

## QUICK FACTS

### NAME

Sheik Alau'ddin Yacoob Marican

### BIRTH DATE

22 August 1967

### HIGHEST EDUCATION

Doctor of Business Administration  
Doctor of Philosophy in Sports  
Science

### PLACE OF BIRTH

Singapore

## Sheik Alau'ddin Yacoob Marican

Biography  
(1967)

Dr Sheik was a two-times Silat World Champion. And four-times receiver of Coach of the Year award from Singapore National Olympic Council. A well-known Silat legend locally and making a name of himself internationally.

### Who Is Sheik Alau'ddin Yacoob Marican?

Sheik Alau'ddin was a former Silat athlete, leader, and a passionate sportsman towards martial arts – especially on Pencak Silat.

Sheik started his Silat journey at the age of 15 years old, when he thought that he will be joining a soccer team instead back in the *Kampung* (village) days. Sheik and his friends were pulled to join a Silat group formed by a mosque committee then.

## FAVOURITE QUOTES

“Dream and turn your dream into actions!”

“Be the best you can be as long as it is genuine.”

“Whatever you do as long as do it genuinely!”

-Sheik Alau'ddin

He became the first Pencak Silat World Champion in the year 1990, at the 6<sup>th</sup> World Pencak Silat Championship at age of 23. Officially retired from being a national athlete in 1999, Sheik continued his Silat journey as National Coach, Technical Director, and now leading the national sports association for the sport as Chief Executive Officer. He is also well recognized by in the local and international sporting bodies and holds multiple positions in various associations in promoting the sports.



## Early Life

Sheik was born on August 22, 1967, in Kandang Kerbau Women's & Children Hospital. He is the sixth child in eighth siblings, with three sisters and four brothers.

At an early age, Sheik was a skinny young boy who enjoyed his *Kampung* life catching spiders, playing in the *longkang* (drain), and all types of *Kampung* games and activities.

Him contributing back to the society started as early as when already in his youth. And at the age of 15 years young, Sheik has already been involved in the PERTAPIS Education & Welfare Centre – Youth Movements Group (UNIGRATIF) which always conducted programmes and activities at one of the local mosques in Singapore, which is Masjid Abdul Aleem Siddique.

One day, together with his friends they were told that at the same mosque, the committee is setting up a soccer team.

Hearing about soccer, Sheik joined his friends to the mosque for a soccer team under Masjid Abdul Aleem Siddique. Not knowing from there onwards, his fate will be changes, and his life will evolve around the sport.



When he reached the mosque, instead of a soccer team, the mosque formed up a Silat group for the kids in the *Kampung* community to enjoy and learn. That is where everything begins, where Sheik immediately fell in love with the martial arts. He admires its stylish, artistic, rhythmic, movements with lots of kicks and punches but still has its soft and aesthetic part of it.

Till the extent that Sheik built a hut where he called it “*Sanggar Juara*” simply translate to House of Champion – at the backyard behind his terrace house. And that is also where Sheik and his friends had their meals, rest, sleep, and train Pencak Silat every day.

Sheik joined the national team in 1985 when he was only 19 years old. He started his path as a national athlete with nil placing in the national and international levels. He led a tough teenage life. Like other teenagers during his time, he took up many part-time adhoc jobs.

Whenever there was an opportunity for him to make extra pocket money and gain experience. He took up working in a bookstore selling books, stacking food items, drink dispenser at a restaurant, doing sales, and even working in heavy labour jobs.

### **World Champion**

At the age of 23 years old, Sheik got his first gold in the international level when he won his first World Champion title at the 6<sup>th</sup> World Pencak Silat Championship in his Male Match Class I (between 85 to 90kg) weight category. The sixth series of the World Championship was held in Den Haag, Holland.



Sheik won one more World Champion title in 1994 when he has grasped two more gold medals in two editions of the Southeast Asian (SEA) Games, in the year 1991 and 1993.

Sheik was proven to competes better in the heavier weight categories all due to his height, physique and build. All maintaining in his Class I and Open weight categories, he achieved two more gold in the 1995 and 1999 Southeast Asian Games.

Throughout his representation as national athletes, Sheik has competed more than 120 Pencak Silat championships, both locally and internationally. With his personal medal collections of 26 gold medals, 2 silver medals, and 6 bronze medals.

He has claimed himself with a total of 2-times World Champion title, 3-times Southeast Asian Games Champion title, and 3-times International Open championships.

### **National Coach**

He was offered the role of a coach when he was still an athlete in 1998. Juggling between coaching and training himself for competitions making him missed kicking and punching in the arena. Where he was only able to fight with his inner self at the corner of the Silat arena, guiding and coaching the national athlete.

Sheik took up the role as National Coach fully when he retired from representing the nation as athlete in 1999. And throughout his coaching journey, Sheik has achieved himself with the Coach of the Year title 4-times between 1999 to 2019, and 3-times Coaching Excellence Awards in 2002, 2003 and 2005.

And throughout his coaching career, Sheik has achieved in producing numerous World Champions, SEA Games medallists, such as; Muhammad Shakir Juanda, Saiedah Said, Muhammad Imran Abdul Rahman, Zuhrah Mohd Sabri, Muhammad Yusoff Shah Khamaruddin, Mohamed Zulfakar Mohd Ramli, Mohamed Nour Rafili Mohd Ramli, Muhammad Nur Alfian Juma'en, Sheik Farhan Sheik Alau'ddin, Muhammad Hazim Mohd Yusli, and many more.



Sheik is always creative in customizing training programme for his Silat training sessions. With his vast experience from being fitness instructor, to athlete, to coach – he vomited back all knowledge and understanding. And further to that, Sheik is always hungry for new knowledge where he finds himself upgrading himself in the fitness training and medical fitness education, so that he will be able to impart it to his training plans.

Countless champions have been produced throughout his coaching tutelage. He did not stop there, Sheik shined his own children to create their own legacy, when two of his sons already holding the world title just like him.

### **Spouse and Children**

They have been married since December 1992 where it was started with only friend-colleague relationship in the year 1989. They first met at Sheik's former workplace, Housing Development Board (HDB) Clubhouse where at that point of time, Sheik was the Fitness Club Coordinator and Sa'adiyah was one of the Aerobics Instructor.

From just a monthly meeting due to work, to weekly, to almost daily, and all because of Sa'adiyah's availability to conduct classes when other instructors were not available, that was when Sheik and Sa'adiyah relationship became increasingly close.

And they got closer in end of 1990 after the rest of the members at the clubhouse was talking about Sheik got his World Champion title at the recent championship.

By the beach, Sheik popped out the proposal asking if she is willing to spend the rest of her life with him. And being married for thirty-years, the couple are blessed with six children altogether: two girls and four sons.



Daughters: Nur Shafiqa was born in 1995 and Nur Shaqira was born in 2008.

Sons: Sheik Ashiddiq was born in 1996, Sheik Ferdous was born in 1998, Sheik Farhan was born in 1999, and Sheik Fayz was born in 2004.

Sheik has gotten all his children to be involved in the sport since they were toddlers.

His elder daughter who is now a full-time cabin crew with Singapore Airlines, has won numerous medals in the international levels. Two of his sons is now a champion in their own weight categories, with Sheik Farhan being a 4-times World Champion himself and Sheik Ferdous is still climbing with two-times World Champion title.

Sheik's two eldest children is no longer active in the national team; however, they are still contributing in the grassroots (community) level in their own Silat club set up by their own father. As for his two youngest children, they are in the process to craft their own names and title in the Silat industry.

### Awards

One of his proudest moments in his life was when he was being recognized as one of the recipients for the Public Service Medal (or also known as *Pingat Bakti Masyarakat*) conferred by the President of Singapore, His Excellency President S R Nathan in 2000.

*"The medal may be awarded to any person who has rendered commendable public service in Singapore or for his achievements in the field of arts and letters, sports, the sciences, business, the profession and the labour movement."* <https://www.pmo.gov.sg/National-Day-Awards/Information-On-Medals/The-Public-Service-Medal-Pingat-Bakti-Masyarakat>

On top of that, Sheik received two awards from Singapore Youth Award in two separate years throughout his achievement as athlete and when he was a coach. In 1997, Sheik received Singapore National Youth Award – Sports & Adventure, and in 2005, Sheik was awarded with Medal of Commendation.

Since Singapore National Olympic Council introduced the Singapore Sports Awards in the 1968, and first Coach of the Year had its first recipient in 1970. Up till now, Sheik is the only recipient who have received the award for four-times in 1999, 2001, 2002 and 2019 since his involvement as a National Coach leading the national team.

Because of his achievements and contribution thus far, Sheik was awarded with Doctorate of Humanity from Academy of Universal Global Peace in 2019.



## **Gerak Silat Olahraga – Sports Silat (GRASIO)**

Since his involvement in the Pencak Silat arena, Sheik is not a type of person who will accept the knowledge as it is. He will explore any new knowledge which he thinks will benefit him in his future planning. Sheik has studied with many martial arts teachers from various Silat clubs and schools. He would always look into any opportunities in giving back to the society, and with setting up of GRASIO in 1997 he is able to do so.

It started with a small group of students unofficially learning Silat, at their very first training location at Al-Khair Mosque in Singapore. More students signed up thereafter, ever since its establishment, GRASIO now have a total of more than 30 active centre island wide in Singapore. And their activities not only cover Silat classes, but includes parents who send their kids for lesson, to take more responsibilities as Team Manager, Silat Instructors, and many more.

And started from Silat Club GRASIO a lot of champions were born and moulded to represent the nations, such as; Muhammad Shakir Juanda, Muhammad Alfian Juma'en, Muhammad Iqbal Abdul Rahman, Nurul Khairunnisa Azlani @ Fiona Azlani, Muhammad Hazim Mohd Yusli, and many more.

The Silat club continues to have more champions in the making.

### **As a person**

Despite Sheik's schedule is packed with events, activities, meetings, he always finds time for self-development and social work, and he believes for whatever reason of work he needs to execute, he will perform it sincerely.

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