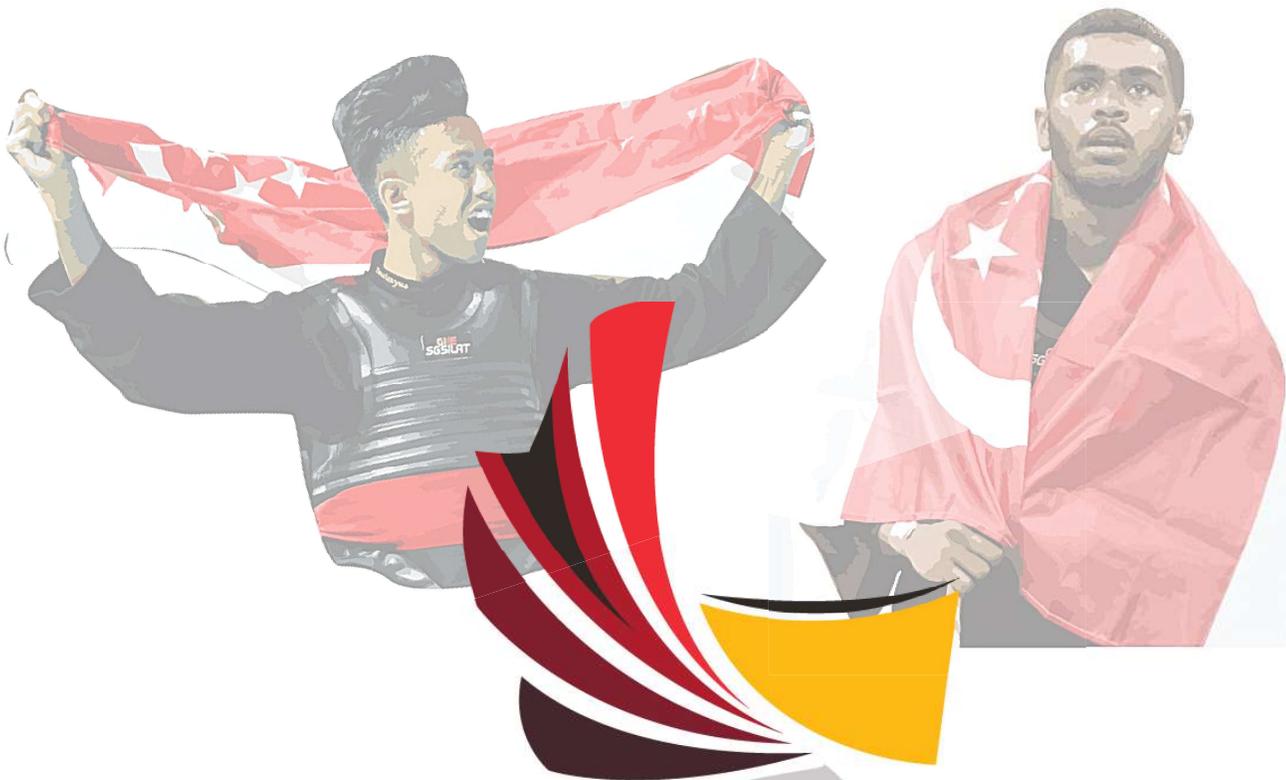


AUGUST 2020

SILAT UNCUT

VOL. 22

A MONTHLY NEWSLETTER BY SG SILAT



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

HIGHLIGHTS OF THE MONTH

Singapore Sports School: A History

Silat has come a long way. Our athletes receive multiple opportunities to grow exponentially. It was a historical moment when silat was included in the Singapore Sport School as an individual programme.

Pencak Silat was first included in SSP in 2005, where twelve (12) student-athletes were admitted in the first batch the year after. Since the induction of pencak silat in Singapore Sport School, most of the student-athletes are still active as national athletes. They have proven that the student-athlete lifestyle has shaped many of their experiences and made them the athletes they are today.



1st batch of student-athletes.



Throughout the years, our student-athletes and alumni have proven themselves as worthy competitors on the world stage. Some of these alumni include our current spexscholars Sheik Farhan, Sheik Ferdous, Nurul Suhaila to name a few.

We hope that we continue building champions and maintaining the standard of our student-athletes.

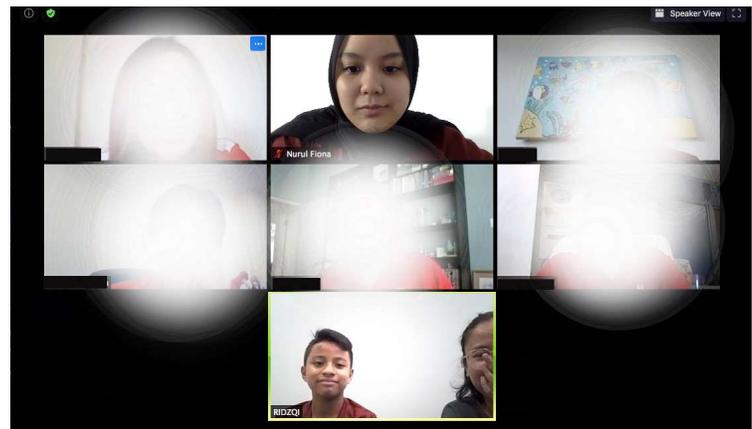


New Student Intake

On the 7th of August 2020, an interview was conducted with 3 of our athletes who have indicated their interest in continuing their secondary school journey as student-athletes at the Singapore Sports School.



The Singapore Sports School offers those who are interested and of competence a chance to balance their athlete life and studies through a modular curriculum.



As of 11th August, two of our athletes - Aniqah Qistina and Mohammad Ridzqi have secured a place in the school. Congratulations to both athletes! We hope that you will grow tremendously as student-athletes!



#OurHeartForSG



Two of our athletes were featured on SportSG's Facebook page as part of their national day countdown. The athletes shared what was their fondest memory growing up in Singapore and what were their dreams for the nation.

Ferdous shared about how growing up he enjoyed the different delicacies that the multicultural nation has to offer. Similarly, Suhaila mentioned how she is grateful for having multicultural neighbours, allowing her to mix around with different people.

It is usually at this time of the year that we reflect on how far the nation has come. The athletes also mentioned their dreams and aspirations for the nation. We hope they continue to be devoted to the country.

**We wish every
Singaporean a Happy
National Day!**

Raw Session with Dr Sheik Alauddin



On August 8, Dr Sheik sat with 3 of his ex-national athletes; Mr Rifaah, Mr Wandy and Mr Raden. The three have just created a platform on fcebook to invite guests and share about their experiences and all other aspect of silat as a whole. Their pilot episode was with Dr Sheik.

During the session, they talked and reminisced about many things that they had gone through together back in the 90s. Dr Sheik also answered some questions that were posed to him by the hosts and the audience who was watching.

They also discussed key questions that are interesting and thought-provoking. Dr Sheik mentioned that successful athletes need to have clear goals, discipline and a hunger for success. Only when they are one with the heart, mind and body that they can be at their very best and achieve their goals.

After being in the scene for so long , from athlete to coach to management, the hosts asked Dr Sheik how did he manage to get to where he is and why did he do it. To that he answered "When I was an athlete, people always cheered me on. People I knew and people I didn't had prayed and supported me. I think now's the time to repay them".

The audience watching the live were a mix of silat enthusiasts, instructors, ex-athletes and even parents. One question came from a parent - "how to encourage your children after they've lost a fight". To this question, Dr Sheik shared his experience on being a father and also a coach to his children.

Another interesting question from the audience was about how Dr Sheik intends to push silat to be on the same level as other popular sports such as soccer, basketball and taekwondo to name a few. He mentions that Silat still needs a lot of marketing and popularisation, even within the community itself. His ultimate aim is to have the nation at least know what Silat is, the way everyone knows what soccer is.

They discussed many other things during the 2 hour session. Things like standardisation of the sport and how to manage distractions. If you are interested to watch the full video, you may head on to SILAT WORLD on facebook. They also have other videos where they discuss roles of silat in different aspects of life.

Mou Signing with Our Boss SG

Persisi and Our Boss SG ink deal

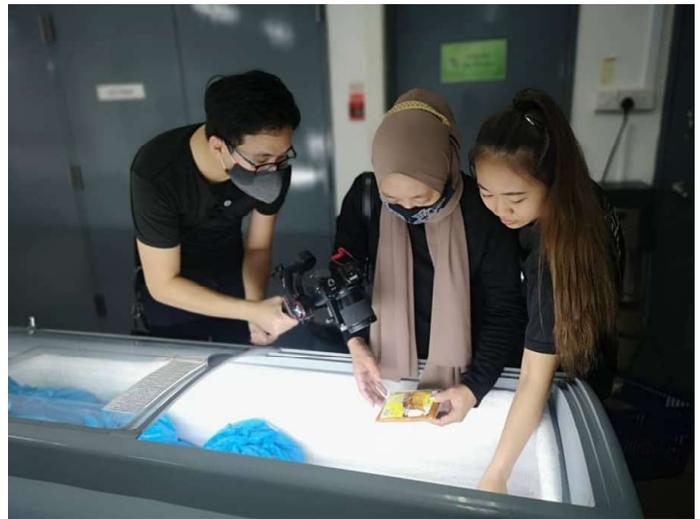


BeritaHarian



On 12th August, Singapore Silat Federation signed a Memorandum Of Understanding with online convenient store, Our Boss SG that will benefit young athletes. The signing was held at the warehouse of the convenience store, where national artistic athletes did a performance and Dr Sheik and Mr Rizal (Our Boss SG managing director) gave a short speech. The event ended with a live hosted by JM and Bob Senget, selling a bundle of frozen foods to commemorate the signing.

One of our athletes, Zuhairah also shot a short advertisement to promote both Singapore Silat Federation and Our Boss SG. It will be released in early September so keep a look out for it!





A Future Investment

Following up the MOU signed on the 12th of August, Singapore Silat Federation supported another MOU between Passion Venture Capital and Our Boss SG.

It is an honour for us to support and be part of this MOU signing, as part of investing in our athletes and providing more opportunities for them to reach greater heights in the future.

From us at Singapore Silat Federation, we extend our congratulations to both Our Boss SG and Passion Venture Capital and hope to continue this positive relationship.



SGUnitedInExercise!

We are always proud to have our athletes be part of events organised by different people, carrying the name of the federation high.

Sheik Ferdous was one of the athletes chosen to represent Silat for a video called "SGUnitedInExercise". It is a 20 minutes video featuring athletes from different NSAs, MPs and SNOC staff. Each participant is given 10s to do different exercises ranging from stretches, physical exercises such as sit-ups, push-ups and cooling down.

The athlete has also signed t-shirts and a few balls that will be sold or auctioned off to promote a healthy lifestyle and also raise funds. Keep your eyes peeled for the video release!



Pencak Silat New Rules Webinar

As mentioned in the previous issue, our very first international seminar for the pencak silat new rules, conducted by the founding members, was held over the weekend on 22nd and 23rd August on zoom. As many as 400 attendees were present during the seminar. It lasted for 6 hours on each day.

The program started out with a speech by executive chairman of the International Silat Federation (PERSILAT), Bapak Benny, followed by an introduction to Silat as a sport. Our Malaysian counterparts then took over and started explaining about the code of conduct of athletes, wasit (referee) and juries, followed by our Brunei counterparts and Bapak Benny. Dr Sheik Alauddin concluded the seminar with his portion of new techniques that are now allowed and not allowed. He used videos and slideshows to fully explain the new rules and changes that will be taking effect very soon.

The staff from Singapore Silat Federation were also involved, ensuring our wasit and juris' temperature were taken and maintained their social distance. They also hosted the zoom session and answered any questions the participants have.



We're definitely excited for the first competition once the new rules fully take effect.

For our Singapore affiliates, keep a lookout for a local course that is projected to take place in September or October!



A Father-Son Interview



The Covid-19 pandemic has affected all of us in many different ways. Most organizations have taken this time to polish their internet presence and have took content creation to the next level. The Active Life Center, Ms Valencia Yip sat down with the father-son duo Dr Sheik and Sheik Ferdous to talk about mental health topics and staying resilient during the pandemic.

Dr Sheik mainly shared on raising a family of champions, and how we only wants the best for all of his children. He noted words of encouragement for parents to continue to guide and nuture their kids, especially in trying times like this. He also spoke on the importance of mental health. He mentioned how the federation emphasises on the importance of mental resilience, especially within the athletes and how it applies to them in and out of competitions.

On the other hand, Ferdous talked about his life as a full time athlete and how he manages trainings, meeting friends and everything else on a daily basis. He also shared how he prepares for competitions and why mental resilience in training equally is important as for competition.



Happiest Birthday Dr Sheik!



Just before the international Pencak Silat new rules seminar, the staff of Singapore Silat Federation had a mini celebration for Dr Sheik's birthday.

The CEO has made countless contributions to the community and has always strived to attain the best for his athletes. His motto "zero to hero" is something he lives by daily; sieving out hidden talents within his athletes and pushing them towards greatness. He shares his knowledge whenever he can and is even spotted sitting down and making conversations with his athletes.

For all the work he has put in for the federation from the early days up till today, we are very thankful and we hope you had a wonderful birthday celebration!

Zoom Training and Courses

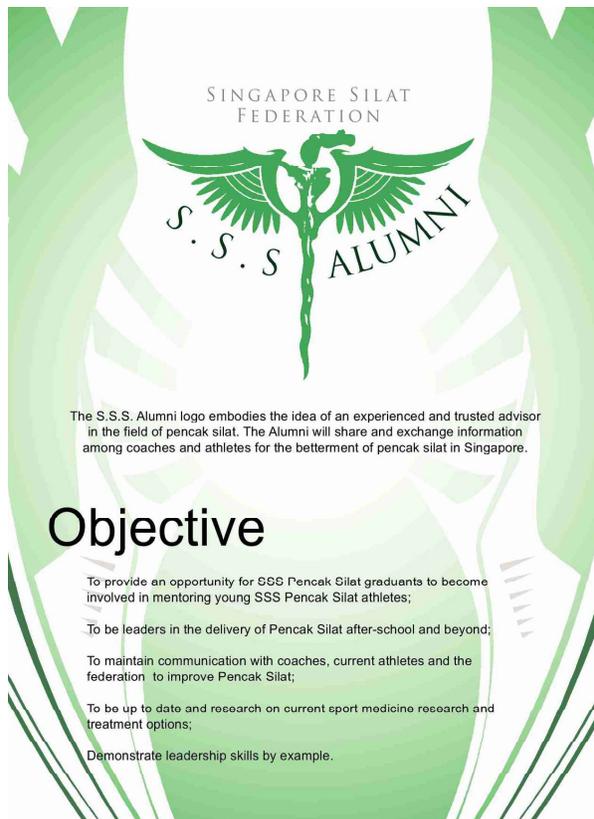


Our staff are still diligently attending zoom courses to ensure the work environment is the best it can be. They are hoping to bring back some of these valueable lessons to the office and starting to actively take part in being change agents. The Singapore Silat Feeration emphasises on offering great services and ensuring our stakeholders receive only the best.

Our daily zoom trainings are still taking place as well. We still are unable to accommodate to more than 5 athletes at one time, so zoom trainings have been the solution. As we slowly ease on restrictions, we hope to go back to to physical trainings so that our athletes are much more prepared, especially with the new rules and regulations.



Our Program Logos

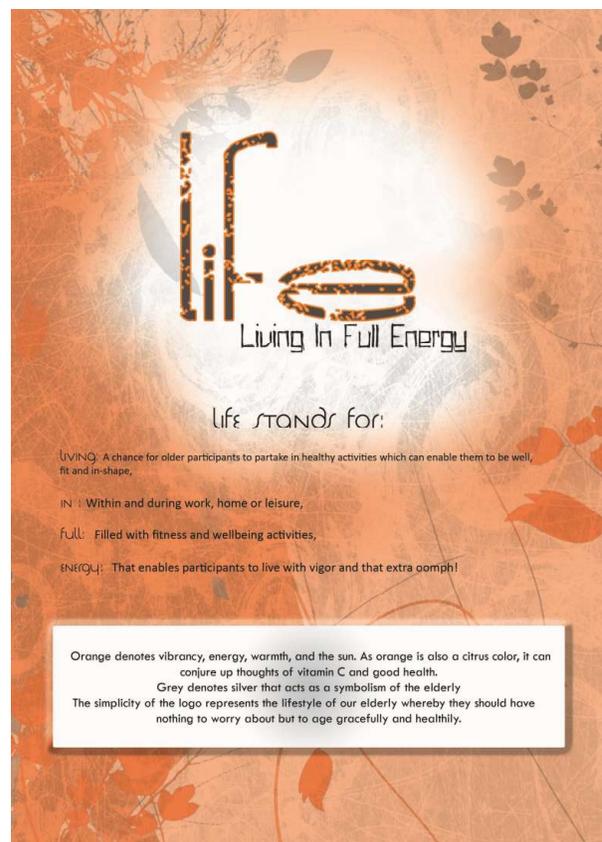


The S.S.S Alumni was set out as an initiative to provide an opportunity for these alumni to be involve in mentoring younger athletes. They were set to be leaders in the delivery of Pencak Silat after-school and beyond that scope.

The logo embodies the idea of an experienced and trusted advisor in the field of pencak silat. They are the point of contact for many, sharing and exchanging information amongst coaches and athletes for the betterment of pencak silat in Singapore.

LIFE is an acronym for "Living in Full Energy". The Singapore Silat Federation believes in leading a healthy lifestyle no matter at what age. This initiative provides a change for older participants to partake in healthy activities no matter where or when.

The orange in the logo denotes vibrancy, energy and good health. The hints of silver represents the older generation and the simplicity of the logo that comes easy on the eyes symbolises the way they should age gracefully and healthily.



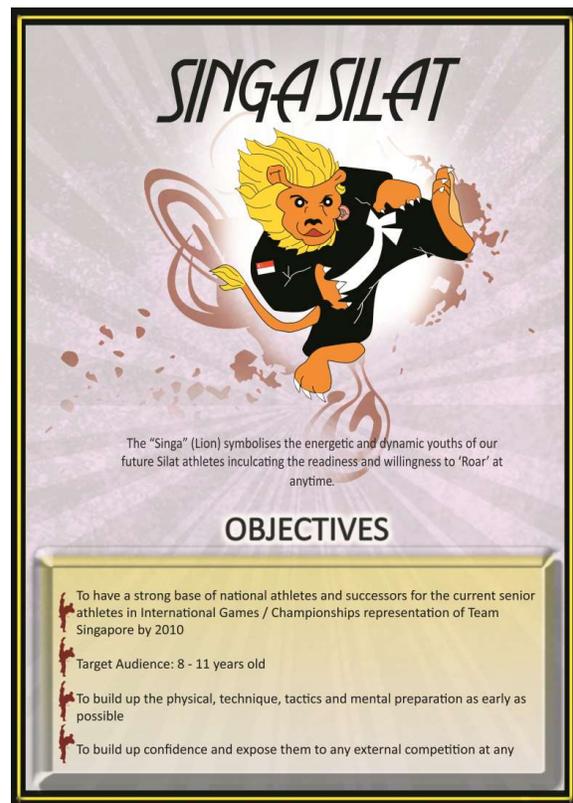


Singa cub started as an initiative that now has become a part of competitions as well. The initiative was set out to identify athletes as young as 3, nurturing them with the basics of silat and build them to be a top athlete.

The singa cub is a symbol of rising stars of the next generation and turning them into future ambassadors of the sport.

The Singa Silat is the next step after the athletes graduate from singa cub. The initiative was set to groom athletes further to become future successors of the senior and elite team once they've retired. Training was aimed to build up physical abilities, techniques, tactics, and mental preparations as early as possible.

Even in the current day, our singa silat athletes have been actively participating in zoom trainings and many show potential to rise up to be global champions in the future.



For more info;



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