


# Sheik on it!

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**COUNTDOWN TO SEA GAMES: JAKARTA, OCT 11-19**

**TARGET**

■ **Silat hopes to get five gold medals, three silver and three bronze at the Jakarta SEA Games.**

Stories/ | **ERNEST LUIS**

**At the 1995 Games, it won one gold (Sheik Alauddin), one silver and five bronze.**

**P**HOTOGRAPHER Jonathan Choo knew what he wanted.

“Sheik (Alauddin)” he said smiling, “Just kick your team-mate and I’ll snap.”

The 1.86m tall reigning South-east Asia Games heavyweight champion nodded.

So Jonathan stood right over Sheik’s team-mate’s shoulder to get the perfect shot.

Wha Pow!

Thankfully, Jonathan’s camera lens remained intact as both of them reeled backwards from the force of Sheik’s blaster.

But that actually symbolised the spirit of the

national silat team.

For these men and women in black, their task is to make their opponents see stars in Jakarta.

And swipe the prestigious medals, be it gold, silver or bronze.

So for the past two days, it's been nothing less than 100 per cent at the centralised training camp at Pasir Ris Sports Complex.

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### **BUILDING TEAM SPIRIT**

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The purpose, is to build team spirit, which this team has lots of.

As chief coach Ramli Awi, 43, said: "What makes a champion a better champion, is his ability to analyse his strengths and weaknesses, and improve on them."

Said assistant coach Mohd Noor Hashim, 43: "Fear must always be there, and mistakes will be made.

"It is how we overcome all this that's important."

So, even towards the end of a gruelling two-hour session, every kick and punch pierced the morning silence.

“When you punch, don't think about the next round or anything else. Just put everything you have into every punch and kick.”

— Assistant coach  
Jasni Salam

And while cooling down, current bantamweight world champion Kadir Ibrahim, led the silat warriors through their SEA Games theme song.

Based on the Backstreet Boys' current hit, it goes: "Everybody (Yeah! Yeah!) Everybody (Yeah! Yeah!) Silat team's all right!"

## **SHEIKH'S BIG RIVAL**

*Pujok is only about 1.73m. But he's aggressive. When he fought me, he used illegal shots, like punching me in the throat twice, and kicking me in the groin once. Also, everytime he hit me, he ran outside the fighting circle, so I couldn't touch him.*

— *Sheik, the 1.87 metre hulk, on his Indonesian opponent Triss Pujok*

## **NO CURRY**

■ He eats rice, meat and vegetables. No curry or gravy.

■ He gets up 6am. Jogs for almost two hours. Breakfast.

■ He trains from 10am-12pm and 4pm-6pm.

## **THE JAKARTA-BOUND SEA GAMES SQUAD**



**■ MEN'S FULL-CONTACT SPARRING**

Abdul Razak; Mohamad Hidayat; Mohamad Iskandar; Irwan Juriami; Kadir Ibrahim; Syed Haeizal Husin; Jusri Abdul Karim; Azlan Hassan; Sheik Alauddin.

**■ (WOMEN'S)**

Neny Harlena; Kartina Ahmad; Rafeah Rashid; Siti Fairuza.

**■ MEN'S SOLO (sai, kris, parang)**

Norazmi Makmor.

**■ WOMEN'S SOLO (parang, kris)**

Normillah Arman

**■ MEN'S DUET (kris, free hand)**

Shariff Dasuri.

**■ WOMEN'S DUET (parang)**

Siti Rohaydah Raboo; Saripah Abdullah.

**■ MASS COMPULSORY**

Salimi Jamaluddin; Aswad Ahmad; Al-Rashid Alias.

**■ FREESTYLE (Javanese)**

Zaharin Abdul Karim; Norwati Wanoh;  
Nuroolain Hussin; Rahah Mohd; Nenita Aeji.



**Grimacing in pain:** *When Sheik's on target, you see stars.*



**Yeah! Yeah!**

**Yeah!:** *The highly motivated silat warriors (from left) Sheik Alauddin, Irwan Juriami, Neny Harlena, Mohamad Hidayat and Kadir Ibrahim.*

**Pictures/ JONATHAN CHOO**