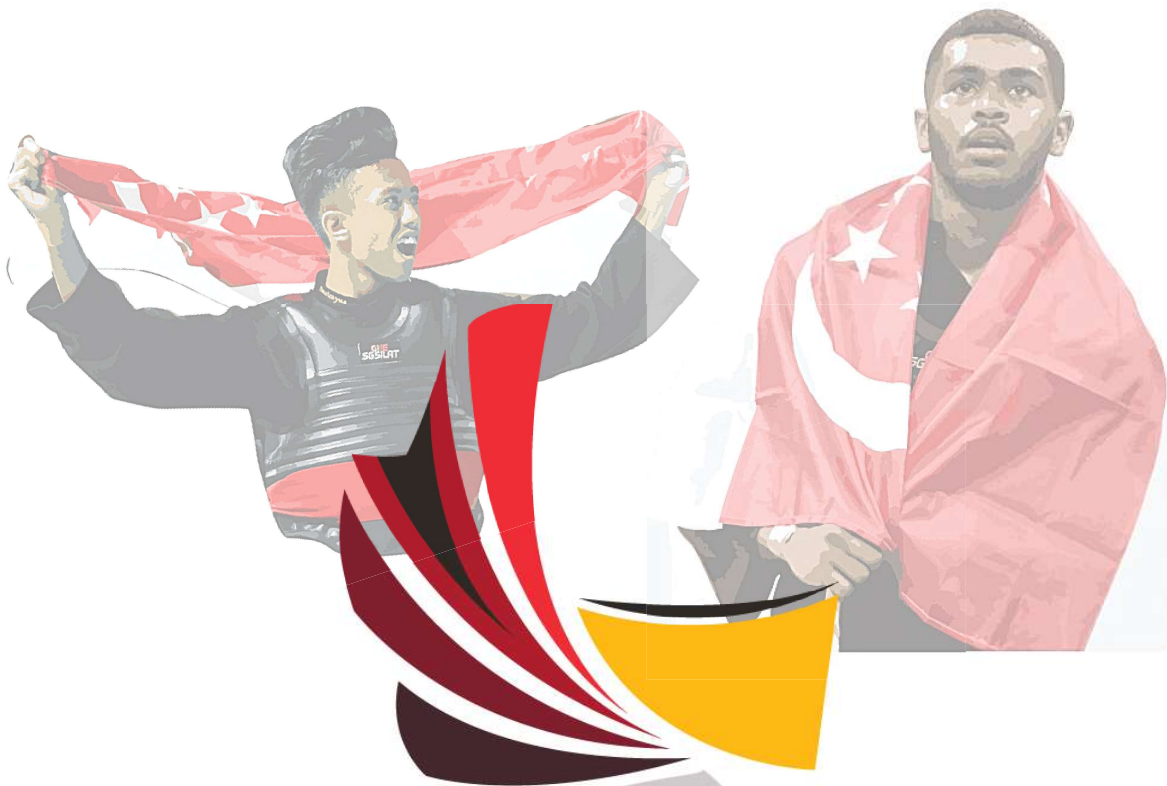


NOVEMBER 2020

# SILAT UNCUT

**VOL.25**

A MONTHLY NEWSLETTER BY SG SILAT



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

HIGHLIGHTS OF THE MONTH



# SPORTICUS SG

31 OCTOBER 2020

Printed in the previous edition (Volume 24 - October 2020), being the face of Singapore Silat Federation, Dr. Sheik Alau'ddin was invited by the Founder - Mr. Sahil Primalani as guest to be featured in Sporticus SG Podcast Episode 5. A podcast series for the sports industry in Singapore & Apac! Weekly trends to build awareness of sports.

Check out next page to read more on his interview! Or you can listen to the podcast via Spotify!



**One of your most important mission is to bring Silat into Olympics and as we know in order for a sport to be recognized into the Olympics, it has to be widely practiced by men in at least 75 countries and on 4 continents and by women in no fewer than 40 countries and on 3 continents.**

**How close is the Silat Federation to achieve such a huge achievement?**

Dr. Sheik: We are currently working hard on it.

The International Pencak Silat Federation, (based) in Indonesia in hopes to host the Olympics, Silat can be part of it. It has been 20 years since we have programs towards Olympics, putting Silat in almost all countries.

So far, we have covered at least 3 out of 5 continents. One challenge faced is that respective countries' of Silat Federation must be part of a member of the National Olympic Council.

As a result, we need to help local federations with that to be part of the global or having to meet the global/IOC requirements.



**As we know apart from being the CEO, you are a coach as well, any insights on who is your upcoming favorite star?**

Dr. Sheik: I am currently building a team culture to prepare athletes for sport and life. At Singapore Silat Federation, we have a specific formula on exactly how we accomplish this. It's more than a lip service to positive attributes. We actively work to instill leadership in our athletes. We recognize the importance of this attribute in today's world and work hard to make sure that it is taught in everything that we do. The martial arts and leadership are strongly intertwined. The leadership experiences that our athletes are exposed to instill confidence, and teach athletes how to have a strong voice and an assertive attitude. These attributes help our athletes to succeed both inside and outside the training hall.

**What advice would you have for other young athletes that want to achieve your level of success?**

Dr. Sheik: If you want to succeed, you need to set goals, and work towards it. If you have little interest in the outcome, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals. A crucial success-factor is to have "CAN DO IT" attitude.

**What do you want to be remembered for at the end of your career?**

Dr. Sheik: I just want them to love me by putting Silat to the highest level of sports, and that there will always be a continuation of build up for Silat. As you may have already know, my name is synonym to Silat - "Sheik of Silat".



## OURBOSS.SG X ONE SG SILAT

In the previous edition, Singapore Silat Federation announced a 10-year deal with an online convenience store - Our Boss SG, in which will benefit SSF's younger Silat exponents.

As many of you already have heard, in celebration of our ink deal with OurBoss.sg we have an exclusive 5% off promo code for everyone! On top of that, OurBoss.sg is offering a \$300 Store Credit both instore and online, for a limited time period! Do not forget to check-out with Promo Code: **SILAT**

Have a friend that has not tried OurBoss.sg yet? Let them know how easy it is to purchase groceries online and get it delivered right to your doorstep!

Visit their website to start shopping now: <https://order.ourboss.sg/>

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 graphic of three yellow stars and a blue circular emblem. It includes several small inset photos: silat athletes in blue and yellow gear, a comedian performing, and a magician with a rabbit.

# "OH THAT'S IT SHOW!"

**5 NOVEMBER 2020**

In support of Local Talents, "Oh That's it Show!" Brought to you by [www.odazzit.com](http://www.odazzit.com), a social platform that connects you to talents and apprentices while preserving cultures and knowledge.

We hope to raise funds for the Singapore Silat Federation during the show to aid in their youth development programs. Many of the athletes have been displaced from their training during the COVID-19 pandemic.

Most athletes are faced with financial difficulties and insufficient funding to continue their training. They have to pick up additional part time jobs to alleviate the financial burden from loss of income in their families.

We cannot wait to see how the rest of the photos turned out but in the meantime here are some behind the scenes shots of our crazy live-streamed filming day!















## **WASIT-JURI REFRESHER COURSE**

**14, 21 & 22 NOVEMBER 2020**

Organized by Singapore Silat Federation, the objectives of this annual review of refresher training course is to give a quick recap on the principals of non-directive techniques to extend their requirements reach and ability to achieve the objectives of their responsibilities.

Singapore Silat Federation thinks that self-improvement is as important as the acquirement of qualification for the improvement of Wasit & Juri level, and we hope that through this refresher training course, the participants can acquire new knowledge and information that can be put into practice during competitions.

Come exercise your body & mind! Find out next page for exclusive pictures on what went down over the weekends!



















The Newly Weds!

## **NOVEMBER WEDDING BELLS RINGS!**

**15 NOVEMBER 2020**

Congratulations to Nur Liyana, and husband - Mr. Zulkhairi!

Thank you for letting us share in this joyful day. We wish you all the best as you embark on this wonderful union!

### **Nur Liyana's Involvement with Singapore Silat Federation**

Together with her parents, Nur Liyana has been an active volunteers at most of our local and international Pencak Silat championship. She will be there to contribute her services in the Secretariat Team.

Secretariat Team is the one in-charge in compiling all participants' details, conduct the balloting, arranging the competition scheduling, updating all results, and many more.

Without a Secretariat Team in a Pencak Silat competition, we believed that the event cannot proceed smoothly.



Nur Liyana's parents - Mr. Rahman Ibrahim and Madam Noraini Senin has been an active couple volunteering in any events organized by Singapore Silat Federation for more than twenty years. They started off by being in a Parents-Support Group when their youngest son joined in the Singa Cub/Silat national team, from there, they were groomed to take up another role in handling the Pencak Silat competition for Singapore Silat Federation.

Joining their parents in volunteering is also Nur Liyana's elder sister, Madam Nur Hafizah. For those who have been supporting the local Pencak Silat competitions, you will get to hear Madam Noraini and the daughters' voices when they became announcer at the event, calling up for the *Pesilat*.

Once again, on behalf of Singapore Silat Federation, may the marriage built with love and care last long till the last breath. And we would like to thank Mr. Rahman and Madam Noraini for inviting the Singapore Silat Federation staff and management to celebrate their daughter's wedding celebration.

We look forward to seeing all of you at our next Pencak Silat event!



## CHANNEL NEWS ASIA SINGAPORE NURZUHAIRAH YAZID

20 NOVEMBER 2020

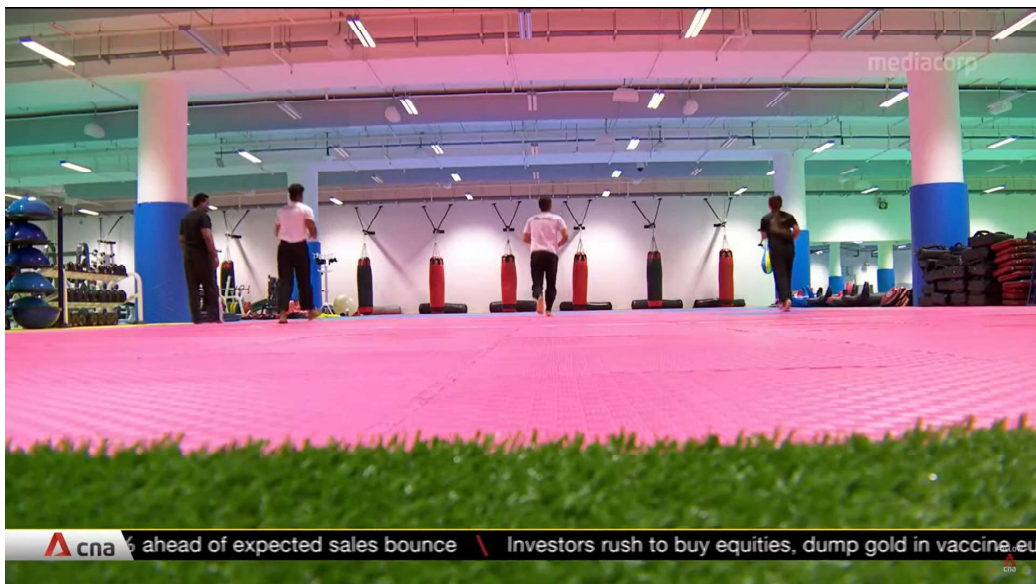
The lack of top-level competition has impacted Singapore's elite athletes' preparations in the lead up to next year's Olympics and SEA Games. In SG Pulse, Alif Amsyar finds out how they're still staying focused and ready for battle.

As uncertainty also surrounds the Silat exponent and has SEA Games dreams. Read on more to find out what is weighing heavily on Nurzuhairah Yazid's mind.

"I am used to having back to back competitions. We are always prepared for any competitions that are given to us or the need to do a full performance. Next year will be our SEA Games, I am worried that if there are not competitions for us to practice, we will not be well prepared."

Claimed a Silver at the Asian Games 2017, but the Philippines SEA Games outing at 2 years ago ended in disappointment for her. "I am determined to push myself to focus on the comeback."

As anticipation fuels sports, we are hoping there will be a return to normal competition soon! Vietnam is said to raise curtains for the upcoming SEA Games in the next November.





# **SIMULATION MINI COMPETITION**

**22 NOVEMBER 2020**

2020 has been a challenging year for our Martial Arts competitors. Several events have been cancelled this year due to the novel coronavirus. Many of our athletes have continued to train diligently throughout this pandemic. We truly miss seeing all competitors, coaches, spectators, and tournament promoters.

Introducing the very first Simulation Tournament organized by Singapore Silat Federation. Just like “in-person” tournaments, it is a great way to experience the excitement of a national event and test our athletes' skills and practice Silat's new rules against their opponent, through non contact fighting. All styles. All for fun. We're super excited to see our athletes back in the “*gelanggang*”! This is a brand new experience for Silat and we aim to provide some innovative solutions that meet today's competition needs.

Non contact allows for full skill acquisition and development in an uninterrupted environmental context. In this arena the individual can provide their technique 100% focus allowing for a development of coordination, balance and sensitivity of their own body in movement. It allows for rehearsal and repetition of combinations of movements in a way which promotes optimal development and retention of the neuromuscular system.









The poster features a map of Africa in the center, overlaid with a diagonal banner in red, yellow, and green. The banner contains silhouettes of various martial arts movements. The background is light green with faint text and logos. At the top right, there are logos for UNESCO, ICM, and other organizations. The text on the poster includes the title '2020 3rd African Martial Arts Webinar', the subtitle 'Martial Arts for African Youth and Women', the dates '24-25 NOVEMBER 2020', and the time slots for different regions: Korea (16:00-19:00), Eastern Africa (10:00-13:00), Southern Africa (09:00-12:00), and Western Africa (08:00-11:00). It also lists the platforms 'facebook LIVE' and 'YouTube LIVE' along with 'UNESCO ICM'. At the bottom right, there are logos for the Operator (UNESCO ICM) and Sponsors (Ministry of Culture, Sports and Tourism, KSI, and CHANGCHENG GO).

# 2020 3RD AFRICAN MARTIAL ARTS WEBINAR

**24 & 25 NOVEMBER 2020**

2020 3rd African Martial Arts Web Seminar (Webinar), which is on the theme: 'Martial Arts for African Youth and Women', being organized by the UNESCO International Centre of Martial Arts (ICM) in collaboration with UNESCO Member States in Africa and its National Commissions for UNESCO, is purposed to provide ONLINE meeting platform to dialogue on current problems and challenges of African youth and women faced and confronted, and to raise awareness of positive role of martial arts and its education as well as changing paradigm of martial arts education and its counter-measure in the post COVID-19 era.

The two-days un-tact event discussed on various issues of African youth and women through martial arts education in the entire African region.

Due to the current state of COVID-19 pandemic, UNESCO ICM organized 2020 3rd African Martial Arts Webinar through the web (Zoom Platform), took place on 24th – 25th November 2020. The Webinar is expected to convene more than 15 related experts from UNESCO Member States in Africa and the field of youth education and women empowerment aligned with martial arts topics across the African Continent.

2020 3rd African Martial Arts Webinar was divided into four sessions, in which scholars, martial arts practitioners, field experts in Africa and the related UNESCO personnel are invited to present cases and studies on the state of African Youth and Women with martial arts issue.



The Webinar was kicked off by Opening Remark from Mr. Changhyun Park, the Secretary General for International Centre of Martial Arts for Youth Development and Engagement under the auspices of UNESCO (ICM).



In Africa, rapid urbanization, growing population, youth unemployment, inequality, and social exclusion, new natural resource finds and a changing as well as peacebuilding processes, these all have the potential to place Africa under considerable strain. However, stability and prosperity can start in schools with quality education to teach all African youth.

In relation to this, UNESCO has developed the Operational Strategy 2014-2021 on Youth as a means of mobilizing key stakeholders around common goals. UNESCO encourages youth aimed at empowering young people, especially young girls and women, fostering and supporting their action, promoting partnerships, and ensuring their recognition and visibility with its various networks and partner organizations. Along the same line, ICM believes that martial arts is an effective educational method to teach youth values and life skills that are needed to build a culture of peace and non-violence.

ICM believes that martial arts education system should be strengthened as it is an effective tool for sustainable development in Africa: Improving equity, quality and relevance of its education. This Webinar looks into Africa, youth, women and martial arts together and discuss current issues that African youth and women have and investigate the role of martial arts and its variety of value embedded in.



## **PENCAK SILAT NEW RULES PRACTICAL COURSE**

**28 NOVEMBER 2020**

A one-to-one training session with our CEO, Dr. Sheik Alau'ddin to learn on the new techniques implemented in the new rules. Following up to seminar which was conducted in March, September and October.

The Practical Session is a good time to revisit new rules techniques and make sure they understand the concept, changes, and apply the right techniques in teaching their Silat students and members.

# **NEW LINE-UP**

## **SINGAPORE SILAT FEDERATION**

### **MANAGEMENT COMMITTEE**

Singapore Silat Federation had the Annual General Meeting on 28th October 2020, 8pm, via electronic means (Zoom Meeting) for the first time due to the pandemic and restriction on the number of people gathering.

The AGM objectives is to elect new management committee members in accordance with SSF Constitution clause for the term 2020 till 2022, and to appoint the external auditor for the financial year - 1 April 2020 - 31 March 2021.

Nine members are elected to sit in the management for a period of one term, for two years. The positions were appointed to the elected members at the first management committee meeting.

Following is the new line up of Singapore Silat Federation's Management Committee for the next two years:

**President : Mr. Mohd Yasrin Mohd Yasil**

**Vice President : Mr. Abdul Rashid Mohd Ibrahim**

**Secretary General : Madam Ainin Jasni**

**Treasurer : Madam Zahrah Mohd**

**Assistant Treasurer : Madam Zarina Yahya**

**Committee Member : Madam Hazliati Abdul Rahim**

**Committee Member : Mr. Norshamsuddin Abdul Gani**

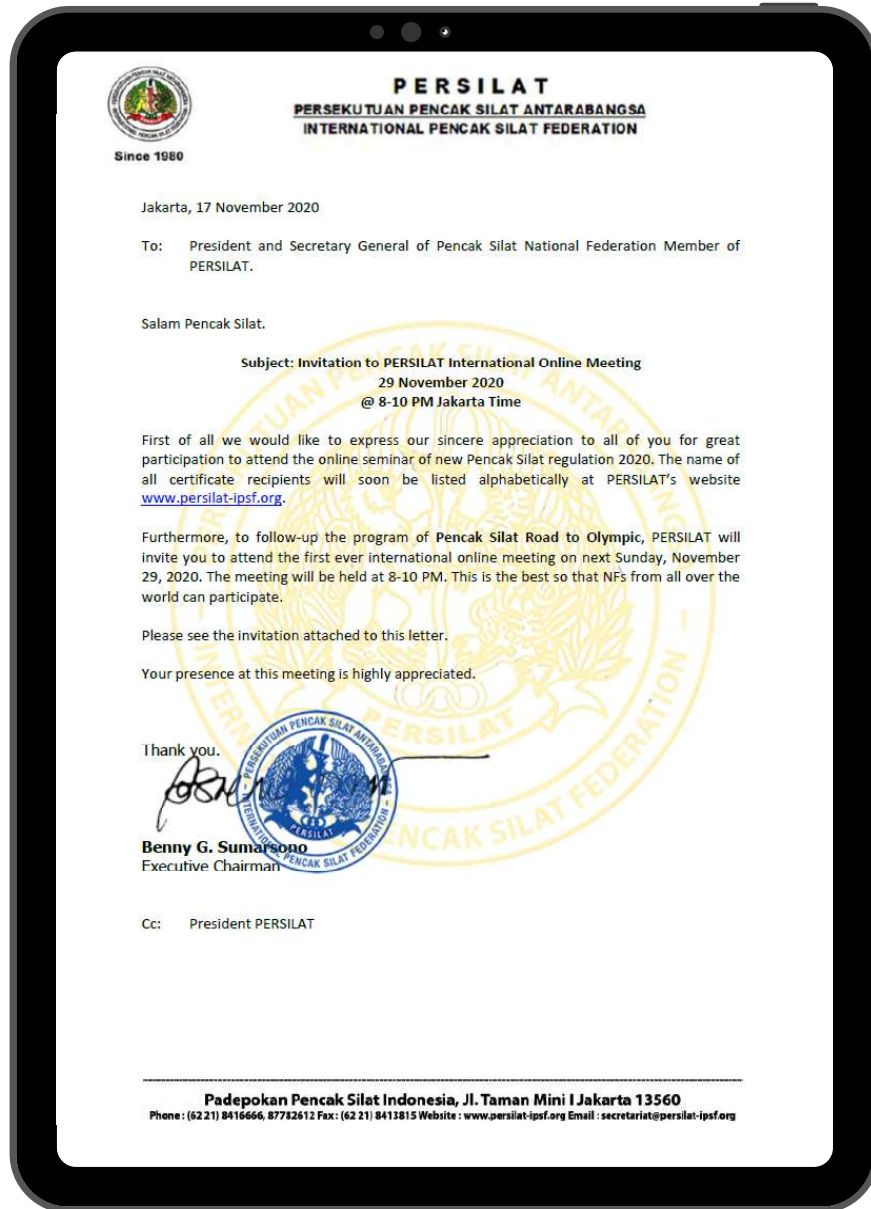
**Committee Member : Mr. Govindaraju Sinnappan**

**Committee Member : Mr. Mohd Fadali Mohd Sani**

The management will meet at least once a month to get reports and updates on the running and development of the federation. And also to discuss on future plans for the federation, athletes, and more.



# PERSILAT INTERNATIONAL ONLINE MEETING



Singapore Silat Federation attended an online meeting on 29 November 2020, 8pm to 10pm (Indonesia Time), scheduled and organized by the International Pencak Silat Federation (PERSILAT) where the main agenda for the meeting is on "Pencak Silat Road to Olympic".

Other matters which was also brought up in the meeting are; on PERSILAT Membership Fee, the National Federations Membership to its National Olympic Council/Committee (NOCs), championships & games, and many more.

# NATIONAL TEAM TRAINING (OFFLINE & ONLINE)



How COVID-19 has affect our national team training? A lot.

Being a combat sports, the athletes are restricted to have any physical contact with their team members during training.

Resulting to the athletes training in different approach, where one of it is that they will need to adhere to changes of styles in training such as doing "shadowing" when practicing on tactics and techniques.

But that does not mean, the quality of the training is dropped. With the leadership of the CEO, Dr. Sheik Alau'ddin, he will plan out the training program daily for each session, so that each of the national athlete will not have any reason to slack at training. And at the same time they will be enjoying the their Silat training because it is fun and knowledgeable.

Plan to join us as national athlete?

You can simply head over to our website, and register your interest there! Visit our website at [www.persisi.org](http://www.persisi.org) to know more or contact us at 6282 2316 to have more details.

# RUNNING A SILAT CLUB? JOIN US!

Singapore Silat Federation welcomes any new Silat club to join us as our affiliate, be it Ordinary or Associate Membership!

You will be able to get first-hand information in relation to Pencak Silat activities and programmes happening locally and internationally. Most importantly, get your Silat club recognized and certified by us, the main governing body for the sport in Singapore.

Currently, we have twenty-one (21) Ordinary Member, and nine (9) Associate Member registered with us.

Simply, write in to us on your interest via email [ssf@persisi.org](mailto:ssf@persisi.org) and attention to our President with Affiliation with Singapore Silat Federation as your subject. We look forward to welcome you on board.

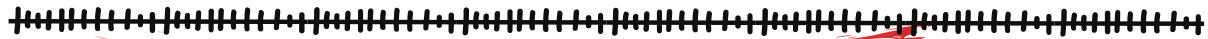
**Sharing here are the list of our affiliates (Ordinary):**

1. PERSATUAN SENI SILAT SETIA HATI (ESHA) SINGAPURA
2. PERGURUAN SENDENG BELALANG (SINGAPURA)
3. YOUNG WOMEN AND MEN SOCIETY (PERWANIT)
4. MUHAMMADIYAH ASSOCIATION
5. PERGURUAN SILAT SELIGI TUNGGAL ANGKATAN (SINGAPURA)
6. SINGAPORE KEMUNING SOCIETY
7. GRASIO ASSOCIATION (SINGAPORE)
8. PANCASAKTI ASSOCIATION (SINGAPORE)
9. TARUNG DERAJAT FEDERATION (SINGAPORE)
10. THANG-TA FEDERATION (SINGAPORE)
11. SINGAPORE MARTIAL ARTS INSTRUCTORS' ASSOCIATION (SMAIA)
12. ZURKHANEH SPORTS FEDERATION OF SINGAPORE
13. BANDO FEDERATION OF SINGAPORE
14. KEMPO FEDERATION (SINGAPORE)
15. SAMBO ASSOCIATION SINGAPORE
16. MIXED MARTIAL ARTS FEDERATION OF SINGAPORE
17. GORESH & BELT WRESTLING FEDERATION (SINGAPORE)
18. UNIFIGHT ASSOCIATION OF SINGAPORE
19. PERSATUAN IKATAN RIA (SINGAPURA)
20. VOVINAM ASSOCIATION OF SINGAPORE
21. MACAN ASSOCIATION (SINGAPORE)

List of our affiliates (Associate):

1. SELIGI TUNGGAL SINGAPURA
2. BANDANGAN ASLI
3. PERGURUAN SI RUMPUN PADI
4. PERGURUAN PENCAK SENDENG
5. SENDENG SETURUT
6. PERGURUAN GADJAH PUTIH SINGAPURA
7. PERGURUAN AMANCA TUMASEK
8. PERSAUDARAAN KEMBANG SETAMAN

We would love to expand our Silat family members, as Pencak Silat is one of the way in uniting the people!



## DECEMBER HIGHLIGHTS

### 24-HRS PENCAK SILAT DISPLAY (FUNDRAISING INITIATIVE)

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.

Don't forget to mark your calendar and catch us live for the 24-hrs broadcast!



# "ONE DAY" TEAM SINGAPORE CAMPAIGN



As the Olympics and SEA Games are coming next year. Team Singapore are embarking on a digital campaign involving some of the TeamSG athletes to rally Singapore to get behind the athletes. The campaign is called "One Day".

Stay tuned for next month's edition, featuring our own SPEX Scholar - Muhammad Iqbal Abdul Rahman - World Champion, Top 5 in SEA Games 2017 & Silver Medalist in SEA Games 2019).

#

# HELP US ACHIEVE OUR DREAMS TO BE A CHAMPION!



YOU CAN SIMPLY HELP US BY MAKING OUR DREAMS COME TRUE...

Being a Charity and IPC Status, all outright cash donation would be entitled to a Tax Deductible receipt of 2.5 times.

Donation can be made through the following mode of payments. Below are the details:

1. IBanking (Direct Bank Transfer to - DBS Current Account 017-007120-3)
2. PayNow (UEN No. S76SS0039A) or simply scan the QR Code
3. Cheque (Payable to Singapore Silat Federation)
4. Cash

For issuing of Tax Deductible Receipt, the following information is required:

- Individual (Full Name & Identification No.)
- Company (Registered Company's Name & UEN No.)

For more details, you can contact us via  
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NSA Office, #04-02, Singapore 469662  
Main: +65 6282 2316 / 17 / 19  
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[@sgsilat](https://www.instagram.com/sgsilat)

