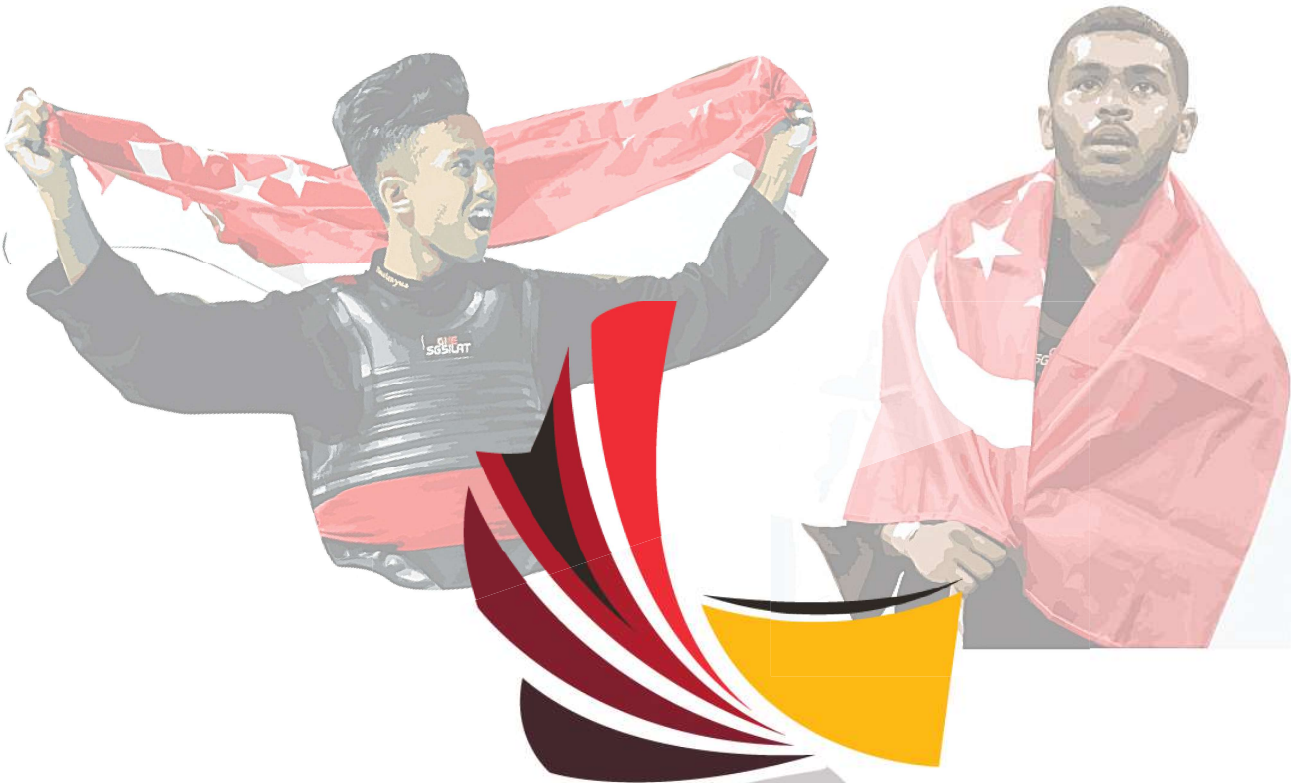


JUNE 2020

SILAT UNCUT

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A MONTHLY NEWSLETTER BY SG SILAT



SINGAPORE SILAT
F E D E R A T I O N

HIGHLIGHTS OF THE MONTH

Nurul Suhaila: An Established Mentor



Srikandi silat S'pura, Nurul Suhaila antara atlit Team Singapore yang bakal membimbing belia berisiko. (Gambar: Suhaila/Instagram)

Projek rintis galak atlit Team S'pore sokong belia berisiko di tengah COVID-19

We start the month yet again with more news of our athletes giving back to society. It is heartening to know that Nurul Suhaila has been very involved in the community.

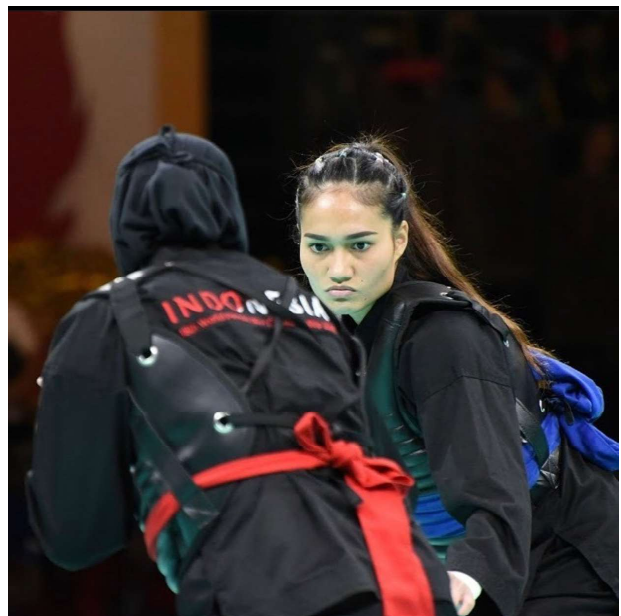
This time round, she is recognised as one of the 24 athletes and ex-athletes who were chosen as mentors for the Circuit Breaker School Buddies (CBSB). They will be mentoring a total of 31 kids for a period of 10 weeks.

The CBSB aims to prepare and empower teens and youths to achieve their dreams through the selected mentors. The team Singapore athletes and ex-athletes then serve as a support for the youths-at-risk and their families amidst the pandemic.

The initiative was organised by the volunteers of Beautiful People (BP) and the non-profit organisation New Life Stories (NLS). The founder of NLS, Cik Saleemah said in an interview with Berita Harian that the “program’s main objective is to support and provide youths from low-socio economic households with caring and involved mentors so that they will not feel alone and will build a more positive outlook on their future”.

Nurul Suhaila mentioned to Berita Harian in an interview that the experience working with the teens and youth has humbled her and that she grew close to her mentee. “We shared stories of our lives as aspirations and it was then that I knew of her love for poetry. We shared some of her writings with me and we’re currently working on a piece together”, she says.

The Singapore Silat Federation is always encouraging our athletes to give back to the community and garner humbling experiences; as the saying goes “it takes a village to raise a child”. We’re grateful our athletes are proactive and are always ready to lend a helping hand whenever they can.



Young Icons of Hope

One of our athletes, Aniq 'Asri was recognised as the MENDAKI Special Achievement Award for Excellence (Non-Academic). In an interview with MENDAKI, the athlete stated that the award "supported him greatly in the sport and his daily needs".

The monetary reward has helped him reduce financial burdens on his family and also in his daily life. He also mentions that MENDAKI has created new opportunities for him as he strives to achieve excellence and balance in his studies and in Silat.

We're proud to have our athletes as icons of motivation and defying against all odds. We hope other students and athletes, silat or other sports, and those who excel in non-academic fields continue to strive for greater heights!



Sheik Ferdous: Work Hard, Play Hard

In the previous edition, we've managed to have a scoop into the different lives of the two brothers, Sheik Farhan and Sheik Fayz. This time round, we have Sheik Ferdous, the third child of Dr Sheik Alau'ddin. He is a little more outgoing and extroverted compared to his brothers, someone who is approachable and is fun to be around with.

At 24, he has earned himself titles such as World Champion (2018), World Beach Champion (2019) and Asian Pencak Silat Champion (2018). Of course, all these titles did not come easy and many different parts of his life came to play to build who he is today. Read on to find out!



Qn. Give us a brief introduction of yourself.

Hi, my name is Sheik Ferdous. 24, and currently a national athlete of the Singapore Silat Federation.

Qn. Albeit it being obvious, tell us how you got into silat and why you like the sport.

I could barely remember when I actually started Silat. But I was basically born into the sport, considering my dad is a household name in the sport. It was like second nature to me.

Qn. How did it feel like when you finally won your first gold medal, then subsequently claiming the world champion title in 2018? What kind of reactions did you get from your family?

Winning the first gold medal - it felt good. Definitely a motivation booster to strive for greater heights. It sparked something in me to never settle for less. Winning the world championship, pushes me to further improve on myself and continue working hard to keep consistent.

My family is proud of my achievements, that goes without saying. They were there during my lows and finally to witness my triumph. They are always rooting for my success.

I have always had high expectations for myself. I don't think I'd change anything in the process of getting here because it made me who I am. Feeling blessed that I've made it and made them proud.



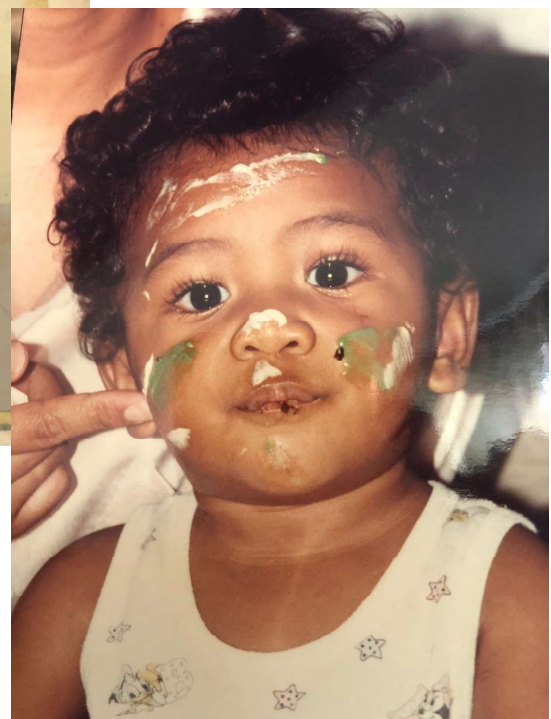
Qn. What would you be doing if you were not a silat athlete?

I love Football. Another passion of mine lies there. If I wasn't a Silat exponent, I would've probably played Football and putting in the same max effort to thrive in the sport.

Qn. What was it like growing with many siblings? Share with us a story/moment between you and your siblings that will forever remain etched in your memory.

It's a crowd. But I would not trade my siblings for anything. Growing up, I always had a friend. There's always someone to have fun with. I would consider myself as the fun brother, always joking around with them.

One memory that I will definitely treasure forever is our sleepovers at our late grandma's house. Waking up to the delicious smell of roti pratas bought by our grandma and having breakfast together. I think small moments like this fly by really quickly but they're actually very precious. Good times.



Qn. How do you manage your own training and body maintenance?

I train for 10 hours a week. I follow a training regime tailored for me by my SSI specialists as well as my coach in SSF. I also follow a diet plan based on my SSI Nutritionist's advice and help. I've learnt a lot about being self-discipline and the value of hard work through this.

Qn. When did you see this becoming a crucial aspect of your life?

I've started going to the gym and trying to eat clean when I was in secondary school, since I was enrolled in the Singapore Sports School and the way I took care of myself became important. However, I only started strictly following a training and dietary plan when I started entering the senior category.



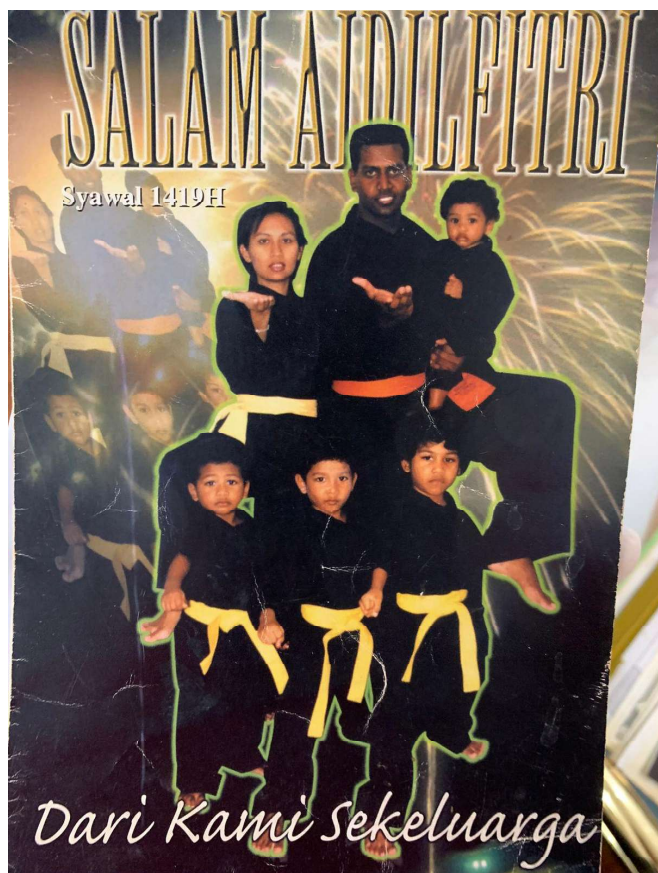
Qn. What is your next goal in silat?

My next goal would be to defending my title. Game plays change sometimes in certain seasons. Defending a title is not easy but I want to continue maintaining my "A" game every time. And of course, to win all the competitions that I will be participating in.



Qn. Who would you say is your biggest supporter?

I would say my biggest supporter would be my mother. She will always be there for me, no matter the circumstance.



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*Hardwork always,
always pays off.*

*Believe in yourself even when no
one does. If you want something, go
get it. No one else is going to get it
for you.*



"Sport is played by the Body but Won in the Mind!"

In this month's edition, we're shining the spotlight on an important person who supports our athletes mentally. Mr Chris Lee Wing Kong plays a crucial role in building our spexathlete's mentality so that they can adapt to adversities when they're in the arena.

Mr Chris is an active and passionate sportsman, is also a martial arts enthusiast trained in Judo, Aikido and currently holds a 3rd Degree (Sandan) Black Belt in Japan Karate-Do. He represented Singapore as a team member of the National Karate Team at the 1993 SEA Games, and competed in the 13th KOI World Cup Karate Championships held in Manila, Philippines in 2004.

In this edition, we'll take a look at his experiences in his field of work and also working alongside the Singapore Silat Federation.



above: With 28th SEA GAMES Singapore Women's Hockey Bronze Medal Winners.



above: With Singapore Karate Team Veteran event in 2004.



above: with the Artistic Team at the 10th SIJORI Silat Championships.



above: with my first Silat Team photo & my co-trainer Mr. Antony Lou.

Qn. Give us a brief introduction of yourself.

I am a certified Mental Toughness Coach and a Sport & Performance Psychology Consultant with SportPsych Consulting. I have been involved with mental skills training and coaching for almost 20 years. I began my mental coaching work after I retired from the Navy in 2005. In 2006, I joined the Singapore Sports Council as a Mental Skills Trainer till 2009. From 2009 till the present day, I am a free lance Mental Toughness Coach and associate Sport & Performance Psychology Consultant with SportPsych Consulting. I am also happily married for 37+ years.



Qn. Tell us about your job and what lighted the passion for you to pursue this line of work.

My job involves mental skills training with athletes and providing coaches with the support needed in preparing their athletes and teams for competition. What lighted my passion for my line of work actually started in 1995 when I attended the NCAP Level One Coaching Program conducted by the Singapore Sports Council (SSC). The course instructor, Mr. Edgar Tham was instrumental in creating that passion in me to pursue my education and applied work in Sport & Performance Psychology with emphasis on the Mental Toughness Strategies Model. He was also the first local Sport Psychologist to head the Sport Psychology Unit of SSC. Under his mentorship, I completed my NCAP Level Three Coaching course and subsequently, enrolled for the ACAP Diploma in Applied Sport Psychology and completed a degree certification in Applied Performance Psychology (APP).

Qn. What do you feel is most interesting about your line of work? **ONE**
SGSILAT

What I find most interesting about my work is the opportunity to provide mental skills training and support to athletes and sports coaches. I enjoy working on-site with the athletes and coaches during their training sessions and providing ground support during competitions. The satisfaction I gain is when I see the athletes and coaches embrace the mental skills training wholeheartedly and apply the proven mental toughness strategies to achieve good performances.



Qn. When did you start working with the Singapore Silat Federation?

My work with the Singapore Silat Federation began in 2016. The National Silat Team was preparing for the 17th World Pencak Silat Championships to be hosted in Bali, Indonesia. At the request of Mr. Sheik Alauddin, the CEO and Head Coach of SFF and through my co-trainer Mr. Antony Lou who received the request, I came onboard in mid-November of 2016 together with my co-trainer, Mr. Antony Lou to prepare the team for the championships in early December of 2016.

Qn. What was most fascinating about working with SSF?

What was most fascinating about working with the SSF is the warm reception accorded to me by the athletes, coaches and Silat community. Mr. Sheik gave me and my co-trainer full support and autonomy to conduct our mental training program and close supervision with the coaches and athletes. No stone was left unturned with excellent training support from the Singapore Sports Institute (SSI) and the use of 'State of The Art' equipment (eg. HALO Neuroplasticity Equipment).



Qn. What were some of your best memories working with SSF?

Some of the best memories I have experienced were the two world championship titles won during the 17th World Pencak Silat Championships by Sheik Farhan and Shakir Juanda.

It was most memorable and exciting as it was my first World Championships with the Silat Team and to witness two championship finals fought concurrently on the same final day with the Singapore National Anthem being played one after another was over-whelming and a proud moment. It was also Shakir's second World Championship title and Farhan's first as a senior fighter.

The next best memory was the 2017 SEA GAMES in Kuala Lumpur, when two of our athletes took Gold for Tunggal and Tanding. Zuhairah won gold for her Individual Tunggal event and Sheik Farhan took gold in Tanding which was the last weight category for the 29th SEA GAMES 2017. Which meant that the last anthem played at the competition arena for the victory ceremony was the Maju-Lah Singapura National Anthem!. What a proud moment it was for Team Singapore.

Following which my next best memory was the 2018 World Pencak Silat Championships hosted in Singapore where we won 7 Gold Medals and captured the Best Overall Championship Trophy as Silat Champions!!!

Qn. I understand that sometimes it can be difficult to detach from certain issues that involve clients, especially when we're so heavily invested and feel that we can help to better the situation. Where and how do you draw the line to make sure your own needs are protected as well?

As a coach and consultant working closely with your clients or athletes, one cannot help but be filled with empathy and compassion when the chips are down and the outcomes have fallen short. There will be disappointments, anger and tears of failure and regret.

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we need to maintain professional discipline and confidentiality.

We must respond with confidence and provide an assurance that circumstances or problems can be solved and dealt with over time. Confidentiality and Ethical behaviour will keep things in proper perspective and not cause the situation to worsen or the problem to spiral beyond counsel and common sense. I would say to exercise proper self-care as a mental performance practitioner, sport psychology consultant and mental coach.

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Learning to 'Switch-off and On' is also an important personal Self-care management to prevent 'Burnt-out' syndromes. That way your personal needs are also protected and safe-guarded.

Any tips to pass on to our athletes to help them take care of their mental, emotional, physical and social states better?

I have just one mental tip to pass on to our Silat Athletes and that is to understand that to acquire Mental Toughness and be mentally tough does not only mean you must be strong and tough physically, emotionally, mentally and self-assured always.

It is observing Self-discipline to attain Mental Toughness in everything you do. It means you need to sleep early to rest well and be alert physically and mentally for training.

To manage your time well with a daily or weekly schedule to factor in studies, homework, training and rest/relaxation activities. For some even doing household chores or washing up dishes after mealtimes have a way of inculcating mental toughness which helps to overcome procrastination.

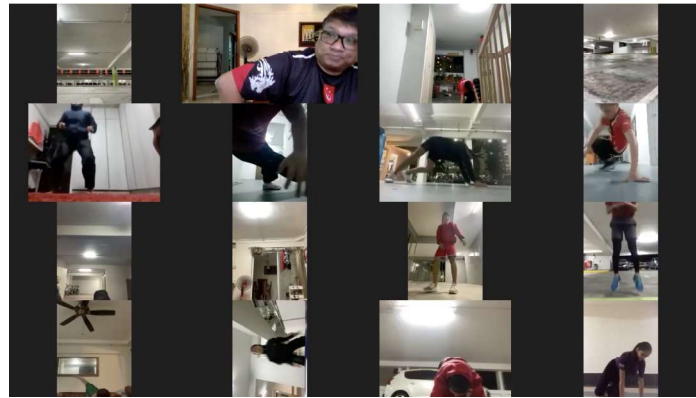
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To be a mentally tough athlete and to possess Mental Toughness is to be Self-disciplined in Mind and Body.



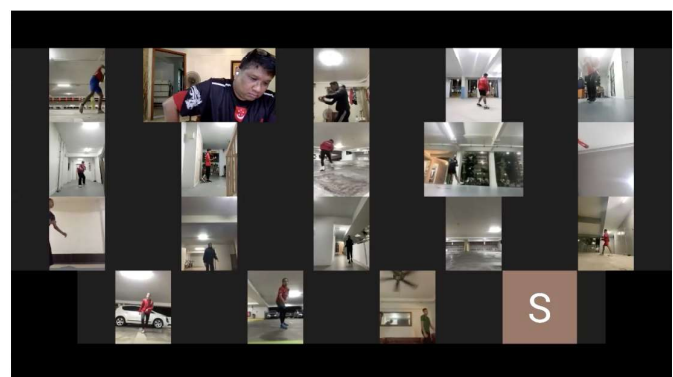
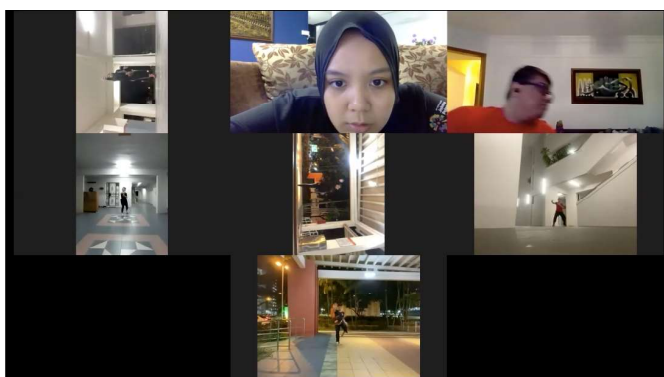
Zoom Training!

Although Phase 2 of the Post-Circuit Breaker has started and many gyms and public places are easing their way into reopening, our facilities are not accessible yet. However, the training has to pick up and our athletes are getting back into shape, preparing for the next season of championships and major games. Zoom is widely used ever since quarantined dawned on us. Our spexscholars and spextag athletes have been attending online training sessions.



Match Category athletes have sessions that consist of physical training - circuit training, building of stamina and similar. They also have sessions that include shadow fighting - where they can visualise their game-play and have skills training. Artistic Category athletes also have sessions that consists of physical training, to train their stamina and skills training - to sharpen their movements and memorising of the steps.

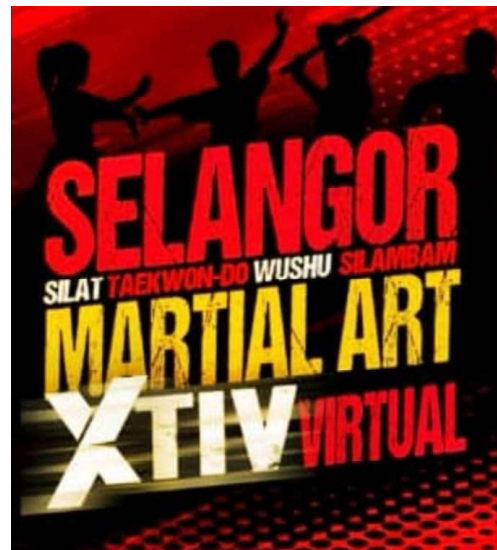
We believe that we must be adaptable in the face of adversities and are proud our athletes are reciprocating well. We hope to have all our other athletes from the other categories included in the zoom training once July comes round!



Selangor Virtual Competition



FITNESS enthusiasts looking for a way to keep them active during the quaratined period can sign up for Selangor Xtiv Virtual 2020. Selangor youth generation development, sports and human capital development committee chairman Mohd Khairuddin Othman said the event was aimed at encouraging the community, especially youths, to be engaged in beneficial activities while staying at home. The programmes are as such: Selangor Martial Art Xtiv Virtual, Selangor Xtiv Virtual Run and Selangor Xtiv Virtual e-Sport – with cash and prizes totalling RM431,000.



“The virtual martial arts programme features four categories – silat, taekwondo, wushu and silambam. Contestants are to record themselves doing a creative solo performance in any of the category listed. Points are accumulated through views on the Selangor Martial Art Xtiv Virtual youtube page.

Singapore's Silat Benderang Persada (SBP) sent 4 athletes to compete in this virtual competition. 2 of Team Singapore's Athlete, Raif Muhammad Syarif and Ridzqi also entered the competition. Head down to the youtube page to support team Singapore!

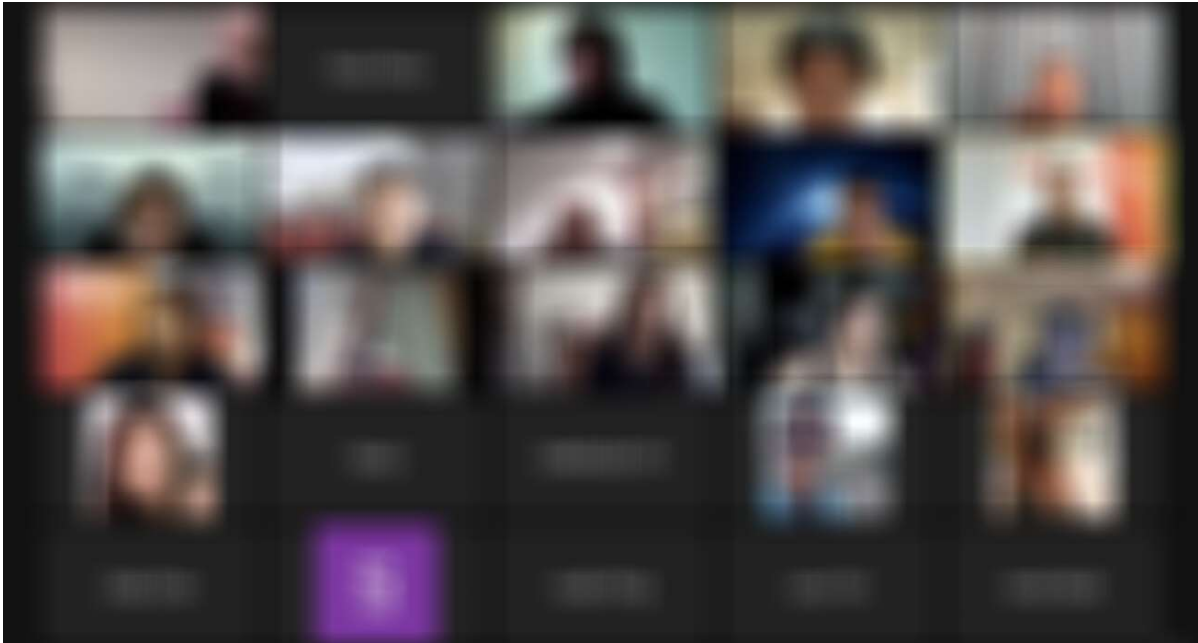


Although the competition has not ended yet, SBP's Sharafienna Bte Shariff has managed to enter into the second round of judgement, also known as "Phase 2" happening in July. Congratulations Sharafienna! Head on down to the Selangor Martial Art Xtiv Virtual youtube page to support her in the next round! We hope to hear great results from you!



Sports and Safety!

On June 15th, Our appointed Safety Measures Officer Mr Noh attended a meeting that would essentially help the federation to ease back into reopening. We will be following guidelines such as safe entry and temperature taking so as to keep to the standards of health and safety that is held by the government and everyone in Singapore.



On 29 June 2020, two of our staff - Nurul Fiona and Nurul Shehan attended the Safeguarding Officer Training. The Safeguarding Officer is one that ensures safety of the athletes from abuse and harassment and how to investigate on those cases and manage any risks faced.

The Singapore Silat Federation is committed to ensure that all our facilities and staff are safe during this period amidst the pandemic. In extension to that, we will also ensure our athletes who will be back for face-to-face training in July are grouped in a proper manner and that the trainings are organised in accordance to the standards and rules set by SportSG. We hope that all our athletes, staff and stakeholders also take extra precaution regarding their health and we hope this will mark a new, great beginning for us all in this race against the pandemic

Course Updates!

As more forms of communication and work become available, the Singapore Silat Federation will also be taking some of the courses online and making use of technology to continue providing to our stakeholders.

Here is an update of the online courses and dates that the Singapore Silat Federation will host in July!

Keep a look out for emails regarding the actual dates and times and sign-ups for each course!

July Courses

Coaching Course: July weekday nights, starting 13th July

- not open to members of the public
- Sign up link and details will be circulated!

Wasit-Jury Course: July (dates to be confirmed)

- understanding theory & new rules
- Sign up link and details will be circulated soon

New Rules Online Seminar: July (dates to be confirmed)

- only for members/affiliates who did not attend the first session in March.
- Sign up link and details will be circulated soon

QURBAN & AQIQAHAH 2020

By Singapore Silat Federation
Partnering with El-Malja



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Place your order and make payment by **20 July 2020, 2359hrs** to avoid disappointment in conducting your act of Qurban or Aqiqah!

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