



**PENCAK SILAT**  
**NCAP Technical Level 1**  
**COURSE INFORMATION**



Course Title	<b>NCAP Technical Level 1</b>
Objectives	Participants who successfully complete the course shall have basic level knowledge in Pencak Silat Coaching. They shall have the basic knowledge of training principles and skills to effectively plan for a training season of about 8-10 weeks. They shall be suitable to coach the Match Category for developmental sport competition level involving clubs and schools.
Content	<p><b>i Introduction To Pencak Silat</b> Understand the roots of Pencak Silat ■ Understand the importance of Silat governing bodies ■ Understand the emphasis of the components of training ■ Incorporate these concepts in planning training sessions</p> <p><b>ii Coaching Guide</b> Understand the various roles on the coach-athlete relationship ■ Develop effective communication skills ■ Develop effective goal-setting strategies</p> <p><b>iii Sports Science applications 1</b> Introduction to Sports Science and its application to Silat</p> <p><b>iv Basic technique &amp; Tactics</b> Techniques transferred to game like situations, more complex exercises, emphasis on performing the right technique correctly during an individual tactic action. ■ Handling equipment for training skill development</p> <p><b>v Mental Skills Training 1</b> Understand the model of coaching mental excellence ■ Help athletes set appropriate goals for each practice session ■ Understand the concept and process of developing mental skills training</p> <p><b>vi Jurus Tunggal / Regu</b> Understand the Artistic Single &amp; Team categories with pre-determined movements developed by the international Federation.</p> <p><b>vii Competition - Rules &amp; Regulations</b> Understand the Laws of the Game eg scoring, penalties ■ Understand the appropriate attire categories for competitions.</p>
Period of Course	<b>9 June – 9 July 2009 (11 Days) ■ Every tuesday, wednesday &amp; thursday</b>
Venue	<b>Silat Centre of Excellence</b>
Class Size	20
Course Assessment	A 30-min hands-on practical examination and a 1-hour close-book examination will be conducted at the end of the course. Course participants who missed more than 2 day of lessons will not be allowed to sit for the examination.
Medium of Instruction	English
Certificate	A Statement of Success will be issued to successful candidates upon completion of 12 hours practicum under a National Coach.
Eligibility	Only participants who are instructors or coaches at the respective club with 2 years of mentoring by a senior coach are eligible for for the course. The Master, of the Silat Association that is affiliated to SSF, has to endorse the application form.
Course Fee	\$150 (Participants must be an Affiliate of Singapore Silat Federation)
Registration	<p><b>Registration will be based on first-come, first-served basis subject to a maximum of 20 participants. Registration is considered successful only when the payment is received.</b></p> <p><b>Payment Mode:</b> Completed registration forms should be sent with cheque payment (payable to Singapore Silat Federation) to:</p> <p><b>Singapore Silat Federation</b> No 7 Bedok North Street 2 #02-01 S(469646)</p>



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	<p>Please indicate your <b>name</b>, <b>contact number</b> and <b>course name: NCAP Technical L1</b> at the back of the cheque.</p> <p>Cash payment in full with completed form can be made at the Singapore Silat Federation.</p> <p>No refund will be entertained for all successful registration.</p>
Closing Date	<p>All registration based on first-come, first-served basis.</p> <p>5 June 2009, Friday 6pm or when the target of 20 participants is reached whichever is earlier.</p>

Schedule is correct as of 4 May 2009 and is subject to changes.

**Course Coordinator**

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