

SINGAPORE SILAT FEDERATION // VOLUME 29 // MARCH 2021

# SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



**ONE**  
SGSILAT



# MCCY'S PARLIAMENT SECRETARY VISITS HALL 4



On the 11th of March 2021, the Parliament Secretary of the Ministry of Culture, Community & Youth (MCCY), Mr. Eric Chua, paid a visit to our Silat Hall at OCBC Arena, Hall 4.

Not only did Mr. Chua manage to talk to our athletes, he also managed to try out some of our training routines!

Check our YouTube for a video coverage of the visit!



# VIRTUAL INTERNATIONAL PENCAK SILAT CHAMPIONSHIP 2021



This month, we commemorated the 41st PERSILAT Anniversary with a Virtual International Pencak Silat Championship!

We participated by sending in our entry for the Tunggal category and managed to achieve the Bronze medal for male category!



PERFORMANCE DAY TUNGGU

youtube.com/watch?v=m32FBlyCCzE

persilat ipsf

## VIRTUAL INTERNATIONAL PENCAK SILAT CHAMPIONSHIP 2021



SINGAPORE  
HAMMADINIL MUSTAFAR BIN MOHD

1 14

COMMEMORATING 41<sup>ST</sup> PERSILAT ANNIVERSARY, 11 MARCH 1980 - 11 MARCH 2021

PERFORMANCE DAY TUNGGAL MALE & GANDA FEMALE

1,658 views • Streamed live on Mar 9, 2021

55 3 SHARE SAVE

Pencak Silat Recently uploaded Watched

INTERNATIONAL WEBINAR - World Festival Pencak Silat Se...  
Persilat IPSF  
324 views •

9:41 am 23/3/2021

The Bronze medal was achieved by our very own Muhammadinil Mustafar, from the Senior category. Congratulations!

PERFORMANCE DAY TUNGGU


youtube.com/watch?v=m32FBlyCCzE

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## VIRTUAL INTERNATIONAL PENCAK SILAT CHAMPIONSHIP 2021

# WINNER OF TUNGGAL MALE

1	LUQMAN BIN LAJI - MALAYSIA
2	ASEP YULDAN SANI - INDONESIA
3	MUHAMMADINIL MUSTAFAR BIN MOHD ISA - SINGAPORE



COMMEMORATING 41<sup>ST</sup> PERSILAT ANNIVERSARY, 11 MARCH 1980 - 11 MARCH 2021

PERFORMANCE DAY TUNGGAL MALE & GANDA FEMALE

1,658 views • Streamed live on Mar 9, 2021

55 3 SHARE SAVE

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INTERNATIONAL WEBINAR - World Festival Pencak Silat Se...  
Persilat IPSF  
324 views •

9:36 am 23/3/2021



INVITATION TO  
**PRESIDENT AND SECRETARY GENERAL**  
PENCAK SILAT NATIONAL FEDERATION MEMBER OF PERSILAT  
PLEASE JOIN US IN VIRTUAL CELEBRATING



**INTERNATIONAL PENCAK SILAT FEDERATION**

**ON THURSDAY, THE 11<sup>th</sup> OF MARCH 2021**

AT 20.00 - 22.00 JAKARTA TIME

ZOOM LINK WILL BE POSTED 24 HOURS UNTIL 3 HOURS BEFORE THE CELEBRATION

AT PERSILAT WEBSITE <http://www.persilat-ipsf.org>

**RUNDOWN**

20.00 - 20.15 WIB	Opening & Checking NF by MC
20.10 - 20.20 WIB	Opening Remark by Executive Chairman
20.20 - 20.50 WIB	Speech of President PERSILAT Declaration of March 11 as <b>"World Pencak Silat Day"</b>
20.50 - 21.00 WIB	Live Performance Tunggal & Ganda
21.00 - 21.50 WIB	Certificate Awarding Ceremony
21.50 - 22.00 WIB	Closing

RSVP: Mr. INDRA WARDHANA +62 817-4991-779



On behalf of Singapore Silat Federation, I, Mohd Yasrin Mohd Yasil, as the President, wishes the International Pencak Silat Federation a very Happy 41st Anniversary!

It has definitely been a journey for Pencak Silat as a whole, and we are thrilled and excited to achieve greater heights with our fellow Silat families. Together in this path, we will continue the journey of success with pride and we wish the International Pencak Silat Federation and its members many more years of well-deserved successes! May this also be the beginning of many greater things to come.

Let's work harder to put Pencak Silat in the Olympics!

All leaders from the national Pencak Silat federations were invited to share their wishes too in celebration on the International Pencak Silat Federation 41st Anniversary.

Together with the President of the Singapore Silat Federation, Dr. Sheik Alau'ddin Yacoob Marican - the Chief Executive Officer shared his wishes too.

We have seen tremendous development for Pencak Silat globally. We have witnessed positive acceptance of the sport in par with other martial arts.

We have acknowledged each one of the Silat enthusiasts for their effort in pushing the sport to be recognized.

And now, let's put our hands together in the journey of Silat towards Olympics!





# A CHAT WITH: SELIGI TUNGGAL ANGKATAN

Perguruan Seligi Tunggal Angkatan (STA) has been endorsed and an affiliated member with Singapore Silat Federation for almost 15 years.

We sat down with Mr. Rafili of STA for a conversation to find out about his journey, as well as Perguruan Silat Seligi Tunggal Angkatan's.

## 1. Tell us about yourself.

Answer: My name is Mohamed Noor Rafili Bin Mohamed Ramli. 41 years old this year. I am married and we have 3 children. Wife Siti Sabariah Binte Abdul Rashid 36 years old. Daughter, Sarah Rania 8 years old, Shariq Rezza 7 years old. Sharleez Rose 5 years old.

## 2. What do you do as a career?

Answer: I am a 1st Warrant Officer with SCDF for the past 15 years. Currently my station is at Jurong Island Fire Station. My current appointment and role as the Hazmat Section Commander. My role is to lead my section and fellow firefighters and lead them in firefighting, rescue techniques and also to mitigate any Hazmat incident.



**3. Do you remember the first time you tried Silat? What was it like?**

**Answer:** I first started learning Silat at the tender age of 5 years old. I was curious as to why my late Dad was always wearing the silat pants and would always go for training



Photo courtesy of Mr. Rafili



after Maghrib and come back home in the middle of the night. From curiosity, it lead to interest and passion. Learning how passionate my late Dad was with Silat and the results he attained as a leader in the community. He was well respected with everyone.



**4. How and when did STA come about, and how did you get involved?**

**Answer:** My late Dad started teaching Silat after he was enthroned and given the responsibility to teach Seligi Tunggal in the 70's by his late Guru Pendekar Pak Ifi Bin Suhor. Being the most trusted and filial student, my late Dad rose thru the ranks and was given the trust to teach the art of Seligi Tunggal all around Singapore. His time was very packed back then. From 1 training centre a week to almost every day a week.



That was the kind of dedication he had back then for the community. As me and my brother Zulfakar grew up, we decided to assist him on his teachings. Since we are already local champions numerous times and brought back so many titles for Singapore the number of students escalated very quickly.



**5. What is your favourite thing about being in STA?**

Answer: The camaraderie and also the philosophy belief that was educate in the teachings. *Setia, Taat dan Amanah*. Being loyal to your Perguruan, faithful in terms of friendship, Obey all the instructions that is right and lastly to uphold the trust and fulfilling it. The bonding between the Perguruan, the athletes and family members is really appreciated. Its like a big family.

## 6. What's a great memory with STA that you will never forget?

Answer: Winning competitions after competitions. Training and coaching raw talents from Zero to Hero. Being a role model is important. Always lead by example. Especially living in this small little island. People are everywhere. Being a public figure its important to always show kindness, good values and positive attributes. And that's what me and my brother always do and remind one another. Cos hard work will beat talent anytime. Some of the fond memories. Being the coach and lead the team to become the overall champions in the All Women's All Open Championship in Singapore.

## 7. What's a Silat highlight that you're most proud of?

Answer: There are so many moments to be proud of. Winning every competition. Be it local or overseas championships. Even it was a friendly or a trial. Make a comeback in the year 2005. After a long hiatus from the sport. I had a bad injury that almost make me retired from my beloved sport.



Photo courtesy of Mr. Rafili

I was preparing for the World Championships 2002, Penang. 2 to 3 weeks before the competition I tore my right ACL. I was the favourite to win the World title since I've swept all the major championships for that year. Making back my return and after winning the trials I was in the Elite Squad again. In 2006, I competed in the UK Open Championships. Most of my opponents were happy and excited to see me in the ring again after my long absence.



Photo courtesy of Mr. Rafili

With pure determination and working extra hard during the rehab sessions and extra hours during training. I won the Championship and also the Best Athlete for the tournament. 2007 SEA Games in Korat, Thailand. Beating my most tough opponent of all time! Dinh Cong Son!

Redeem back the soul of all our fallen fighters. Imran, Yusoff, Hidayat, Izwandy who lost to that Legend Vietnamese Fighter.

#### **8. How would your 10-year-old self react to what you do now?**

Answer: Hmm, probably amused and awe at what I would be doing. But back then I'm very focus on what I want to achieve as a pesilat. I trained very hard with my bro to be the Champions. We are undefeated locally. And I was nicknamed as the Knock Out Specialists by the media for terrorizing my opponents.



Photo courtesy of Mr. Rafili

Some only lasted less than 30 seconds in the arena. My ambition was to be a policeman back then. To fight against the bad guys and catch criminals. Love watching Crime Watch though. No regrets in Life actually. Love doing what I am doing now. Only that I wish I could do better and perform better and fight longer.

**9. If there was an advice that you could give to your younger self, what would it be?**

Answer: Study Hard, really hard and obtain a Degree at least. Ha-ha. The opportunity to study again resurfaced a bit later during the years but looking back at my plate and the commitment I need to sacrifice I forego my dreams to obtain it.



Photo courtesy of Mr. Rafili

**10. What's something your family would be surprised to learn about you?**

Answer: If one day I could learn to strum the guitar or play beautiful notes from the piano. It has been my dream to play musical instruments even though I joined and play the cornet when I was in primary school.

**11. Do you believe you should do one thing a day that scares you?**

**Answer:** If I were to be caught smoking and drinking!



Photo courtesy of Mr. Rafili

**12. If you could do anything, besides what you're doing now, what would you do?**

**Answer:** Probably a motivational speaker. Share my experience, my knowledge or travel around the world conducting interview and do a documentary with all the martial arts around the world.

**13. Your brother, Mr. Zulfakar, was both a World Champion and SEA Games Champion before he retired, as for yourself, you retired with just a SEA Games title. Have you been jealous with your brother's achievements? And what do you want to say to him that was never said before?**

**Answer:** Jealous... Yes of course! Cos it's the only title that I'm lacking in my collection. Even though I have beaten numerous World Title in my class before. We are both equally great fighters. And it is always good to train and spar with the best fighters in the region and we are siblings!



Photo courtesy of Mr. Rafili

**14. Will you allow your kids to take up the sport professionally in the future, knowing that there's a pathway paved for our National Athletes now?**

Answer: Oh definitely! During my time or even Dr Sheik's time. We know how tough it is to train. We don't have a proper training place to start with. We are like beggars looking for a proper place to train.. The old Kallang Airport (previously PA). Our old National Stadium, Tampines Badminton Hall. Farrer Park Boxing Gym. We fix and lay the mattresses together. We train at every opportunity there is. Now all the current athletes are enjoying the fruits of labour. There are equipped with World Class Coaches, World Class facilities and equipment. We are well funded now compared to back then. Hope we will produce more World Class Champions and SEA Games Champions! And furthermore Silat will be included in the 2032 Olympics! We are hoping our athletes can come back with glory!





Photo courtesy of Mr. Rafili

**15. What other sports would you pick up if you didn't know anything about Pencak Silat?**

Answer: Rugby! I've been playing rugby since my teenage days and still playing it till now. Represent Greenridge Secondary during my Secondary School Days and was the National School Champion for quite a while. Played for Singapore Wanderers Rugby Club and was also part of the Under 19's National Development Team back then.



Photo courtesy of Mr. Rafili

# TRAIN LIKE OUR SPEX SCHOLARS!

Need a hype-me-up before a workout? Check out what some of our Spex Scholars are listening to during high intensity training sessions!

## GET IN THE GROOVE WITH KHAD



**SHOTS**  
LMFAO, Lil Jon



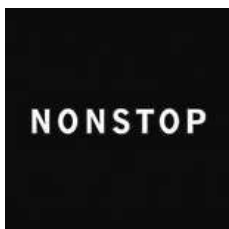
**STIR FRY**  
Migos



**CENTURIES**  
Fall Out Boy



**RUNNIN (WITH A\$AP ROCKY,  
A\$AP FERG & NICKI MINAJ)**  
Mike Will Made-It



**NONSTOP**  
Drake

View more of Khad's favorites here:

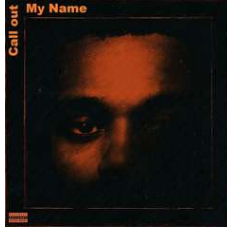


# GET IN TUNE WITH SYAKIR

View more of Syakir's  
favorites here:



**2U (FEAT. JUSTIN BIEBER)**  
David Guetta, Justin Bieber



**CALL OUT MY NAME**  
The Weeknd



**UP ALL NIGHT**  
Khalid



**SWITCH LANES**  
Tyga, The Game



**MAGENTA RIDDIM**  
DJ Snake



# ROCK OUT WITH HAZIM



**BANK ACCOUNT**

21 Savage



**PICK UP THE PHONE**

Young Thug, Travis Scott



**WALK IT TALK IT**

Migos, Drake



**CONGRATULATIONS**

Post Malone, Quavo



**MOONLIGHT**

XXXTENTACION



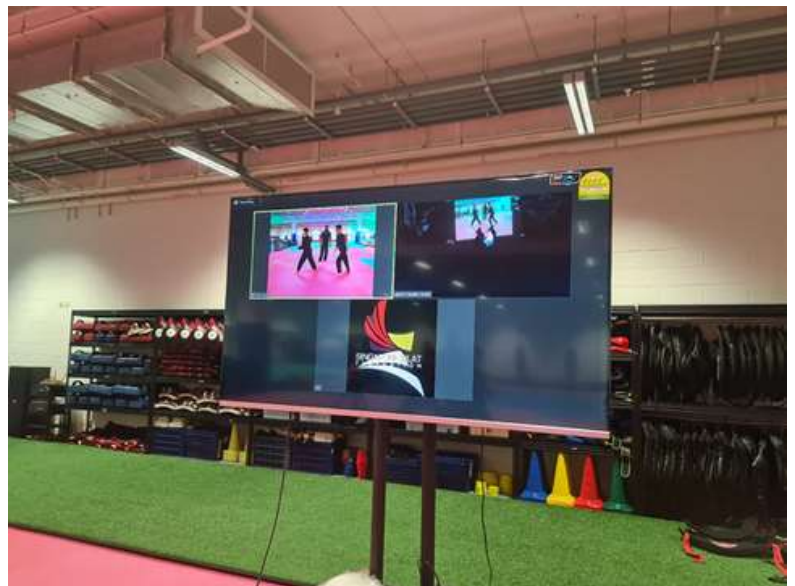
View more of Hazim's  
favorites here:



# COACHING COURSE FOR INDIAN PENCAK SILAT FEDERATION

The lecturer team from Singapore Silat Federation was approached by the Indian Pencak Silat Federation to conduct the Advanced Coaching Course for Pencak Silat (Level 2) from 20 to 24 March 2021.

The four days course is conducted prior to the Indian National Pencak Silat Championship held in Kashmir, India. Our lecturers, Dr. Sheik Alau'ddin Yacoob Marican, PBM, Mr. Shafaq Alihaq Sardar Mohd and Ms Nur Fazlin Juma'en conducted the course via zoom.



Although it was conducted virtually, the 140 participants still had to go through theory and practical test. The theory test was conducted using an online test, while the practical test was conducted over zoom.



Though challenging, we manage to teach new techniques to the Indian team by having our own demonstrator, Mr. Muhammad Naufal Bin Abdullah and Mr. 'Aniq 'Asri bin Mohd Yazid. The two athletes showcased the movements while Dr. Sheik Alau'ddin explained to the participants step by step.

We'd like to thank Mr Mohamad Iqbal, Mr Irfan Aziz Butta and Mr Kishor from the Indian Pencak Silat Federation for reaching out to us and trusting us in conducting the session for them.



# NSA TOWN HALL

On the 27th of March 2021, two representatives from Singapore Silat Federation, Dr. Sheik Alau'ddin Yacoob Marican, PBM (Chief Executive Officer) and Ms Nur Asiah Arshad (Director, Marketing & PR), attended the NSA Townhall.

The purpose of the townhall is to share and gather National Sports Association's (NSA) views, on the proposed changes and addition to the existing NSA Recognition and Governance Frameworks.

The townhall was held by Singapore National Olympic Council (SNOC) and SportSG, and was attended by NSA's leaders.

Zoom Meeting | You are viewing NSACD Account's screen | View Options

Recording

## NSA GOVERNANCE PRINCIPLES (NGP)

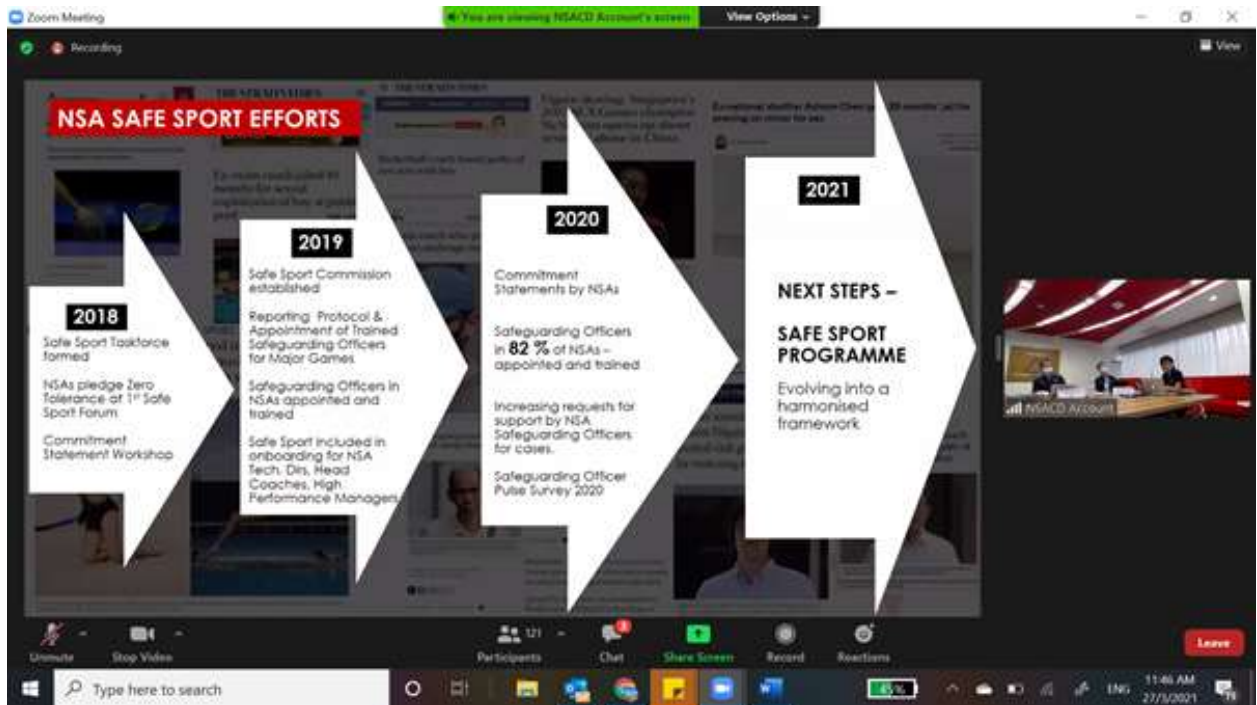
### PREAMBLE

- *Governance irregularities & failures continue to undermine NSAs' credibility.*
- *Standard of governance in our NSAs has thus come into question.*
- *Present framework is inadequate in addressing the common weaknesses.*
- *Proposed adoption of NGP that are consistent with the "Universal Principles of Good Governance of the Olympic & Sport Movement" advocated by IOC.*
- *NGP adoption/adherence will raise governance standards & instil greater stakeholder & public confidence in our NSAs over time.*

Singapore National Olympic Council | Sport SINGAPORE

Participants: 128 | Chat | Share Screen | Record | Reactions | Leave

Type here to search | 10:27 AM | 27/3/2021





# WECARE PALS APPRECIATION & NETWORKING NITE 2021

People's Association (PA) sent out an invitation towards their corporate members on 2nd February 2021 to attend their WeCare PALS Appreciation 2021 virtually via Zoom. In attendance to represent Singapore Silat Federation, we had Dr Sheik Alau'ddin Yacoob Marican, PBM (Chief Executive Officer) and Nur Asiah Arshad (Director for Marketing and PR).



A total of 152 participants were in attendance and were broken down into different chatgroups to interact and network with other representatives from different organizations.



## WeCare PALS Appreciation & Networking Nite 2021



**Thank you for your precious time, contributions and more importantly, the support and friendship all these years.**

**All these allowed us to continue to build a stronger and more cohesive community.**

**We look forward to your continued support towards the PA and the community!**

**Do good and feel good! Join as WeCare PALS today!**



If you haven't shared your feedback, we look forward to hearing from you how to improve for future events by scanning this QR code or clicking on <https://go.gov.sg/arcqfeedback>



Like and follow us at our WeCare PALS Facebook Page by scanning this QR code or clicking on [facebook.com/WeCarePALS](https://facebook.com/WeCarePALS)

# SPORTSHUB CEO'S VISIT TO OCBC ARENA, HALL 4

New SportsHub CEO, Mr. Lionel Yeo, was amongst the many prestigious visitors we had this month!

On the 16th of March, he dropped by to OCBC Arena Hall 4 to say hello to our coaches and athletes. He also managed try out our equipment and showed some moves!

We look forward to welcome more SportsHub personnel to showcase our sport! See you soon!





# RESUMPTION OF WEEKLY WASIT JURI TRAINING

Our Wasit Juri team has resumed their weekly training session, after a break since their Physical Assessment Test in November 2020. This weekly training session aims to better prepare the team for upcoming events that we have in plan.

The session was led by Mr Tuah and assisted by Mr Yasrin and Ms Fazlin. The main focus now is to ensure that our Wasit Juri team is fully prepared to be on duty with the New Pencak Silat Competition Rules and Regulations.

Not only do the team learn and practice the New Pencak Silat Competition Rules and Regulations, they are encouraged to raise questions and/or concerns related to it and share their experience on issues they faced while officiating.





Training is conducted every Saturday, and team will practice on the new rules, physical assessment, artistic memorization and case studies.



# P2LIFE SEA COLLABORATION WITH SG SILAT

P2Life SEA are the Southeast Asian Market representative of P2Life, an American Sports Nutrition Brand. As the brand-new year starts, many athletes are constantly looking to better their training and recovery routine.

P2Life's products are most suitable and recommended for professional athletes. For athletes, the formation of muscles is important in order to build strength, stamina and power. However, in order for them to do so, a proper recovery process and diet is also essential for them to perform well during training and competitions.

Something unique that P2Life's products are able to bring to the table, is that our products are able to help athletes attain a well-balanced nutritional diet, by filling in the gaps they may be lacking in, help them meet their daily required nutrition intake and also help build lean muscles.



## Products

View  Grid  StreamSHARE 

Endurance + Recovery

EnduroBoost Adaptogens  
\$39.99NutriBoost Shake  
\$66.99

Strength + Power + Lean Muscle

Powerboost  
\$39.99

Their products include:

- EnduroBoost Adaptogens (for Endurance + Recovery)
- NutriBoost
- Powerboost (for Strength + Power + Lean Muscle)

Share with your family and friends who are looking for sports nutrition brand. They can simply get the product from their website <https://www.p2life.sg/collections/all> (or simply scan the QR code below), and you can enjoy 10% off by simply using the Promo Code **Silat10** at the checkout!





# FACE OF THE MONTH

**AISHA EVA KLOMP, 10**

**NATIONAL ATHLETE (PRE-TEEN)/STUDENT**

1. Tell us, how did you get into Silat? And why did you decide to stay in the sport?

Answer: I watched my older brothers train when I was 6 and I decided that I can do it too - so I did.

2. Why do you enjoy Silat the most, compared to the other sport(s) that you do?

Answer: I enjoy it the most because it is fun - I learn to defend myself and I am very good at it.

3. What are the main motivations for doing Silat?

Answer: My main motivation is to be able to represent Singapore and make my country, parents and family proud of me.



Photo from Mdm. Samsiah

#### 4. Who do you look up to in Silat?

Answer: I look up to Kakak Zuhairah because she teaches me Seni and all my Silat coaches who train me and who helped me to get where I am now.

#### 5. What areas do you feel that you need improvement in?

Answer: In Silat I have to improve on my dropping technique and not to cry when I cannot do something. In school I want to improve on my Maths!

#### 6. Share with us one significant memory in Silat that makes you feel happy the most.

Answer: When I was awarded best athlete the first time I participated in the inter-Grasio Silat competition when I was 7 years old.



Photo from Mdm. Samsiah

#### 7. What other sports or hobbies do you also enjoy outside of Silat?

Answer: I do netball, judo, horse-riding, playing the piano and journaling.



Photo from Mdm. Samsiah

**8. How do you best prepare for your daily training?**

Answer: I pack my training bag the day before, I finish my homework or revision and take a nap or rest - I have a light dinner before I go for my training.

**9. How do you juggle your studies, and all other extra activities that you are doing?**

Answer: My mummy help me to make a schedule and time table for my activities so that I have enough time and rest for all my activities.



Photo from Mdm. Samsiah



Photo from Mdm. Samsiah

**10. What is one thing that you do now that you need an adult for but would like to try to do all by yourself?**

Answer: Going training by myself on the MRT - my mummy sends and fetches me at the moment.

**11. Describe a great day. What would you be doing that makes it special?**

Answer: A great day would be a holiday in Bali where I can go diving, surfing, shopping and horse riding.

**12. What is your favourite thing about yourself?**

Answer: I never give up and I am always one step closer to being a champion.

**13. What is one thing that you cannot live without?**

Answer: My family. They are the reason I am who I am.

**14. What do you want to be when you grow up?**

Answer: At the moment I do not know what I want to do but whatever it is I will always do my best.



Photo from Mdm. Samsiah

**15. Where do you see yourself in 5 years?**

Answer: I want to do well in my studies.

I want to be junior world champion for Silat.

I want to be a national champion for Judo and Netball.

# BRIEFING FOR SSF AFFILIATES



This month, we gathered with our SSF affiliates!

This session included an opening speech by our President, Mohd Yasrin Mohd Yasil, an overview of the upcoming events in 2021, our other future plans and the Silat New Rules and Regulations.

On the same day, we also interviewed 3 new Perguruan as affiliates as well for evaluation to be part of us!





Silat Bandangan Asli



Perguruan Pokolan Liyan



Akademi Pencak Silat Al Fatih

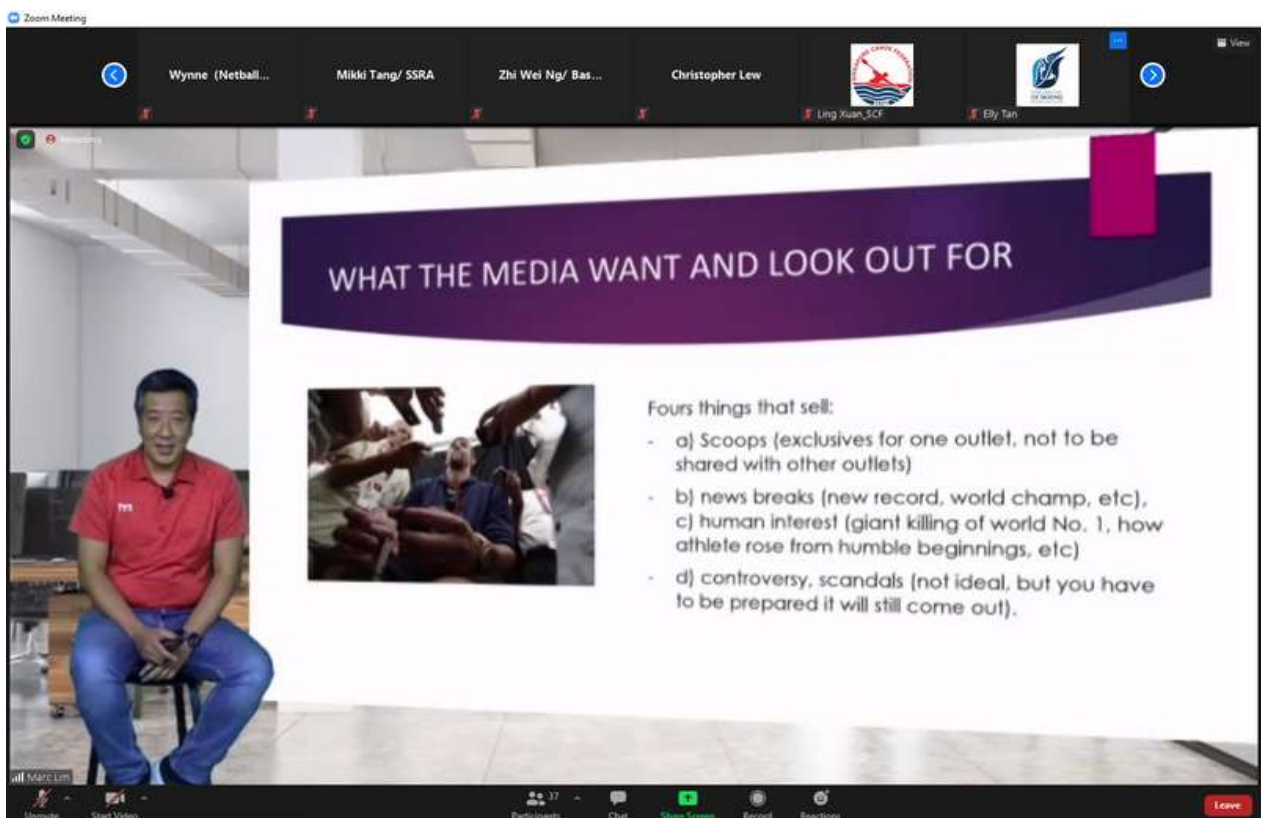


# MARKETING WEBINARS

This month, our Director of Marketing and Promotion, Nur Asiah Arshad, and our Marketing Executive, Ifrah Ithnin, attended two seminars organized by the Singapore National Olympic Council (SNOC) over Zoom.

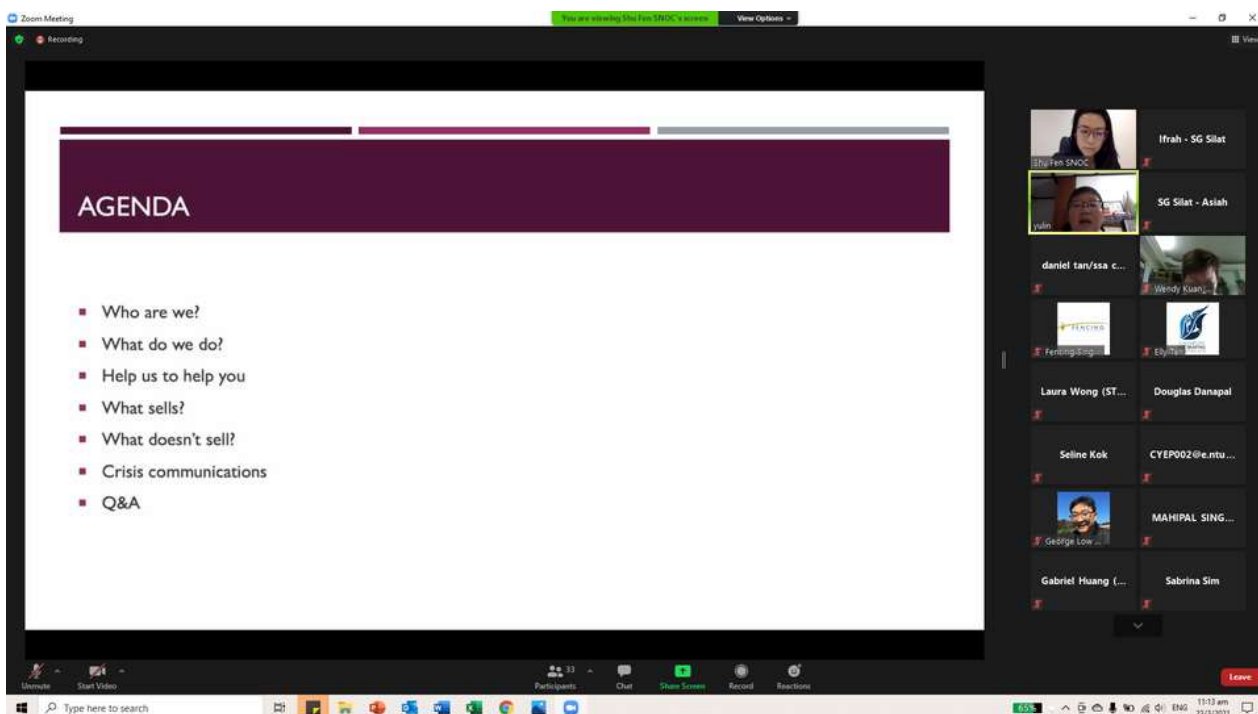
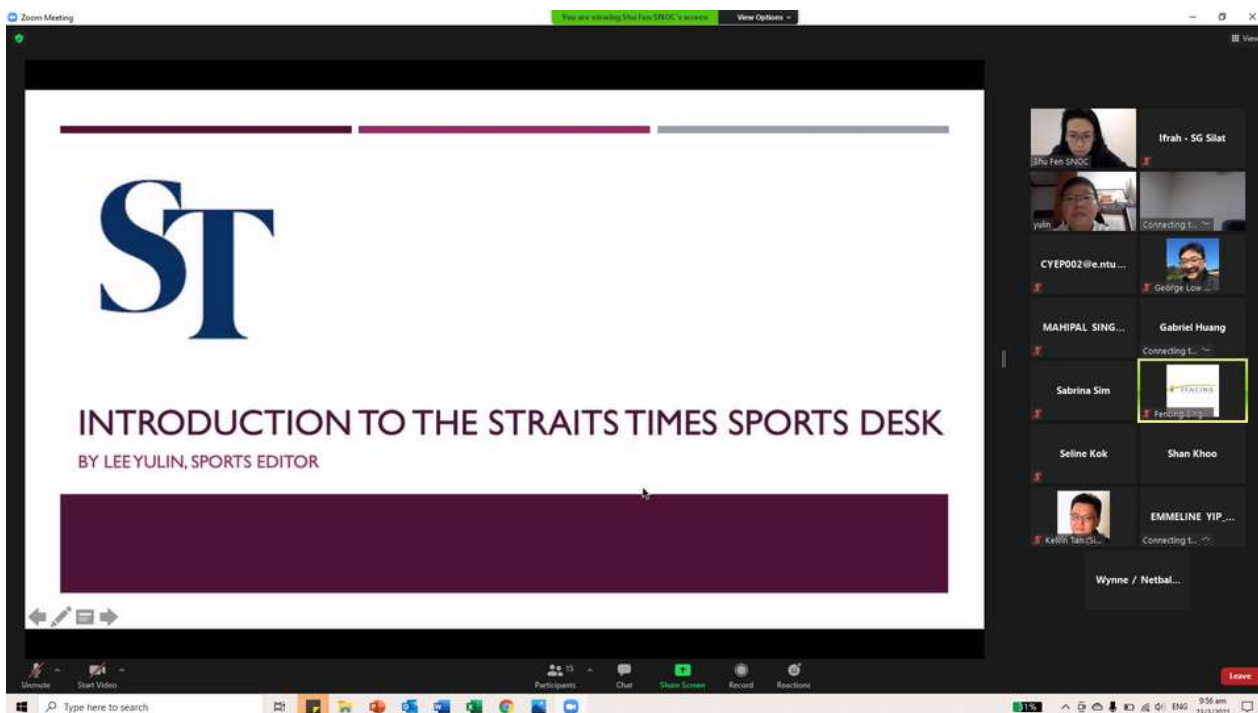
The first webinar called '**Content is King**' was presented by Marc Lim who is a former sports and news editor of The Straits Times, now the Chief Strategy Officer of E-Sports start-up: The Gym.

Marc touched on a few topics such as: How Content Drives Coverage, What the Media Want and Look Out For, and many more.



The screenshot shows a Zoom meeting interface. At the top, there are participant names: Wynne (Netball...), Mikki Tang/ SSRA, Zhi Wei Ng/ Bas..., Christopher Lew, Ling Xuan, SCF, and Ely Tan. The main content is a slide with a purple header that reads "WHAT THE MEDIA WANT AND LOOK OUT FOR". Below the header is a photograph of a group of people, and to the right of the photo is a list titled "Fours things that sell:" with four bullet points: a) Scoops (exclusives for one outlet, not to be shared with other outlets), b) news breaks (new record, world champ, etc), c) human interest (giant killing of world No. 1, how athlete rose from humble beginnings, etc), and d) controversy, scandals (not ideal, but you have to be prepared it will still come out). In the bottom left corner, a man in a red shirt is visible in a video feed. The Zoom meeting controls are visible at the bottom.





As for the second webinar, it was an Introduction to The Straits Times Sports Desk by Lee Yulin (ST Sports Editor) in which Yulin shared how the desk functions (deadlines and all), the kind of stories that they are keen on, and the best way to reach out to the desk with updates.

We hope the seminars were insightful and will benefit our federation in terms of marketing and content!

# SPEX SCHOLARS 2021

The Sport Excellence Scholarship (SpexScholarship) provides an enhanced level of support for athletes within the High Performance Sports (HPS) pathway. SpexScholarship includes both financial and programmatic support to prepare athletes to excel at the Major Games ie. Asian & World levels. In addition to developing athletes' sporting potential, the SpexScholarship will also assist athletes in their education, career, and personal development.

Ultimately, SportSG aim to develop athletes to take on leadership roles in their respective communities, serving as role models for Singapore's youth. The SpexScholarship supports talented athletes along the pathway at the different tiers:



We would like to introduce 8 of 2021 SpexScholars for Pencak Silat.

Muhammad Syakir Bin Jeffry



Siti Khadijah Binte Mohamed Shahrem



Sheik Farhan Bin Sheik Alau'ddin



Nurzuhairah Binte Mohammad Yazid



Sheik Ferdous Bin Sheik Alau'ddin



Muhammad Iqbal Bin Abdul Rahman



Nurul Suhaila Binte Mohamed Saiful



Muhammad Hazim Bin Mohd Yusli



# MCCY MAKES A SECOND VISIT TO OCBC ARENA, HALL 4!

On the 26th of March, we had a few visitors to our Silat Hall at OCBC Arena, Hall 4! From the first visit on the 11th of March, Team SG Silat made an impression for Parliament Secretary Eric Chua and he came along for a second visit with MCCY Minister Edwin Tong, along with CEO of SportSG Lim Teck Yin and Chief of SSI Toh Boon Yi, for a tour and they tried most of the equipments!



Though the visit was short, we were very happy that we got the chance to share with them about the series of trainings that our Silat exponents go through.



# SILAT FEATURE IN SUKAN GEMILANG



On the final episode of Sukan Gemilang, host Suhaimi Yusof pays tribute to the Malay heritage by learning about how 3 very distinct and powerful silat schools prospered in Singapore over the last few hundred of years. From the ancient Bugis silat that began in the royal court, to the Bawean silat that took roots in the 1960's kampong, to the self defence arts of Sudanese Tiger silat, Suhaimi learns that our Singapore silat will continue to remain relevant through the silat family legacy.

Besides that, our CEO, Dr. Sheik Alau'ddin Yacoob Marican, PBM, was also featured with fun trivia about his achievements!

Watch the episode here:

<https://www.mewatch.sg/watch/Sukan-Gemilang-E7-Silat-206347> or you can scan the QR Code to access!





**Dr. Sheikh Alau'ddin bin Yacoob Marican seorang legenda silat tanah air yang paling banyak menyanggah gelaran juara dunia.**



**Beliau juga muncul juara dalam Kejuaraan Pencak Silat Sedunia pada 1990 dan 1994.**



**Beliau memenangi kejuaraan dunianya yang pertama dalam Kejuaraan Terbuka Antarabangsa di Malaysia ketika berusia 23 tahun.**

# SSF STAFF LUNCH WITH SATAY BOSQUE

This month, the management and staff, including our coaches, of Singapore Silat Federation managed to put aside our work and have a good lunch with Satay BosQue.

A new stall in The Food Market at Century Square, they served us scrumptious Chicken, Beef & Mutton Satay, Soto Betawi and Gulai Kambing.

Do make a visit to the stall and enjoy!



# SATAY BO





# DISTRICT RACE - SINGAPORE FINALS

The District Race was held on Sat, 13 March, from 7 am to 9am.

The aim of this run (or, walk) was to send the message to Singaporeans that it is possible to participate in sports in a safe way and galvanize the community to come back out to exercise - sort of like a SG United message of solidarity.

Participants were required to run or walk around the Sports Hub/Marina Bay Sands/Central Business District area to identify checkpoints to collect points for their teams.





Media by: Singapore Sports Hub and The District Race Singapore



Media by: Singapore Sports Hub and The District Race Singapore



Media by: Singapore Sports Hub and The District Race Singapore

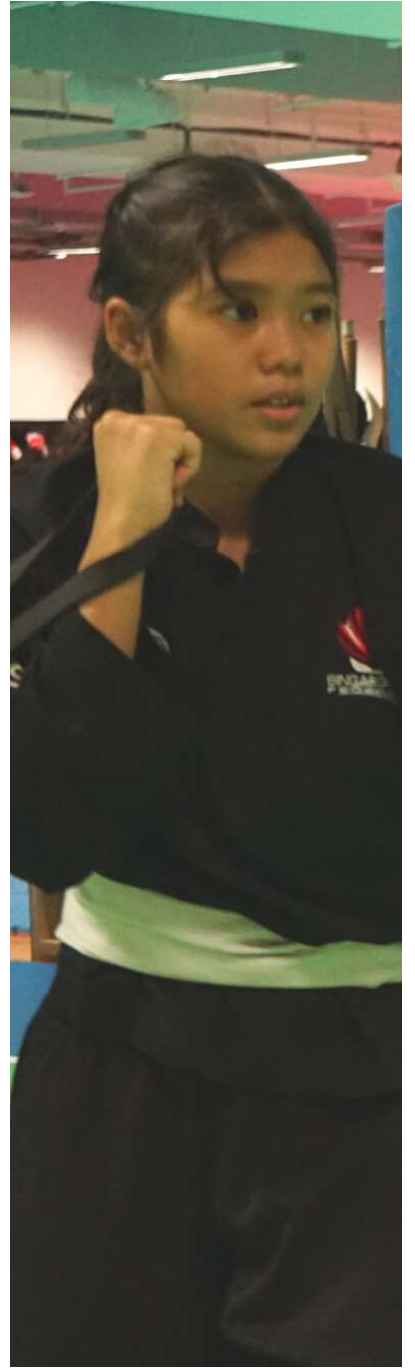
# MARCH HOLIDAY AFTERNOON TRAINING

It's the March holidays!

With that, we had afternoon training sessions for a week for the Singa Cub, Singa Silat, Pre Teen, Pre Junior & Junior categories.

For the week from the 15th to the 19th of March 2021, afternoon training sessions were held from 3 pm - 6 pm. During this time as well, there were no evening training sessions for the categories mentioned during the March holidays.





# SILAT.NET FEATURE



On an article dated March 6th 2021, the family of Silat champions was featured on Silat.net.

The article not only covered the history and the family's achievements, but also of rising champions whom are the youngest members of the family.

Be sure to check the article out by scanning the QR code that leads to the article page directly!



# TAPING WORKSHOP FOR OUR ATHLETES



On the 15th of March, our National Athletes had a Taping Workshop with Huma from Singapore Sports Institute's Physiotherapy!

During this session, our athletes learned how to tape properly to restrict the movement of injured joints, soft tissue compression to reduce swelling.

We hope the session was fruitful and beneficial for them all!





# CATCHING UP WITH OUR SILAT ALUMNI



Photo courtesy of Mr. Dzulfadly

## **DZULFADLY MD JAFFAR**

**What made you pick up Silat, and decided to join the National Team?**

It was more of an accident. It was in 1997, I was working in PADC (Pertapis Adolescent development Centre) where Abg Sheik volunteered to teach Silat to the kids there. So, I decided to motivate the kids a bit by joining the training. After a few sessions I got hooked to it and all I know I was training for the Nationals next!

**What were your achievements during those times?**

Belgium Open – Silver Medal

Bronze Medal – 1999 Sea Games Brunei

Bronze Medal – 2004 Singapore

Gold Medal – National Championship

**What were your emotions like when you played well?**

Whenever I performed well, I feel a sense of satisfaction and happiness. It feels that I achieved something no matter what people say.



**How much differences do you witness the changes on the sport comparing to your time when you competed competitively?**

The way I see it the level of competitive Silat gets higher all the time. Either it gets faster, someone came out with a different dropping technique or game strategy. I believe during previous years it is also competitive but in terms of who is stronger not much strategy play. I guess the sport has bloomed and more styles of fighting has been adopted.



Photo courtesy of Mr. Dzulfadly

**What have you been busy with since your retirement from Silat?**

After my athlete days I went into bodybuilding, but it did not work out for me as it is different. In the end I was roped back to Silat to become the Strength & Conditioning Coach. It was from there; it gave me the opportunity to become the match coach. Abg Sheik appointed me to become the Youth Development Coach and the Pre-SSS Coach. I am proud to see that the current World Champions now were from that program.

After coaching life, I was involved in a lot of gym businesses and the nightlife. I have set up a few gyms and night clubs along the years. Now I am a Co-founder of The Ring Boxing Community and a Licensed Professional Boxing Promoter. Now I am concentrating on promoting Professional Boxing Shows designed at the gym. I have 6 professional boxers in my stable



Photo courtesy of Mr. Dzulfadly

and 2 of them are ranked Number 1 in Singapore in different weight categories with international titles on their waist. I was also named Oriental States Promoter three years straight.

### **Who is your favourite sports hero?**

I would say Muhammad Ali. He defied everything even going to war with Vietnam and he had to go to jail for that. He stands up in what he believes in and always fight for the minority and now he is loved by all.

### **What are the three reasons that you like being a part of the Silat community?**

1. Moral values which are instilled in an individual which is practicing Silat
2. The evolution of Silat
3. Being in the Silat community represents Humility.

**What is your favourite motivational quote to keep yourself going?**

One day at a time. You deal with the present.



Photo courtesy of Mr. Dzulfadly

**What do you see in the current National Team? Especially in the SPEX Scholars.**

I would say there is a lot of un-tapped potential. With proper goal settings, dedication and training they will reach their maximum potential. There is a lot more to dig.

**How do you think you can contribute back to the Silat community?**

By being an Ambassadors of Silat. It is not about having a status as an Ambassador but by speaking and expose about the qualities of Silat. Explain to them how has Silat evolve around the world.

**Do you follow the achievements and development of our National Team since your retirement as an athlete?**

Oh, that is a definite yes. I mean yes, I am promoting other sports but Silat is my first love. From Shakir winning the World Champs right up to Farhan, Mei and Ferdous! Even the artistic team. I was there when they won the Worlds at OCBC Arena. I even brought my Professional Boxers to see them.

And now with the new rules being implemented it will be interesting to see how much more the spots can develop. Hopefully all our athletes could become Professional Athletes one day.



Photo courtesy of Mr. Dzulfadly

**What will you say to the members of public who do not know about Silat? And how would you sell the sport to any Martial Arts enthusiasts?**

I would explain what is Silat and where it comes from and how it has evolved and promote it as a healthy lifestyle.

# COMING SOON

## **OUT OF ARENA**

#OUTOFARENA is an effort to promote the sport and the people involved in the Silat community in Singapore via video content on our YouTube channel, as well as our Social Media platforms.

Keep your eyes peeled for fun and exciting content on our YouTube channel and our TikTok as well!



Singapore Silat  
Federation



sgsilat

# UPCOMING EVENTS

As an update, here are the events that are coming up!

Do keep a look out for further updates on our Social Media pages and future Silat Uncut issues!

## April

- 10 - 11: Selection Trial TeamSG Silat for 31st SEA Games

## June

- 9 - 13 & 18 - 20: Referee-Jury Course 2021

## July

- 3, 4, 10 & 11: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)

## August

- 7, 8, 14 & 15: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)
- 18 - 22 & 27 - 29: Referee-Jury Course 2021

## September

- 4 - 5: 44th National Pencak Silat Championship (in conjunction with Pesta Sukan Kebangsaan) (Singapore)
- 18, 19, 25 & 26: 19th Tertiary Silat Championship (Singapore)

## October

- 2, 3, 9 & 10: 19th Tertiary Silat Championship (Singapore)
- 20 - 24 & 29 - 31: Referee- Jury Course 2021

## November/December

- 21 Nov - 2 Dec: 31st SEA Games (Hanoi, Vietnam)

## December

- 12 - 18: 19th World Pencak Silat Championship (Kuala Lumpur, Malaysia)

# RUNNING A SILAT CLUB? JOIN US!

Singapore Silat Federation welcomes any new Silat Club to join us as our affiliate, be it as an Ordinary or Associate Member!

You will be able to get first-hand information with regards 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 (20) Ordinary Members, and five (5) Associate Members registered with us.

And a total of forty-eight (48) Silat Clubs, also known as Perguruan, registered and certified with Singapore Silat Federation.

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



**JOIN US**

The text "JOIN US" is written in a bold, purple, sans-serif font with a white outline. It is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards from the text, resembling a stylized burst or starburst effect.

# 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

Singapore Silat Federation  
Heartbeat@ Bedok, 11 Bedok North Street 1  
NSA Office, #04-02, Singapore 469662  
Main: +65 6282 2316 / 17 / 19  
Fax: +65 6282 2308

 [www.persisi.org](http://www.persisi.org)

 [ssf@persisi.org](mailto:ssf@persisi.org)

   
  @sgsiilat





*The management & staff of  
Singapore Silat Federation  
wishes those who observe a...*

SINGAPORE SILAT FEDERATION WISHES YOU

**A BLESSED  
GOOD FRIDAY &  
HAPPY EASTER  
WEEKEND**



**ONE  
SGSILAT**



*The management & staff of  
Singapore Pilat Federation  
wishes all Muslims a...*



# Ramadan Kareem

*May the divine blessings of Allah protect and guide you.*



**ONE  
SGSILAT**



**@SGSILAT**



**SINGAPORE SILAT FEDERATION**

## TALK TO US

(65) 6282 2316 / 17 / 19

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## WE ARE LOCATED AT..

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**SGSILAT**