

Personal Information	
Name	Sheik Alau'ddin Yacoob Marican
Title (Salutation)	Dr
Age	55 years old
Gender	Male
Contact	+65 9642 1544 silat_king@yahoo.com
Significant Education	<p>Doctor of Philosophy in Sports Science (Physical Health) (Wilmington Metropolitan University)</p> <p>Doctorate in Business Administration (International Business School of Scandinavia)</p> <p>Master of Science in Applied Science of Fitness Training (Fitness Institute of Technology, Tampa – Florida, USA)</p> <p>Post Graduate Diploma in Sport Business Management (Sheffield Hallam University, United Kingdom)</p> <p>Bachelor of Applied Social Science (Sports & Performance) (Australian College of Applied Psychology)</p> <p>Diploma of Counselling and Communication (Australian College of Applied Psychology)</p> <p>Diploma in Sports Management (International College of Sports Management, United States Sports Academy)</p> <p>Diploma in Fitness and Nutrition (International Correspondence School)</p> <p>Diploma in Security Management (Polwel Co-operative Society Limited)</p> <p>Senior Management Programme for Non-Profits (Lee Kuan Yew School of Public Policy-SSTI – Advanced)</p> <p>Advanced Certificate and Training Assessment (ACTA) (Singapore Training and Development Association)</p> <p>Professional Diploma in Leadership & People Management (Workforce Skills Qualification)</p> <p>National Coaching Accreditation Programme (NCAP) Elite Performance Level, (Singapore Sports Council)</p>

Note	<p>“Ready and willing”. That is his favourite quote.</p> <p>Meaning he is always ready to execute any task or challenge given to him.</p> <p>Sheik has a great personality where he is able to interact with anyone from any age categories. He can let loose, joke around, and play with young children, and at the next minute have a deep and thoughtful conversation with adults.</p> <p>He does not mind being seen sitting in a coffeeshop having his meal, but he also does not miss the opportunity to deal with corporate clients in a high-class arrangement.</p> <p>Sheik is always passionate when it comes to talk about Pencak Silat. He has created a legacy of himself locally and internationally, his only dream is to see the sport being competed in the international area = the Olympic!</p>
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Life as an Athlete	
Year	Story
1982 – 1985	<p>Sheik was introduced to the martial art at the age of 15-years old. Sheik and his friends supposed to join a soccer group which they were told will be formed in the nearby mosque at his <i>Kampung</i>.</p> <p>Everyone was enthusiast thinking about kicking and playing soccer, however, up till now, there was not a single ball to be kicked. Instead, Masjid Abdul Aleem Siddique form up a Silat group amongst the youth community in the <i>Kampung</i>. After looking at how Pencak Silat was showcased and demonstrated right in front of his eyes, Sheik immediately fell in love with the martial arts.</p> <p>He admires its stylish, artistic, rhythmic, and aesthetic movements with lots of kicking and punching but still has its soft edges of it.</p> <p>Living his youth during the <i>Kampung</i> days, Sheik’s home was spacious with a backyard. And because he felt that he needs more training, he built himself a training space where he called it “<i>Sanggar Juara</i>” which translated to “House of Champion”. That was where he learned the art of Pencak Silat in depth with various Silat masters.</p> <p>While continuously practicing Pencak Silat, Sheik never lead an easy life. In fact, he led a tough teenage life. In order to have his own pocket money, Sheik took up ad hoc jobs, such as selling books, stacking food items, bartending, doing sales representative, and even took up working in heavy labour jobs.</p>

1984 – 1999	<p>Sheik made his first debut and appearance in the Pencak Silat industry as one of the performers, in Payakumbuh, West Sumatra, in a mass procession with Pencak Silat display and performance in 1985.</p> <p>In 1986, despite winning and passing in all the selection test and trial in the national team, Sheik did not manage to compete in the international arena at Vienna, Austria, for the 3rd International Pencak Silat Championship. Instead, his teammate was sent as single representation from Singapore.</p> <p>Sheik joined the Singapore national team when he was 17-years old. He started with no placing in his national and international competitions. From there, he climbed and continuously contributed medals after medals for Singapore.</p> <p>He grasped and held the World Champion title at the age of 23-years old, and since then, Sheik’s achievement as Silat national athlete has been improving and getting better. People started to recognize his achievement he came back from representing in major competitions and bringing back with him medals after medals.</p> <p>Throughout his life as a national athlete, Sheik has fought in more than 100 over Pencak Silat championships, be it locally or internationally. He has made his own personal collections for his medal at the counting of 26 gold medals, 2 silver medals, and 6 bronze medals.</p>
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Achievements as an Athlete

Year	Achievement	Series of Event	Venue
1987	4 th Placing	14 th SEA Games	Jakarta, Indonesia
1987	Bronze	4 th World Pencak Silat Championship (Artistic Category, Solo Creative)	Kuala Lumpur, Malaysia
1989	Silver	15 th SEA Games	Kuala Lumpur, Malaysia
1990	Gold	6 th World Pencak Silat Championship	Den Haag, Holland
1990	Bronze	Merdeka Games	Brunei Darussalam
1990	Gold	5 th International Pencak Silat Open Championship	Kuala Lumpur, Malaysia
1991	Gold	16 th SEA Games / SEA Championship	Manila, Philippines
1992	Gold	Thailand Open Pencak Silat Championship	Pattani, Thailand
1993	Gold	17 th SEA Games	Singapore
1994	Gold	8 th World Pencak Silat Championship	Haat Yai, Thailand
1995	Gold	18 th SEA Games	Chiang Mai, Thailand
1996	Gold	Malaysia National Championship (International Invitations)	Sarawak, Malaysia
1997	Bronze	9 th World Pencak Silat Championship	Kuala Lumpur, Malaysia
1997	Silver	19 th SEA Games	Jakarta, Indonesia
1999	Gold	1 st Philippines Open Pencak Silat Championship	Manila, Philippines

1999	Gold	20 th SEA Games	Brunei Darussalam
Awards as an Athlete			
Year	Award	Organization	
1993	17 th SEA Games – Singapore Contingent’s Flag Bearer Closing Ceremony	Singapore National Olympic Council & Singapore Sports Council	
1994	Overall, 1 st Runner Up Coca Cola Sunday Times, Sports Star Award	Sunday Times	
1994	Meritorious Award (Individual)	Singapore Sports Award, SNOC	
1995	Meritorious Award (Individual)	Singapore Sports Award, SNOC	
1996	Meritorious Award (Individual)	Singapore Sports Award, SNOC	
1997	Recipient for Singapore National Youth Award, Sports & Adventure (Individual)	Singapore Youth Award	
1997	Talented Elite Athletes Award	Singapore National Olympic Council	
1998	Talented Elite Athletes Award	Singapore National Olympic Council	
1999	Talented Elite Athletes Award	Singapore National Olympic Council	
1999	Pesilat of the Year	Singapore Silat Federation	
2001	Top 50 Best Athletes in Singapore	Sunday Times	
2003	1 st Pencak Silat Award 1 st Singapore Ranking Athlete, Athlete’s Achiever & Athlete of the Century	Singapore Silat Federation	

Life as a Coach	
Year	Story
1998 – 2000	<p>Sheik was offered a position as a National Coach to lead the Team Singapore Silat while he was still a national athlete himself. The management saw the potential that he was able to mould and polish the capabilities of future champions.</p> <p>He accepted the offer and carry out double roles as athlete-coach. Even though his preference was more to be in the arena instead of at the corner of the arena.</p> <p>After two years of being athlete-coach, Sheik must be contented with the choice and pathways laid out for him. Ever since Sheik’s appointment as the National Coach, he had brought success to the Silat athletes in many prestigious competitions all over the world.</p>

	<p>Sheik nurtured the national elite athletes with knowledge, imparting his experience and expertise to the athletes without any secrecy. He took care of the national athletes' welfare needs, guiding them to execute correct techniques and tactics.</p> <p>His effort paid off as he managed to produce champions in the international levels in World Championship and SEA Games. Some of them are;</p> <p>Mohamed Zulfakar Mohamed Ramli SEA Games Gold Medallist & World Champion Mohamed Noor Rafili Mohamed Ramli, SEA Games Gold Medallist Mohamed Yusoff Shah Khamaruddin, SEA Games Gold Medallist & World Champion Zuhrah Mohd Sabri, SEA Games Bronze Medallist & World Champion Muhd Zahid Saaban, SEA Games Gold Medallist Muhammad Shakir Juanda, SEA Games Silver Medallist & 2-times World Champion Sheik Farhan Sheik Alau'ddin, SEA Games Gold Medallist & 3-times World Champion Sheik Ferdous Sheik Alau'ddin, Asian Games Silver Medallist, World Champion & World Beach Champion Muhammad Hazim Mohd Yusli, SEA Games Gold Medallist, 2-times World Junior Champion & World Champion</p> <p>And many more.</p> <p>From his vast experiences on networking and socializing with different groups of people, Sheik is able to identify an individual with potential and determination to work hard and achieve.</p> <p>Within Silat training period, Sheik expects all national athletes to give their full attention and train as if they are competing in their last round seconds before the gong sound. Beyond that, national athletes will find Sheik approachable for feedback and advise on their performance.</p> <p>Coaching the team and participating numerous international championships under Sheik's wings, Team Singapore Silat has brought back of more than 1200 colourful medals and counting.</p> <p>Other than the Team Singapore Silat, Sheik has made his own name and create his own heritage as a Silat King in Singapore.</p>
2000 – till present	Generation after generation of national athletes' batches, Sheik is still moulding those who are eager and hungry to win.

	<p>Times has passed, Sheik will always learn and keep himself updated with the current trending on coaching methodology and approaches as not to bore the concept of his training.</p> <p>On top of carrying the role as the Chief Executive Officer, Sheik is also wearing the hat of the Head Coach. He will be on the ground together with his group of other national coaches to coach, train, mentor, and lead during the season for the major competitions in ensuring the elite athletes are ready.</p> <p>Sheik works closely with all his national coaches who are taking care of each categories ensuring the younger generation are well-prepared and developed for future challenges.</p>
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Achievement as a Coach

Year	Award	Organization
1999	Coach of the Year	Singapore Sports Award, SNOC
2001	Coach of the Year	Singapore Sports Award, SNOC
2002	Coach of the Year	Singapore Sports Award, SNOC
2002	Coaching Excellence Award	Singapore Sports Council
2003	Coaching Excellence Award	Singapore Sports Council
2005	Coaching Excellence Award	Singapore Sports Council
2005	High Performance Coaching Award (Senior Competitions)	Singapore Sports Council
2019	Coach of the Year	Singapore Sports Award, SNOC

Life as an Individual

Year	Story
1981	<p>Through Pencak Silat Sheik has learnt a lot of life skills.</p> <p>He did not pick up only the martial arts aspect, he also went through experiences that moulded his soft skills such as, people management, leadership, corporate communicate, and organization management.</p> <p>And from there, he did involve in Pencak Silat. Sheik expanded his circles and networks and placing himself in the organization. Sheik considered his participation and contribution as a giving back to the society and community without expecting in return.</p> <p>Sheik started volunteering even before he joined the Silat group back in 1981. His first volunteering service contribution was at Persatuan Taman Pengajian Islam Singapura (PERTAPIS) Youth Movement Group which was called UNIGRATIF or it was known as Unit Gerak Aktif.</p>
1990s	<p>Sheik was juggling between full-time work, national Silat training, and his own fitness training to ensure that his fitness is up to the expected level.</p>

	<p>He was working with Shell under the Pulau Bukom Police Force for 2-years, before landing himself as a Sales Sports Coordinator at Sports Stop Boutique for just 1-year.</p> <p>At Housing Development Board (HDB) is where he learned on organizing and coordinating events, where he was the Gym Manager for the clubhouse located there. A total of 8-years there taught him on how to run and organize the club's sports and recreation activities for the staff and its affiliates.</p> <p>On top of that, Sheik still manages to carry out his part-time jobs for that extra income. He have worked in multiple adhoc jobs, such as; being a bouncer at a night club, construction worker (installing cables, installing metal, etc).</p> <p>He was given the responsibilities to manage the gym, give training, supervise, coach the in-house part-time instructors, and many more. Despite enjoying what he was doing, he has to bid the company goodbye, when he was offered to coach the Team Singapore Silat as a full-time.</p>
2000s	<p>After his appointment as the National Coach, Sheik was given a bigger responsibility as Technical Director of Singapore Silat Federation. And soon after as Chief Executive Director or Chief Executive Officer till now.</p> <p>Sheik is responsible for the running, development, and management of the organisation as a whole. Sheik has to make sure that the federation is run smoothly on a daily basis be it financially, physical and human resources, and especially the development of the federation's profile and prominence within the sports industry.</p> <p>Sheik is hardworking and committed to furthering the sport and in working with Singapore Sports Council, recognised currently as Sport Singapore, to co-create a vision of success for the Federation.</p> <p>Over and on top of support from Sport Singapore, Sheik and his team have been able to deploy strategies to start diversifying sources of funding to ensure that the Federation will be financially stable and continue to run the programs. One of Sheik's concepts to keep the Federation up and running is not to be too dependable towards Sport Singapore's funds for the Federation. But to create chances with the resources that the Federation has or other opportunity to raise additional funds in order to have a strong financial support and at least to have a back-up.</p> <p>Other than ensuring the stability of the Federation's financial status, Sheik still have to maintain relationship with the higher management/secretariat in bringing Silat in Singapore to get recognition to new heights locally and internationally.</p>

International Involvements

Sheik is also actively involved with the **International Pencak Silat Federation** (PERSILAT) and holds many positions there. Currently Sheik sits in few departments since 2011 till now, they are Department of International Public Relations, Department of Organization, and Department of Promotion and Marketing.

With his credibility to conduct classes and session, Sheik was given the appointment as a **International Lecturer** from October 2019 to carry out duty at International Wasit-Jury Course and International Coaching Course by the **International Pencak Silat Federation** (PERSILAT).

Sheik ascended his way up when he proposed to the International Pencak Silat Federation on the setting up of regional federation for Asia countries and letting Singapore be the hub. It did take few years for the international federation to accept the terms and conditions, and the **Asian Pencak Silat Federation** (APSIF) was successfully launched on 16 April 2011. With Sheik as the **President**, together with his team, he has travelled to multiple countries promoting and assisting the countries in setting up a national federation in their countries.

Through recommendation from the Chief Executive Officer of Sport Singapore, Mr. Lim Teck Yin and Chief of Singapore Sport Institute, Mr. Toh Boon Yi, Sheik was appointed to serve as the **Governing Board** of the **International Centre of Martial Arts (ICM) under the United Nations Education, Science and Cultural Organisation (UNESCO)** for a three-years term with effect from 1 February 2021.

Sheik is getting recognized internationally because of his contribution and dedication in dignifying Pencak Silat in the eyes of the world. With that, President of the World Martial Arts Masterships Committee specially invited Sheik to set up **National Martial Arts Masterships Committee in Singapore** to develop more networking opportunities and many more. And with strong support of his fellow martial artists and friends, the NMC has been set up successfully where he will be leading as **President**. Whereas the sport is being recognized as **member** under the **World Martial Arts Masterships Committee**.

With Sheik's strong influence together with the international governing body, International Pencak Silat Federation (PERSILAT), the martial art – Pencak Silat – was recognized as a **member** under the **World Martial Arts Union** (WoMAU).

For any opportunities that Sheik thinks will bring benefits to the sport, he will not hesitate to grab it. He has successfully registered APSIF to be affiliated as an ordinary **member** with **International Council of Traditional Sports and Games**.

Other Social Involvements	<p>Sheik’s attitude is that everyone can and should be contributing to make Singapore a better place to live in and better place for the youths to get a true education not only through Pencak Silat but also other sports.</p> <p>That is why it is one of his reasons that he tirelessly continues to spread knowledge, contributing and rendering volunteer services in the grass-root level conducting training and coaching not only for Silat but also for Mixed Martial Arts. With his vast and wide experiences, he has gathered during his time as a national athlete and national coach has made him more eager to nurture the younger potential fighters.</p> <p>It is not just about training hard at each session, Sheik will take some time to advise and instilling positive values to anyone under his care.</p> <p>Silat is not the only sport that Sheik is actively involved in, he is also participating in the sport Mixed Martial Arts (MMA). Again, Sheik holds EXCO positions in few organizations. He is the Head of Officials in the One Fighting Championship, currently knowns as One Championship (ONE FC – Asia’s largest MMA fighting event).</p> <p>For his love in the martial arts, Sheik joined Singapore Martial Arts Instructors’ Association to learn a thing or two from different martial arts grandmasters and its federation. Now, he is the one leading the association as President.</p>
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Following are some of Sheik’s involvements in numerous organisations.

Organisation	Position	Duration
Jiu Jitsu Association of Singapore	Vice President	Active
Association of Bodybuilding and Physique Sports Singapore	Vice President	Active
Grasio Association (Singapore)	Grandmaster	Active
World Grasio Pencak Silat Federation	President	From 2004
People’s Association – Corporate Member Representative	Representative	Active
People’s Association – Talent Advisory Panel	Panellist	Active
PERTAPIS – Youth Movements Group	Member	1982 - 1997
Celebrity Golf Circle (Charity through Golf)	Member	2000 - 2010
Club HDB Health Club Committee	Member	1990 - 2000
Singapore Amateur Athletic Association (Tug-of-War)	National Player	1992 - 1994
People’s Association Macpherson Boys’ Club	Volunteer Trainer (Silat)	1996 - 1998

Singapore Fitness Instructor Association	Committee Member	1997 - 2001
Careobics – An Exercise in Generosity	Volunteer	1998 - 2000
Singapore Silat Federation	Committee Member	1998 - 2000
Singapore Bodybuilding Federation	Committee Member	1998 - 2006
Singapore Weightlifting Federation	Vice President	2000 - 2006
Singapore Silat Federation	Asst Sec-Gen	2001 - 2003
World Martial Art Federation	President	2002 - 2003
Singapore Martial Arts Instructors' Association	DY President	2003 - 2014
Yellow Ribbon Project (Sports Category)	Rehabilitation Ambassador	2006 - 2008
Mendaki – Goh Chok Tong Scholarship Award	Panellist	2005 - 2008
National Youth Council (Singapore Youth Award)	Panellist	2006 - 2009
Hapkido Singapore	Technical Director	2007 - 2009
Singapore National Olympic Council (Athlete's Commission)	Committee Member	2007 - 2009
Singapore Sports Council (Elite & High-Performance Coaching Selection Panel)	Panellist	2008 - 2010
San Cheen Do Association	Technical Director	2008 - 2010
Singapore Unifight Federation	President	2009 - 2013
Mixed Martial Arts Federation of Singapore	President	From 2013
Bando Federation of Singapore	President	2013 - 2016
Zurkhaneh Sport Federation of Singapore	President	2013 - 2016
Tarung Derajat Federation (Singapore)	President	2013 - 2016
Thang Ta Federation (Singapore)	President	2013 - 2016

Achievement as an Individual		
Year	Award	Organization
1981/1982	Best Member Award – Youth Night	PERTAPIS
1997	National Day Pledge Taker	Mindef
2000	National Day Pledge Taker	Mindef
2000	Recipient of the Public Service Medal (Pingat Bakti Masyarakat)	His Excellency President S R Nathan President Republic of Singapore
2001	Commander Contingent for Team Singapore in National Day Parade	Singapore Sports Council

2001	Winner for Japanese Chamber of Commerce & Industry Award	Japanese Chamber of Commerce & Industry Singapore
2002	Martial Arts Achievement Award	Taiwan
2002	Award for PERSISI Building (Fundraiser) "For success in making the dream of Silat community a reality in his role as Chairman of Fundraising	Singapore Silat Federation
2002	Induction – Singapore Sport Hall of Fame	Singapore Sports Council
17 Oct 2003	Certificate of Commendation Commendable Service to Sports Promotion	Singapore Sports Council
2005	Conferred the Medal of Commendation	Singapore Youth Award
2019	Doctorate of Humanity	Academy of Universal Global Peace, United States of America
2019	Datu' Seri (Title)	The Sultanate of Sulu and North Borneo
11 Dec 2021	Distinguished Service Award	World Bodybuilding & Physique Sports Federation

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