

SINGAPORE SILAT FEDERATION // VOLUME 30 // APRIL 2021

SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



ONE
SGSILAT



RAMADHAN TRAINING

For the month of Ramadhan, we made some changes in the timing for our national training to make way for Iftar and prayers.

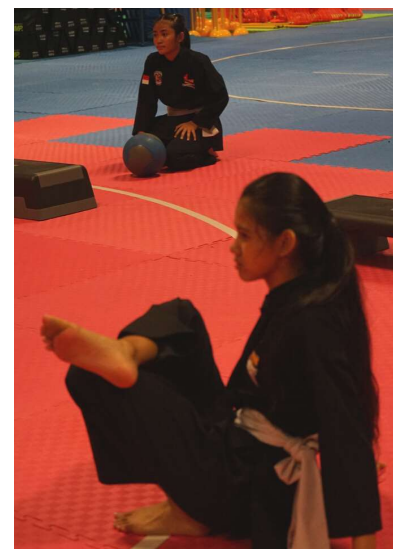
For this special month, the training times were amended as follows:

- 4.30 pm - 6 pm (For Pre Teen, Singa Silat and Singa Cub)
- 8.30 pm - 10 pm (For Spex Scholars, Senior, Junior and Pre Junior)

Despite the fact that most of our athletes are fasting, having to attend training does not stop them.

May the rest of the month of Ramadhan be as blessed!



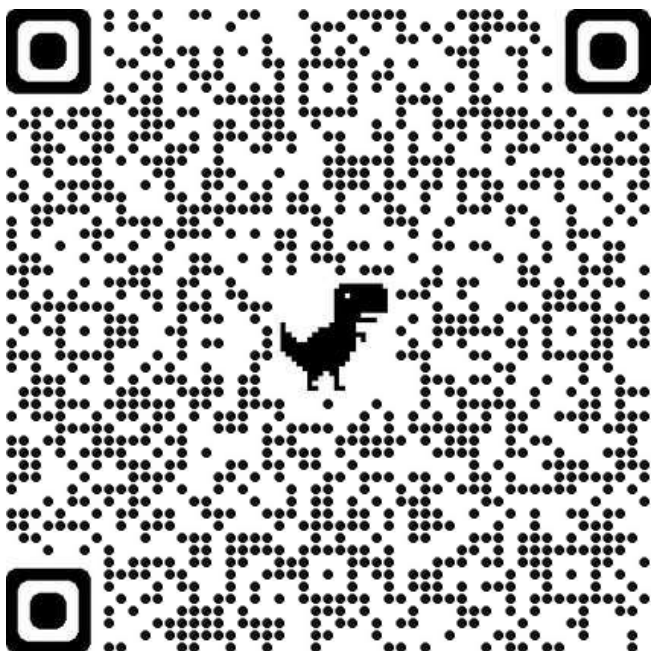


SILAT IN FORBES' 30 UNDER 30 ASIA LIST!



Our heartiest congratulations to our very own three-time World Champion, Sheik Farhan Sheik Alau'ddin, for being listed in Forbes' 30 under 30 Asia list, released on the 20th of April 2021!

Here's celebrating the dedication you've shown on the way to this achievement, and we look forward to seeing even more great things!



Scan the QR code to check out the feature on Forbes!

ANTI-BULLY SELF DEFENSE

We conducted an anti-bully self-defense session for the Southern Baseball Academy under the Pony Programme in Hall 4, OCBC Arena.

This is part of the leadership training whereby the aims of the programme is to boost their confidence.

Dr Sheik Alau'ddin Yacoob Marican, PBM conducted the session and gave the participants different scenarios of self-defense to showcase what they learnt throughout!

The students loved the sessions and we look forward to meeting more individuals through sessions like these!





A CHAT WITH: PERGURUAN PENCAK SENDENG



I am Rosnani Binti Bakri, also known as Momoi in my silat days when I was younger. I am now 45 years old.

I am happily married to Mohamad bin Osney who is 47, and we're blessed with a handsome little prince Alyff Ryhan bin Mohamad who is 17 years old this year.

If there is a way that my family and friends would describe me, is the fact that I put other people's feelings first before my own. I can be a very firm and fierce coach, but one thing's for sure, everyone knows me as the super cool and most importantly, lovable to all our athletes. I want my athletes to know me as Coach Rose, who always gives them the best encouragement and motivation and the most understanding coach.





I chose to be in Silat because it has always been my passion since I was young. This Pencak Bugis was brought down by the Great Late Pendekar (Elite Warrior) Abdul Rahman Bin Ali, also known as Pak Dukdur, who lived in Kampung Wayang Satu, 34A Fernhill Rd. This Pencak Group was found by his first grandson, Bakri Salmat, who was born on 11th September 1953 in 34A Fernhill Road. In 1961, Our Guru Utama at that stage was

the only Grandchild who was learning the Art of Pencak Bugis from his Grandfather, Pendekar Pak Dukdur.

In 1997, Perguruan Pencak Sendeng was born on the 8th of November 2009 in Perth, Western Australia. Perguruan Pencak Sendeng was officially launched in Chua Chu Kang's Keat Hong RC Zone 1, Singapore. With God's will, we expanded from then on. Being the daughter of the Guru Utama, I think it is my duty and responsibility to support him for the upcoming generation.



I have such an important role in my Silat club. Apart from assisting my dad, Bakri bin Salmat, the Guru Utama of Pencak Sendeng, to teach the art of Pencak Sendeng, I also have to do all the administrative work which is required for my dad. Most importantly, my role is to "*Jaga nama baik Daddy dan Perguruan Pencak Sendeng*", which is to take care of the good name of Daddy and the Perguruan.



We treat everyone in Pencak Sendeng as family. As a family, no man gets left behind. We will be together throughout.

I like being in Perguruan Pencak Sendeng because it is my own Silat club and I love to teach. Besides that I also want Silat to expand culturally.

After every competition, coaches will always do a debrief on every performance and competition. Despite the result, we make it a point to congratulate all of the athletes and encourage them to keep on improving.



Despite sending lesser athletes for the National Pencak Silat Championships in 2019, we still managed to defend our ranking to be in the Top 5 Silat clubs in Singapore.



Silat is Silat. I am in no position to point out the significant differences. All silat clubs want to be the best and the very best. I respect each and individual for all that.

Ultimately, being able to do Silat inspires me to be a motivation, an inspiration and a disciplined individual.



It has been more than 2 decades since I was in a competition. But all I can say is, happy and sad at the same time. Happy winning my 1st ever GOLD medal in my 1st competition in Olahraga (now called Tanding). And representing kesenian (the art of Selendang) in Perth Australia for a competition.



Besides Silat, I can also sing and play the piano, as all of my family members are super talented in music. No doubt about it. Other than that, I can be a good cook too.

The best advice I have ever gotten is from my parents, "*Makin Tunduk, makin berisi*", and it means to always stay humble.

An advice I would give to the younger pesilat? It would be to respect your parents, study hard. Very, very, very hard, because studies always comes first.



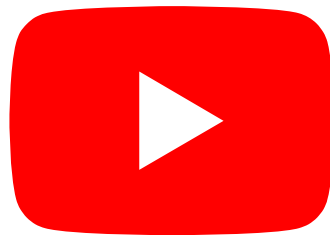
#OUTOFARENA



**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 more fun and exciting content on our YouTube channel and our TikTok as well!



Singapore Silat
Federation



sgsilat

WASIT JURI TRAINING

Our Wasit Juri team attended their weekly training on the 3rd of April 2021. 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.



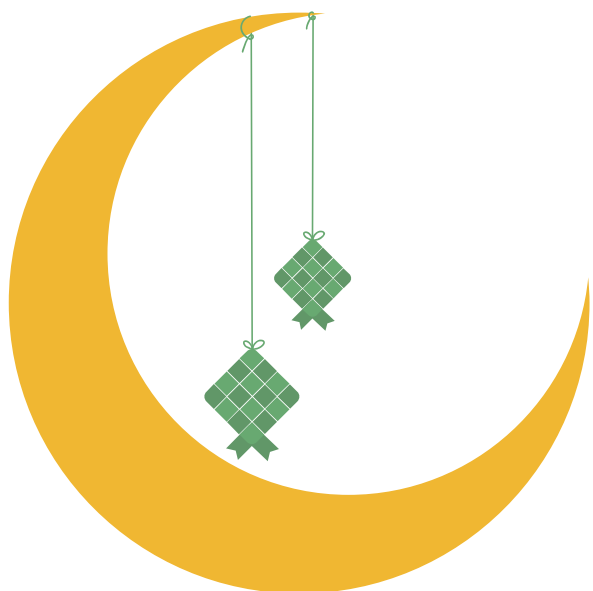


SSF'S HARI RAYA FUNDRAISING!



In light of the upcoming Hari Raya Puasa on the 13th of May 2021, we organized a fundraising initiative to help raise funds for our athletes and youth development!

With the wide selection of Kueh Raya and Kerepek, we were overwhelmed by the amount of orders that we received and we are so thankful for the support!



The orders will be delivered to our customers' doorsteps from the 6th - 7th May 2021 between 9 am - 4 pm. Keep a look out!

SELECTION TRIALS FOR UPCOMING SEA GAMES & WORLD CHAMPIONSHIPS

On the 9th & 10th of April, we conducted the Selection Trials for the upcoming SEA Games and World Championships that is scheduled to be happening towards the end of the year.

For the SEA Games, we will be forming a full squad, and for the World Championships, we are aiming to fulfill a full squad except the heavier female categories.

Being the first major competitions since the pandemic, this selection trial is the first selection so as to set a benchmark to see if our athletes are ready in terms of their fighting fit and their understanding of the Pencak Silat New Rules.

Beyond that, this will also allow us to have time to work on designing the training towards the games and championships.



9TH APRIL 2021, SELECTION TRIALS FOR ARTISTIC



10TH APRIL 2021, SELECTION TRIALS FOR MATCH



FACE OF THE MONTH

SHARIFAH SHAZZA BINTE SAMSURI, 21

NATIONAL ATHLETE (GANDA) / E-COMMERCE SALES EXECUTIVE



1. What age were you when you started Silat?

Shazza: I was 14 years old when I started. It was in December 2014.

Azlyana: I joined a club in Primary 3, and then the National Team in Primary 5.

2. What have been your major highlights or achievements in Silat?

Shazza: During the IVP in 2019, I managed to get 4 Gold medals and the Best Female Athlete award. As for the most number of fights I did in a competition, it was at the 4th Singapore Open in 2018.

Azlyana: I won the Gold medal in the World Championships in 2018, and the Asian Beach Games in 2019. For the SEA Games in 2017 and Asian Championships in 2019, I won the Silver medal.

NUR AZLYANA BINTE ISMAIL, 23

NATIONAL ATHLETE (GANDA) / PART-TIME DEGREE STUDENT / SALES & MARKETING EXECUTIVE



3. If you could achieve anything you wished for in Silat, what would it be?

Shazza: Since I am new to this category, I hope to win a major competition starting from the small competitions and eventually in the bigger games.

Azlyana: I wish to be part of the Olympics team and give back to the community.



4. How does being an athlete make you a better person?

Shazza: I am more disciplined in managing my time, and I am leading a healthier lifestyle.

Azlyana: It has helped me instill good character and habits. I've been actively involved in Silat since young which has helped me so much in time management and discipline because I'm constantly on the go; Heading to training or Overseas for competition. I can't afford to slack or procrastinate when it comes to studies so having good discipline naturally was in me since young.



5. What are three reasons you like being part of a team sport?

Shazza: It is motivating when you know you have your partner is supporting you especially when you are at the lowest. Training may be tough, but having someone there to push you beyond your limit.

It is also fun and enjoyable because you can joke around to ease the tension.

Azlyana: Having a support system when things get tough, and ultimately, having a second set of family or sister.



6. What do you do to create the bond and chemistry so that your movements are seen as sync and united?

Shazza: Honestly, I am still adapting to the momentum and being in sync with my partner as she is much more experienced and stronger. Hence, for us to train better and improve on our synchronization, I would always record our training and analyze. We spot the weak points and repeat the whole routine.

Azlyana: Breaking the barrier with my partner by constantly having conversations and find out ways I can help her in improving herself.

7. What is the best part about competing?

Shazza: The achievement - This is where all my hard work and dedication pays off.



Azlyana: The bus rides to competition, the plane rides, the adrenaline, the preparation, the “make it or break it” moment. My second family.

Also being able to explore different countries, learning their culture, try new food while bonding

with my teammates and creating memories together. Also, I can meet new people and athletes.

8. Have you quarrelled with each other before? If yes, what did you do to make it up so as not affect your training.

Shazza: Since we have just teamed up, we have not quarreled before.

Azlyana: I would say no. I'm the type that will be quiet and keep to myself so that I won't affect my teammate. So I'll take a walk and calm myself down and will only talk about it when I'm ready.

9. How does your teammate make training fun?

Shazza: Falling for my scares HAHA

Azlyana: We basically just like to joke/play around with each other but when its time to focus, we focus.



10. What do you do to lift each other's spirits and morale when it is at the low peak?

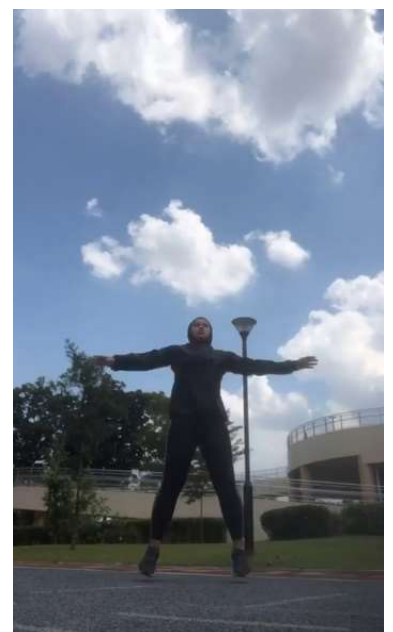
Shazza: We talk things out and give words of encouragement.

Azlyana: I would usually just encourage her by shouting "Come on Jah" etc during training.

11. What is your favourite sports quote?

Shazza: "Sometimes you fall down because there's something down there you have to find". It is to always remain humble. Learn, unlearn and relearn is the way to go in life.

Azlyana: "Hard work beats talent."



12. What is your favourite song to listen to prior to competing?

Azlyana: On my way by Flawless Real Talk. I'll listen to it from the hotel till I reach the competition ground. It reminds me of my mum and my family. It also reminds me of why I started this and "I'm on my way" to achieving my goals. Lyrics in the song such as "I sacrifice the moments just to get this off the ground. When you been in it this long, there aint no other way around, I gotta make it" and "The money doesn't match who im becoming but im on my way" usually hits me deep.

But when Im warming up, I'll listen to upbeat songs. I have a playlist on Spotify for that. It keeps me hype.



13. What would you consider your strength?

Shazza: I don't give up easily after every failure.

Azlyana: I'm pretty self motivated. I don't get motivated by titles or people. It's usually me, like if I want something, I will be the one motivating myself.

I also keep pushing over my limits. If I can't do something, I'll just keep on trying and trying and be patient because I know everything will work out in the end if I give my 100%.

14. If you could play another sport with your partner, what would it be?

Shazza: I want to try iFly! It looks interesting and challenging!



15. What's the best piece of advice you have ever been given?

Shazza: Stay humble. Yes, its cliché but we tend to forget who we were after we strive.

Azlyana: When you wake up in the morning, rate yourself from 1-10. Give 100% of that number the whole day.



16. What three things do you think of the most each day?

Shazza: The three things that I think about the most are usually ways to make my day better, food, and sleep. Haha.

Azlyana: Firstly, my family. How can I be a better daughter for my mum, a better auntie for my niece and nephew and a better sister to my older sisters.

I also think about my future. What do I wanna do? My goals in life. My backup plans. Achieving financial freedom.

Besides that, I also think about how to improve myself. Reading more books, do things that Ive always wanted. Cultivate a positive mindset.



17. Where do you see yourself in 10 years?

Shazza: Doing well.

Azlyana: When I'm 33, I would have already graduated with a Masters Degree overseas and securing a profession there while giving back to the Silat Community. Maybe opening up a team there?

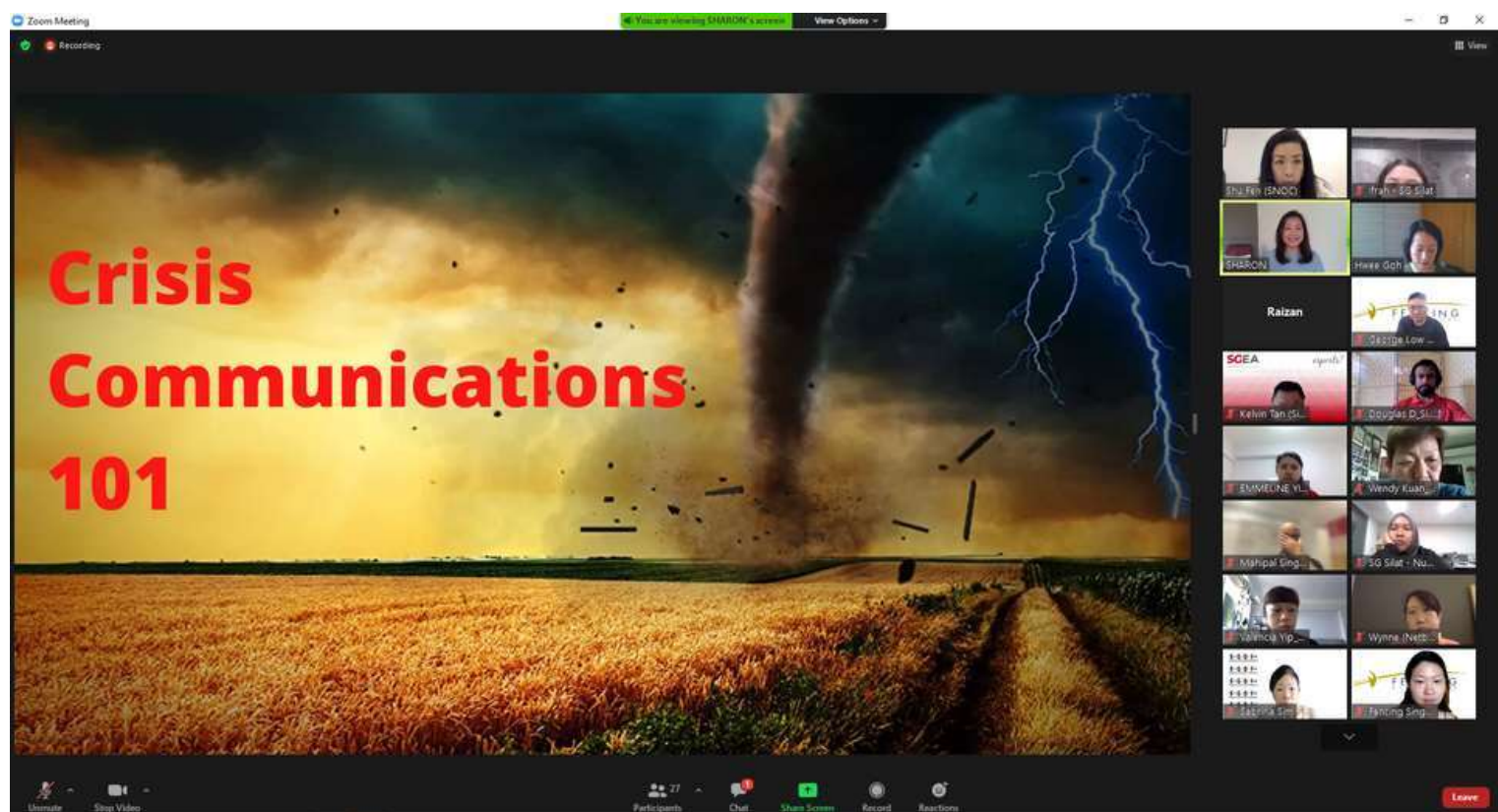
STAFF PROGRAMMES

CRISIS COMMUNICATIONS 101

On the 8th of April, our Marketing team attended a Crisis Communication 101 webinar conducted by Sharon Ton and Hwee Goh from The Media Consultants.

The outline of the webinar was as follows:

- Crisis in the sports industry
- The media and how journalists react to emerging issues
- The crisis information timeline
- Platforms for information dissemination
- Crisis response
- ‘Walk the Talk, Talk the Walk’ – Identifying and training spokespersons
- Case study examples



DIGITAL PHOTOGRAPHY TECHNICAL SKILLS (MOBILE PHOTOGRAPHY)

On the 26th & 27th of April 2021, our Marketing team attended a course on Smartphone photography whereby tips & tricks were shared on how to take better photographs.

This training program consisted of 3 learning units and an assessment.

- Learning Unit 1: Camera Basics and Settings
- Learning Unit 2: Composition and framing, Indoor photography
- Learning Unit 3: Product photography, Outdoor photography, and Assessment

SAFE SPORT UNIFIED CODE CONSULTATION

Two of our national coaches, Mr. Noh and Mr. Hasmuzzafar, attended the Safe Sport Unified Code Consultation session for coaches & sports instructors on the 27th of April 2021 at the SportSG Auditorium at Singapore Sports Hub.

The community-consulted Safe Sport Unified Code harmonizes:

- the definitions for inappropriate behaviors in the sporting environment
- case management process and procedures

A QUICK GUIDE TO
**SAFE SPORT
UNIFIED CODE**

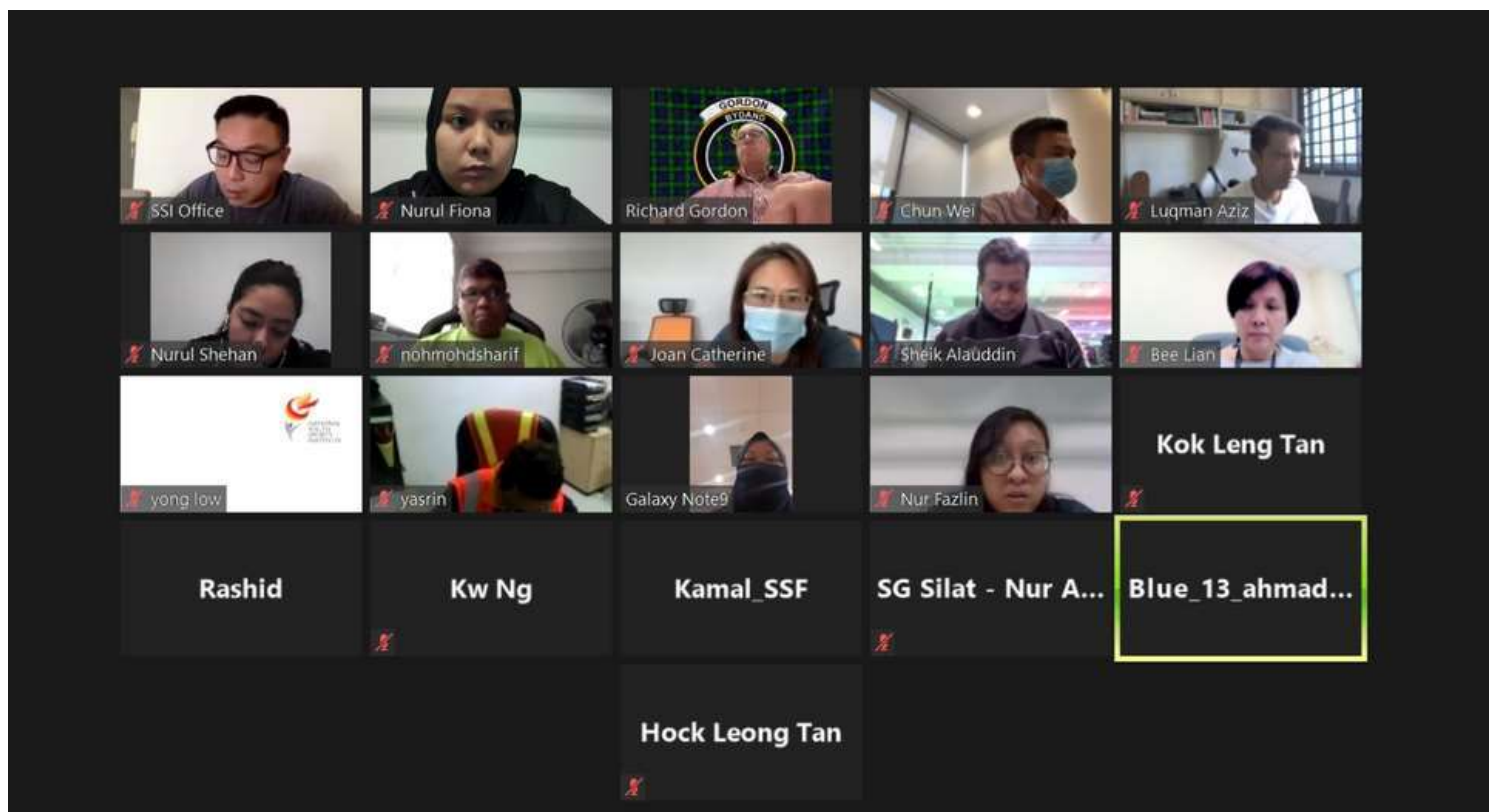
Sport
SINGAPORE



JOINT MANAGEMENT COMMITTEE MEETING

On the 20th of April 2021, the management team attended the Joint Management Committee Meeting which gathered partners like SportSG (from various departments like CoachSG, ActiveSG, NYSI), SSI and SSP.

This meeting was to mainly discuss on the High Performance matters involving our Athletes' pathways, and many more.



INTRODUCTION TO CNA TV BY JEFFREY TAN, NEWS EDITOR

The Marketing team also attended a webinar with CNA TV on the 21st of April 2021, by Jeffrey Tan and his team.

Jeff, who is the news editor at CNA Broadcast (TV), shared how their desk functions, what makes good stories for television and the kind of stories they are keen on.

Our stories' mileage:

- cna On TV**
1 million local viewers a week
2.3 million regional viewers a month
- 5 on TV**
1.5 million local viewers a week
- 1.36 million subs (YouTube)
- meWATCH
- cna.asia

The slide also features images of a television set displaying a news broadcast, another television set displaying a news anchor, and a laptop displaying a news website.

Possible stories:

- Resumption** of training, competition amid/ after COVID-19
- Using **creative ways** to resume training, competition (e.g. 4v4 games)
- Prep for **big international games** (e.g. Asian games, Olympics...)
- Etc.

WHAT YOU NEED TO KNOW IN SPORTS PR BY RONDA NG

Besides that, we also attended a webinar by Ms Ronda Ng, the managing director of Full Circle Public Relations and agent and manager to Joseph Schooling, where she shared tips and good practices on how to manage press events and the media, and also how to gain the best mileage on PR opportunities.

The agenda of the webinar included: Managing an event, the Lead-up to the event like Announcements and raising awareness, things to do during the event like briefings for spokespersons and athletes, media operations and crisis communications, and Post-event.



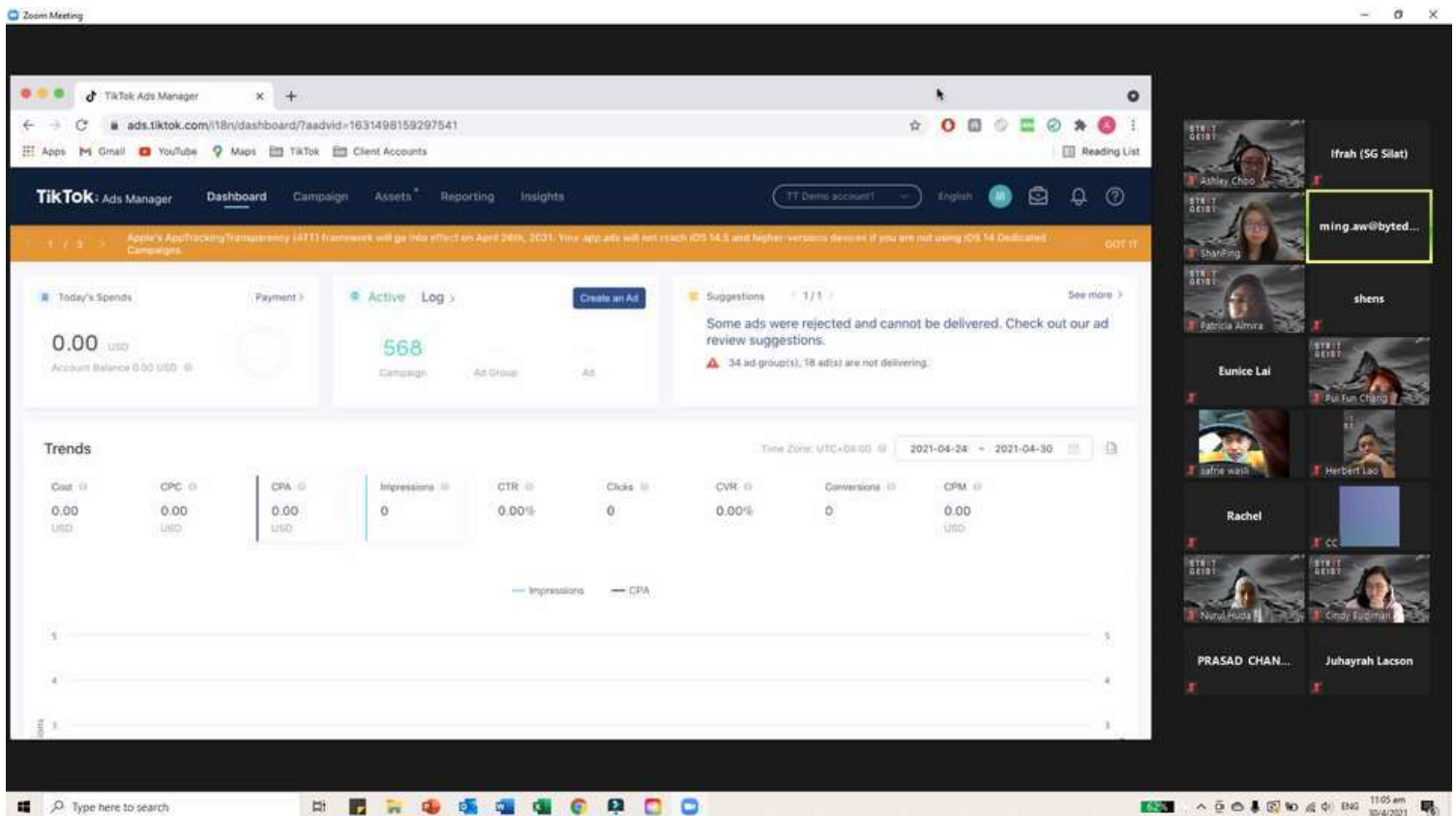
The image is a screenshot of a Zoom webinar. The main content area is a large orange rectangle with the following text: "UNDERSTANDING SPORTS PR" in large white letters, "By Ronda Ng" and "Full Circle Public Relations" in smaller white letters below it, and the "FULL CIRCLE PUBLIC RELATIONS" logo in the bottom right corner. The Zoom interface is visible around the slide, including a top bar with "You are viewing Ronda Ng's screen" and "View Options", a right-hand sidebar with a grid of participant video thumbnails (names like Ifrah Ithnin, Ronda Ng, Christine, Wendy Kuan, George Low, Sabrina Sim, EMMELINE YIP), and a bottom toolbar with icons for Mute, Start Video, Participants, Chat, Share Screen, Record, Reactions, and a red "Leave" button.

TIKTOK ADS SINGAPORE OPENING AND TRAINING SESSION

Since the 24th of April 2021, Singapore can now be targeted under "Location" targeting in self-serve auction platform for TikTok!

On the 30th of April, the Marketing team, Ifrah Ithnin and Hazmira Amin, attended the TikTok Ads Singapore Opening and Training Session to learn more about TikTok Ads.

Look out for more content on @sgsilat's TikTok!



The image shows a Zoom meeting window. On the left, a browser window displays the TikTok Ads Manager dashboard. The dashboard includes a navigation bar with 'TikTok Ads Manager', 'Dashboard', 'Campaign', 'Assets', 'Reporting', and 'Insights'. Below the navigation bar, there are several key metrics: 'Today's Spends' (0.00 USD), 'Active Campaigns' (568), and 'Suggestions' (1/1). A warning message states: 'Some ads were rejected and cannot be delivered. Check out our ad review suggestions. 34 ad group(s), 18 ad(s) are not delivering.' Below this, there is a 'Trends' section with a table of metrics for the period 2021-04-24 to 2021-04-30.

Cost	CPA	Impressions	CTR	Clicks	CVR	Conversions	CPM
0.00 USD	0.00 USD	0	0.00%	0	0.00%	0	0.00 USD

On the right side of the Zoom window, a list of participants is visible. The participants listed are: Ifrah (SG Silat), Ashly Choo, ming_aw@byted..., ShayPing, shens, Patricia Almira, Eunice Lai, Pui Fun Chang, safre wai, Herbert Lao, Rachel, Nana Anisa, Cindy Kadirman, PRASAD CHAN..., and Juhayrah Lacson. The participant 'ming_aw@byted...' is highlighted with a green box.

PENCAK SILAT NEW RULES BRIEFING SESSION



On the 17th of April 2021, we conducted a Pencak Silat New Rules Briefing Session at our Silat Hall at OCBC Arena, Hall 4, for some of our athletes and parents, and some participants from Perguruan Pencak Sendeng and Silat Bandangan Asli.

We hope everyone had a fruitful time and that the sessions were beneficial!



PENCAK SILAT NEW RULES PRACTICAL SESSION

On the same day, we also conducted a Pencak Silat New Rules Practical Session in the afternoon, for our participants.

We hope everyone had a productive day with learning the moves and we look forward to see them being applied into the arena with the other perguruan!



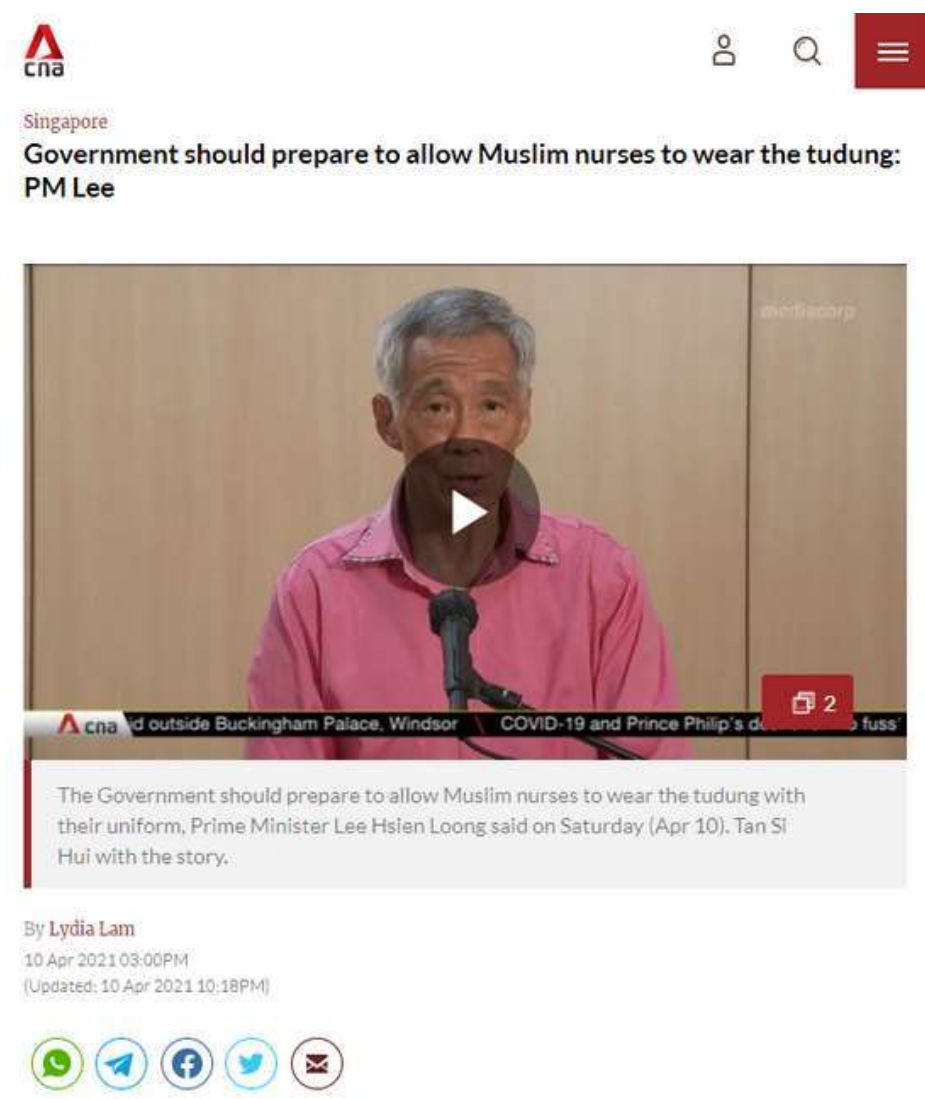


CLOSED DOOR DIALOGUE WITH PRIME MINISTER

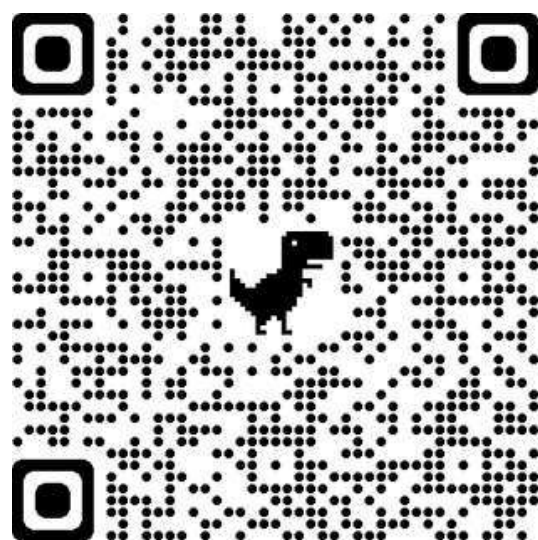
On the 10th of April 2021, our CEO, Dr Sheik Alau'ddin Yacoob Marican, PBM, was invited to a closed-door dialogue with the Prime Minister Lee Hsien Loong along with other Malay-Muslim community and religious leaders.

This dialogue was circling around the topic to allow Muslim nurses to wear the tudung with their uniforms.

To read more about the dialogue session, scan on the QR Code below to access the news article.



The screenshot shows a news article from CNA Singapore. The headline reads: "Government should prepare to allow Muslim nurses to wear the tudung: PM Lee". Below the headline is a video player featuring Prime Minister Lee Hsien Loong speaking at a podium. The video player includes a play button and a red share icon with the number '2'. Below the video, there is a text summary: "The Government should prepare to allow Muslim nurses to wear the tudung with their uniform, Prime Minister Lee Hsien Loong said on Saturday (Apr 10). Tan Si Hui with the story." The article is attributed to Lydia Lam, dated 10 Apr 2021 03:00PM, and updated on 10 Apr 2021 10:18PM. At the bottom, there are social media sharing icons for WhatsApp, Telegram, Facebook, Twitter, and Email.



NEWSPAPER ARTICLE FEATURES

SILAT

Persisi anjur sesi pilih skuad terbaik ke Sukan SEA, kejohanan dunia

Pemilihan jadi kayu ukur kesediaan pesilat hadapi pertandingan utama, faham aturan, permaknaan baru pertandingan

ISMAIL ALI
ismail@sph.com.sg

PERSEKUTUAN Silat Singapura (Persisi) akan menganjurkan satu sesi pemilihan bagi membentuk skuad yang akan mewakili negara dalam dua temasya utama – Sukan SEA dan Kejohanan Pencak Silat Dunia – yang bakal menjelang.

Sukan SEA Ke-31 dijadual berlangsung di Hanoi, Vietnam dari 21 November hingga 2 Disember, manakala Kejo-

yang menjejaskan banyak kegiatan persilatan dan menyebabkan semua pertandingan antarabangsa – dibatalkan.

“Walaupun kami mengadakan latihan secara maya dan kemudian latihan secara fizikal secara bertahap-tahap mengikut langkah keselamatan, ia tidak mencukupi bagi mengetahui tahap kesediaan atlet.

“Oleh itu, sesi pemilihan kali ini akan membantu kami menetapkan kayu ukur bagi mengenal pasti prestasi at-

Malaysia, Indonesia dan Brunei – pada Oktober 2019 akan dikuatkuasakan dalam Kejohanan Pencak Silat Dunia di Sarawak.

“Kami membuat keputusan mengadakan sesi pemilihan itu sekarang untuk mengelakkan kesibukan dalam Ramadan yang bakal menjelang minggu depan.

“Ia juga bertujuan memberikan pasukan jurulatih masa merancang bentuk latihan sebagai persiapan menghadapi kedua-dua temasya itu.

ma Biasiswa Kecemerlangan Sukan (Basiswa spex) yang kesemuanya merupakan juara dunia,” tambah beliau.

Skuad pesilat Team Singapore terdiri daripada tujuh juara dunia iaitu pesilat tandang Sheik Farhan Sheik Alau'ddin, Sheik Ferdous Sheik Alau'ddin, Muhammad Hazim Mohd Yusli dan Nurul Suhaila Mohd Saiful.

Tiga lagi adalah pesilat acara seni Muhammad Iqbal Abdul Rahman, Nurzuhairah Mohd Yazid dan Nur Azyana Ismail.

sepanjang tahun, jadi saya tidak bang sangat.

“Cuma saya ghairah mahu bertanding. Sasaran saya tetap sama iaitu mahu sentiasa menang,” jelas beliau.

Rakan sepasukan Nurzuhairah juga tidak sabar-sabar mahu bertanding selepas berasa jemu dengan rutin latihan sahaja setiap hari.

“Saya rasa tahun ini bakal menjanjikan satu permulaan baru yang lebih segar bagi pasukan silat negara. Kami semua berasa ghairah mahu bertanding.

PERGIAT LATHAN SEBELUM PEMILIHAN:

Sebahagian pesilat yang menjalani latihan harian di pusat latihan skuad negara di OCBC Arena gigih menjalani latihan di bawah pengawasan pasukan jurulatih yang diketuai Sheik



Persisi organizes Selection Trials to SEA Games & World Championships, Berita Harian (9 April 2021)

SPORT

Inclusion in Forbes list will help promote silat

Sazali Abdul Aziz

A text message about his inclusion in this year's Forbes 30 Under 30 Asia list caught national silat exponent Sheik Farhan Sheik Alauddin so off guard yesterday that he thought there was a mix-up.

The 23-year-old was “a bit sceptical” and thought the message from a reporter was referring to his appearance in The Straits Times’ package on “Young Singaporeans to Watch” published in December.

“So I googled it and I was genuinely shocked to see my name on the Forbes website. But of course, I’m happy to be recognised,” said Farhan, who is the son of two-time silat world champion Sheik Alauddin.

The Forbes list comprises 10 categories, with Farhan listed among

30 names in the entertainment and sport category. The Asia list recognises entrepreneurs, scientists, activists and young leaders aged under 30.

In a write-up on its website, Forbes noted that Farhan is a three-time world champion and also won gold at the 2019 Asian Championships in China. He is the first silat exponent to be named on the Forbes 30 Under 30 Asia list, which debuted in 2016.

He shares the spotlight with other athletes like Thai-British driver Alex Albon – who recently raced in Formula One with Toro Rosso and Red Bull – and top ranked women’s table tennis player Chen Meng of China.

Farhan, who completed his national service two weeks ago, told ST he hoped his inclusion in the Forbes list will help his sport gain new fans.



Three-time silat world champion Sheik Farhan Sheik Alauddin is the sixth Singaporean to be featured in the Forbes 30 Under 30 Asia list. ST FILE PHOTO

“Hopefully through this, more people will get interested in silat, or at least get to know about it,” he said. “I feel like this (recognition) is more for the sport than for me. I am just a face.”

The annual Forbes 30 Under 30 list was created in 2011, with the Asia list making its debut five years later.

There has been a Singaporean in the entertainment and sport category of each year’s Asia list.

Singer-songwriter Joel Tan, also known as Gentle Bones, was the first to be featured, followed by Olympic champion Joseph Schooling (swimming), Paralympic three-gold medalist Yip Pin Xiu (swimming), bowler Shayna Ng, and Ivan Yeo, founder and chief executive officer of e-sports outfit Eves.

msazali@sph.com.sg

Inclusion in Forbes list will help promote silat, The Straits Times (21 April 2021)

RAMADHAN CHALLENGE

We had our first Ramadan Challenge on the 24th of April 2021 (Saturday), with Perguruan Sendeng Belalang!

This was held at the Silat Hall at Heartbeat@Bedok, and we must say it was a successful first session!

Even though our athletes were fasting, nothing stopped them from fighting and competing!

As a build on towards the National Championships, this can build our athletes after the training sessions on whether they are able to apply their skills into the arena.

Safety measures were of course in place, in which the athletes had their individual bubbles to prevent close and prolonged interaction with other players.

Look out for more updates on the upcoming Ramadan Challenges through our Social Media!





CATCHING UP WITH OUR SILAT ALUMNI

I am Hasmuzaffar Bin Hasibollah.

I started learning Silat from a young age of 7 yrs old and was introduced to Silat by my parents as they saw that I was very shy and kind of girlish playing with dolls and make-up.

My hobbies other than Silat are playing the drums and released a single with a local band. Soccer and fishing are also my extra hobbies to help me release stress and relax.



I won my 1st gold medal and Best Pesilat (Junior) award when I was 14 yrs old at the National Pesta Sukan in 1988.

My commitment to the national team came late as I was juggling national service with school.



I was recalled back in 2018 for the Asia Pacific Masters Games and managed to get the Gold medal for class C at the age of 45. In 2019, I was in the Belgium Open team and got a silver medal for class D.

The major difference between the old and new national athletes were mainly the training facilities and support from relevant bodies.

Back in the '90s, training was mostly using old worn out paddings and equipment. We used to travel to the old national stadium gym for our weekly gym sessions.

The current SPEX Scholars are in a generation where sport is widely developed and supported as a whole, with systematic and well-developed routines and practices.

I continued practicing Silat because of my passion and the mission to see and develop Silat into becoming a well known and popular sport and an art form globally.



Right now, I'm doing fulltime coaching duties and giving back to the new and current athletes my experience and knowledge, passing on the torch to preserve the cultural aspect of Silat.

CROSS-TRAINING

JUDO

We had a special training session where our athletes learned a few Judo moves from an invited trainer on the 15th of April!

Our athletes for sure learned a lot from the session, and we look forward to more cross-training sessions!





TABIMINA BALINTAWAK

On the 23rd of April, our Senior athletes had the opportunity to cross-train with SiGurista Chapter, where they showcased the Filipino martial art, Tabimina Balintawak.

Balintawak is a Filipino martial arts, a combat system that enhances the physical and psychological attributes of an individual, by immersing them in real time combat situations.

We hope our athletes had a fruitful session and managed to share immensely the passion for martial arts.



Photo from: Tabimina Balintawak SiGurista Chapter @ Facebook



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

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SHARE +



Endurance + Recovery

EnduroBoost Adaptogens
\$39.99NutriBoost Shake
\$66.99

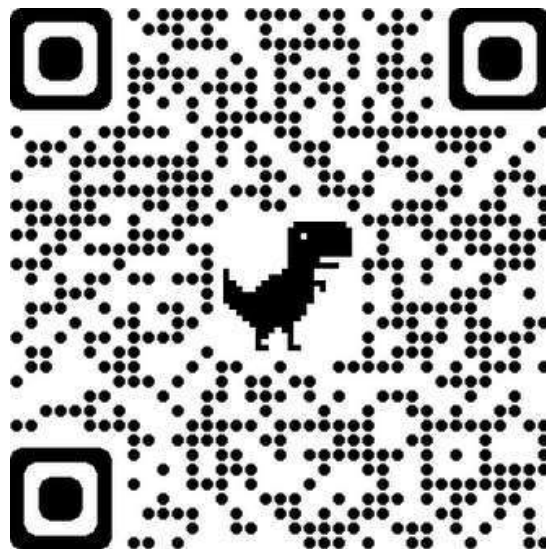
Strength + Power + Lean Muscle

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!



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!

May

- 1 & 8: Ramadan Challenge (Singapore)

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

- 9 - 19: 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 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. The letters have a white outline and a slight shadow effect. The text is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards, resembling a stylized burst or starburst.

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

 ssf@persisi.org

 
  @sgsilat



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



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



**ONE
SGSILAT**

WISHES YOU A

Happy Vesak Day





@SGSILAT



SINGAPORE SILAT FEDERATION

TALK TO US

(65) 6282 2316 / 17 / 19

ssf@persisi.org // www.persisi.org

WE ARE LOCATED AT..

*11 Bedok North Street 1, Heartbeat@Bedok, #04-02,
Singapore 469662*



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