



PENCAK SILAT NCAP TECHNICAL COURSE LEVEL 1 PROGRAMME SCHEDULE June - July 09



Registration Opens		4-May-09					
Closing Date will be as stated or when 20 participants have registered for the course		5-Jun-09					
No	Module	Time	Date / day	Venue	Attire	Course Conductor	Remarks
1	Introduction to Pencak Silat	7.30 pm - 10 pm	9 June 09 / Tuesday	Meeting Room / SCOE	Casual	Mr. Asadullah	Theory
2	Coaching Guide (Theory)	7.30 pm - 10 pm	10 June 09 / Wednesday	Meeting Room / SCOE	Casual	Mr. Asadullah	Theory
3	Sports Science Applications 1	7.30 pm - 10 pm	11 June 09 / Thursday	Meeting Room / SCOE	Casual	Mr. Asadullah	Theory
4	Competition - Rules & Regulations	7.30 pm - 10 pm	16 June 09 / Tuesday	Silat Hall / SCOE	Silat Uniform	Mr. Asnadi Robani	Theory
5	Mental Skills Training 1	7.30 pm - 10 pm	17 June 09 / Wednesday	Silat Hall / SCOE	Silat Uniform	Mr. Asnadi Robani	Theory
6	Coaching Guide (Practical) / Basic Technique & Tactics	7.30 pm - 10 pm	18 June 09 / Thursday	Silat Hall / SCOE	Silat Uniform	Mr. Hidayat Hosni / Ms. Zuhrah / Mr. Hasi	Practical
7	Training with Equipment	7.30 pm - 10 pm	23 June 09 / Tuesday	Silat Hall / SCOE	Silat Uniform	Mr. Sheik Harun / Mr. Hidayat Hosni / Ms. Saiedah	Practical
8	Jurus Tunggal	7.30 pm - 10 pm	24 June 09 / Wednesday	Meeting Room / SCOE	Casual	Mr. Sheik Harun / Mr. Raziz	Practical
9	Jurus Regu	7.30 pm - 10 pm	25 June 09 / Thursday	Meeting Room / SCOE	Casual	Mr. Raziz / Ms. Zuhrah	Practical
10	Practical Test	7.30 pm - 10 pm	8 July 09 / Wednesday	Silat Hall / SCOE	Silat Uniform	ALL National Coaches	Practical
11	Theory Test	8 pm - 9.30 pm	9 July 09 / Thursday	Meeting Room / SCOE	Casual	Mr. Asadullah	Theory

* Dates subject to changes due to National Selection Trials and Overseas/ Local Competitions

**Mandatory 12 hours of attachment (06 hours 'Artistic' & 06 hours 'Match') to PERSISI is required to attain the NCAP Technical Level 1 certificate