

SINGAPORE SILAT FEDERATION // VOLUME 32 // JUNE 2021

SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



ONE
SGSILAT



CNA FEATURE: MUHD HAZIM MOHD YUSLI



On a feature with Channel News Asia on the 9th of June 2021, one of our Spex Scholars, Muhd Hazim, was interviewed to share his thoughts on the possible postponement of SEA Games that is due to happen in November 2021.

To watch the interview feature, scan the QR code to access!



POSTPONEMENT OF THE 2021 SEA GAMES

Sport

Vietnam to postpone SEA Games until next year: Report



On a report dated June 9th 2021, Vietnam has decided to postpone the 31st SEA Games until next year due to the current situation circling the spread of COVID-19.

It was later reported that the countries involved, including Singapore, has voted against the postponed. The possibility of the postponement is still on hold, as the decision will be delayed to the month of July. Stay tuned for further updates!



CNA: Vietnam to postpone SEA Games until next year: Report



CNA: Vietnam's proposal to postpone SEA Games opposed by most member states: Malaysian Olympic council



TRAINING RESUMES FOR PHASE 3 (HEIGHTENED ALERT)

Since the transition to the Phase 3 (Heightened Alert), Singapore Silat Federation has again scheduled training programs based on the latest safety advisories.

Previously, our training sessions were conducted via Zoom for our Junior athletes and below (17 years old & below). Now, they have been resumed physical training at the Silat Hall at Heartbeat@Bedok from 28 June 2021.

With the senior team preparing for the 31st SEA Games and the 19th World Pencak Silat Championship scheduled to be held this year, they are still undergoing their physical training at OCBC Arena, Hall 4.

For these athletes, they have been scheduled to go through a weekly swab test, with only negative results will be allowed to attend training.

Contact Tracing Protocols will still be implemented, with every SSF staff and athlete checking into the training venue with TraceTogether.

Athletes will not be allowed to loiter around the venue pre and post training, and will not be allowed to intermingle. They will also do a wipe down of training equipment and hall after training with cleaning agent & disinfectant provided by SSF.



Silat Hall, Heartbeat@Bedok





OCBC Arena, Hall 4



QURBAN & AQIQAHAH 2021 FUNDRAISING

Once again, Singapore Silat Federation will be in partnership with El-Malja in offering the services on Qurban and Aqiqah service for the year 2021.

For those who have trusted us and chose us to carry out the task in arranging for your Qurban/Aqiqah Act (*Ibadah*) last year, we truly appreciate and grateful for your support! We are looking forward to accommodating your order for your Qurban/Aqiqah once again this year.



QURBAN & AQIQAHAH 2021

BY SINGAPORE SILAT FEDERATION
IN PARTNERSHIP WITH EL-MALJA

SINGAPORE SILAT FEDERATION
ONE SGSILAT

EL-MALJA
REFUGE THROUGH KNOWLEDGE

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Additionally, this is also a part of another fundraising initiative for Singapore Silat Federation in aiding the National Athlete's future programs and development.

We are looking forward to your support!

SINGAPORE SILAT FEDERATION'S 45TH ANNIVERSARY

On the 25th of June 2021, Singapore Silat Federation (SSF) celebrated its 45th Anniversary since its establishment in 1976.

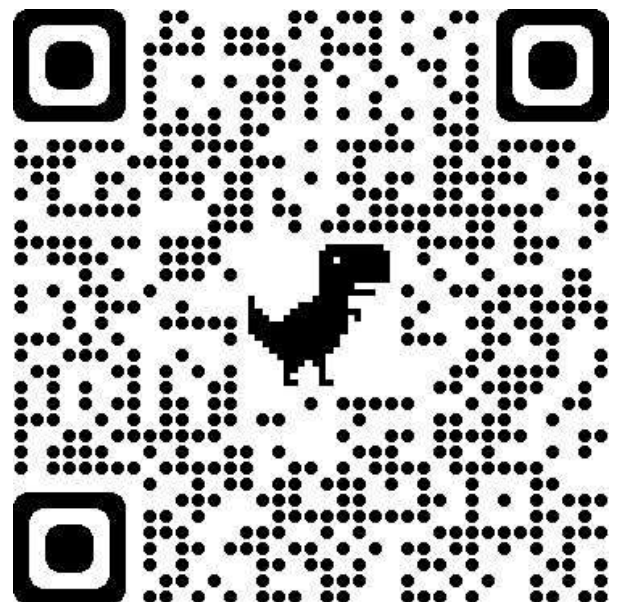
From training on roads and uneven surfaces to having proper training areas for its athletes, SSF has truly come a long way from its humble inception in 1976. Alongside the efforts of PERSILAT and APSIF in establishing the sport worldwide, athletes from SSF were given the opportunity to hone and showcase their skills in international tournaments.

We gathered the Board Members, Affiliates, Staff and Athletes with personalized wishes for this special occasion.

Thank you everyone for the efforts in contributing to the Federation. Moving forward, we will work even harder to achieve greater heights.

Go Team SG Silat!

Watch the full
video here!

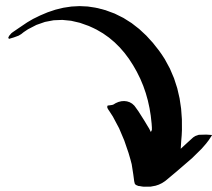


Over the years..



1976

1980



Establishment of International Pencak Silat Federation (PERSILAT) by the 4 founding member's countries; Indonesia, Malaysia, Singapore and Brunei Darussalam.

First inclusion of Pencak Silat in the SEA Games (14th SEA Games)



1987



1988



First time for the World Pencak Silat Championships to be held in Singapore

Sheikh menangi emas dalam kejohanan Silat Dunia Keenam

30 SEP 1990
 SHEIKH Alauddin Yacob berjaya mengibarkan bendera Singapura apabila keluar sebagai pemenang pingat emas tunggal dalam Kejohanan Silat Dunia yang berlangsung di Amsterdam, Belanda pada minggu lalu.
 Menurut pengurus pasukan Singapura ke Kejohanan Silat Dunia Keenam yang dijalankan di Den Haag, Mohamed Kamlin Said, kejayaan yang diucapkan oleh pesilat dari perguruan Tapak Suci Herimau dalam Kelas I itu, cukup membanggakan.
 "Sheikh bukan sahaja berjaya melayakkan diri ke peringkat akhir, malah berjaya mengalahkan juara Karate Austria, H. Kotzian dalam pertandingan tersebut," kata Kamlin.



BAWA KEBANGGAAN: Sheikh Alauddin selain memenangi emas tunggal, juga berjaya menewaskan juara karate Austria, H. Kotzian.

Selain daripada itu, Singapura juga turut membawa pulang sebuah pingat perak dan dua butir gangsa.
 Pingat perak tunggal itu diperolehi menerusi Azman Anas (Kelas I) dan gangsapulu dimenangi melalui Badarish Hosi (Kelas B) dan Abdul Talib Ramli (Kelas B), ketiga-tiga pesilat itu dari kumpulan silat Al-Haq.
 Mohsin Mokli pesilat dari perguruan Sunda Peajaran juga berjaya menawan namanya apabila keluar sebagai pemenang kedua acara kesukan persembagaan.
 Pasukan Singapura juga menduduki tempat ketiga dalam acara kumpulan Masal terdiri dari tujuh pesilat.
 Bagitupun, Kamlin mengukir kehadiran pesilat-pesilat nasional ke kejohanan tersebut tanpa persiapan rapi.
 "Kami hanya dapat mengadakan latihan singkat kerana baru sahaja selesai menagihkan kejohanan silat sempena Posta Sukon pe-

da 29 Ogos lalu," jelas Kamlin.
 Tujuh pesilat nasional ke kejohanan itu dibiayai oleh bantuan dari Deras Sukon Cemerlang dari Malls Sukon Singapura (SSC) yang telah menyumbangkan sebanyak \$1000.
 "Malah kami juga turut terhutang budi atas bantuan yang dibalakan oleh Yaya-san Lee yang menghutirkan \$2000," kata Kamlin.
 Menyentuh kejohanan tersebut, Kamlin menyatakan terdapat 19 negara dari seluruh dunia telah turut serta ini termasuk dari Australia hingga ke Amerika Syarikat yang tamul di Belanda.
 Indonesia keluar sebagai juara keseluruhan dengan memperoleh tujuh emas dua perak dan empat gangsa. Ini diikuti oleh Belanda selaku tuanrumah (3-6-6), Malaysia (2-4-0), Austria (2-1-2), Thailand (2-0-0), Belgium (1-2-1) Singapura (1-1-2), Australia (0-2-0), Sepanyol (0-0-7) perancis dan Switzerland (0-0-1).
 Negara-negara lain yang turut menyertai kejohanan tersebut terdiri dari Brazil, England, Surinam, Greece, Turkey, Amerika, Jerman Barat dan Yugoslavia. —
MOHD SANI ALI. A

1990

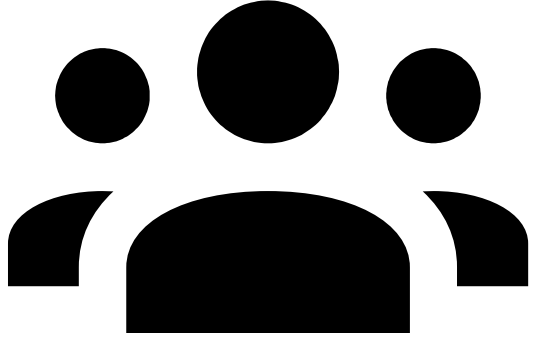


Dr Sheik Alau'ddin Bin Yacoob Marican, PBM became the first world champion for SSF at the 6th World Pencak Silat Championship in Netherlands.

1999



2 full-time staff of SSF were appointed

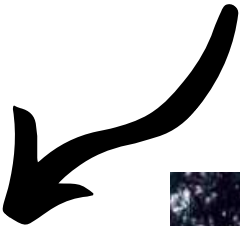


2000



Pencak Silat is promoted to "Merit Sports" by Singapore Sports Council

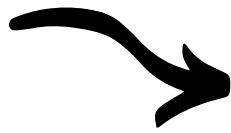
2002



- Fundraising project for Silat Centre of Excellence building
- Establishment of the new Silat Centre of Excellence (S.C.O.E)



2004



- Endorsed by Ministry of Education as a Co-Curricular Activity in school.

- Second time for the World Pencak Silat Championships to be held in Singapore

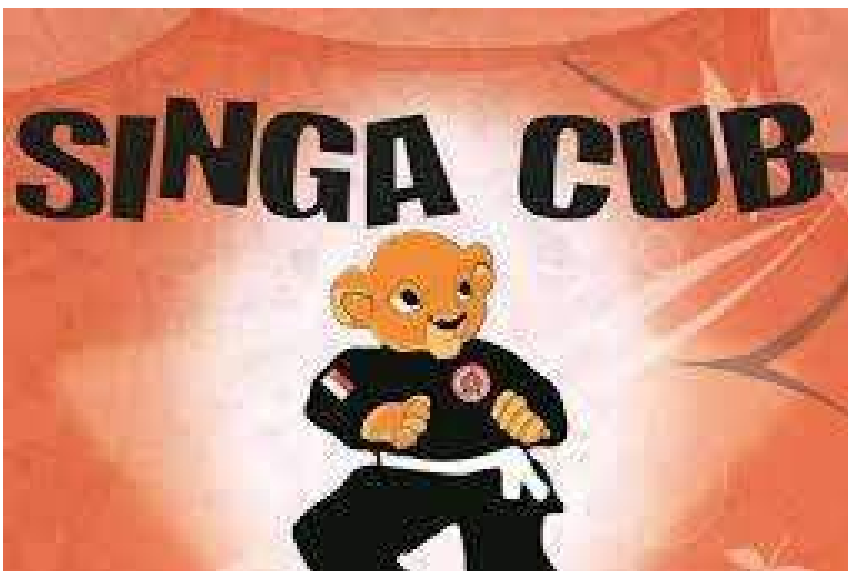
8th World Pencak Silat Championship 2004.Singapore.12th-19th December 2004



2005



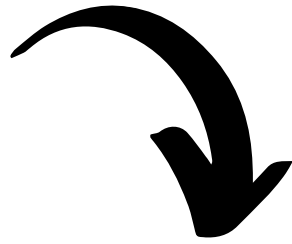
- Silat was accepted as a Programme Sports at Singapore Sports School with an initial intake of 8 students.



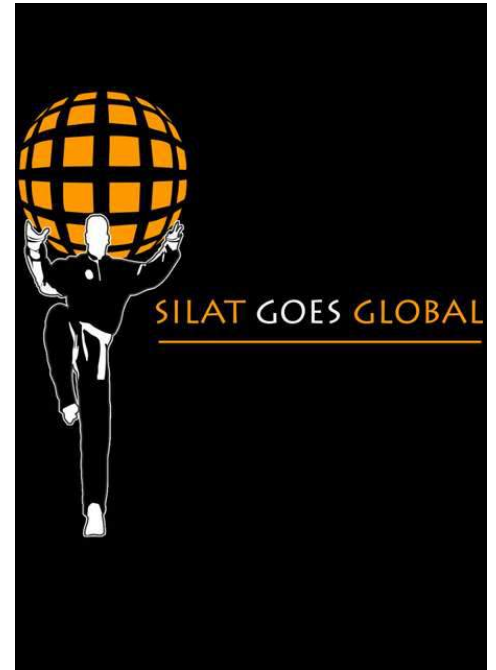
- Implementation of Singa Cub Programme (3-7 years old) in S.C.O.E with its 8 young members

- First ever All-Women Open Pencak Silat Championship organized by SSF

2007

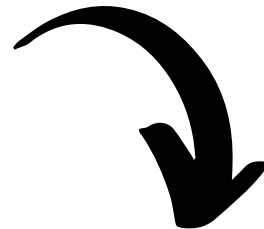


Establishment of Silat Goes Global (SGG) Team to promote Silat around Asian region



ndp08
Celebrating The Singapore Spirit

2008



- Setting up of SGG Action Team
 - First trip to Mauritius
- First Invitation for Silat to participate in National Day Parade
- SSF undergoing its 1st Singapore Sports Council Audit

- Ignition 09" - Launch of 6 New Programmes
- SSF is certified with Certificate of Registration for ISO 9001: 2008

2009



2011

Singapore Silat Federation
Re-Brand Launching of new
logo, Website & Facebook



2013



- Singapore Youth Award by National Youth Council - Muhammad Shakir Juanda - after his achievements as a World Champion at the World Pencak Silat Championship 2012.

*What is a SpexScholarship Program? Pg 43 - 44



- First three athletes to receive the SpexScholarship Program*: Muhammad Shakir Juanda, Muhammad Iqbal Abdul Rahman, Muhammad Nur Alfian Juma'en

2015

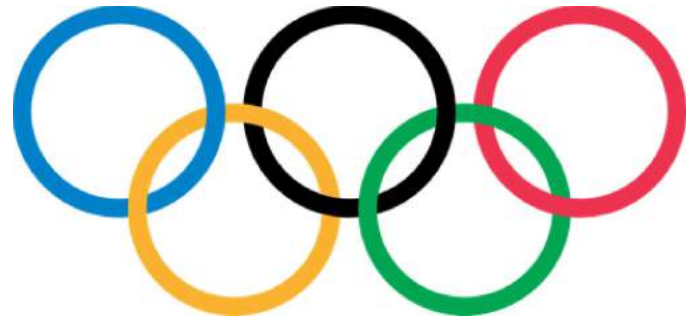
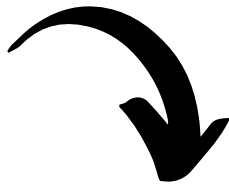


Singapore Silat Federation worked closely with SINGSOC in organizing and arranging Pencak Silat event for the 28th SEA Games



28th SEA GAMES

2016



- Launching of Silat Towards Olympics
- Collaborating with SUSC & SIM in organizing 18th ASEAN University Games
- Commencement of national training for athletes at new training venue: OCBC Arena



2018



- First day of operation at NSA Office, Heartbeat@Bedok
- First collaboration with Lifestyle & Lifeskills Division from People's Association HQ "1st Inter-CC Pencak Silat Championship & Silat Heritage Festival 2018"

- Organizing of the 18th World Pencak Silat Championship with Aladdin Street Singapore.

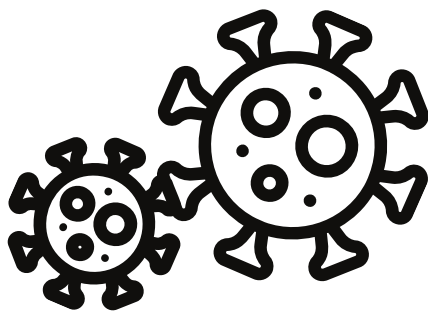


- Pencak Silat's debut in the 18th Asian Games. Our involvement not only included Combat Silat, but also Artistic Silat.

2019



Last day of operation at Silat Centre of Excellence (S.C.O.E)



2020

- Impact of COVID-19 on SSF, Athletes and Training
- New Rules for Pencak Silat
- 24-Hour Pencak Silat Display (Singapore Book of Records)



2021.. *and beyond..*

With all these achievements through the years, Singapore Silat Federation is striving to hit more milestones in the coming future despite all the odds that may come forth.

Thank you to CEO of SportSG, Mr Lim Teck Yin, and his team, the Singapore National Olympic Council (SNOC), our Affiliates and Clubs.

We truly appreciate everyone for the utmost support and for being through this journey with us. Without you, the Federation would not be where we are today and we hope to soar even higher.

Thank You



Special thanks to PESAKA, EPSF, PSF UK & PSHT (Pusat Madiun) for the wishes as well!

Success always for Pencak Silat, and let's work together in putting Pencak Silat in the Olympics!



SINGAPORE SILAT
FEDERATION

Happy 45th Anniversary Singapore Silat Federation

World Pencak Silat Championship 2018
**May Singapore Silat Federation
continue to thrive in the future.**

Sincerely from

Datuk Wira Megat Zulkarnain Bin Tan Sri Omardin
President

and Supreme Committee of Malaysia Silat Federation



EPSF

The European Pencak Silat Federation **Persekutuan Pencak Silat Eropa**

130 Sherborne Court, 180-186 Cromwell Road, SW5 0SU, London, UK
Tel. +44 (0)7740 427 163,
Email: epsf2001@hotmail.com, epsf_treasury@yahoo.co.uk, Web: www.epsf.net

Saturday 26th July, 2021

Re: PERSISI 45th Anniversary

Dear Bapak Mohd Yasrin Mohd Yasil,

Salam Pencak Silat

I hope this letter finds you and the PERSISI family in good health.

On behalf of the EPSF and the European Pencak Silat community I would like to wish PERSISI a Happy 45th Anniversary. May PERSISI achieve more success in the future and become the pride of the Republic of Singapore.

Let us keep working together to elevate Pencak Silat to the world, so that we will be better prepared when Pencak Silat goes to Olympics. Thank you and best wishes.

Salam Pencak Silat

Yours sincerely,

Aidinal Alrasyid
President
European Pencak Silat Federation

CC:
Dr Sheik Alau'ddin Yacoob Marican – Chief Executive Office of PERSISI

A CHAT WITH: PERGURUAN SENDENG BELALANG SINGAPURA

My name is Mohamad Azni Bin Abdul Ghani and I am 60 years old this year.

Happily married to Siti Arfah Bte Abu, I am a father to four children, Muhammad Khairil, Muhammad Fadhli, Sabeela Sa'adah & Kamaliah who are all in the Civil Service.

I am also a grandfather to three lovely grandchildren.

Currently, I am the Secretary General and Guru Kanan of Perguruan Sendeng Belalang Singapura (PSB) under the leadership of our highly respected Grandmaster, Tuan Haji Abdul Rahman bin Abdul Latiff.



I went into full retirement five years ago after 30 years of running my own company in shipping, freight forwarding and retail.

My first time in Silat was because of my late father, Almarhum Hj. Abdul Ghani bin Abdul Kadir who was the first to introduce me to Silat during my teenage years. He was among the pioneer students of the late Mahaguru of Sendeng Belalang in the 1940s whom he affectionately addressed as 'Mamu'.

I found Silat very interesting and from there the passion grew.

As years went by, my late father allowed me to further my interest in Silat though he made it clear that Sendeng Belalang should always be the Silat school that I should continue with.

With his blessings, I ventured out and learned from a few other Silat masters. In the late 1970s, I then decided to pursue further and joined Persatuan Islam Dan Pencak Silat Singapura (Peripensis).



What started as an introduction into Pencak Silat by my late father who took me through my first step, the passion grew even stronger. I knew that Silat was going to be a lifelong journey that I should take. Years later, I also had the privilege of learning under the guidance of Almarhum Guru Md Khamin Said of Perguruan Titi Pinang.

I even became a big fan of films that showcased Pencak Silat and there was an abundance of such films during those days; Si Gondrong, Si Buta and Si Pitung, just to name a few.

Fast forward to the early 1990s when my sons were still in preschool, I decided to take them along on the journey through Pencak Silat so that we could have a common interest in the art.

I signed them up in a nearby *gelanggang* under the guidance of Almarhum Hj Yunos of ESHA whom I have my highest respect for. However, fate had it that they were not able to stay long with ESHA as we shifted from Bedok to Bishan and then later on to the Northern part of Singapore.

In 2004, I sent all my four children to be trained in Perguruan Seligi Tunggal Angkatan (STA) under the knowledgeable guidance of its late Guru Utama, Almarhum Mohamed Ramli Bin Awi, a Silat Grandmaster I shall always have my utmost respect for.

With my children actively involved in Silat, I had hoped that this passion that I have for Pencak Silat would not wither prematurely for I feel that it is my responsibility to keep the passion alive for another generation at least.

With God's grace, all four of them as well as my two sons-in-law, Md Farhan and Md Balya' and daughter-in-law, Siti Kamsiah, who are still active and passionate about Silat and are among the key figures in Perguruan Sendeng Belalang till this day.

I guess that made me continue to do Silat; it was from the generation before and for the generations to come, not merely for myself.



I got involved with Perguruan Sendeng Belalang sometime in mid-2009 when we had to sadly part ways with STA. I was its Secretary General then.

Contrary to all the rumours and hearsay that came about with our departure from STA, there was no personal animosity between STA and myself, especially with its Guru Utama who I had and will always honour as my Guru forever.

My family took a few months' break from Silat and we felt the emptiness in our daily lives. It was then that I remembered my late father's words when I sought his blessings to learn from other masters. He used to say, "*Aku tak larang kau belajar dari siapapun tapi bila tiba masanya, cari Sendeng Belalang dan teruskan dengan Sendeng Belalang* (I am not against your wish to learn from anyone but when the time comes, find Sendeng Belalang and continue with Sendeng Belalang)."

At that time and in that state of emptiness, I could only pray that if it was meant to be, may God let it be.

A few days later, I received an unexpected call from Grandmaster Tuan Hj Abdul Rahman bin Abdul Latiff who had heard of my

departure from STA and he invited me over to Sendeng Belalang. The rest, as they say, is history.



Perguruan Sendeng Belalang Singapura was registered as a society under the Registry of Societies and in 2010 we started rebuilding it again from scratch.



If you ask what makes me proud to be a part of PSB, honestly, everything about it makes me feel blessed that I was given the opportunity to serve. I am proud to be given the trust to serve all the members of the extended PSB family and I pledge to continue doing so as long as my health permits, if God wills.

When we started to rebuild Sendeng Belalang, the historical baggage was a bit too heavy at that point. We were dubbed as the Perguruan who "*cuma tahu buka & tutup, buka & tutup*" (only knows how to open and shut, open and shut). We were determined to prove our critics wrong and worked very hard year after year to rid ourselves of such labels.

We are now into our 11th year and still very much active, whether or not our critics had been proven wrong is something they would be able to clarify. We only did our part as best as we can.

One memory with PSB that I will never forget was when we won our first title as First Runner-Up at the National Pencak Silat Championship in 2013 and subsequently held the title again in 2014.

In 2015, there was no National Championships due to the 28th SEA Games, so we decided to venture to Malaysia to compete in our first ever overseas competition in Kulai, Johor Darul Takzim. We were the only team from Singapore in the said championship.

We were blessed to win the coveted Overall Champion Team title and Challenge Trophy which we proudly brought home to Singapore from across the causeway.

Thereafter since 2016 to 2019, PSB had consistently returned as Runner-Up in the annual National Pencak Silat Championships. Regionally, we continued to bring home several other Overall Championship Titles, the last being the Johor Open in January 2020 just before the pandemic struck which put a halt to all sports events.

Perhaps if there's one significant memory to name, I would say it is seeing the struggle of building from scratch and bringing a dream to fruition with the full support of all parents and members in our PSB family.

In 2017, we were able to organize our first and very own International Silat Championship in Singapore, Pencak Silat Invitational 2017 which was fully self-funded. It was a dream come true for us being a small and new Perguruan with very limited resources to successfully organize the 2-day event.

If I had to pick one thing that makes Perguruan Sendeng Belalang unique, then I would say it's the sense of togetherness and oneness in purpose, the Perguruan where strangers become friends and friends become family. The PSB family spirit is strong and very much alive.

It gives us the strength and courage to pull through together against all odds without leaving anyone behind. This family spirit puts us on track in our shared vision and mission. It strengthens our will to soldier on, no matter how tough the going gets; *non-desistas, non-exieris* and we live by that motto.



To us, it is important that new members do not feel that they are just joining a club but more importantly, a closely knit family.

We do not differentiate between old and new members. All of us have equal rights and privileges, none will have preferential treatment over others.

Stepping into our arena is not stepping on foreign land, it is being on homeland where they are immediately treated as equals. There's none more equal than others in PSB. Everyone deserves the same respect and benefits regardless of his or her position or status in PSB, though their responsibilities may vary.



To make the most out of each training session, lessons are planned, prepared and vetted by our Majlis Guru-Guru almost a month prior to training sessions, save some necessary variations and adjustments along the way, where necessary.

We try our best not to compromise on the quality in training so that each session, no matter how brief it would yield the maximum results that we aimed for. At the same time, we take it upon ourselves to ensure that each training session does not only benefit our pesilats physically but also morally and spiritually. No training session will end without a short sharing on the importance of good values and manners.

Sendeng Belalang 'terbang' lebih tinggi

SEKITAR lima tahun lalu, kumpulan Sendeng Belalang mengorak langkah pertama sebagai perguruan silat terbaru di Singapura.

Minggu lalu, ia menagkir sejarah selepas dinobatkan naib juara keseluruhan di Kejohanan Pencak Silat Kebangsaan (PSK) ke-40.

Sejumlah 68 pesilat yang mewakili perguruan silat yang ditubuhkan dalam 2010 itu bukan sahaja meraih 22 pingat emas, 22 perak dan 16 gangsa, bahkan turut merampas gelaran keseluruhan bagi kategori praremaja daripada Seni Grasio yang muncul juara keseluruhan.

Kemenangan 'rekod' ini jauh lebih baik berbanding pingat lima emas pada 2013 dan tujuh emas pada 2014. PSK tidak diadakan tahun lalu sebagai memberi laluan kepada Sukan Asia Tenggara (SEA) ke-28.

Menurut ketua jurulatih di PSK, Muhammad Fadhl Mohamad Azmi, pencapaian di luar dugaan tersebut adalah cerminan usaha gigih yang dicurahkan warga Sendeng Belalang selama ini.

"Kejayaan ini tidak datang semalaman. Ia diperolehi dengan tenaga empat kerat dan perancangan jangka panjang oleh pihak perguruan.

"Tapi kami belum meragangkan diri kami sebagai telah berjaya... jauh dari itu.

"Kami rasa diri kami masih kerdil dan perlu lebih banyak belajar dan menimba pengalaman," kata Fadhl, 28 tahun, merendah hati.

Bekas pesilat nasional itu mengasah bakat silat pada usia awal di Seligi Tunggal Angkatan. Ayahya, Mohamad Azmi Abdul Ghani, pernah menjadi setiausaha agung perguruan silat itu.



BARU TETAPI BERUPAYA: Walaupun baru ditubuhkan dalam 2010, Perguruan Sendeng Belalang mengatasi jangkaan bagi memenangi trofi naib juara keseluruhan. Mereka juga berjaya merangkul Juara keseluruhan praremaja - Foto JOHARI RAHMAT

Namun kedua anak-beranak itu meninggalkan Seligi Tunggal Angkatan bagi menubuhkan Sendeng Belalang sekitar 2010.

Hari-hari pertama di Sendeng Belalang adalah mencabar, kata Fadhl.

"Anggota kami hanyalah saya dan tiga adik-beradik saya. Ada pihak yang mentawakan kami... meremehkan usaha kami dan menanti saat kami gugung tikar.

"Namun kami erggan mengaki kalah," kata Fadhl.

Berbekal semangat juang yang dipupuk di gelanggang silat, Sendeng Belalang berge-

lut mengukir nama dalam gelanggang silat setepat.

Ia menghantar wakil ke PSK 2011, tetapi kesemua sembilan pesilatnya pulang dengan tangan kosong, mendorong pengurusan-nya menarik diri daripada PSK 2012 bagi membuat persiapan lebih teliti.

Langkah strategi itu membolehkan hasil pada 2013 apabila sekitar 30 pesilatnya memenangi lima pingat emas di PSK, sebelum ia menambah lagi tujuh pingat emas pada tahun seterusnya.

Dari pangkalan latihan tunggal di Kelab Masyarakat (CC) Kampung Gelam pada

2013, Sendeng Belalang kini telah berpindah ke Geylang West CC dan berkambing ke dua lagi CC dan Jawatankuasa Penduduk (JC) di Woodlands, Potong Pasir dan Tampines.

Menurut Fadhl, beliau menaruh harapan Sendeng Belalang boleh merampas gelaran daripada Seni Grasio untuk menjadi juara keseluruhan PSK di masa depan.

"Saya sentiasa percaya bahawa kita perlu menaruh harapan tinggi melangit jika ingin berjaya.

"Jika bendak berjaya, kita perlu menewaskan pihak yang terbaik," katanya.

Being a very small club, perhaps one of the biggest challenges that we face running the club is in terms of the funding. We are forced by circumstances to be self-reliant without any financial support from others except however much or little we can raise amongst our ourselves.

The high cost of equipment and training aids is one area we have to be consistently prepared for as these do not come cheap. Likewise, the costs of participating in championships adds on to the burden.

It is only through careful planning of limited resources and exercising frugal spending that made it possible for us to overcome this. Every dollar is stretched to its limit and whoever leads PSB must have the honesty and integrity in him to honour the trust. Thankfully over the years, members of our Management Committee had been among the pillars of strength for PSB, without their sacrifices and hard work, we would not have made it this far.

One advice that I constantly give to the members of PSB is to never forget your roots" no matter how high you fly.

For had it not been the hands that held onto yours when you took your first step, you would not have learned to walk.

When walk you could and time it was for you to run,

remember those hands that held onto yours and brought you up every time you tumbled and fell.

The day when you are able to fly and soar across the vast blue skies leaving them way below you, always remember, had it not been for them, you may not have been able to stretch your wings and fly. Always be humble.



The preparation for every competition is always taken seriously and intensive training usually starts at least 4 months prior to the date of competition.

The commitment to training and an equally high level of self-discipline on the part of both the coaches as well as athletes are of paramount importance. Full compliance is required and expected.



This goes on till the end of each championship, after which the preparation for the next campaign resumes immediately the day after. Most of the time, we do not believe in having off peak season. At the same time, we firmly believe that everything happens by the Will of God for nothing can come about if He wills not.

After putting in all the necessary efforts, we then ask for His blessings.

One routine we never miss is to gather and hold congregational *Solat Hajat* (the Prayer of Need) before going into any championship. Be it locally or regionally and we make prayers for the safety and success of our team in particular and all others in general. We believe in trying our best and trust God with the rest.

"Thee alone we worship, Thee alone we ask for help" (Al-Fatiha).

If it was not for Silat, I honestly would not know what I would be doing.

However, if I had a choice, I would love to do community service in some welfare or charitable organization for the benefit of the ummah.

I had done this before and served as Youth Chairman in Jamiyah in the late 70s till early 80s and would be willing to serve again but surely not in the Youth Department; at 60 years old now, my youthful days had abandoned me a long time ago.



As of right now, my goals for Perguruan Sendeng Belalang Singapura in the coming future is for it to expand further, locally and abroad while also continuing to hold steadfast to its tradition and core values.

I am very grateful and thankful to God for His blessings on us. Whatever achievements that had come our way was all by His will. On our part, these achievements did not come easy. The blood, tears and sweat that we shed collectively as a Perguruan and the sacrifices that we had to put in brought us to where we are today.

However, in PSB, we never view ourselves as "one of the top ranked Silat clubs in Singapore". We are still learning from the best to one day be among them.

We are grateful to have had the opportunity to learn from the experiences of great Perguruans like Grasio whom we have high respect for, Seligi Tunggal Angkatan from whom we respect highly and have much to learn from, Al-Haq whom we will always look up to, Tapak Suci whom we admire much, Sendeng Pukulan and Pencak Sendeng who will always remain dear to us, ESHA, Seligi Tunggal Kemuning, Cekak Serantau, Gayong Perwanit and all other more established Perguruans in Singapore.

We always see ourselves as new and shall continue to improve in whatever ways we can. We go into every competition with the mindset of an underdog; never complacent with any ranking, whether real or perceived.



SPORTS SERIES FEATURE WITH MP POH LI SAN

On the 22nd of June 2021, MP for Sembawang GRC, Ms Poh Li San and her team came down to OCBC Arena, Hall 4 to speak and interview one of our Spex Scholars, Sheik Ferdous, for a Sports Series!

This episode which will be shared on Ms Poh Li San's Facebook Page and Instagram soon, will feature them talking about Silat and also giving her a try in the sport!

Keep a look out to watch Ms Poh Li San and Ferdous in action!





SHORT FILM ANTHOLOGY BY SANI OLEK

“Transported to the modern world, Tuah learns how to navigate his new environment while reflecting upon his existence. In his journey, he meets Jebat, an encounter that causes a shift in his perspective.”

Juxtaposed against various landscapes, Tuah’s moments are graced with a specially written sajak by Muhammad Salihin Sulaiman Jeem, winner of the Singapore Literature Prize (2008) and a recipient of the Golden Point Award (2003).

Screenplay & direction: Sanif Olek

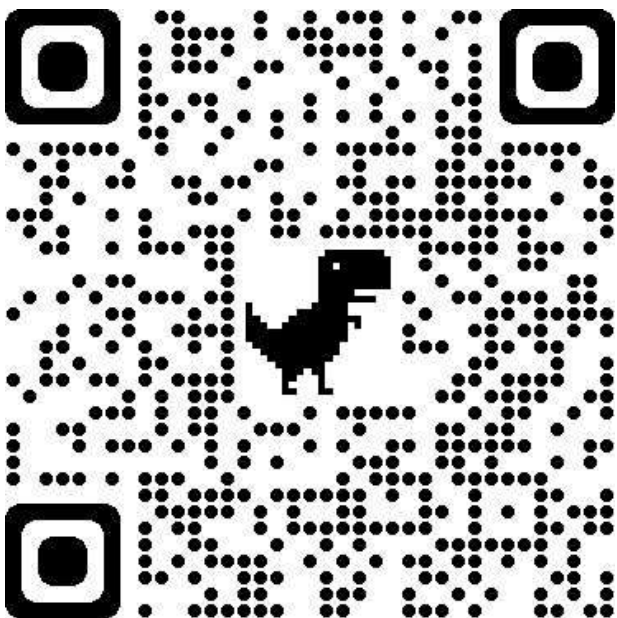
Director of Photography: Sofyan Daud Mohamed

Martial Arts: Silek Harimau Minangkabau Singapura (Tiger Silat Minangkabau Association of Singapore)

Poetry: Muhammad Salihin Sulaiman Jeem

Voice: Joe Jasmi

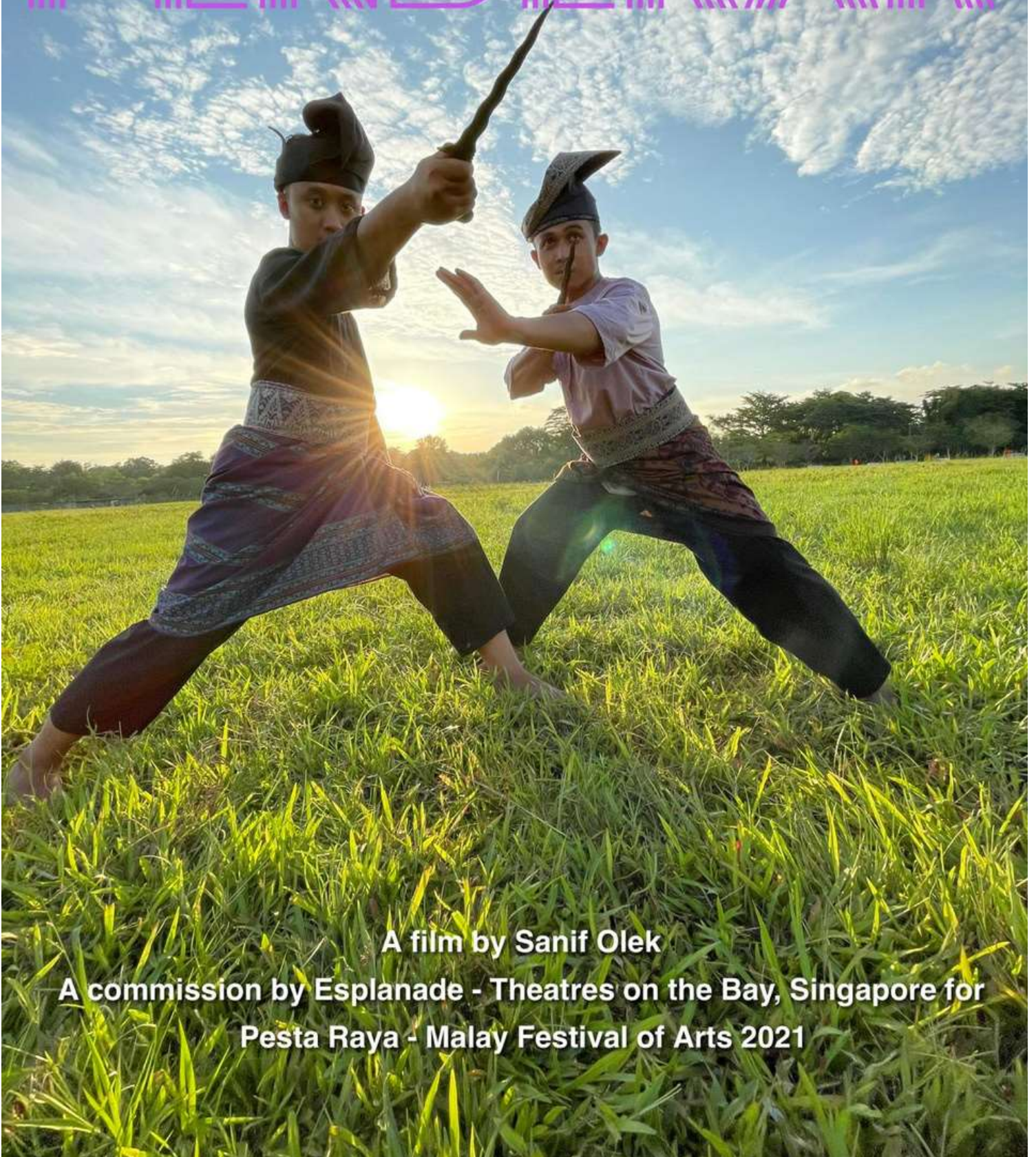
Post-production: Gravitare PTE LTD



Watch the
full film
here!

A reeljuice production

PIENDEIKAR



A film by Sanif Olek

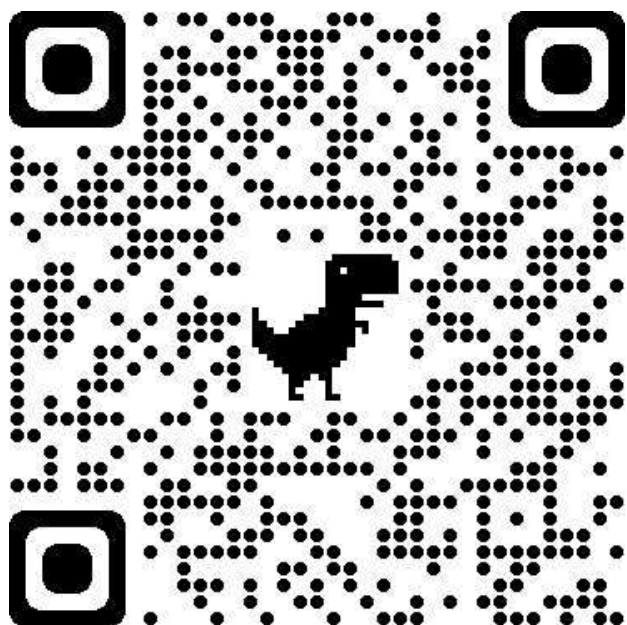
A commission by Esplanade - Theatres on the Bay, Singapore for
Pesta Raya - Malay Festival of Arts 2021

HAPPY 90TH BIRTHDAY, BAPAK EDDIE M. NALAPRAYA!

On June 6th 2021, Bapak Eddie M. Nalapraya celebrated his 90th birthday.

As part of the celebration, Singapore Silat Federation joined in by sending in our wishes for the Father of the World of Pencak Silat.

To represent SSF, we had our President, Mr Mohd Yasrin Mohd Yasil, our CEO, Dr Sheik Alau'ddin Yacoob Marican, PBM, and some of our Spex Scholars: Sheik Farhan, Sheik Ferdous, Nurzuhairah and Muhammad Iqbal!



The video wish is available for viewing on our IGTV (@sgsilat), or by scanning this QR Code!

THE PEOPLE BEHIND TEAM SG SILAT

SECRETARY-GENERAL,

SINGAPORE SILAT FEDERATION: AININ JASNI

I am Ainin Jasni, the Secretary-General of Singapore Silat Federation.

I am also a mother to my 18-year-old son, and I also take care of my beloved 69-year-old mother.

I work in the Healthcare sector as an ancillary staff in KK Hospital from 2006 - 2018 and currently, I am working in Sengkang General Hospital in the Security Department since 2018.

I got into Silat when I joined the Parents Support Group to give my boy encouragement when he first started Silat in the Community Club.



I was voted in to the position of the Secretary-General of Singapore Silat Federation, and the responsibilities that came along with the position includes attending meetings and events, getting to know the organization's vision and mission, and getting more Silat groups and clubs under the umbrella of SSF.

What I enjoy most about being with the Federation as the Secretary-General, is that I get to know more about Silat and its advancements across the globe, and work towards putting Silat in the Olympics.

One of the most challenging parts about representing the Federations is to get the funds and clear the negativity around it. Of course, with every hardship comes rewards. I can say that seeing the plans go through is one of the most rewarding parts about my position.

Seeing the athletes hold the Singapore flag high at competitions, will never beat anything else.



With the support of the other board members, there is no doubt on my credibility as a woman holding the position of the Secretary-General in the Federation.

Since my term with the Federation, the biggest achievement I witnessed was when the sport got recognized with a handful of our athletes getting the proper training space and getting to go for competitions, locally and internationally, with the support given.

What really motivates me to do a good job is when I see the sport flourish. For the coming future, I really wish to see us working towards getting the Silat groups being united and towards the good of the martial arts.

If I could change an outsider's view on Silat in Singapore, I would definitely show that Silat is not just artistic. It is a beautiful Martial Art that can also be useful and sporty.



NDP ONLINE DIALOGUE BY NYCSG

In an event organized by National Youth Council (NYC), a series of online dialogues related to the National Day Parade (NDP) will be held in June and July.

Our Spex Scholar, Sheik Farhan, was invited to be a panelist for one of the online dialogues on the 8th of June 2021.

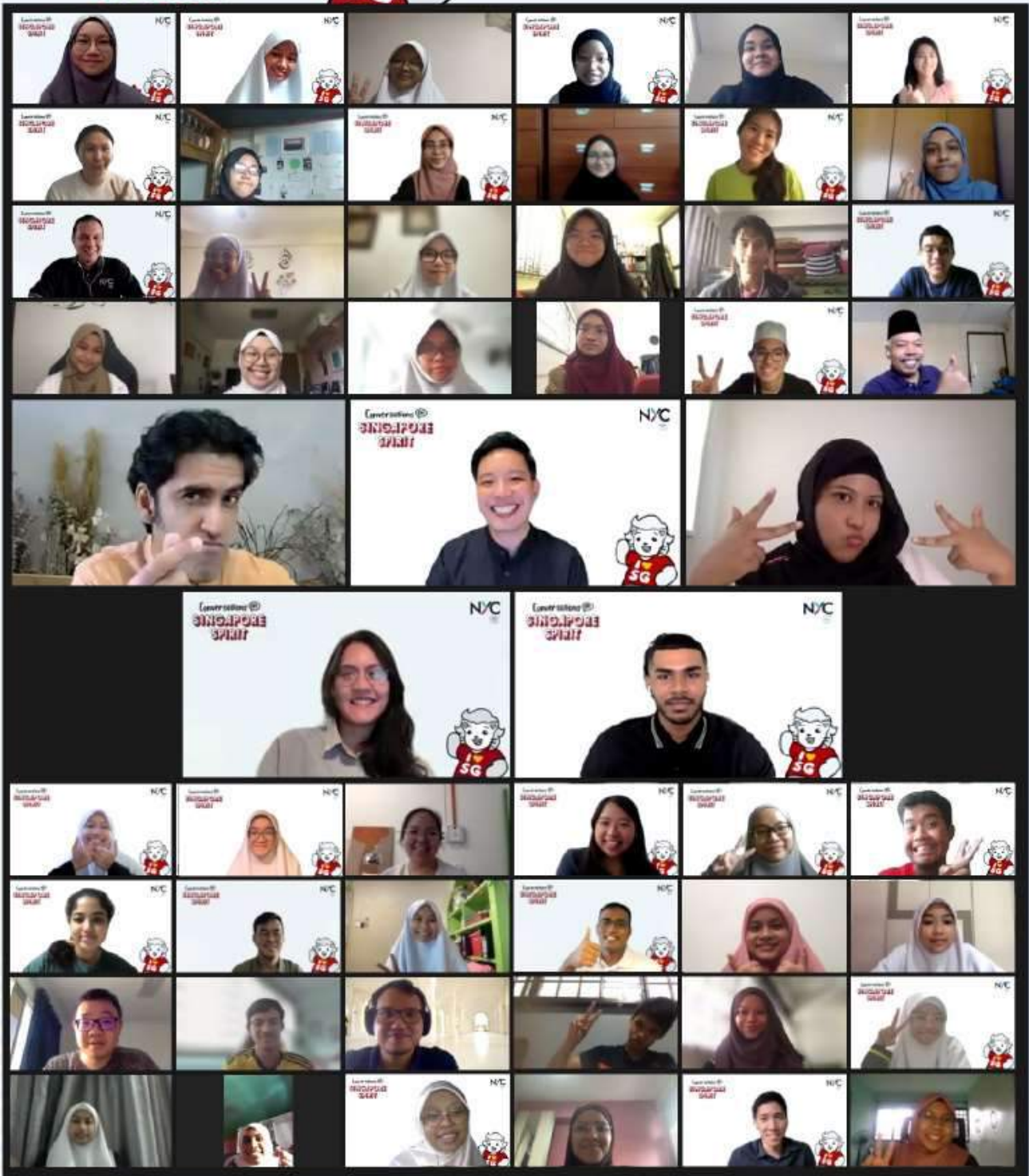
These series of online dialogues conducted by NYC is to identify characteristics that make us uniquely Singaporean and understand how these traits have helped the nation tide through the COVID-19 period, and identify actionables on how to move Singapore forward into the new normal.

One of the key objectives was to have youths understand the key messages of NDP, to create a sense of ownership, unity and belonging as a nation.

This was conducted for youths aged 15 - 35, and the session that Farhan was paneling for was a segment targeting to the Madrasah Schools with about 80 pax via Zoom.



Conversations ^{on} SINGAPORE SPIRIT



@nycsg

PENCAK SILAT IN DISNEY'S RAYA AND THE LAST DRAGON

The latest Disney production, *Raya and the Last Dragon*, premiered on March 5th, 2021.

With a strong presentation of Martial Arts, the animated choreography borrowed extensively from Pencak Silat, Muay Thai, Arnis and Kali, as well as traditional Vietnamese wrestling.

Raya and the Last Dragon is a wholesome family film for children of all ages that embraces themes of friendship, teamwork, forgiveness, and female empowerment.



Watch *Raya and the Last Dragon* on Disney Plus here:



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



FACE OF THE MONTH

NUR ABQARAH AUDADI BTE ZULKIFLI, 6 NATIONAL ATHLETE (SINGA CUB) / STUDENT

Hello! My name is Abqarah, and I am six years old this year.

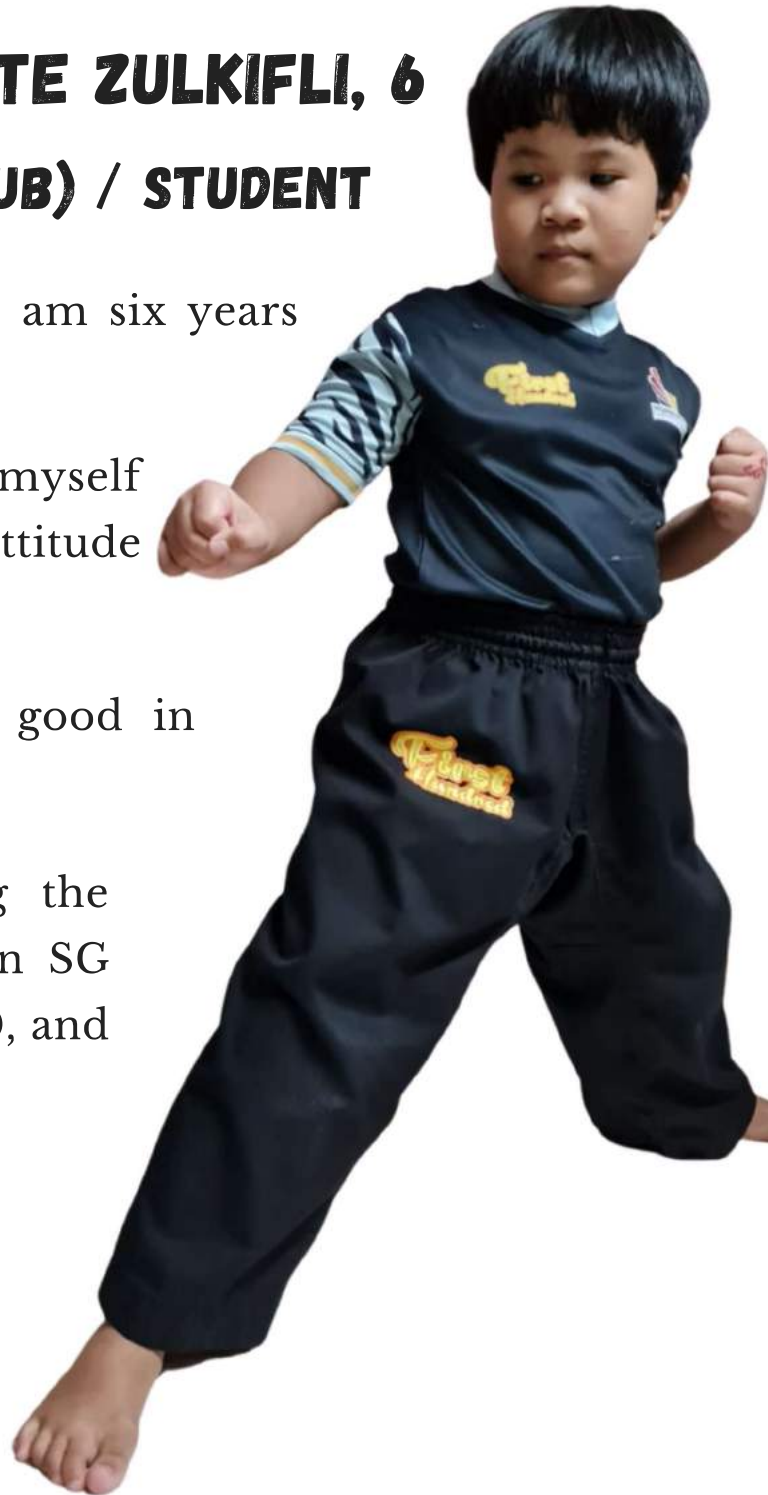
One of my favourite things about myself is that I am a bubbly girl with an attitude of never giving up.

I am good at eating, and really good in fighting!

I was introduced to Silat during the collaboration with SSF & Bikers in SG which is called Bikers Silat First 100, and continued to choose Silat.

Now that I am in Singa Cub, I look forward to train very hard and progress to get my full black Silat uniform and officially be in the SSF squad.

Whenever I see my teammates before training, I would instantly feel energised and cannot wait to start training. Furthermore, since I am the only girl in my category currently, I feel strong whenever I am able to defeat the boys.



Silat makes me happy because I have awesome teammates and coaches during training and we would enjoy every moment of it.



My aim is to represent Singapore in international Silat tournaments around the world. When I grow up, I want to be the Women's World Champion and make my parents and country proud.

I look up to *Kak* Suhaila and I want to become like her one day being the world champion.



If there is anything I can do with her for a day, I would want to spend time together getting to know her and getting tips on how to be a champion like her.



One of my favourite things to do with my family is going to the beach. I really enjoy spending time with my family because it makes me very happy.

What makes me laugh the most is the cartoon character, Spongebob Squarepants, because he is always so clumsy.

If I were a superhero, I would want to be like Wonder Woman. I would name myself Bubbly Woman and have powers like super speed, be able to lift people and objects and be super strong, just like her.

Just like Wonder Woman, I want to be a role model for little girls when I get older. With the super speed and super strength, I want to be able to help those in need.

Just like how Silat is shaping me to be.



MCCY DROPS 2021

The Ministry of Culture, Community & Youth (MCCY) is currently working on a project to send a message of hope to Singaporeans by shining light on the everyday heroes who have shown strength and resilience, and are contributing to the nation in their own inspiring ways.

They will be featuring our everyday heroes in the shirt through a photo spread album. The everyday heroes will cover these 3 categories:

They who 'Keep Us Full' – showing the resilience in our food & hawker culture.

They who 'Keep Us Entertained' – how they've kept our local traditions, cultures and arts alive.

They who 'Keep Us Going' – and also not forgetting those who've helped build the nation and at the forefront of the current pandemic. For this category, one of National Athletes, Atiq Syazwani Roslan, is featured as a profile!

Atiq Syazwani, a two-time SEA Games Silver medalist, is also a physiotherapist at Tan Tock Seng Hospital. When COVID-19 hit, she was one of the frontliners who contributed for the nation to fight against it.

Along with the other profiles, Atiq will be sharing her account of how she copes with the everyday challenges unique to her, her insights and observations of Singapore through the years. Keep a look out!



UNESCO ICM DEMONSTRATION TEAM'S PERFORMANCE AND PARTICIPATORY PROGRAMS

The UNESCO ICM Martial Arts Demonstration Team shares the cultural values of world martial arts through demonstration, and conveys messages of peace and reconciliation which are inherent in martial arts.

Through the demonstration, the team brings martial arts into the daily lives of more people.

Every Saturday (2 to 4 pm) between 10th of July to 28th of August, the team will be performing Taekkyeon, Capoeira, Pencak Silat, Wushu and Arnis, demonstration in front of pre-registered students.

Pre-registration (50 people per demonstration, 10 per each martial arts) will be open for elementary, secondary, and high school students in Korea.

The students will also take part in participatory programs and diverse events such as quiz on martial arts, martial arts record games, using archery to pop balloons, etc.

This is the first time the team is performing at its newly built center, located in the Republic of Korea.

Look out for updates on this programme by UNESCO ICM in our future issues!

UNESCO ICM Demonstration Team

Martial Arts Performance and Participatory Programs

- When : 2~4pm Saturdays between 10th JUL & 28th AUG 2021
- Where : Multi-purpose Hall, UNESCO ICM, Olgatgil 73,
Chungju, Chungbuk, ROK
- Who : Elementary/Middle/High school students
- What : Taekkyeon, Capoeira, Pencak Silat, Wushu, Arnis
- How : Pre-registration / 50 people per demonstration
(10 people per each martial arts)



STAFF PROGRAMMES

WOMEN IN CONVERSATION – BEING MOTHERS: THE CHALLENGES, THE WAY FORWARD

Forum & Launch of Jamiyah Singapore 28th Exemplary Mother Award (EMA)

Being Mothers: The Challenges, The Way Forward

With the rapidly changing profile of women in Singapore in recent years, Jamiyah Singapore Women's Department is initiating 'Women In Conversation' focusing on mothers with the aim to identify the issues confronting mothers & the reasons for the insufficient recognition of motherhood and suggestions on how to resolve these challenges.

We hope to empower women and address perennial issues faced by women especially mothers at home, in their workplaces & in the community.

Day/Date: Saturday, 12 June 2021
Time: 11.15 am – 12.15 pm
Live: Jamiyah Facebook

Scan QR code for more information

Moderator:
Ms Rita Zahara
Entrepreneur

Panelists:
Dr Nul Farhan Alam
Consultant Gynaecologist
Raffles Hospital

Mr Pratik Mazumdar
Managing Director, CSM Group of Dentist International

Ms Eah Yen
President/Founder WEWAM (Women Engaged for Work and Mothering)

Launch of Jamiyah Singapore
28th EXEMPLARY MOTHER AWARD
EMPOWERED MUMS OF HOPE FOR MOTHERS WITH THE RECOGNITION & SUPPORT

By
Ms Sim Ann
Senior Minister of State/
Ministry of Foreign Affairs and
National Development

f jamiyahsg | jamiyahsg | 9118 0211 | jamiyahsg | https://www.jamiyah.org.sg/

Jamiyah Singapore, Women's Department intends to contribute to this year-long national discourse by organizing a sharing session, "Women In Conversation" that deliberated on the theme 'Being Mothers: The Challenges, The Way Forward'. The end objective of the session was to submit a report of the discussions and recommendations to the Government Committee formed to address this matter as well as to the participating organizations.

Attended by the Secretary General of Singapore Silat Federation, Madam Ainin Jasni and Director of Marketing and PR, Nur Asiah Arshad on the 12th of June 2021, this event was graced by Ms Sim Ann, Senior Minister of State for Ministry of Foreign Affairs and National Development.

EAST COAST DIGITAL LEARNING DAY & DIGITAL BLUEPRINT LAUNCH

On the 19th of June 2021, our Director of Marketing & PR, Nur Asiah Arshad, attended the East Coast Digital Learning Day & Digital Blueprint Launch.

This aims to broaden the access to equipment like computers, improve the digital literacy of seniors and help heartland businesses expand their online presence.

One of the initiatives involves providing low-income families with donated computers. Before the computers are given away, volunteer group SG Bono will repair the devices and spruce them up.

SG Bono will be setting up a booth at Heartbeat@Bedok for the residents to repair their laptops for free or donate them.

The booth will be open every second Saturday of each month, starting in July.



SPORTSG-ED BRIEFING FOR NATIONAL SPORT ASSOCIATIONS

This Zoom briefing was to brief NSAs on CoachSG's new method of conducting the SG Coach Integrated Level 1 course.

Before the current changes, modules were done face to face.

Now, participants will have to go through a mix of online learning on their own as well as attend face to face sessions with the NSAs.

However, the face to face sessions will be supposedly shorter, as a result of more time being allocated to online learning.

Our Project Manager/National Coach, Noh Mohd Sharif, and our Sports Development Manager, Muhd Daniel Hamid, attended this briefing on the 24th of June 2021. A follow-up session pertaining the changes will be held in July 2021.

The image consists of two screenshots from a Zoom meeting. The top screenshot shows a Zoom meeting interface with a white screen. The bottom screenshot shows a Zoom meeting interface with a white screen displaying "NSA's TO DO" and a slide titled "Best Practices for Assessments" with four numbered points.

NSA's TO DO

Best Practices for Assessments

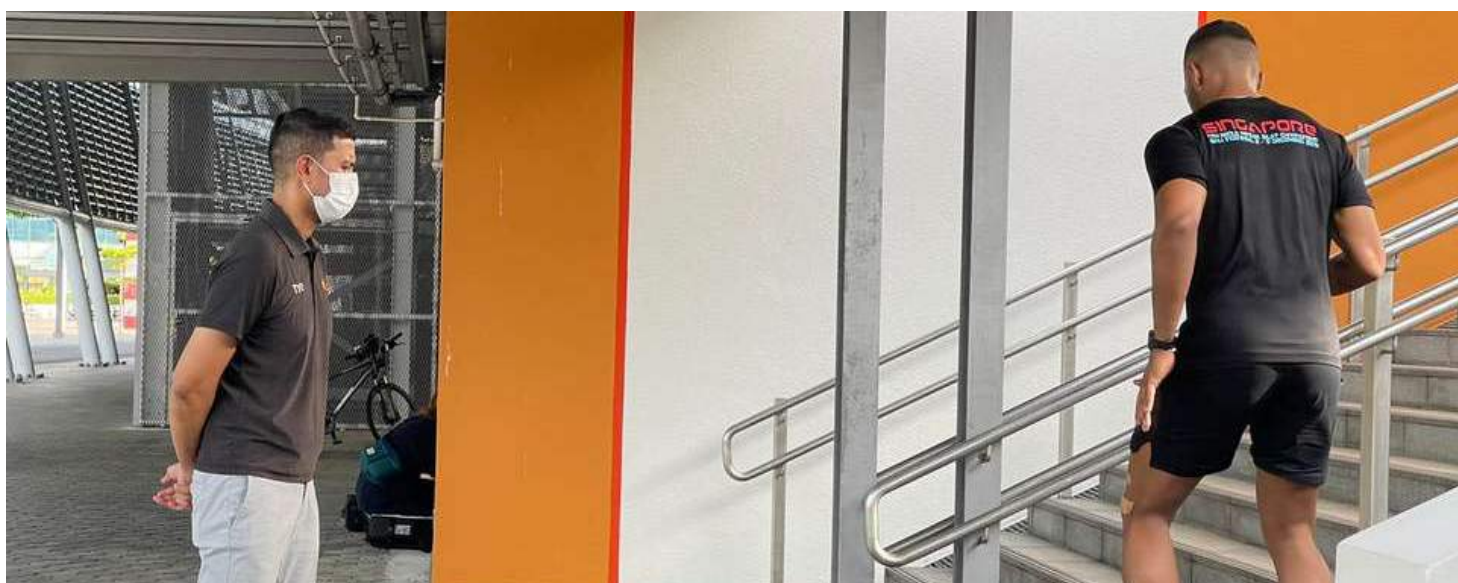
1. Ensure the learners have sufficient time to do their revision and prepare for their competency assessment
 - For example, 1 week to be allocated between last day of course and assessment date.
2. Ensure that the course requirements and the assessment plans are clearly communicated to the learners.
3. Competency Assessment template/rubrics to be shared with all learners ahead of time.
4. Technical and/or competency assessments should be based on the content that is covered in the course.

MCCY FEATURE FOR TEAM SINGAPORE

In a social content project by the Ministry of Culture, Community & Youth (MCCY), our Spex Scholar, Sheik Farhan, along with the team's Sport Biomechanist, Dr Luqman Aziz, has been approached to feature for this series!

These content pieces will give viewers a behind-the-scenes look at the effort that goes into preparing our athletes for major games.

Stay tuned for the feature series!



CATCHING UP WITH OUR SILAT ALUMNI



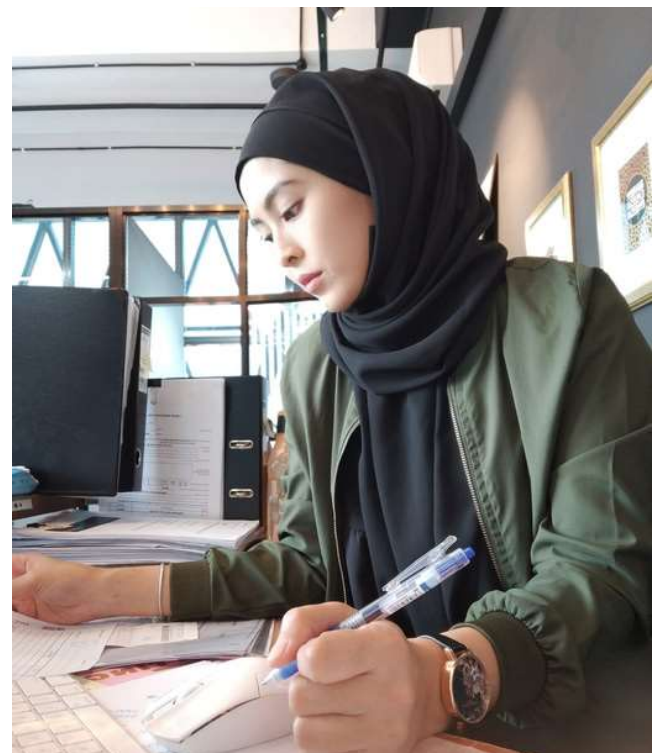
I am Nurhafizah Binte Rahim, usually known as Feeza Rahim.

I was active in the Silat scene in the year 1998.

After completing my studies in Higher NITEC in Business Administration, I graduated with a diploma in Human Resource Management.

I then pursued my interest in dentistry and completed my studies in Dental Nursing course from (DNA) Australia College in Dentistry.

After a few years being a Dental Nurse, I am currently working in a Law firm. At the same time, I am coaching the national team part-time with Singapore Silat Federation as well as a Freelance Model at Muslima Model & Talent (Hijab Model Management Malaysia).



The first time I tried Silat, I was 14 years old.

I was very enthusiastic to try a self-defence sport as there were not many women who took up the sport during my time.

During my active years, I looked up to Sheik Alau'ddin, who was my former head coach for the Singapore Elite Team, and also Johari Mokhti, who was my former Master at Tapak Suci Perwanit Singapore.

They were both equally knowledgeable, patience, never gave up on us and always motivated us to do better.



The best part about being in a Regu team, is the teamwork and synchronicity that was required in the team.

If I was given the option to choose between Tanding and Seni, I would've definitely still chosen to do Seni.

My teammates and I trained hard, motivated and try to be understanding towards one another.

At the same time, we balance everything out by not taking it too seriously whenever a misunderstanding

occurs and we always try our best to have fun during training.

Also, our nickname for our Regu team back then was "Trio Ha Ha Ha", which was based on our names and personalities.

Before every competition, we usually do our own self-mental training with meditation and prayers.

Whenever we competed well, I definitely felt a sense of accomplishment and satisfaction.

Sejarah bagi pesilat Singapura

oleh Yusoff A.Rahman

BUAT pertama kali dalam catatan sejarah silat negara, Singapura berjaya melayakkan diri dalam 10 acara final Kejohanan Silat SEA 1993.

Final acara seni dan dua perlumbaan acara tanding akan diadakan di Dewan Sukan Bedok mulai 2 petang petang ini.

Mengulas tentang pencapaian para pesilat, ketua jurulatih Singapura, Sheik Aleuddin Yusoff, berkata:

"Ini adalah pertama kali dalam sejarah sukan silat, Singapura melayakkan diri sehingga dalam 10 acara final. Lebih menarik lagi, lima dalam tanding dan lima lagi dalam acara seni."

Menurutnya, kali terakhir Singapura mempunyai finalis yang terbanyak ialah pada 1993.

"Tetapi ia adalah dalam Sukan SEA 1993 semasa Singapura menadi tuan rumah dengan tujuh pesilat muncul dalam final tetapi hanya dua sahaja yang memenangi pingat emas."

"Walaupun pesilat negara kerap juga memenangi kejohanan dunia tetapi kami hanya sekali memenangi dua pingat emas dalam satu-satu kejohanan (satu di Thailand pada 1994," beliau menambahkan.

Secara kebetulan, Sheik bersama pendong jurulatih nasional, Hidayat Hoseni, adalah dua pemegangnya.

Tetapi daripada 10 acara



foto Zainal Yahya

SEDIA BERJUANG: Berdiri di belakang (dari kiri) Imran Abdul Rahman, Saifuddin Julaimi, Zahid Saaban, Rahim Anwar, Sheik Harun, Rashid Hanif, Yusoff Shah.

Tengah (dari kiri), Saedah Said, Norishah Anwar, Fatimah Halid, Nordianawati Sadali, Zuhrah Sobri.

Depan (dari kiri) Nurhalizah Rahin, Hafizah Yusoff dan Siti Hajar Ali.

final itu, berapakah pingat emas yang mungkin daimenangi oleh para pesilat negara?

"Saya menggariskan matlamat tiga pingat emas."

"Kami berharap Yusoff Shah (Khamaruddin), Imran (Abdul Rahman) dan Zahid (Saaban) tidak akan mengecewakan harapan negara."

"Ketiga-tiganya adalah pesilat yang berpengalaman dan telah berpeluang menyertai pelbagai kejohanan antarabangsa termasuk di Eropah."

"Selain itu, saya juga berharap para pesilat lain termasuk dalam seni boleh membuat kejutan dengan sokongan penonton setempat."

"Tetapi sekiranya para pesilat negara boleh memenangi lebih daripada dua pingat emas, tentunya ia adalah satu lagi sejarah untuk Singapura," tambah Sheik.

► Vietnam jadi penghalang, 34

occurs and we always try our best to have fun during training.

My greatest achievement was when I was awarded with a Women Meritorious Award by Singapore Sports Council in 2005.



Compared to the time when I was still competing, Silat is well-known and very diverse now.

With the current support for our National Athletes, I would definitely let my kids get involved and be part of the National Team!





Silat has definitely changed me into a better person by changing my way of thinking that it takes both success and failure in a balanced manner. Those moments are what created my character and builds my integrity.

The best advice that I have gotten during the years while I was active is "To be humble and practice humility in every success".

If I could give an advice to our Silat athletes today, it would be to always be patient. At times in life, you will feel like an outcast, like you don't fit in, but you will discover that being your own clique will be your strongest attribute.

You're definitely going to face many challenges and many moments of adversity. There are going to be a lot of successes and failures too.

These moments are going to be the ones creating your character, build your integrity and they will become some of your beautiful moments in life.

MARTIAL ARTS OPEN SCHOOL BY UNESCO ICM

Singapore Silat Federation is working with United Nations Education, Scientific and Cultural Organization (UNESCO) for their 5th Martial Arts Open School Project. For this project, UNESCO will dispatch and hire local martial arts expert to provide martial arts training for youth/women for a period of four weeks.

Pencak Silat is selected as one of the discipline martial arts to the selected schools. The main objective is to contribute to the youth and

women's physical and psychological development, improve leadership skills and community engagement through martial arts training involving its philosophies, cultural values and techniques in order to improve their interest and passion to martial arts activities.

Our classes will be starting in July, do keep a look out to see how it went!

UNESCO ICM presents

MARTIAL ARTS OPEN SCHOOL

5th

SINGAPORE SILAT CLASS

IN SINGAPORE

VENUE
Singapore, Singapore

CLASS TIME
3-5 days a week (2 hours)

BENEFITS
Quality Martial Arts Classes
UNESCO Uniforms
Gifts and Souvenirs
A disinfection kit for COVID-19

INQUIRY
Changhee, Han (Mr.)
Programme Specialist,
UNESCO ICM
ch.han@unescoicm.org
korean313@snu.ac.kr

OFFICE CLOSURE FOR HARI RAYA HAJI

In celebration of Hari Raya Haji on the 20th of July 2021, the SSF office will be closed from the 19th to 21st of July.

Training sessions will also be on hold for the festivities.

Our team will be back on Thursday, 22nd of July.

We wish all our readers a blessed Eid with loving family and friends. Happy Eid al-Adha!



Send in your orders for this year's Qurban & Aqiqah today!



NATIONAL RECRUITMENT 2021

Join us and be the next Silat World Champion!

If you're interested in joining the National Team for Pencak Silat, send in your registrations now!

A Silat background would be ideal, but we are also open to those who don't.

For more information, you can contact us at 6282 2316, or send in an email to us at ssf@persisi.org.



**NATIONAL
SILAT
RECRUITMENT**

"ALWAYS AIM FOR THE TOP!"

JOIN US AND BE THE NEXT SILAT WORLD CHAMPION!

- World class training facilities & equipment
- Opportunity to represent Singapore in major international games
- Support from SSI
- Opportunities for awards & scholarships

Register now! Link in bio.

For further inquiries, please contact us at 62822316 or email fiona@persisi.org

FAQ

What are the requirements of joining the national team?

If you are interested in joining the national team, you must at least have silat background and come from a silat club affiliated by SSF. For those who doesn't have either requirements, you may still apply under direct entry.

Any fitness requirements?

No, but all recruits will be groomed before representing as the national team.

When are the training days?

Training under the national team for the Singa Cub category will be on Monday to Thursday, 8pm - 9.30pm whereas for the categories above it will be Monday to Friday, with the same timing too.

What are the categories according to age?

Category	Age
Senior	17 -35 years old
Junior	14 - 17 years old
Pre-Junior	12 - 14 years old
Pre-teen	10 - 11 years old
Singa Silat	7 - 9 years old
Singa Club	3 - 7 years old



Register now! Link in bio.

For further inquiries, please contact us at 62822316 or email fiona@persisi.org

SINGAPORE SILAT FEDERATION



NATIONAL REGISTRATION

REGISTRATION FEE	NEW	RENEWAL
Senior (17 - 45 yr old)	\$420.00	\$360.00
Junior (14 - 16 yr old)	\$420.00	\$360.00
Pre Junior (12 - 13 yr old)	\$420.00	\$360.00
Pre Teen (10 - 11 yr old)	\$320.00	\$260.00
Singa Silat (6 - 9 yr old)	\$320.00	\$260.00
Singa Cub (3 - 5 yr old)	\$320.00	\$260.00
Direct Entry (3 - 45 yr old) <i>For individuals who does not come from affiliated clubs and / or no martial art background</i>	\$460.00	\$400.00

TRAINING SCHEDULE

Category: Senior, Junior & Pre Junior

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: OCBC Arena, Hall 4

Category: Pre Teen, Singa Silat & Singa Cub

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: Heartbeat@Bedok, Silat Hall

*Note: Singa Cub & Singa Silat only trains from
Monday - Thursday*

REGISTRATION DOCUMENTS

1. Athletes' Agreement
2. Club Endorsement form

Scan to register



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  Stream

SHARE +



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!



#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!

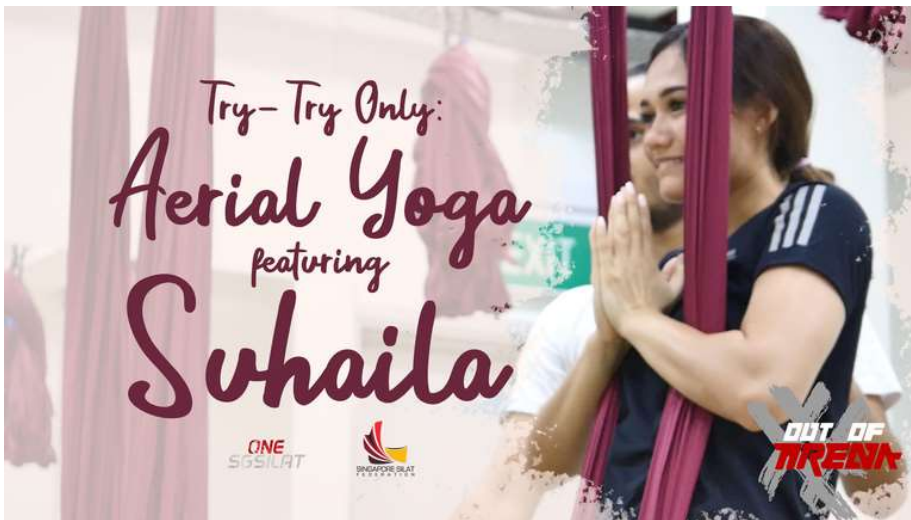


Singapore Silat
Federation

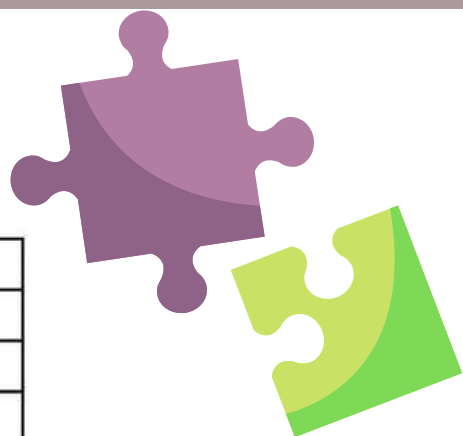
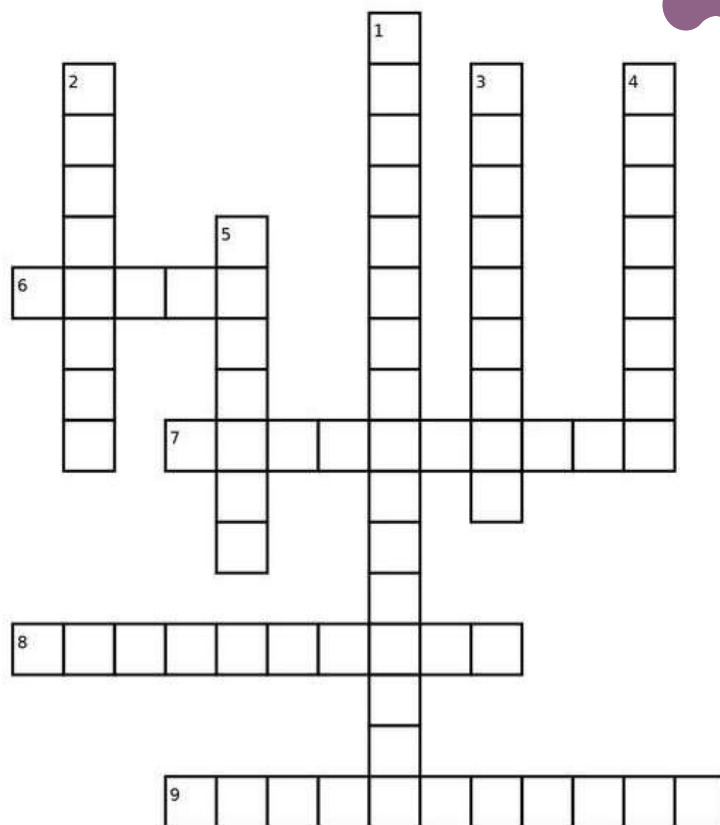
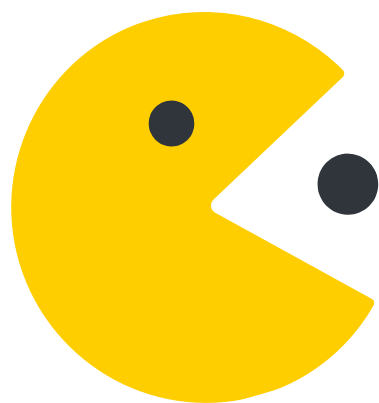


sgsilat

#OUTOFARENA CONTENT FOR JUNE 2021



GAME ON!



Down:

1. Location of PERSISI Office
2. Category for 3 - 7 year old's
3. Training Venue in Singapore Sports Hub
4. A narrow curve blade that resembles a tiger's claws
5. Match Category for Silat

Across:

6. Artistic Category for Silat - group of two
7. Title of SSF's monthly e-newsletter
8. A Production by Singapore Silat Federation to showcase our athletes outside of the Silat arena
9. Silat Athlete named in Forbes' 30 Under 30

**HAVE A GO AND TAG
US ON @SGSILAT
WITH YOUR ANSWERS!**

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!

August

- 28 & 29: SSF Recruitment Open House 2021 (Singapore)

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 rendered in a large, bold, purple font with a white outline and a slight 3D effect. It is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards, resembling a stylized sunburst 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 Silat Federation
wishes everyone a...*



**ONE
SGSILAT**

SELAMAT HARI RAYA AIDILADHA

MAY THE ALMIGHTY BLESS
YOU AND YOUR FAMILY WITH
HIS RAHMAH.

HAVE A LOVELY EID!





@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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