also managed to advise our young athletes on doing the best they can to succeed!





MEETING WITH ANYTIME FITNESS HQ, INSPIRE BRANDS ASIA

The CEO and Marketing Director managed to have a meeting with Inspired Brands Asia, Ms. Sunny Lim, Marketing Manager to discuss on any potential collaboration and partnership. The meeting was held on 2 November 2022, where the agenda was to have an official partnership with one of their franchise brands – Anytime Fitness.

Looking for better offers and deals for our members who sign up the membership with Anytime Fitness and see how we can work together for any potential programs and events.



inspire
B R A N D S A S I A



**ANYTIME
FITNESS®**

MEETING WITH DATO' DR. GRACE KONG

Our CEO, Dr. Sheik Alau'ddin met up with Dato' Dr. Grace Kong, who was the President at Aladdin Street Singapore. She was one of the biggest helping hands during the 18th World Pencak Silat Championship here in Singapore in 2018!

Dato' Dr. Grace Kong, supported us with a generous amount of donation to help us out with our youth development!

THANK YOU



MEETING WITH FAR EAST ORGANIZATION

CEO, Head of Operations, and Marketing Director sat down with the Secretary to Madam Dorothy Chan, Executive Director of real estate and hospitality giant Far East Organization, to discuss on how they can come in to support and partner up on future Pencak Silat events and activities in the year to come.

Head of Operations, Mr. Fairuz took the opportunity to share about our current and future fundraising campaigns for our Pencak Silat youth development programs.



FACE OF THE MONTH: PUTRI ZARA HERLISYA

My name is Putri Zara Herlisya Bte Harrywanto. I am 9 years old this year. My personality is cheerful, fun and am always eager to learn more.



I started Silat when I was 4 years old, since I came from a Silat family and my father is the *Guru Utama* of Perguruan Silat Harimau Minangkabau Singapura.

After a number of local and overseas competitions, I fell in love with Silat and also, I think it runs in the blood!

For me, I feel that all sports have their own strengths and abilities. All sports help to develop the athlete's discipline and shaping one personality and character.

Being in Silat helps to be more motivated in everything else that I do, be it in my studies or sports.



With the motivational support that I get from my family, my Silat club, Perguruan Silat Harimau Minangkabau Singapura, and Singapore Silat Federation, it makes me feel brave and I always look forward to new challenges.

I am also very grateful to them for always guiding me on top of all the motivational support that I have gotten from them so far, as well as to my teammates who are always there to cheer me on during the matches that I have in the arena.

Throughout the time that I am doing Silat so far, I have participated in 5 competitions, and won 4 Gold medals, 1 Silver medal and a Most Promising Athlete (*Pesilat Harapan*) Award.

Since then, I am more motivated to do well and my hopes are to represent Singapore for local and international competitions.

CAMP HAPPIFY BY MINISTRY OF SOCIAL AND FAMILY DEVELOPMENT

Camp Happify is a day camp organized by the Ministry of Social and Family Development (MSF) in collaboration with the Fostering Agencies, for youths who are in foster care. The organizers hoped for them to learn the value of life skills and to motivate them to do well in life despite the struggles they may face.

This year's Camp Happify, which took place on the 25th of November 2022, was focused on building resilience, goal-setting and self-discovery and interests.



ABOUT

FOSTERING IN SINGAPORE

MSF administers the Fostering Scheme for children and young persons below the age of 18 who require alternative care. Foster families provide a temporary arrangement for children who are abused, neglected and abandoned. MSF is still looking for more families to step forward as foster parents and hopes to continue increasing the pool of foster families so that more children can benefit from a home-based environment. Families interested to find out more about the MSF Fostering Scheme, can visit www.msf.gov.sg/fostering, email fostering@msf.gov.sg or call 1800 111 2222.

The team at MSF collaborated with our very own Team Singapore athletes, to provide a short motivational talk and share personal stories about their arduous journey, challenges and successes.

For that, we had one of our SPEX Scholars, Nurul Suhaila, speak to the participants about the challenges that she had faced in understanding herself and forming her identity as an athlete.

With her active social media presence, Suhaila was well-known among the participants.



Photo credits to Ministry of Social and Family Development (MSF)

FOLLOW DR SHEIK ALAU'DDIN!



FOLLOW ME





#OUTOFARENA



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

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



Singapore Silat
Federation



sgsilat

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



**ONE
SGSILAT**

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

WEBSITE: WWW.PERSISI.ORG

FACEBOOK: WWW.FACEBOOK.COM/SGSILAT

INSTAGRAM: WWW.INSTAGRAM.COM/SGSILAT

YOUTUBE: WWW.YOUTUBE.COM/SSF



SILAT CLASS FOR INNOVA PRIMARY SCHOOL

As part of their post-PSLE (Primary School Leaving Examination) activities, the Primary 6 students of Innova Primary School went through a series of Pencak Silat classes with our National Coaches, Coach Fiqri, Coach Hamdi, Coach Hendri and Coach Noh.

The students were in for exciting sessions where they learned the various punches, kicks, sweeps, and the different stances in Pencak Silat.

If your institution or organization is interested to have us conduct Silat classes, feel free to reach out to us at ssf@persisi.org!





ANTI-BULLYING PROGRAMME

On the 27th of November 2022, Dr. Sheik Alau'ddin conducted the last session of the Anti-bullying Programme for the public.

Held at the training ground of the National Silat team at the Singapore Sports Hub, OCBC Arena for 4 sessions held every Sunday from 11.30am - 1.00pm, the participants learnt what they can do when they find themselves in trouble in order to protect themselves.

We hope that the sessions have been fruitful for the participants!







2022 ASSOCIATION OF BODYBUILDING AND PHYSIQUE SPORTS SINGAPORE NATIONAL CHAMPIONSHIP

The biggest Physique and Fitness Show was held in Singapore on the 26th of November 2022, and Dr. Sheik Alau'ddin was one of the judges for the International Invitation!

Participants came down to compete for the Physique and Bodybuilder of Singapore 2022, and to represent Singapore to compete in the First ABPS MR S.I.M (Singapore Indonesia Malaysia Invitational).





ACTIVESG SCHOOL HOLIDAY PROGRAMME 2022

Working together with ActiveSG (Sport Singapore), a Pencak Silat program will be organized at most of the Sports Centres in Singapore during the school term break.

Introducing Pencak Silat as one of the popular martial arts practiced in Singapore, ActiveSG members will get the chance to attend the session this December School Holiday. For faster and more accurate information, you can download the ActiveSG app, and be a member where you will be able to enjoy exclusive deals.

Here are some of the dates of our upcoming Pencak Silat School Holiday Program, by Singapore Silat Federation and ActiveSG:

- 3 December 2022, 1 pm to 2.30 pm, at Katong Swimming Pool, Dance Studio
- 10 December 2022, 10 am to 11.30 am, at Pasir Ris Sports Centre Level 1 Foyer
- 17 December 2022, 11am to 12.30pm, at Jurong West Sport Centre, Dance Studio
- 17 December 2022, 1pm to 2.30pm, at Katong Swimming Pool, Dance Studio
- 17 December 2022, 7.30pm to 9pm, at Toa Payoh Sport Centre, Dance Studio



School Holiday Programme

Let your child learn about traditional and modern Silat and its differences in this 1.5hr fun session. Practise some basic Silat movements under the guidance of Singapore Silat Federation coaches! Meet and hear from our National Silat Athletes

Date: 10 December 2022

Time: 10:00AM - 11:00AM

Venue: Pasir Ris Sport Centre,
Foyer

Age Group: 7-12

REGISTER NOW



<https://go.gov.sg/silapavm>



Pencak Silat

School Holiday Programme

Let your child learn about traditional and modern Silat and its differences in this 1.5hr fun session. Practise some basic Silat movements under the guidance of Singapore Silat Federation coaches! Meet and hear from our National Silat Athletes

Date: 17 December 2022

Time: 10:00AM - 11:30AM

Venue: Jurong West Sport Centre,
Dance Studio

Age Group: 7-12

REGISTER NOW



<https://go.gov.sg/silatjurongwest>



Pencak Silat School Holiday Programme

Let your child learn about traditional and modern Silat and its differences in this 1.5hr fun session. Practise some basic Silat movements under the guidance of Singapore Silat Federation coaches! Meet and hear from our National Silat Athletes

Date: 17 December 2022

Time: 7:30PM - 9:00PM

Venue: Toa Payoh Sport Centre,
Dance Studio

Age Group: 7-12

REGISTER NOW



<https://go.gov.sg/silattoaayah>

PENCAK SILAT IN THE ART SCENE

The Art Scene is a 13 x 60min docu-series on various art forms in Singapore. From Dance to Martial Arts to Cuisine to Architecture, this series has an episode on each one of them. The Art Scene takes the audiences on a rich journey of different artistic traditions of Singapore. Featured in each episode, the custodians and stalwarts of each art form talk about it's history, present and future.

In the second episode of The Art Scene, they feature the *Art of Martial Art*, and Pencak Silat is featured along with our National Athletes, Muhammad Iqbal and Siti Khadijah to showcase Artistic and Combat Silat respectively.

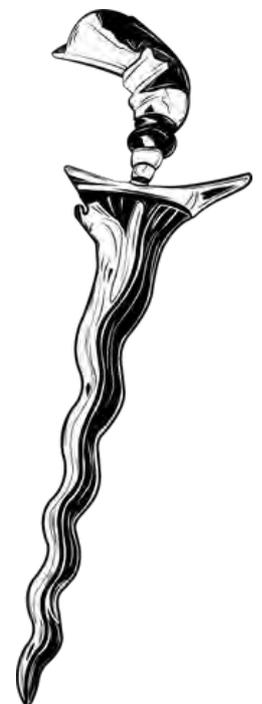


FESTIVAL KERIS ANTARABANGSA MELAKA (FKAM) 2022

For the first time, the Melaka State Government through the Melaka Museum Corporation (PERZIM) together with the Melaka Traditional Keris Association (PEWARIS) held the International Keris Festival Melaka 2022, or *Festival Keris Antarabangsa Melaka* (FKAM) 2022, from the 12th to the 13th of November 2022.

The *Festival Keris Antarabangsa Melaka* 2022 brought together collectors and entrepreneurs of the art of making *keris* from all over Malaysia. This festival program also received participation from participants from neighboring countries such as Sulawesi and the Riau Islands, Indonesia, Patani, Thailand and Singapore.

To represent Singapore, our representative for the Cultural and Traditional Silat for Singapore Silat Federation, Mr. Shariff Dasuri, attended the festival.





SPECIAL FEATURE: NAZRI SUTARI

I am Nazri Sutari, 32 years old and currently, and I am a national kickboxing athlete.

I have always been a competitive athlete growing up. Before kickboxing, I have been training and competing in various martial arts. Muay Thai, boxing, MMA, wrestling, BJJ, Sambo, and Sanda are among the martial arts I have competed in.

My first stint with kickboxing was in 2019 when I competed in the 2019 National Championships and became champion in the -81kg Low Kick category. From there, I could see that there was a pathway and opportunity for me to grow and challenge myself. I have never looked back since.



Throughout my career as a national athlete, some of the major highlights and achievements include being the first SEA Games gold medalist in Sambo, and being the first Singaporean to win medals in the international World Association of Kickboxing Organisations (WAKO) tournaments :

- Balkan Open International Kickboxing Cup: 3rd place -71kg
- Serbian Open: 2nd place -74 Kick Light; 3rd place -69kg Kick Light.



For major competitions like those, I prepare myself mostly by being engaged and putting myself in competition mode during training sessions. I believe that my mental state during fight preparations will be carried over during the actual competition, so it is important to be focused and present when it comes to training.

Learning to eliminate negative self-talk and doubts during training is very important during training too because from there, I know how to overcome adversity on competition day.



One of the people that I truly look up to the most, is my dad. He is an honest man who works hard and takes care of the family. On a personal level, he demonstrates the qualities that I want to emulate.

I have also received a lot of good advice through the years competing as a martial arts athlete. However, the one piece of advice that still sticks with me today at this point is to *"do your best and commit wholeheartedly in everything that you do. Even if you win gold, the moment you know that you didn't do your best, you will not be happy with yourself."*

I guess this is what I want to say to our young athletes. Not everyone who works hard will win, but all those who have won have definitely worked hard. Just because we train hard and sacrifice so much doesn't mean that we are entitled to success. If you do everything right and you still don't win, it just means that your time has not come and God has a better plan for you. As long as you believe in your cause and what you do, you will be successful.

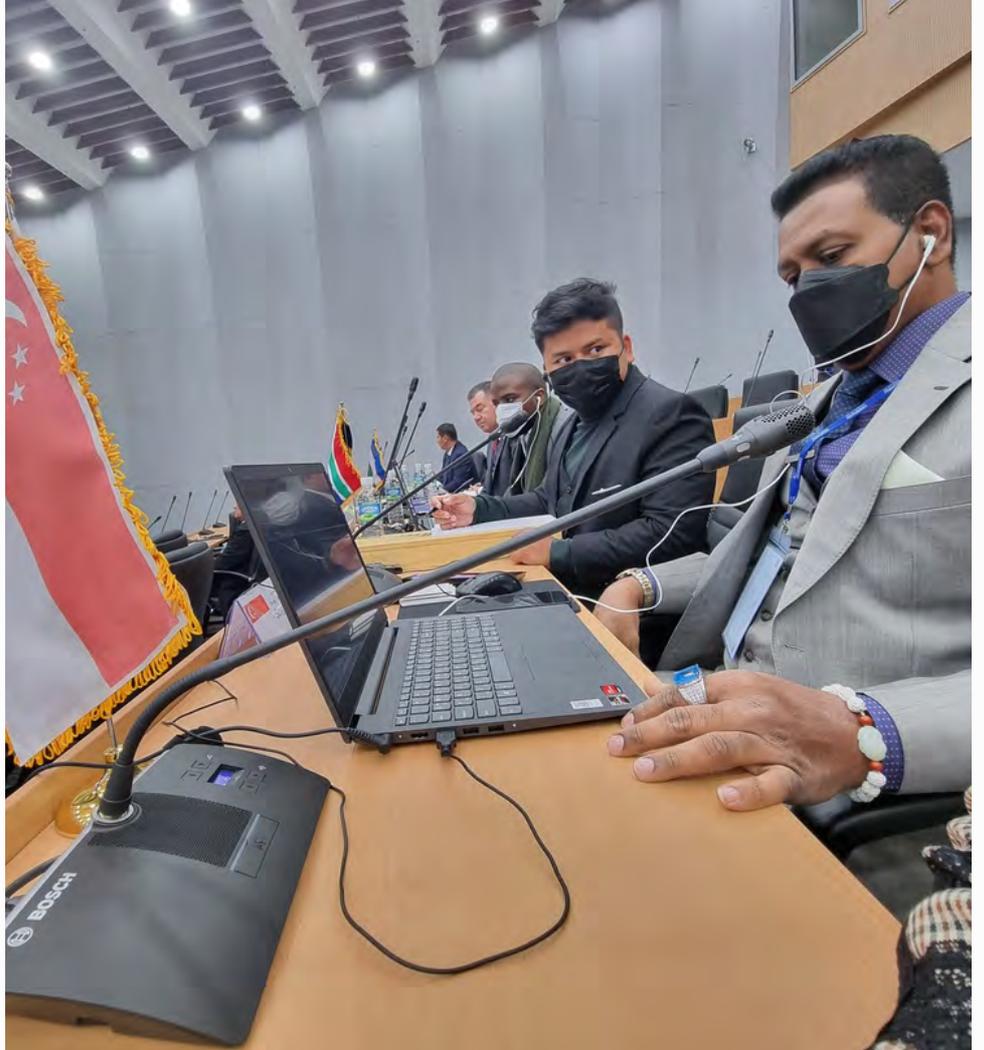


WOMAU ANNUAL GENERAL MEETING

The World Martial Arts Union (WoMau) held its Annual General Meeting (AGM) on the 19th of November 2022 in Korea. This year's AGM saw up to 28 countries participating in person, from Bulgaria, Uganda, Kenya, India, Uzbekistan and more.

During this meeting, members of WoMau were given the chance to vote in 2 members for the Vice Presidents of the organization, where Dr. Sheik Alau'ddin was given the honors to read out the balloting results to the members.





INTERNATIONAL MARTIAL ARTS COMPETITION (IMAC)

The International Martial Arts Union (WoMau) Annual General Meeting coinciding concurrently with the World Martial Arts Competition (IMAC) brought athletes together from various countries and martial arts, competing in their respective performances.





FIT FOR LIFE COMPETITION IN SOUTH KOREA

The Fit for Life competition held in South Korea was held on the 19th of November 2022.

Held for the youths aged 7 to 18 years old, this competition put our athletes against others in a field which has never been done before in the world of martial arts.

In this competition, they competed in terms of their speed, strength, and agility rather than their fighting capabilities.





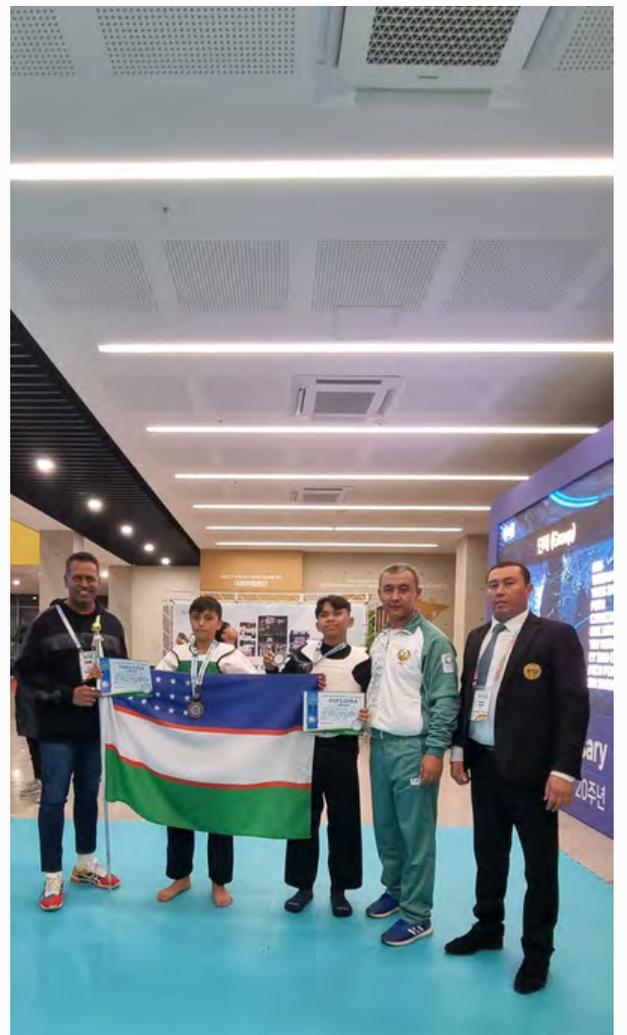
INTERNATIONAL JANG SAN'ATI COMPETITION

Hosted in Korea by the International Jang San'ati Federation on the 20th of November 2022, our athletes were given the opportunity to compete and experience a different form of martial arts.

Uzbek Jang San'ati is the modern kind of the Timurids martial arts, which is based on the best methods and techniques of traditional martial arts such as “Temurids martial arts”, “Qol sanati”, “Kurash”, “Seven-elbow”, and embodies the centuries old tradition of martial arts of people of Uzbekistan, as well as the elements of most effective.







WMC'S VISIT TO SINGAPORE!

On the 22nd of November 2022, we welcomed Dr. Sungmin Kang, the Director General of the International Cooperation Bureau, and Mr. Lee Myungwon, the Senior Manager of the International Cooperation Bureau, from the World Martial Arts Masterships Committee (WMC).

During a meeting with Dr. Sheik Alau'ddin at our NSA Office in Heartbeat@Bedok, they discussed and wished for Singapore to host the next WMC congress that will be held in 2023, as well as Singapore to host the upcoming World Mastership Games in 2025, which will involve Muay Thai, Sambo, Kurash, Takkyeon and many more.



We also had the honour to welcome Dr. Kang and Mr. Lee to our training ground in OCBC Arena!

Thank you for visiting us, and we hope you enjoyed Singapore!



EQUIPMENT FOR SALE



trisula
(sold in pairs)

karambit
(sold in pairs)



cambuk

For enquiries on how to purchase the training equipment,
you can send an email to fidzah@persisi.org.



golok
(size 1 - 26.0cm)



golok
(size 2 - 29.0cm)



golok
(size 3 - 32.0cm)



golok
(size 4 - 35.0cm)



golok
(wood)

For enquiries on how to purchase the training equipment,
you can send an email to fidzah@persisi.org.



sabit



dagger



padding

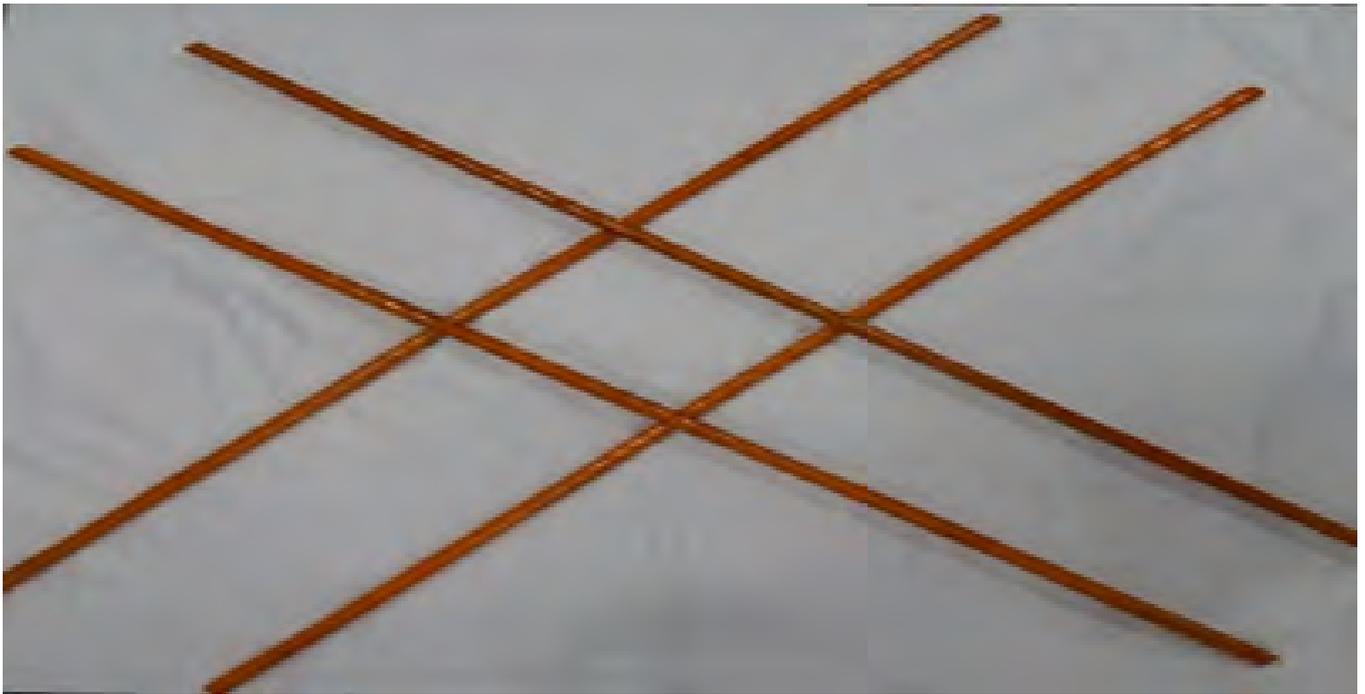
For enquiries on how to purchase the training equipment,
you can send an email to fidzah@persisi.org.



keris



For enquiries on how to purchase the training equipment,
you can send an email to fidzah@persisi.org.



toya



body protector (sold in pairs)

*Please note that this is a prototype, not an original.

For enquiries on how to purchase the training equipment, you can send an email to fidzah@persisi.org.



**ONESGSILAT
MATTRESS (THICKNESS 3CM)**

***used**

For enquiries on how to purchase the training equipment,
you can send an email to fidzah@persisi.org.



FOR
SALE



To place your orders, <https://form.jotform.com/222978874466072>

SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

The Singapore Sport & Performance Conference that was jointly-organised by Singapore Sport Institute (SSI), National Youth Sports Institute (NYSI) and CoachSG, was held from the 2nd to the 4th of November 2022 at the Black Box Auditorium @ Sports Hub Visitor Centre.

The conference represents one of the many integrated efforts to forge and strengthen the pathways towards sporting success in Singapore.

SINGAPORE SPORT INSTITUTE **NATIONAL YOUTH SPORTS INSTITUTE** **CoachSG**

SSI, NYSI & COACHSG PRESENT

SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

*From Youth to Elite Sport:
Harnessing Potential and the Pursuit of Excellence*

FOUNDATION
How can we provide youth athletes with a strong foundation to optimise their sporting pathways?

DEVELOPMENT
Are we providing enough pathways for athletes to pursue sports at an elite level?

EXCELLENCE
How do we integrate youth coaching and sport science for our athletes to reach their full potential?

EVENT DETAILS

2ND - 4TH NOVEMBER 2022
9.00AM - 5.30PM

- Black Box Auditorium @ Sports Hub Visitor Centre, 6 Stadium Walk, S(397698)
**limited seats available*
- Virtual



Participants of the conference were in for discussions by the panel on how to identify and include a diversity of athletic talent, a framework to build athlete development pathways and methods to enhance athlete performance.

Practical workshops were also in the agenda for sports administrators, coaches, athletes and parents!



FUNDRAISING: SPONSOR-A-KID

Youth athletes are the backbone of any sport. It is instrumental to develop this group of athletes as part of a succession plan. Sponsor-A-Kid is an initiative to provide a platform for all aspiring Silat athletes to have an opportunity to represent the country both locally and internationally.

In reality, not everyone has the same opportunity and means to chase their dream. Being a student-athlete has its own fair share of challenges. Finance is a major part of it. This initiative targets a specific group of athletes who are underprivileged but portray the potential and dedication to excel in the sport. Singapore Silat Federation will sponsor this student in their journey to be an elite athlete.

Over the years, we have seen students who dropped out of training, not due to interest or commitment but rather financial ability. We at Silat Federation share the same sentiment as them and have formulated this campaign to provide these students with unparalleled opportunities. At the same time, we hope Silat Federation will unearth more potential World Champions.

The funds collected will be utilized in the year 2023. We will open application in the first quarter of 2023 and provide a sponsorship package for them in that year. We target to provide sponsorship to 100 student-athletes. Your donation will go a long way in making this a reality.



SPONSOR A KID

GIVE A LITTLE, HELP A LOT

DONATION LINK BELOW



http://www.giving.sg/singapore-silat-federation/sponsor_a_kid_to_learn_silat_and_sport

FUNDRAISING: 24-HOURS COMPETITION

This fundraising campaign is based on preparing funds for Youth Development in Singapore Silat Federation for 2023 through the exhibit of the first 24 hours competition that was held this month.

It will be the lead-up for this campaign; Promoting the youth through 24 hours competition.

The onus of athlete development falls on developing and supporting youth athletes. The funds will be channeled toward providing a holistic approach to youth development. The four categories that we will focus on for the youth will be education support, physio support, mentoring support and industry placement support.

The concern by athletes' parents falls on the lack of education and recovery support. The lack of support during exam period. Providing an education avenue through national set up will be welcomed by both athletes and parents.

The highlight of the whole campaign is the first 24 hours Silat competition.





**ONE
SGSILAT**

● ● ● A
FUNDRAISING
CAMPAIGN

24-HOUR SILAT COMPETITION



BY INVITATION ONLY



DONATION LINK OPEN
21.11.22 - 25.11.22



SILAT PERFORMANCE AT MCCY'S PARTNERSHIP EVENT

Singapore Silat Federation was requested to contribute a Silat performance for MCCY's Partner Appreciation Event on the 2nd of November 2022.

Our Artistic Silat Athletes contributed 5-minutes of Silat performances as one of the segment during their dinner.



THE PEOPLE BEHIND SG SILAT



I'm Trishia Ng, a counsellor by day and teach aerial yoga classes on a freelance basis to our Silat athletes! I enjoy travelling a lot but when COVID-19 happened, I couldn't do it anymore. Coincidentally, my friend introduced me to an aerial class and I fell in love with it ever since!

When I do an inversion or pose, I need to listen to my body and focus. Aerial helps to ground me and to stay in the present especially when I feel anxious. This is probably the biggest reason why I decided to do aerial!

Aerial yoga is a type of yoga which uses a hammock and allow students to perform postures that they may not ordinarily be able to attempt on the yoga mat.

It combines traditional yoga with moves inspired by Pilates, dance and acrobatics.





Some of the health benefits of Aerial Yoga include improved flexibility, stability and balance / improved mental health / traction and joint decompression - joints can compress over time due to gravity and age and going upside down helps to lessen the pressure on your joints!

Aerial yoga not only helps the athletes to stretch, strengthen their core and activates muscles groups that we don't usually use on a daily basis, but it also helps to boost their confidence. When they achieve a challenging pose that they think they can't do initially, it reminds them to believe in themselves! Similarly I think it's important to apply this to their Silat practice.

Aerial yoga is for everyone. I strongly encourage you to try it at least once. There are various studios offering aerial yoga classes at different levels. You can easily sign up for a trial lesson for beginners there! Otherwise, you can also contact me for a trial class @theanxiousaerialgirl on Instagram or drop me a message at 88011040!

In your first aerial yoga session, you can expect to do some warm-ups followed by stretches or core work (depending on the type of class you signed up for) and lastly, you will learn how to invert or “float” on the hammock! The sequence of the class varies according to the instructor’s style.

Try not to eat a heavy meal 2-3 hours before your first aerial yoga class. You should also wear a top with sleeves and long pants to minimize friction with the fabric. The most important tip is - TRUST THE HAMMOCK and have fun!



WEEKLY CONTACT SESSIONS WITH SSP & NYSI

To keep ourselves in the loop, our Technical team has been attending weekly contact sessions with the people who have been working with Singapore Silat Federation from the Singapore Sports School (SSP) and the National Youth Sports Institute (NYSI).

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.



Learned Champions With Character



INTERVIEW WITH MONEY FM

One of our very own World Champions and SPEX Scholar, Nurul Suhaila, was invited to the Money FM 89.3 studio to speak with Glenn van Zutphen and Neil Humphreys on the 12th of November 2022!



They spoke about her gold-medal win in Hanoi, and what to expect from the future of her athletic career.



Scan the QR code to listen to the interview!



ITE COLLEGE WEST LEARNING JOURNEY

On the 9th of November 2022, we welcomed students from ITE College West's Sports Management faculty to our training hall in OCBC Arena!

This learning journey was made for the students to understand more on how a competition is organized, how to manage athletes and much more.

The students were also in to experience what our national athletes face every day during trainings!



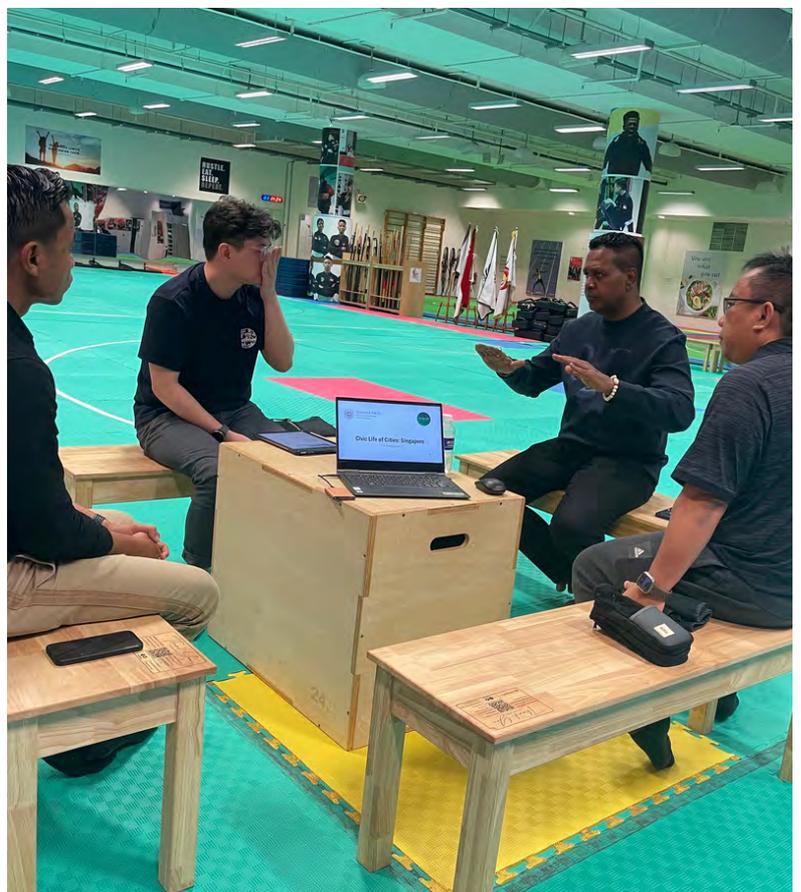


SURVEY FROM STANFORD UNIVERSITY CENTRE ON PHILANTHROPY AND CIVIL SOCIETY (PACS)

Singapore Silat Federation was approached to be part of the research survey collaboration between Stanford and INSEAD. The survey interview was conducted in person by one of the Research Associates, Mr. Wayne Ang on the 4th of November 2022, Friday, 2 pm, where we invited him over to our own elite training ground at OCBC Arena Hall 4.

The purpose of the research is to study how leaders manage non-profit organizations and learn how the organization has fared in and out of the pandemic. For this survey, our Chief Executive Officer – Dr Sheik Alau'ddin Yacoob Marican, PBM, was invited to share his insights.

Together with him contributing to the research and survey were Mr. Fairuz Mohamed, Head of Operations, and Mr. Kamal Yunus, Director of Finance and Admin. The survey includes overall management of the federation, understanding how COVID-19 has affected in the running of the federation, digitalizing way of performing work, HR management, and financial status.



FESTIVAL BUDAYA MELAYU

Working closely with Jamiyah Singapore, we were invited to be part of another milestone and event showcasing the Festival Budaya Melayu, specifically on Malay culture-related segments. Singapore Silat Federation contributed with a battle styled Silat performance, where two groups will battle it out to see who performed the best!

Other than Pencak Silat, there were performances from celebrities from our neighbors in Malaysia, such as Siti Nordiana, on the night of 5 November 2022, from 6pm to 10pm, at the Town Square of Our Tampines Hub.





Jamiyah
Singapore

JAMIYAH SINGAPORE

90th
ANNIVERSARY

Celebrating The Past, Embracing The Future
1932-2022

MASUK PERCUMA

Hadiah Menarik
CABUTAN BERTUAH



Festival Budaya Melayu

Sabtu, 5hb November 2022 8malam-10malam

Our Tampines Hub, Town Square

Masuk dari Gate 17 North, Tingkat 2



TETAMU TERHORMAT

DR MALIKI OSMAN
Menteri Kedua Ehwal Luar
Negara merangkap
Menteri Pendidikan

Siti Nordiana Sanisah Huri Suhaimi Yusof Khairudin Samsudin Fiza O Husin Saaban BJ Kadir
Sahfuddin Mahfudz Sri Warisan Era Dance Theatre Azpirasi Persisi Nadi Singapura Al-Jawaher
Kumpulan Dikir Barat Andika & Qitabi

MEGA
FOOD
DRIVE



SERTA KAMI UNTUK
MEMBANTU KELUARGA
YANG MEMERLUKAN
DALAM KOMUNITI KITA!

Sila derma dan letakkan barangan
makanan kering anda ke dalam
'Food Bin' kami di lokasi.



Imbas Kod QR bagi
Pra-Pendaftaran Masuk
dan Cabutan Bertuah

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

INTERNATIONAL PENCAK SILAT COMPETITION RULES & REGULATIONS - SEMINAR

Adapting to changes will always take time. Most especially if we have gotten used to specific rules and regulations, the same goes for the International Pencak Silat Competition Rules & Regulations.

As the main governing body of the sport, Singapore Silat Federation will continue to educate, share, and coach our affiliates on improving their skills and techniques so that it is aligned with the current rules and regulations of Pencak Silat.

A total of twenty-two participants, from three different Silat clubs, took part in our physical seminar for the International Pencak Silat Competition Rules and Regulations which was held on 26 November 2022, Saturday, from 2 pm to 6 pm, at OCBC Arena Hall 4, Singapore Sports Hub. They were briefed on the latest changes and improvements in both theory and practical.

In their own Pencak Silat uniforms, participants get to practice immediately with the correct techniques, both allowed and not allowed rules, and many more.





UPCOMING COURSES



For enquiries on our Coaching Courses (Level 1) and Referee-Jury Courses, drop us an email at ssf@persisi.org or give us a call at 6282 2316!



MEET OUR SG SILAT PARTNERS



Keen on partnering or collaborating with us?

Wanting to know more how we can explore for any potential partnerships and collaborations?

Write in to us, let's sit down to have a cup of coffee, and see how we can take a journey together.

You can drop us an email at ssf@persisi.org

FRANK'S PARLOUR



They just celebrated their ONE YEAR Anniversary in July, despite being new in the barber industry, Frank's Parlour specializes in haircut, shavings, and other services!

Their shop is located at

273 Changi Road
Tuesday to Sunday
(closed on Monday)
11am to 11pm

Open to gentlemen only!

For our SG Silat Community DM us to know your perks & benefits!



PT GLOBAL EMAS MURNI



JUAL-BELI EMAS MURNI

Membeli produk dinar dengan pilihan ukuran yang bervariasi, memiliki nomor seri yang identik dengan NIK pembeli.

Buy back

lakukan penjualan kembali produk dinar Global Emas Murni (GEM) di website resmi dengan harga tertinggi dan proses yang mudah.



Are you interested to purchase Gold Coin as part of your investment plan? PT Global Emas Murni offers various of gold coins from size of 1/4 Dinar to 5 Dinar.

TeamSG Silat medalists from the 31st SEA Games was presented with Dinar Gold Coin by the Director, Mr. Mansur Lattaka.

Check out their website, if you would like to know more about the price of the Dinar now!



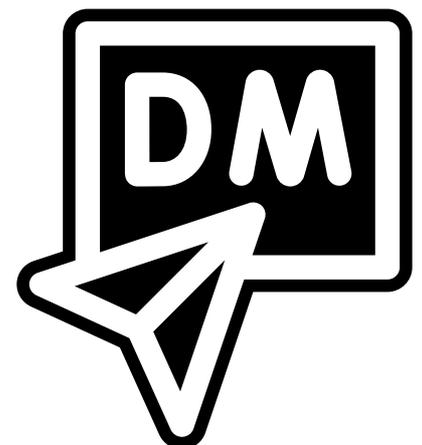
THZ TERAHERTZ INTERNATIONAL PTE LTD

TeraHertz resonated water device produce 7.6Hz functional cell water. Its reduce the viscosity of drinking water, increase water energy, producing 7.6Hz frequency water, which is the same frequency as the natural magnetic field of the earth, and the state of water molecules is transformed from aggregated cluster structure water into linear arrangement of water molecules.

TeraHertz water enhances cell activity, and stabilize energy helps to neutralizing free radicals, increasing oxygen content, reducing the vitality of water, it convert the frequency, structure, viscosity, and energy of ordinary water into low-frequency healthy water that is more conducive to direct absorption by cells, bringing more oxygen and nutrition direct to body cell, and thus eliminate more rubbish and toxins. Repair every cell and make it healthy and energetic.

Benefits after drinking of the TeraHertz Water;

- enhance human cell activity
- reduce blood viscosity
- expel waste and toxins,
- repair every cell
- more healthy and vigorous



OUR PARTNERS

MUD KRANK

The first & only ATV Adventure Park in Singapore.
Planning to get some mud on your face?

Come down to Gallop Kranji Farm Resort to get your
adrenaline rush!



Halal Indonesian restaurant that serves authentic Nasi Padang of Minangkabau, in Singapore.

Located at Somerset Bencoolen & International Plaza.

OUR PARTNERS



Looking to do recording, events, road show, exhibition, music production, or a professional team to entertain you at your event?

They may be the one that you are looking for. Plan your event with their awesome crew where you won't feel the stress. They will take your stress away!

Go check them out!

OUR PARTNERS



Planning for a pampering session for yourself or together with family and friends?

Having a bad hair day? Waxing, facial treatment, threading and many more. They are located at 121B Serangoon Rd, Level 3.



If you require security services for any of your upcoming events, at your offices, shops, warehouses or others.

Eagle I Security Service is the one you are looking for. Give them a call at 6256 7477

OUR PARTNERS



Wings Motor Gang (MG) Society Singapore is a group of bikers who are passionate about giving back to the community in the Singapore-Malaysia region on their Harleys!

We are in a tight-knit partnership with Wings MG Society as well as Bikers Union, as we work together towards giving back to the society and spreading awareness on our arts!

OUR PARTNERS



DUCATI MOTOR CLUB SINGAPORE

The Ducati Motor Club Singapore is a group of Ducati Motor Bike enthusiasts, who are also big on charity!

OUR PARTNERS



He is popular amongst the riders in Singapore.
Especially to those who ride motorbike.

Looking at motorcycle parts at affordable price? Go to
Mr. Lim Ah Boy shop located at Kelantan Lane. Bet you!
You will not be disappointed!

OUR PARTNERS

ONE

*Championship*TM

Group ONE Holdings (ONE) is Asia's largest global sports media platform with a broadcast to 150+ countries around the world.

According to Nielsen, ONE ranks amongst the world's top 10 biggest sports media properties for viewership and engagement. Through its marquee sports properties (ONE Championship and ONE Esports) and its passionate millennial community, ONE is a celebration of Asia's greatest cultural phenomena, Martial Arts and Gaming, and the deep-rooted Asian values of integrity, humility, honor, respect, courage, discipline, and compassion.

OUR PARTNERS



Looking for list of courses to upgrade yourself?

Marketing Institute of Singapore offers more than 100 courses, from executive (soft skills) to diploma, and many more.



Delgrow Automotive is one of the most reliable and ethical car dealers in Singapore.

With a wide range of services, they ensure the best car leasing experience for everyone, from selling new cars to dealing in used cars!

VENUE PARTNERS



OUR TAMPINES HUB

Our Tampines Hub, 1 Tampines Walk,
Singapore 528523

club 
west

Community | Lifestyle

Tampines West Community
Centre, 5 Tampines Avenue 3
Singapore 529705



Wisma Geylang Serai, 1 Engku
Aman Turn, Singapore 408528

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.



**NATIONAL
SILAT
RECRUITMENT**

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

"ALWAYS AIM FOR THE TOP!"

**- Sheik Farhan Sheik Alau'ddin
3-TIMES SILAT WORLD CHAMPION!**

SINGAPORE SILAT FEDERATION ONE SGSILAT

SINGAPORE SILAT FEDERATION



NATIONAL REGISTRATION

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

TRAINING SCHEDULE

Category: Senior, Junior & Pre Junior

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: OCBC Arena, Hall 4

Category: Pre Teen, Singa Silat & Singa Cub

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: Heartbeat@Bedok, Silat Hall

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

REGISTRATION DOCUMENTS

1. Athletes' Agreement
2. Club Endorsement form

Scan to register



UPCOMING LOCAL EVENTS



1 Nov - 26 Dec: Fundraising - Sponsor-a-Kid

1 Dec: ActiveSG Martial Art Camp

1 & 2 Dec: Standard Chartered Marathon

3 Dec: ActiveSG School Holiday Program & Kampung Karnival @ MPC Khatib

17 Dec: ActiveSG Sports Fun Family Festival & ActiveSG School Holiday Program

UPCOMING INTERNATIONAL EVENTS



6 - 12 Dec: Penang International Open Pencak Silat Championship (Penang, Malaysia)

15 - 19 Dec: Wasit Juri IPSI Kepri Championship 2022 (Batam, Indonesia)

18 - 26 Dec: Walikota Batam Open Pencak Silat 2022 (Batam, Indonesia)

CAMBODIA 2023: 32ND SEA GAMES

The 2023 Southeast Asian Games will be the 32nd edition of the Southeast Asian Games, a biennial sports multi-sport event which will be held from 5 to 16 May 2023 in Phnom Penh, Cambodia.

This will be the highest number of sports to be featured by a nation hosting the biennial Games for the first time since 1977. Cambodia could still see an increase in the number of sports to be contested if the request for other sports, including Pencak Silat.



SHARING WHAT'S "INSIDE THE GAMES"

A reliable platforms where news about sports are published and circulated - insidethegames.biz - will share with you on the latest updates, circulations, and information related to the sports industry!

6th Asian Indoor and Martial Arts Games

The games is confirmed to be scheduled from 17 to 26 November 2023 in Bangkok and Chonburi Province in Thailand.

After two times postponement due to the COVID-19 pandemic affecting the whole world. A total of twenty-nine medal sports and 2 demonstration sports are included in the AIMAG programme.



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

WANT TO JOIN US AS A VOLUNTEER?

Always excited to render your service at any community events in Singapore?

Or do you know anyone who is always on-the-go to give all their heart?

Be part of our Volunteer Team!

Where you will get the chance to meet new

friends, gain experience, learn a bit or two about Pencak Silat and how Singapore Silat Federation runs their events!

Most importantly, to have fun while contributing back to the society and Silat community! Email umairah@persisi.org and state your interest to be our volunteer!



**ONLINE
VOLUNTEER
RECRUITMENT**

**BE PART OF
SINGAPORE SILAT
FEDERATION FAMILY!**

**BECOME SSF VERY OWN
VOLUNTEER
CREW & ANCHOR OF SSF
EVENTS!**



SCAN ME

**11 - 65
YEARS OLD**

**MUST BE
PHYSICALLY FIT**
*Some duties may
requires long
hrs of standing

**MUST BE ABLE TO
COMMIT ON WEEKENDS**
* Friday, Saturday,
Sunday & PH

**MUST BE ABLE TO COMMIT
ON WEEKDAYS**
* Depending on events
requirements



NEW & UPCOMING AFFILIATES!

Recently, we welcomed new affiliates to Singapore Silat Federation!

Joining in the family of Silat clubs, Ultra-Spiritual Exercise Club (Al-Haq) recently registered and got certified with us!



We also recently spoke with the people from Pembentangan Usul Pencak Silat Cikalek ke Persada, working towards affiliating with us at Singapore Silat Federation.

One step closer to being registered and certified with us, looking forward!



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 and attention it to our President with Affiliation with Singapore Silat Federation as your subject.

We look forward to welcoming you on board!



BE A PART OF OUR SILAT FAN CLUB!



Follow our Instagram at @hurrah.sgsilat for more information!



HELP US ACHIEVE OUR DREAMS TO BE CHAMPIONS

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

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

Donation can be made through the following modes of payments.



1. iBanking (Direct Bank Transfer to - DBS Current Account 017-007120-3)
2. PayNow (UEN No. S76SS0039A)
3. Cheque (Payable to Singapore Silat Federation)

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

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



@SGSILAT

For more information, 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
E-mail: ssf@persisi.org



**ONE
SGSILAT**

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 staff and management of
Singapore Silat Federation would
like to wish everyone a ...



MERRY CHRISTMAS

& a happy new year!



MUHAMMAD IQBAL

MUHAMMAD HAZIM

SHEIK FARHAN

NURUL SUHAILA

SHEIK FERDOUS



CHAMPIONS