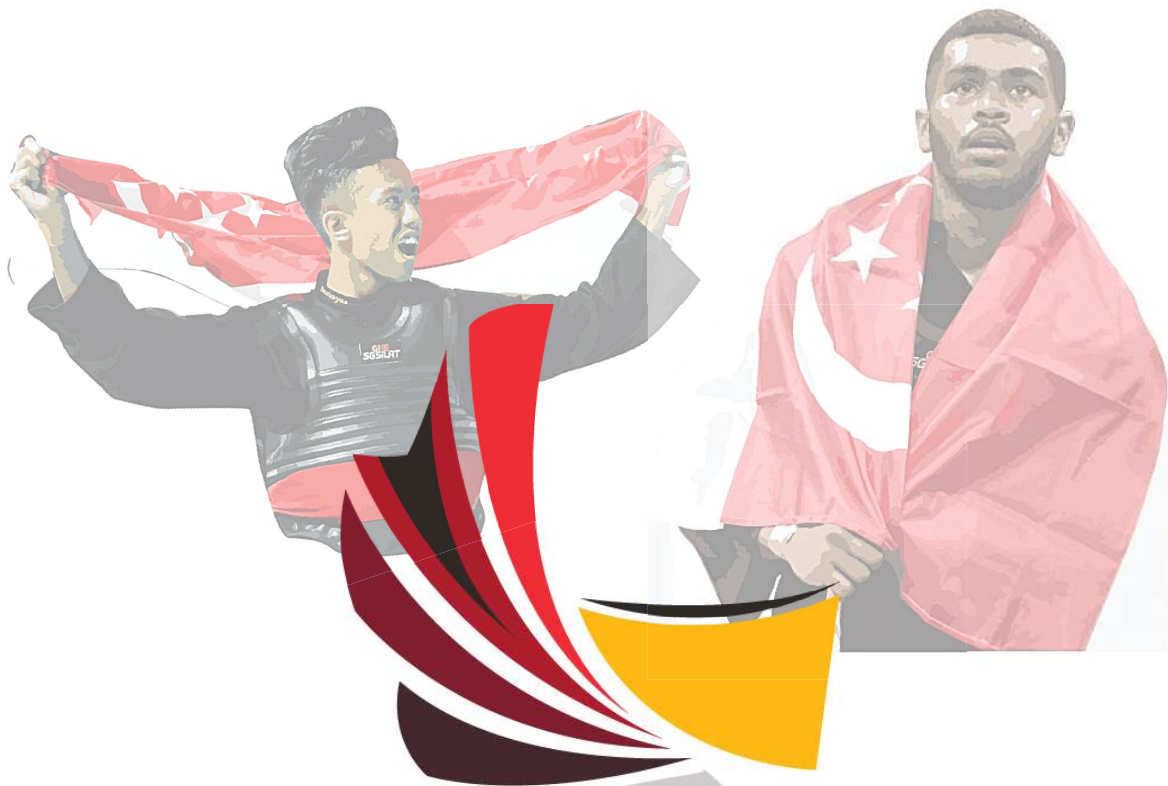


OCTOBER 2020

SILAT UNCUT

VOL.24

A MONTHLY NEWSLETTER BY SG SILAT



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

HIGHLIGHTS OF THE MONTH



SILAT ATHELETES GIVE BACK

Singapore National Olympic Council Athletes' Commission

On this month's edition we have got the “Athletes Give Back” series, raised by Singapore Silat Champions, Sheik Ferdous, Sheik Farhan & Nurul Suhaila, they saw the Circuit Breaker as a good opportunity to help fellow Singaporeans both mentally and financially with the burpees for Sayang Sayang challenge, raising over \$3000. Way to go Team Singapore!

"Go for it. Find something close to your heart and do it sincerely to the best of your capabilities so you're fulfilled after giving your time"

Nurul Suhaila



TAKEAWAY FROM THIS EXPERIENCE



"The fundraiser for Sayang Sayang Fund was definitely memorable because of the amount of people we were able to engage and also because we achieved beyond our goal of \$3k"



snocac • Following



snocac On this week's "Athletes Give Back" series, we have the Singapore Silat, they saw the Circuit Breaker as a good opportunity to help fellow Singaporeans both mentally and financially with the burpees for Sayang Sayang challenge, raising over \$3000. Way to go Team Singapore!

#sgunited #oneteamsg
#singaporesilat #giveback

2d



Liked by teamsingapore and 81 others

2 DAYS AGO

Add a comment...



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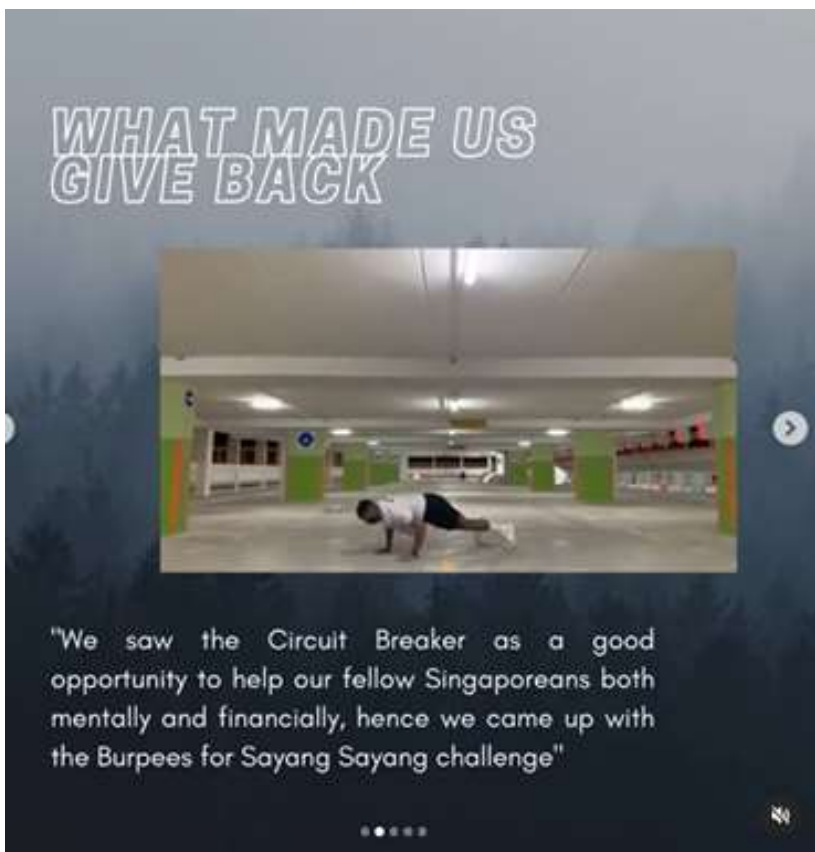
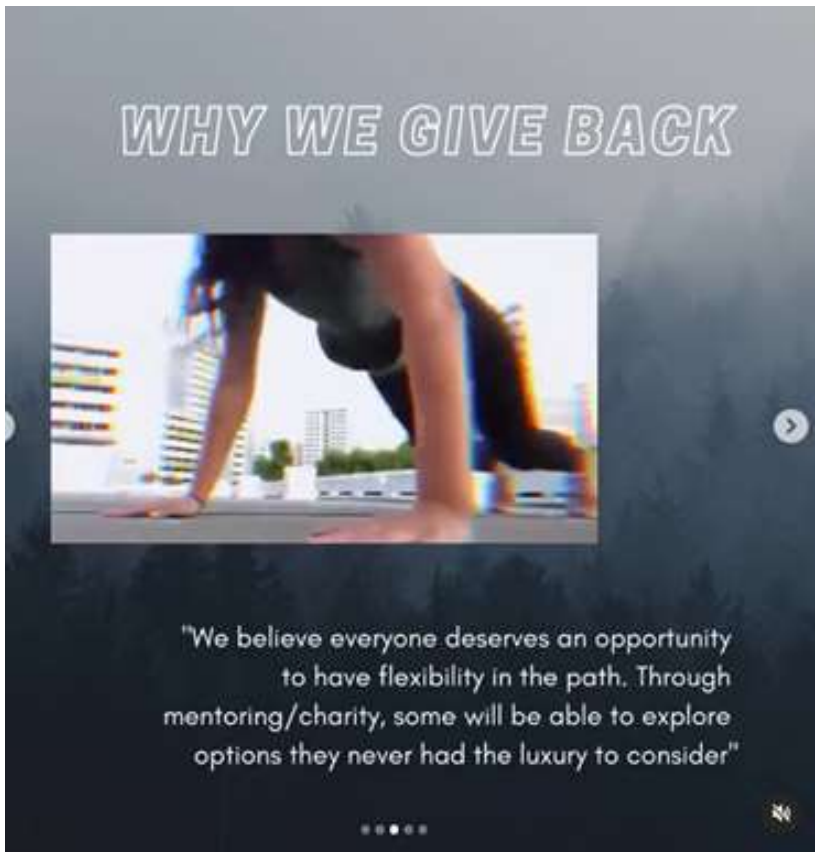
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2d

Like Comment Share

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Add a comment...

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#sgunited #oneteamsg #singaporesilat #giveback

2d

Like Comment Share

Liked by teamsingapore and 81 others

2 DAYS AGO

Add a comment...



CONVALSATION PODCAST

With Sheik Ferdous

If you have don't already know, Activezonesg holds a new ConVALsation podcast on a weekly basis. Their podcast is hosted by Val, who brings on special guests each week for everyone to meet.

On 3rd October, our Silat World Champion, Sheik Ferdous joined Val and talked about his anticipations for the new year 2021 on Active Zone's ConVALsation.

CONVALSATION
FUN STORIES & ADVICE
EXCITING WEEKLY PODCASTS

DATE: SAT, 3RD OCTOBER 2020
TIME: 5PM (SGT)

What 2021 looks like for you?

SHEIK FERDOUS
FULL TIME ATHLETE
Singapore Silat Federation

LIVE
@ACTIVEZONESG
@SGSILAT



What are some plans you have for the remaining months in terms of training?

F: As you may have heard, Silat has added more things into the rule. When competition comes, my plans are to execute the techniques more smoothly

What are you excited about the new rules?

F: I am looking to see how other countries are preparing themselves.

Based on the new rules, what do you foresee in year 2021. New rules will be displayed until 2021 what is next?

F: looking at international competition within Singapore. We can really start travelling in a international level. Looking forward to competing under the new tanding rules

Do you feel the pressure to perform better in your athlete career?

F: I am very excited to compete next year, aiming for the gold medal.



After winning your first world champion title in 2018, how has this impacted you as an individual being a spex scholar?

F: I was not a SPEX scholar when I first won the 2018 World Championship. But it did help me to become a SPEX scholar, so I am grateful to SportSG for investing in me and giving me the opportunity.

How long have you been practicing Silat?

F: I would think it was since I was about 3 or 4 years old.

What are your most important goals in life?

F: To achieve all I can in sports. And make as much money as I can, so that I am able to support my parents as they age.

What are you plans for to year 2021?

F: be more explosive in my moves, maintain my physique and invest my money wisely

Any words of encouragement to our viewers?

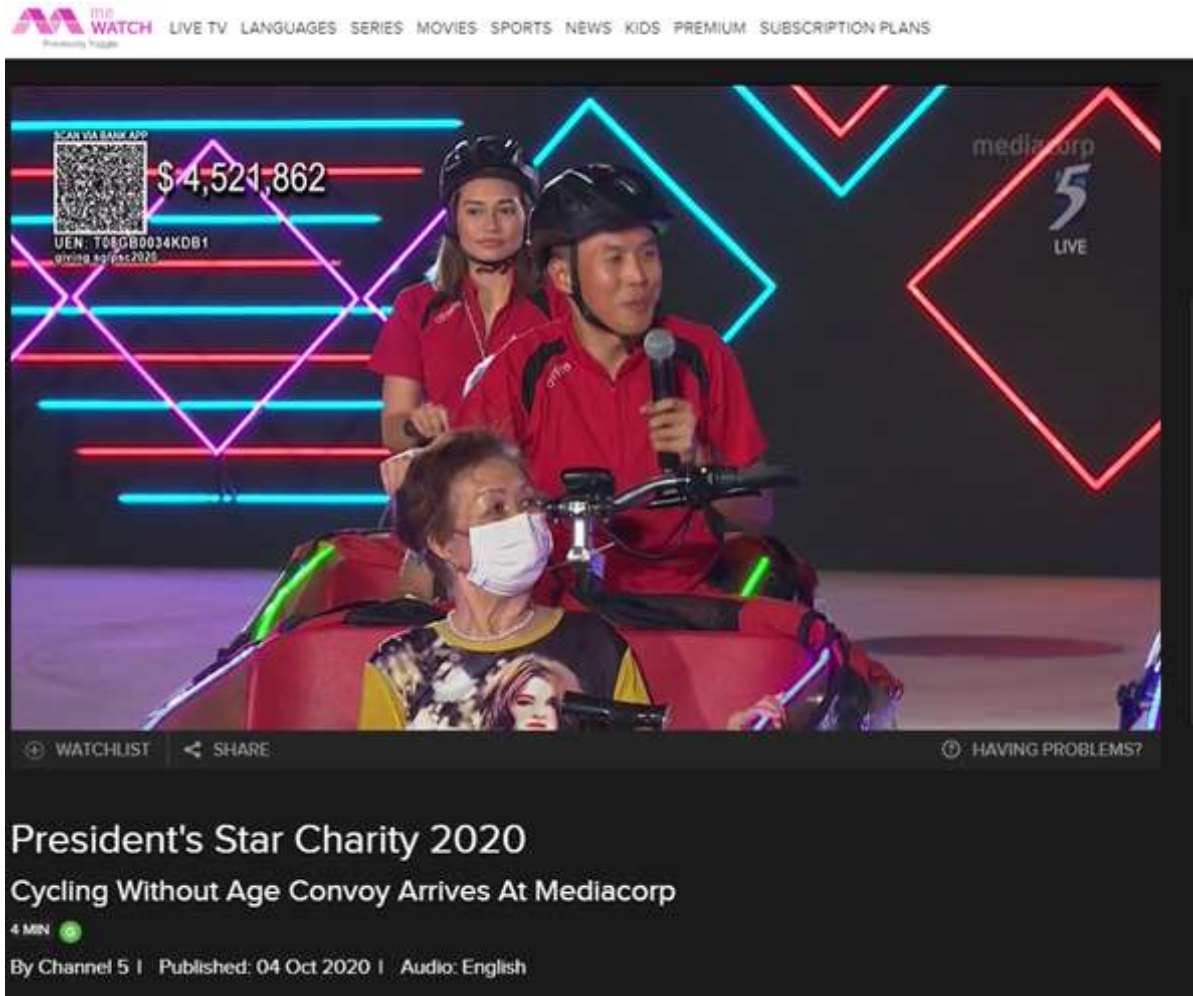
F: If you're ever feeling lonely or scared, find someone to talk to. We're all going through something together and let's keep growing from experiences in life!




PRESIDENT'S STAR CHARITY

CYCLING WITHOUT AGE

Started in Denmark in 2012 by Ole Kassow to get seniors back on their bicycle despite their limited mobility. Since then, Cycling Without Age has spread to over 42 countries around the world. In 2015, Cycling Without Age Singapore (CWAS) became the first chapter in Asia. CWAS's flagship offering is an innovative intervention programme for seniors and persons with limited mobility combating social isolation – intergenerational trishaw rides.



Their vision is a world in which no one faces social isolation, and has the opportunity to feel the wind in their hair, to give everyone the chance to feel a part of society, and the right to experience the city and nature close up from a trishaw ride and the opportunity to tell their stories in the environment where they have lived their lives. CWAS hopes to build bridges between generations and reinforce trust, respect and the social glue in our society.




SCAN VIA BANK APP
\$ 4,526,466
UEN: T08GB0034KDB1
giving.sg/psc2020

WATCHLIST SHARE HAVING PROBLEMS?

President's Star Charity 2020

Cycling Without Age Convoy Arrives At Mediacorp

4 MIN 

By Channel 5 | Published: 04 Oct 2020 | Audio: English

In a special segment for the President's Star Charity on 4 October 2020, in partnership with CWAS and Team SG - Mediacorp artistes Pierre Png, Elvin Ng and 7 Team SG athletes - Nurul Suhaila and the rest cycled and ferried beneficiaries of the President's Challenge, all the way to the President's Star Charity Show, and in between, brought a spark of joy, fun and a breath of fresh air to them. They might share some laughs, a story or two, but most of all, it is a time where different generations got to connect and inspire one another.

For information on the show, do visit meWATCH.sg/psc2020 if you have missed out!

PENCAK SILAT NEW RULES WEBINAR (INTERNATIONAL)

Once again, Singapore was given the trust by the International Pencak Silat Federation (PERSILAT) to host the Zoom session for the international participants to attend the Pencak Silat New Rules Webinar. The third session was organized on 4 October 2020, 4pm to 9pm (local time) dedicating to those who missed out the initial dates that were scheduled in August 2020.

Despite the limitation of meeting all the participants face-to-face, and only can be done thru virtual seminar due to COVID-19, the lecturers has given their best to explain on the application on the new techniques, rules and regulations in Pencak Silat competition.

The lecturers conducted the webinar were;

- Bapak Benny Gautama, Executive Chairman | PERSILAT
- Bapak Teddy Suratmadji, Secretary General | PERSILAT
- Datuk Megat Zulkarnain Omardin, Secretary General | PESAKA
- Pengiran Haji Abdul Karim, Vice President | PERSIB
- Dr. Sheik Alau'ddin Y M, President | Asian Pencak Silat Federation

For all Silat enthusiasts, you can expect to witness all our international Pencak Silat athletes showcasing their skills on the new techniques and tactics in the next World Pencak Silat Championship in Sarawak, in 2021!

Follow the development of Pencak Silat closely!



Etiquette of Pencak Silat Wasit-Juri

*“Officials are important in every sport, but they have an additional significance in combat sports. A mistake by an umpire in a baseball game may cost a team a win, but **a mistake by a referee in mixed martial arts can have much more dire consequences.**” - anonymous*

1. When you “think” you saw something, you did not.
2. Keep the game moving.
3. When in doubt, do what is expected.
4. Answer questions, not statements.
5. Get the game going after a mistake or ejection.
6. Do not insert yourself or disrupt game rhythm if it is not necessary.



2020-10-04 17:36:57

Technical Delegate, Competition Chairman & Protest Commissioner

1. The official attire will be as follow:
 - a. Single-breasted plain black blazer
 - b. Plain white shirt, long sleeve.
 - c. Red/Black Necktie without tiepin
 - d. Plain slim fit black trousers without turn ups
 - i. Length must be up to ankle
 - e. Plain black socks, with black formal shoes
 - f. Female officials may wear a plain black head scarf



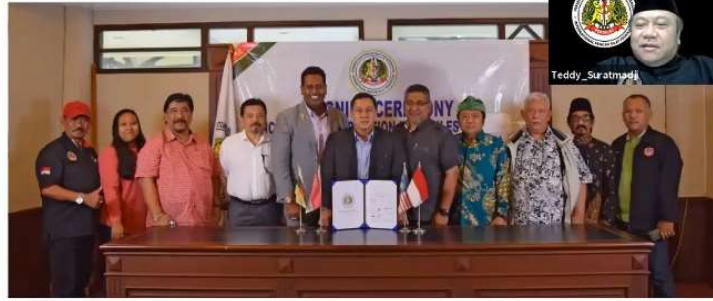
Male

Female

Female
(with Hijab)



2020-10-04 17:22:09



3 March 2020
Final discussion, confirmation & signing ceremony on Pencak Silat New Rules.



2020-10-04 16:28:52

Athlete



Athletes here will be referred to as a "Competitor".

All Competitors participating at the major competitions must be certified and endorsed by their national Pencak Silat association/federation and its National Olympic Council.



Bound by the International Pencak Silat Competition Rules & Regulation during games;



Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a Pesilat;



Required to be aware of the new development in the game of Pencak Silat, and undertake efforts to understand the point system;



Treat games and its Wasit-Juri with respect, by not complaining about or arguing with Wasit-Juri calls or decisions during or after the game.

2020-10-04 17:07:50



GIVING BACK TO THE SOCIETY

Singapore Silat Federation x Our Boss Pte Ltd

On 09 October, Friday, Singapore Silat Federation & Our Boss Pte Ltd came together in a concerted effort to give back by doing our bit for charity, lending their expertise to support and bring joy whilst enriching the lives of the less privileged in the community. They reached out to as many 250 low-income families living.









THE SPECIAL ACHIEVEMENT AWARD FOR EXCELLENCE

by *MENDAKI*



The Special Achievement Award for Excellence (Non-Academic) is to honor students who have done exceptionally well in the non-academic field. It aims to recognise the students who have attained commendable achievements in the non-academic field. It also aims to inspire Malay/Muslim youths to achieve excellence in diversified areas and be role models in the community.

For the month of October, 8 athletes of Silat were recognized for their achievements! Congratulations to Iffah Irdina Binte Rizila, Ilhan Mansiz Bin Noh, Muhammad Zhafran Bin Mohamed Zain, Muhammad Syamil Bin Jeffry, Aniq 'Asri Bin Mohammad Yazid, Ammar Bin Mohammad Bahrul-ulum, Muhammad Aiman Bin Mohamad Juma'at, Alyff Ryhan Bin Mohamad!

We hope our youths continue to pursue their passion and do the community proud in their own fields.



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Iffah Irdina Binte Rizila
Silat
(Regional)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

Yayasan MENDAKI

RAIKAN ILMU



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Ilhan Mansiz Bin Nah
Silat
(National)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

Yayasan MENDAKI

RAIKAN ILMU



This banner features three portraits against a green background with golden sparkles. The central portrait is of Muhammad Zhafran Bin Mohamed Zain, a young man in a blue shirt. To his left is Mr. Masagos Zulkifli Masagos Mohamad, and to his right is Mdm. Zuraidah Abdullah. The bottom section contains the award title and logos for Yayasan MENDAKI and RAIKAN ILMU.

Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

**Muhammad Zhafran
Bin Mohamed Zain**
Silat
(Regional)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

*Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020*

Yayasan MENDAKI

RAIKAN ILMU



This banner features three portraits against a green background with golden sparkles. The central portrait is of Muhammad Syamil Bin Jeffry, a man in a dark shirt and glasses. To his left is Mr. Masagos Zulkifli Masagos Mohamad, and to his right is Mdm. Zuraidah Abdullah. The bottom section contains the award title and logos for Yayasan MENDAKI and RAIKAN ILMU.

Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Muhammad Syamil Bin Jeffry
Silat
(Regional)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

*Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020*

Yayasan MENDAKI

RAIKAN ILMU



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Aniq 'Asri Bin Mohammad Yazid
Silat
(International)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

RAIKAN ILMU

Yayasan MENDAKI



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Ammar Bin Mohammad Bahrul-ulum
Silat
(International)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

RAIKAN ILMU

Yayasan MENDAKI



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Muhammad Aiman
Bin Mohamad Juma'at
Silat
(Regional)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

RAIKAN
ILMU

Yayasan
MENDAKI



Mr Masagos Zulkifli Masagos Mohamad
Minister for Social and Family Development,
Second Minister for Health,
Minister in-charge of Muslim Affairs, and
Chairman, Yayasan MENDAKI

Alyff Ryhan Bin Mohamad
Silat
(Regional)

Mdm Zuraidah Abdullah
Chief Executive Officer
Yayasan MENDAKI

Special Achievement Award
FOR EXCELLENCE (NON-ACADEMIC)
Virtual Ceremony 2020

RAIKAN
ILMU

Yayasan
MENDAKI



A SUCCESSFUL PENCAK SILAT NEW RULES SEMINAR!

Singapore Silat Federation had organized the first seminar after the implementation of the new rules was endorsed by the International Federation in March 2020.

However, due to the Circuit Breaker, the subsequent session was postponed. And only in Phase 2 that we are able to conduct the session with limited participants, and still following the safety measures. Video playbacks and live demonstration was showcased to the participants, and they also had the opportunity to discuss with each other and to exchange experiences about the Pencak Silat new rules and techniques allowed, as well as actions implemented for their immediate and smooth application of the new rules.











PENCAK SILAT NEW RULES - REFRESHER SESSION

The Refresher Session on 24th October was scheduled specially for Singapore Silat Federation's members and affiliates who have attended the Pencak Silat New Rules Seminar earlier on 14 March, 26 September and 17 October 2020. The refresher is an additional session for the participants to question on their queries to the lecturer on the new implemented items which is totally new to most of the Silat practitioners. We wished our members a best of luck in their future training! Stay Safe!









SPORTICUS SG

A podcast series about the sports industry in Singapore & Apac! Weekly trends in order to build awareness!

Being the face of Silat in Singapore, Dr. Sheik Alau'ddin was invited by the Founder - Mr. Sahil Primalani as guest to be featured in Sporticus SG Podcast Episode 5.

At a very young age, Dr. Sheik Alau'ddin has achieved a lot and worked very hard for it. Getting to know the art of Silat at the age of 15, forming a Silat group near a mosque to contributing Gold, Silver & Bronze medals for Singapore.

Stay tune to our next month's edition as well as on Sporticus's podcast to get to know more about Dr. Sheik Alau'ddin in their next episode!





ONE
SGSILAT

33RD ANNUAL GENERAL MEETING

WEDNESDAY, 28TH OCTOBER 2020 |
8PM

SINGAPORE SILAT FEDERATION 33RD ANNUAL GENERAL MEETING

The Annual General Meeting of the Singapore Silat Federation was held on 28th October 2020, via electronic means for the first time. The Covid-19 pandemic has affected sports globally. The effect have also impacted us in quite significant ways. Many events are on hold.

The AGM is to elect 9 management committee members in accordance with SSF Constitution clause. And to appoint the external auditor for the financial year - 1 April 2020 - 31 March 2021.

CNA INSIDER

Is E-Sports a sport?

Our Chief Executive Officer - Dr. Sheik Alau'ddin was invited to be casted for Channel News Asia Insider (digital features arm of CNA) for their upcoming video on their digital platform.

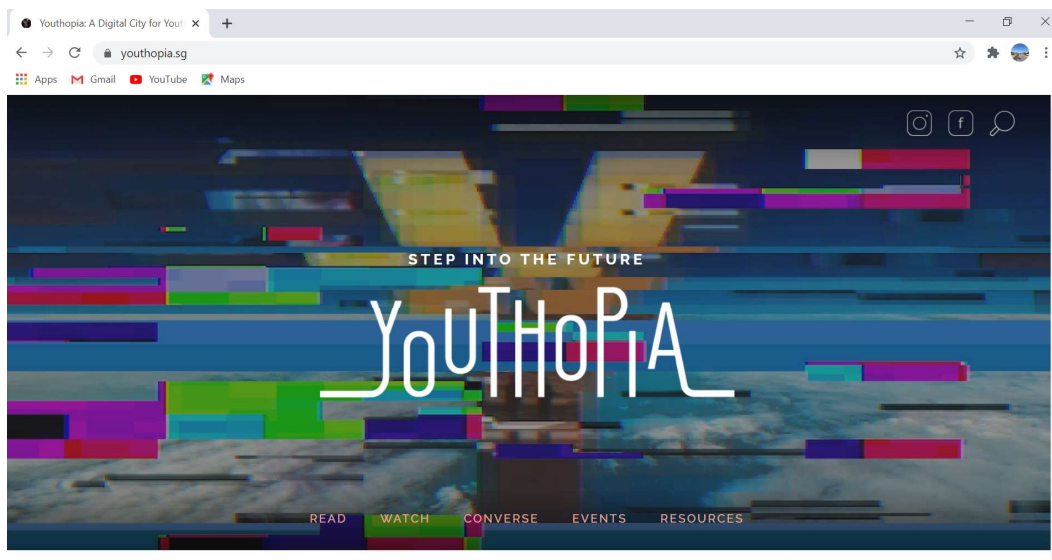
The video is about pairing up former athlete (age 50 and above) with a current e-sports athletes where both will be answering the same set of questions. The video is to observe the interactions between the generations on their concept of "sports". Final outcome is expected to be a quirky discussion amongst the two.

Stay tune to find out more!

YOUTHOPIA.SG

The National Youth Council (NYC) will be launching a new website (Youthopia.SG) somewhere in October targeted to the local youths.

One of the episodes will be on the sports scene in Singapore and NYC will be featuring Nurul Suhaila on the show and share her thoughts and her journey in Pencak Silat. So, youth out there, keep a lookout for the video!



OH THAT'S IT SHOW!

Oddazzit presents Oh That's It show this 5 November 2020, 8pm via Sistic Live Stream.

This is another fundraising effort by Singapore Silat Federation to aid in the youth development program for our national athletes.

You can purchase your ticket online at only \$10 to show your support:
<https://www.sistic.com.sg/events/slodz1120>

ODAZZIT Presents: 5 November, Thursday 8pm

Support the Singapore Silat Federation & their athletes. Watch & learn self defence with Team Silat and Dr Sheik Alau'ddin Yacoob Marican.

Stand a chance to win attractive prizes during the show

OH THAT'S IT Show

Watch & Learn Magic with international Magician, Mingd

Comedic Talk Show with "Like This La, Boss"

The poster features a central neon sign that reads "OH THAT'S IT Show". To the left, there is a photo of silat athletes in blue and yellow gear. To the right, there are two smaller photos: one of a comedian and one of a magician. The background is a dark brick wall with a blue circular logo at the top left.

Sharing some love on behind the scenes during our full dress rehearsal prepping for the show...





[Purchase your ticket to watch and learn our National Athlete perform high intensity artistic Silat movements, self-defense with our Silat Spex Scholars, and our Chief Executive Officer - Dr. Sheik Alau'ddin in action!

PERSAUDARAAN KEMBANG SETAMAN



Singapore Silat Federation would like to welcome another Silat club which have joined us as an Associate Members since May 2020.

Our Board Members only managed to meet the in-charge behind Persaudaraan Kembang Setaman on 17 October to get to know more on the background of their Silat club.

To those Silat club out there who wish to be part of Singapore Silat Federation, please do not hesitate to write in to us at ssf@persisi.org and submit your application!



TRAINING WITH THE PHYSIOS!

Punch and kick your way to fitness in this high-energy Silat inspired workout with a team of physiotherapist & friends! The class is completely non-contact, with easy-to-follow moves inspired by a wide array of Silat moves. With each round, physios will be motivated to up the intensity to make the most out of their workouts. You'll get to work your legs, and tone your arms, backs and shoulders. Your core will also get a phenomenal core workout while you burn calories, and develop your coordination, agility and speed. This class will get you fit, fast, and strong, and leave you feeling empowered. Let's just say, training gave them confidence, and a path to a better life.

Singapore Silat Federation understands that it is an integral part of society and contributes back to community when it can. Whenever possible, Dr. Sheik's will offer training programs or services to support the good work of the Federation. Despite his busy schedule, he continues to look for more opportunities where he can make a difference. A big part of our joy definitely stems from giving back to the community!







NOVEMBER HIGHLIGHTS



WASIT-JURI REFRESHER COURSE
14, 21 & 22 November 2020

Conducted by
Singapore Silat Federation



**This annual review is for our Wasit-Juri to meet the criteria for performance, and to fulfil all the requirements and to achieve the objectives of the duties.*

Coming up we have the Wasit-Juri Refresher course happening on 14, 21 & 22 November 2020. This annual review is for our Wasit-Juri to meet the criteria for performance, and to fulfil all the requirements and to achieve the objectives of the duties



**DISCOVER MANY CAREER OPPORTUNITIES
ACROSS DIFFERENT INDUSTRIES!**



ORGANISING CHAIRMAN
Dr. Sheik Alau'ddin YM. PBM.
CEO of Singapore Silat Federation



**MORE THAN
300
POSITIONS
AVAILABLE!**

Accounts Assistant • Barista • Camera Operator • Customer Service Officer • Full Stack Developer
• Game Developer • Graphic Designer • Interior Designer • Junior Copywriter • Kitchen Staff •
Marketing Executive • Marketing Manager • Operations Executive • Personal Assistant •
Presentation Designer • Producer • Production Executive • Production Manager • Programme
Planner • Project Executive • Restaurant Manager • Service Staff • Sales & Marketing Executive •
Sales Staff • Strategic Planning Analyst • UI/UX Designer • Videographer • 2D/3D Animator •
Financial Services Consultant • Financial Services Manager & more

Register your interest now at:
<http://communityjobfair.com.sg>



Supporting companies



Incubator
for Family
& Kids
QIEN

ecoparadise

Aplay



CAPITAL C



COOKIE



Creating employment opportunities for everyone! In collaboration with Qiren Organisation, Singapore Silat Federation is venturing out to provide aids and assistance to the community at large in needs. With this collaboration, Singapore Silat Federation is looking at in giving back to the community, as an act of contributing back to the societies for their countless support towards to the national athletes and the sport.

Register your interest today at: <https://communityjobfair.com.sg/>

PENCAK SILAT NEW RULES – PRACTICAL COURSE

Singapore Silat Federation have completed conducting the seminar for the Pencak Silat New Rules for our affiliates and members. We have successfully conducted the seminar on 14 March, 26 September, and 17 October 2020.

We have also scheduled a Refresher Session for those Silat clubs that have attended the seminar to questions all their queries which need further clarification to assist the Silat instructors in their future training with their members.

Next, further aid to our members in training their members, we will be opening a private practical class with our own lecturer, Dr Sheik Alau'ddin Yacoob Marican, PBM – to learn more on the new tactics and techniques. The class is highly recommended for Silat Instructors to take up pointers and tips in order to apply the new rules in the Pencak Silat future games. Course will take place on 28 November 2020, Saturday.

Registrations are now open till 24 November 2020.

PENCAK NEW RULES - VIRTUAL MINI COMPETITION

Just like “in-person” tournaments, the Pencak New Rules - Virtual Mini Competition is a great way to experience the excitement of a national event and test your skills against exponents practicing the pencak silat new rules. There will be six (6) non-contact events.

Happening on 22 November 2020, don't forget to catch the full details on the next issue as we get our competition face on and prepare for the Virtual Mini Competition!

24-HRS PENCAK SILAT DISPLAY

Happening from 18 to 19 December 2020 with over 200 performers performing. The live streamed aims to raise Silat sport awareness as well as to raise funds to support youth development in Pencak Silat Team Singapore.

Singapore Silat Federation hopes the 24-Hrs live streamed will bring cheer and positive vibes for people amid the gloom of the global coronavirus pandemic. We wish for the outbreak to be over soon so that everyone can resume their normal lives happily.