

SINGAPORE SILAT FEDERATION // VOLUME 36 // OCTOBER 2021

SILAT UNCUT

A MONTHLY NEWSLETTER BY SG SILAT

HIGHLIGHTS OF THE MONTH



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

ONE
SGSILAT

SEA GAMES IN VIETNAM IS A TO-GO IN 2022

On the 18th of October 2021, it was announced that the 31st SEA Games will be held in Hanoi, Vietnam, from the 4th to the 16th of May 2022.

The exact dates are still to be finalized by the hosts at a later date.

The games which were originally scheduled from November - December 2021 was initially postponed to July 2022 after Vietnam had experienced a rise in the number of COVID-19 cases.

With the announcement of the new dates in place for May 2022, our athletes will be preparing for the games accordingly.

Do keep a look out for further updates through future *Silat Uncut* issues, as well as our official Social Media pages!



2021 ICM INTERNATIONAL MARTIAL ARTS PHOTO CONTEST

UNESCO ICM has organized an International Martial Arts Photo Contest.

Anyone who is interested in Martial Arts and photography regardless of age and country, are open to participate in the photo contest.

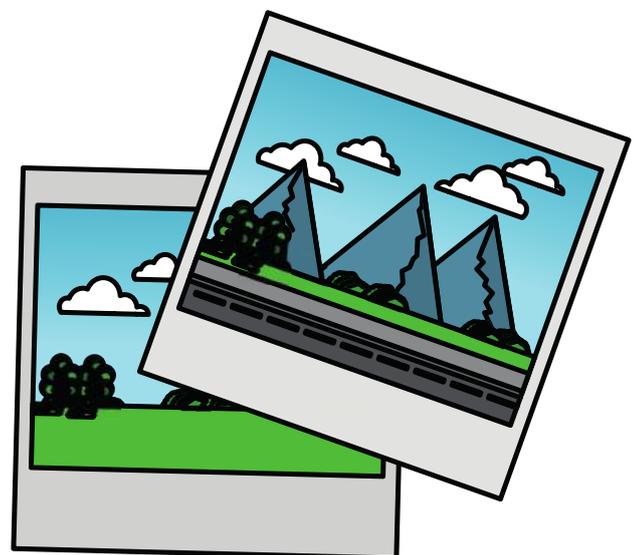
The theme to this contest is the value and philosophy of martial arts in our everyday lives.

Our Daily Lives with Martial Arts

Training martial arts in our daily lives makes our body and mind healthy and changes our life positively. Martial arts teach us courage and wisdom as well as make us learn patience and perseverance. Martial arts are not separated from our life, and it is an art and a technology that are dynamically existed in our daily lives. The true value and profound philosophy of martial arts are always with us.

The winners will be announced on the 5th of November 2021.

Do keep a look out to more updates from us!





2021 ICM INTERNATIONAL MARTIAL ARTS PHOTO CONTEST

UNESCO ICM



Application Period

2021.09.10 ~ 2021.10.22.

Our daily lives with martial arts

Bronze Prize from
2018 Photo Contest

© Mariano B. SAYNO, Speed and Focus
Training of the Filipino Arnis, Philippines, 2018

| Application Period |

10 SEP 2021 (Fri) ~ 22 OCT 2021 (Fri)
24:00 (GMT +9:00 KST)

| Eligibility |

The contest is open to everyone interested in martial arts and photography (regardless of age and country)

| Contest Theme |

Our daily lives with martial arts

| How to apply |

Online submission through 2021 ICM Photo Contest
Website (unescoicm.org/photocontest/eng)

- JPEG(or JPG) Format,
Long side should be 3,000 Pixel or above
- Maximum 3 photographs per person
- All kinds of digital cameras allowed including DSLR
- No limitations to the shooting dates and times of the photo

| Entry Fee |

None

| Announcement of winners |

5 November 2021 (TBC) via homepage notice

| Awards |

Grand Prize (1 Winner): 3,000,000 KRW
Gold Prize (2 Winners): 2,000,000 KRW (per each)
Silver Prize (3 Winners): 1,000,000 KRW (per each)
Bronze Prize (5 Winners): 500,000 KRW (per each)
Fine Work Prize (25 Winners): 200,000 KRW (per each)

| Contact |

Secretariat of 2021 ICM Photo Contest

+82-43-845-6728

ch.han@unescoicm.org

※ For more information, please check our photo contest
website (Refer to the QR Code above)

Sponsors



SUBMISSION PHOTOS

SINGAPORE SILAT FEDERATION



SILAT TRAINING LESSONS WITH MADRASAH WAK TANJONG AL-ISLAMIAH

From the 22nd of July till the 13th of October 2021 being the last day, Singapore Silat Federation has been contributing Silat Lessons at Madrasah Wak Tanjong Al-Islamiah.

With our trainer, Nur Fazlin, assisted by a few of our *Seni* Silat athletes, Amirah Sahrin, Iffah Batrisyia, Nur Azlyana, Sharifah Shazza and Siti Nazurah, these lessons were catered to the Secondary 1 students up till the Pre-U students!

The program included learning of techniques such as the Pola Langkah, Sikap Tangan, punches, kicks, evading, catching, sweeping, self-defence and the dropping techniques.

The girls definitely enjoyed their time with the Silat lessons, and we look forward to working with other institutions as well! If your institution is interested to work with us for lessons like these, feel free to email us at ssf@persisi.org.





POSTPONEMENT OF THE 6TH AIMAG

In a letter dated 20th October 2021 from the Olympic Council of Asia (OCA), it was announced that the 6th Asian Indoor Martial Arts Games (AIMAG) that was scheduled to be held March 2022 in Thailand has been postponed to November 2023.

The decision was made by the OCA after receiving a request for a postponement from the Thailand National Olympic Committee.

“The OCA fully understands and respects the decision of the NOC of Thailand, the Thailand Asian Indoor and Martial Arts Games Organising Committee and the Royal Thai Government to postpone the 6th Asian Indoor and Martial Art Games to be held from 10th to 19th March 2022 due to the ongoing COVID-19 global pandemic.

“The OCA is also very happy to confirm the new dates for the 6th AIMAG which will now be held from 17th to 26th of November 2023.

“Please be assured of our support and cooperation in organising a very successful 6th AIMAG in Bangkok and Chonburi in November 2023.”



6th Asian Indoor and Martial Arts Games
Bangkok - Chonburi
2021

A CHAT WITH: PERGURUAN SENI SILAT GAYONG PERWANIT



Norlela Binte Amza, the daughter of Guru Utama, the Late Amza Bin Mozalam (*Pak Long*) and his wife, Guru Siti Aminah Ahmad (*Mak Long*), 3rd Guru Muda and the heir of Perguruan Seni Silat Gayong Perwanit (SSGP).

She is the third child of *Almarhum* Amza Bin Mozalam. Her late father had three children; two sons and a daughter (herself) and they are all *Pesilats* and former national athletes. Two of Lela's brothers are namely; Irwan Amza and Irwin Amza.

As for Lela herself, she has 5 children; three sons and two daughters. Her firstborn, Nayli Nur Syazleen used to be a national athlete as well.

Lela first started training with her late father, Amza Mozalam and Late Guru Utama, Haji Buang Bin Bahar when she was only 4 years old. Training at that time were home-based training.

Slowly, she started to explore the Silat culture in Singapore.

She was curious about what Silat is but as she grew older, it became her passion and the interest in learning about Silat grew.



Before her late father started their very first training session, the family did the “*Mandi Perlimau*” procedure, also known as “*Mandi Tapak*”. “*Mandi Perlimau*” is known as a ceremony at that time to accept the entry of new Silat members by applying several conditions such as ‘*lafaz ikrar and janji taat setia*’.

In 1989, the Late Guru Utama, Haji Buang Bin Bahar and late Amza Mozalam opened up the very first training ground at Chong Pang CC, followed by at Cheng San CC.

Trainings were on a frequency of three times a week back then.

The late Amza Mozalam followed the late Guru Guru Utama for every training session that was held. Being the most trusted, responsible and well-respected person by everyone, Lela's late father had been enthroned from the late Guru Utama to lead Perguruan Seni Silat Gayong Perwanit.

DIALAH YANG BERGELAR 'CRAZY HORSE'
salah seorang tokoh lama Gayong yang masih aktif di Singapura



Pak Boang adalah tokoh lama Gayong yang masih aktif di Singapura. Beliau telah berkecimpung dalam dunia seni silat Gayong Perwanit sejak muda. Beliau pernah memegang jawatan sebagai Ketua Dewan Pertahanan Masyarakat Singapura (DPMSS) dan juga pernah memegang jawatan sebagai Ketua Dewan Pertahanan Masyarakat Singapura (DPMSS).

Beliau juga pernah memegang jawatan sebagai Ketua Dewan Pertahanan Masyarakat Singapura (DPMSS) dan juga pernah memegang jawatan sebagai Ketua Dewan Pertahanan Masyarakat Singapura (DPMSS).

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With God's will, they started to expand their training grounds to two more locations namely Woodlands Galaxy Community Centre and Gek Poh Ville Community Centre.

With the responsibilities that Lela's late father had on his plate, along with her brothers, she helped in assisting him. Since then, Perguruan Seni Silat Gayong Perwanit started growing and participated in various competitions.

Currently, Perguruan Seni Silat Gayong Perwanit also sends their *pesilats* to the National team to represent the nation.

With the determination and perseverance, they came in as 2nd runner up at the Jurong CSC in 2019 and were also one of the top 10 in NPSC'19.

From then on, it definitely gave them the strength and courage to improve on any aspect that they lack.



Perguruan Seni Silat Gayong was found in the 1940s by Mahaguru Almarhum Dato Meor Abdul Rahman in Pulau Sudong, Malaysia.

He then continued the inheritance of his maternal grandfather, Syed Zainal Abidin Al-Attas who was a prominent *pendekar* of Pahang. *Almarhum* Dato' Meor Abdul Rahman continued to work hard to spread Silat Seni Gayong's name throughout Malaya and Singapore from 1948 onwards.

After retiring from the police force, he established the Seni Gayong School in Woodlands, Singapore on the third of December 1960.



Being the daughter of the late Amza Mozalam, Lela has learnt a lot of his core values and looks up to him greatly.

He always taught them to be humble and show respect towards one another, and constantly reminded them to continue to persevere to achieve the goals that they have.

They faced a lot of challenges, however, with the help of the SSGP community and their contributions, they were able to purchase enough necessities and equipment for their training sessions. In 2018, they were able to organize their first Inter-CC competition with the funds that were funded to them.



In 2016 as well, a few of the *pesilats* of SSGP including Lela's late father and his wife went to Perak to visit Guru Cikgu Sazali Bin Salleh @ Dato Meor Abd Rahman @ Cikgu Li.



The *pesilats* got to learn more about Seni Silat Gayong's culture.

Besides that, they also did the *adat istiadat mandi minyak* with Pertubuhan Seni Silat Gayong Malaysia. *Mandi minyak* is known to be a traditional practice of the Malay community that aims to heal and keep the body healthy. It was a very meaningful journey for them.





For SSGP's training sessions, the coaches will layout the training plan prior. They ensure that the training plan does not apply to only physically training but also mentally and spiritually.

Aside from that, the coaches also ensure that the training is fun by playing games at the end of all training sessions. This thus creates closer bonding amongst the team members and have quality time with each other.



As a Guru herself, she is proud to see her students able to get along with each other and treating one another as family. This includes the bonding that they share among themselves and with the other Silat clubs, the discipline that they portray and the humbleness of them.

Everyone treats each other equally despite the position that they hold. Every training will be a session filled with joy without fail.

One great memory that Lela has was being able to be by her late father's side, being able to train with the late Guru Utama, and managed to achieve medals with the grandchildren of her late father's.

This also includes struggles and the hardships that they had went through, the kindness and joy that they shared, being from zero to hero, clinching on one achievement after another.



When asked if she has any advice for the younger ones, she mentions one constant advice and reminder that she always upholds to from her late father which is to "*solat lima waktu, amalkan membaca Al-Quran dan doa untuk ibu bapa,*" which means to pray five times a day, practice reading the Al-Quran and keep your parents in your prayers.

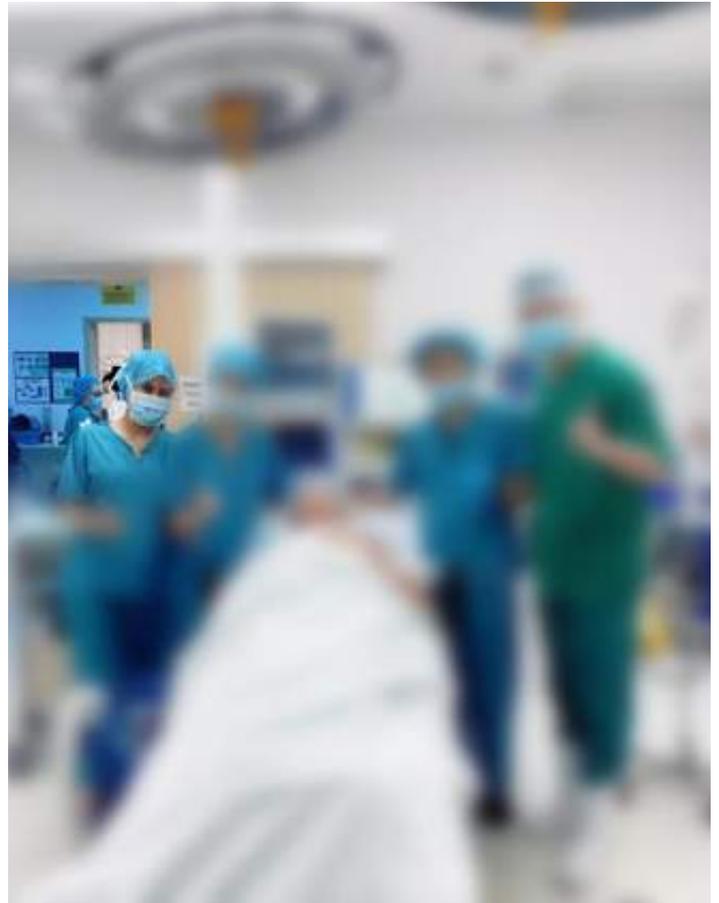
As for her own advice, she says to "always be humble and respect one another. It is okay to fall and rise again."

What makes Lela be able to continue her Silat journey till this day is that she is proud to be able to continue this legacy, "*TAKKAN GAYONG HILANG DI DUNIA, ITULAH PESANAN MAHAGURU*".



Outside of the Silat arena, Lela is a healthcare worker in the Orthopedic sector in a private hospital. Her job involves assisting doctors in the operating theatre.

Every day is a meaningful and brand-new learning journey. Working alongside doctors, seniors and colleagues who provide guidance along the way, is a blessing for Lela.



Lela and her team work as a family, giving confidence and motivation to one another, with the aim to provide quality care for their patients.

The holistic experience has shaped her into a competent, confident, and resilient person. It is her passion to be in the healthcare team.

“Love what you do, and you can go far. Never give up!”

SATURDAY TRAINING FOR TEAM SG SILAT

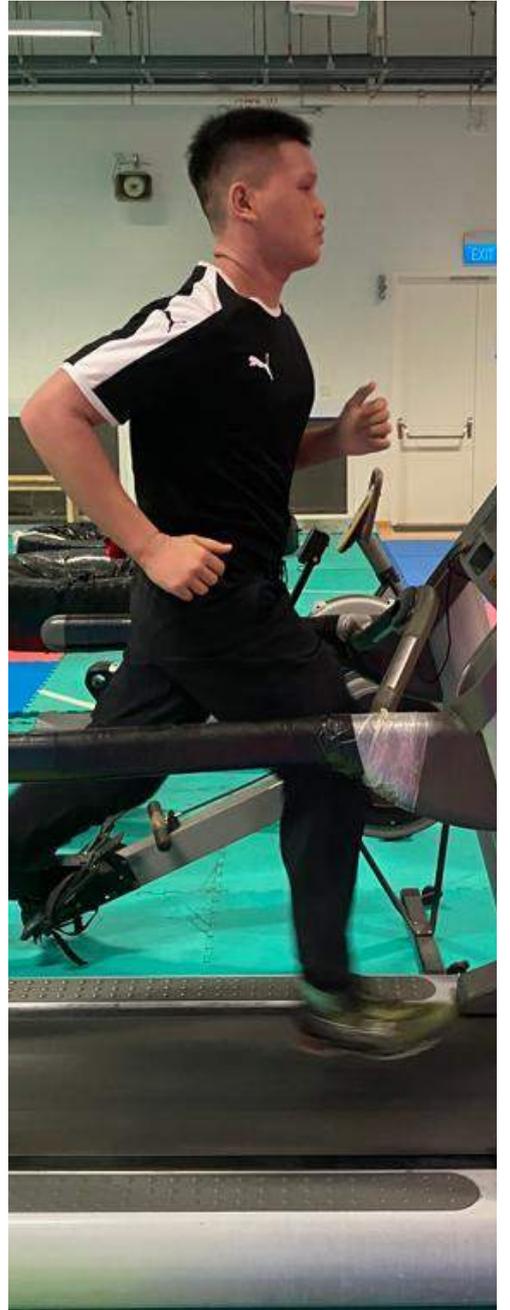
Since August this year, some of our athletes have been training with the head coach, Dr Sheik Alau'ddin, on Saturday mornings from 11 am onwards.

They have been running and other exercises at a few places including Gardens By The Bay, East Coast Park and Sentosa. This will be on every Saturday, after the bustle of the past week with school and their daily training sessions.

Do keep a look out for our future issues to see what these athletes have been up to for their upcoming Saturday training sessions!

If you are interested to join these Saturday sessions with the team, send in your enquiries to ifrah@persisi.org!







SGX CARES: A COLLABORATION WITH TEAMSG ATHLETES

SGX, a spexBusiness partner, has an outreach arm called SGX Cares Season of Giving, where their staff volunteers head down to Fei Yue Community Service centres to pack and distribute goodie bags. This year, they have committed to giving out 1,000 goodie bags to these low income beneficiaries on 14 Oct (Thur) and 19 Oct (Tue).

They have been organizing this event for the past 6 years, reaching out to over 1,000 beneficiaries. Earlier this February, they organized a festive goodie bag distribution and invited local celebrities Li Nanxing, Julie Tan, Chen Liping and Rayson Tan to join too.

This year, they partnered up with TeamSG athletes for the packing and distribution of the goodie bags, and to represent TeamSG Silat, we had Siti Khadijah, Amirah Sahrin and Abdul Raazaq!



Photo credits to Team Singapore



Photo credits to Team Singapore

FACE OF THE MONTH

MUHAMMAD NAZRUL BIN MOHD KAMAL, 22

NATIONAL ATHLETE (TEAM CATEGORY)

Muhammad Nazrul, a National Athlete in the Team Category for the *Seni* team. The youngest in the family and a proud baby of the 1999 generation.



Growing up, Nazrul spent a lot of his time with his father playing different sports together.

With football being their go-to activity, sometimes they would also cycle, swimming and other times they would challenge each other sprinting up hills.

Had it not been for his father, Nazrul would have been stuck within his comfort zone with his nose in between books and playing games his whole life. In the end, he was the one as well to persuaded Nazrul to join Silat!

Nazrul recalls his father asking if he was keen to learn martial arts when he was 8 years old.

Initially, he had chosen Taekwondo because it sounded cool, but his father persuaded him to join Silat since he had already known of a club nearby where they stayed that Nazrul could take part in.

While the interest for the sport took a slow start for him, he remembers enjoying the company that he had at every training session, and it felt worthwhile.



Taking a trip down the memory lane, Nazrul recalls the days when he was practicing Silat in secondary school and truthfully, he felt that he was not that great but the friends around him had accepted him, and trained together like brothers, and that's how the passion for the sport was built.

Unfortunately, the joy was shortlived as Nazrul's final exams were around the corner and all of them slowly shifted their focus to their studies. Eventually, he took a long break from Silat and decided to quit.



In 2017, Nazrul was enrolled into Temasek Polytechnic and a senior had asked if he wanted to join TPsilat, and the answer was obvious!

However, thoughts like “Can I?” or “Should I?” shrouded in his mind, overwhelmed of the possibility that the athletes or the coaches might not be very welcoming to newcomers.

To his surprise, they treated him like their own even from day 1. All it took was a light tap from his new teammates and his passion for the sport returned tenfold. It mattered a lot to Nazrul at that time because this time he wanted to win with the TPsilat team.

In 2018 and 2019, he also managed to win Gold medals under the Artistic Male Team category, for the Silat club where it all started for him, Perguruan Silat Seni Grasio.



Nazrul looks up to many athletes, but the two Silat athletes he particularly and personally admires are Arash and Hasif.



Watching them train, work and play, Nazrul cannot help but to be in awe of their work ethics and talent. He had started off weak as part of the *Regu* team, but training with Arash and Hasif every day convinced him to push himself to be a better version of himself.

Physically, Hasif taught him to be stronger and technical in his craft, by micro-tuning their routine and polishing their rhythm.

Mentally, Arash motivates him and made Nazrul believe in himself. At one point of time, he felt like he would have even gone to war for them, to bring the medal home. As much as he respects them when they were still in the sport, he still looks up to them as much now.

The goals that Nazrul sets for himself for every training session is to deliver and be consistent in his routines.

He believes the hardest part of being a *Seni* athlete is consistency, especially for the *Regu* category, and that is what he aims to achieve.



Other than representing Singapore, Nazrul is proud to be part of a sport that encapsulates the root of our traditions that not only encourages self-defence but also expressing ourselves in the form of the art.

Genuinely, he really enjoys the artistic form a lot, especially *Regu*.



Part of the reasons why he enjoys being in the team is the fact that he has been able to compete with them at the highest level for the sport, furthermore he was also given the opportunity to meet different people of different backgrounds and nationalities. It was fun getting to engage and getting to know new people.

Lastly, as a *Seni* athlete, it is motivating to be given ample space and a mirror to practice the routines, hence why Nazrul feels very grateful to be a part of this National Silat team.





Prior to any competition, Nazrul likes to watch videos of *Regu* performances on YouTube, and he would replay them over and over again. It has become a habit for him, but it works for him.

Other than that, en route to the competition venue, he prefers to be quiet while listening to slow songs and visualize his routine. For Nazrul, visualizing is key.

When warming up, he likes to hang around places that are spacious and would prefer places without a crowd.



His best achievements? To Nazrul, there are not many but the best for him was definitely the performance at the 2019 SEA Games in the Philippines.

The process getting there was like a rollercoaster, as they had lost a couple of competitions prior to the major game, and if he was being honest, he was not comfortable in himself anymore.

Fortunately, with his great teammates, they trained every day and the journey towards getting onto the podium was probably the most satisfying achievement for Nazrul in Silat.



As of right now, while it may be a slow start finding our form due to National Service, the current pandemic and their personal commitments, Nazrul plans to synchronize and make the best out of every training session with his new teammates, Muhammad Iqbal and Amirul Syafiq, in order to be ready to challenge their local and international rivals in the upcoming competitions.

Feeling optimistic, Nazrul is aiming for the Gold with the team.



Nazrul also feels that he still has a lot to improve on, however, he feels that his main strength stems from his fair share of failures that he has come across in his life.

While failure is not an option, Nazrul is not afraid of what life may throw at him. He does not think that failure is the end, rather it is just part of the process.



With all of Nazrul's achievements, his family has always been his pillar of support and strength.

His family members have wholeheartedly supported Nazrul in Silat since the beginning. From the very first major competition in Jakarta in 2018, Nazrul mentioned that it was really heartwarming to see them amongst the seats of the supporters for the National Silat team.

They had never stopped him from doing Silat, and was always there even when it got demanding.



For Nazrul, his confidence comes from the support of many, namely his family, coaches and the teammates around him. He tends to get upset when he disappoints them, though now he is trying to build more confidence that originates within himself.

Ultimately, his reason to win for someone or something always gives him the extra boost that he needs on his bad days.



“If there’s a will, there’s a way. *Kalau ada jalan, pasti ada highway.*” With his close friends saying this quote a lot around him, this quote really does get stuck in Nazrul's head.

Somehow remembering the quote never fails to make him shake his head and smile because of the way they say it. When troubled, it makes him feel that there’ll always be a way to get through it.

If Nazrul could give an advice to the other younger athletes, it would be to *"always be receptive towards your coaches and teammates. Secondly, enjoy the process, don't take things to heart. If you feel tired, take a break and remember why you started. If you feel frustrated, try again. If you feel lonely, sometimes being in the comfort of your own space might not always be a bad thing, it might just be better for your mind and peace. Lastly, be proud of the flag that you bear."*

With that, Nazrul aims to be on the podium again in the next major competition along with his new teammates.



To him, *Regu* is not as "flashy" as the other categories, so it lacks the exposure. Not to mention, the training process takes months, and the category really goes unnoticed sometimes.

It would be nice for Nazrul to inspire and have more people in not just *Regu* but *Seni* as a whole. With God's will, Nazrul and his teammates will work towards that goal.



Besides Silat, Nazrul was also blessed with the opportunity to give Taekwondo a try in late 2020.

With the change of pace and the friends that he has made, Nazrul truly enjoyed training and was worth a try in the sport.



On his spare time, he enjoys hanging out and gaming with his friends.

Occasionally, he would randomly pop by during his school club's training to help them out. Despite the difference in the generation, all of them have become friends and are connected by the club.

PHYSICAL FITNESS TEST FOR TEAM SG SILAT

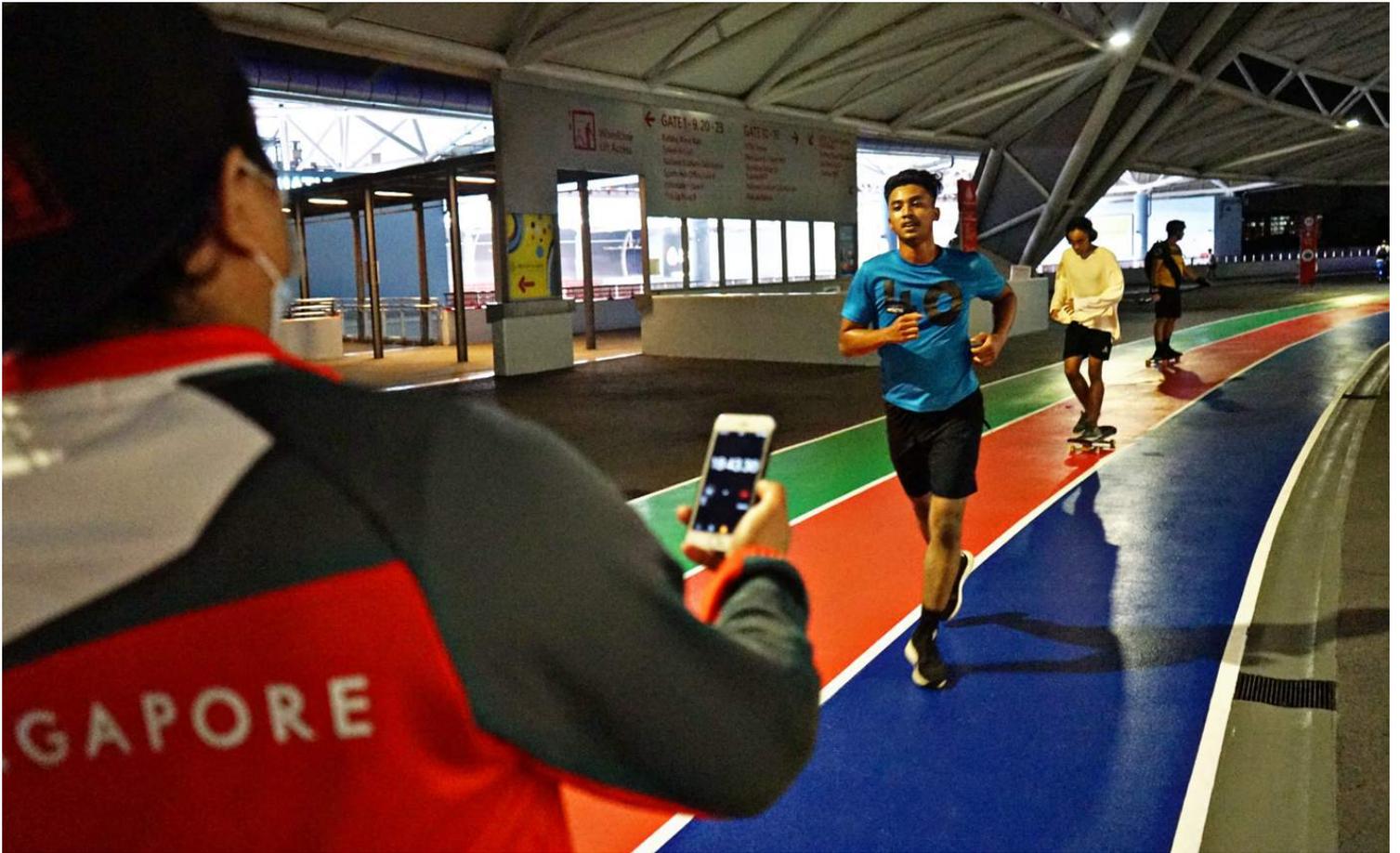
On the 20th and the 21st of October 2021, we held our first physical fitness test for our National Athletes in light of the selections for the upcoming major games in 2022.

This was held at our training ground in OCBC Arena, for our Senior athletes.

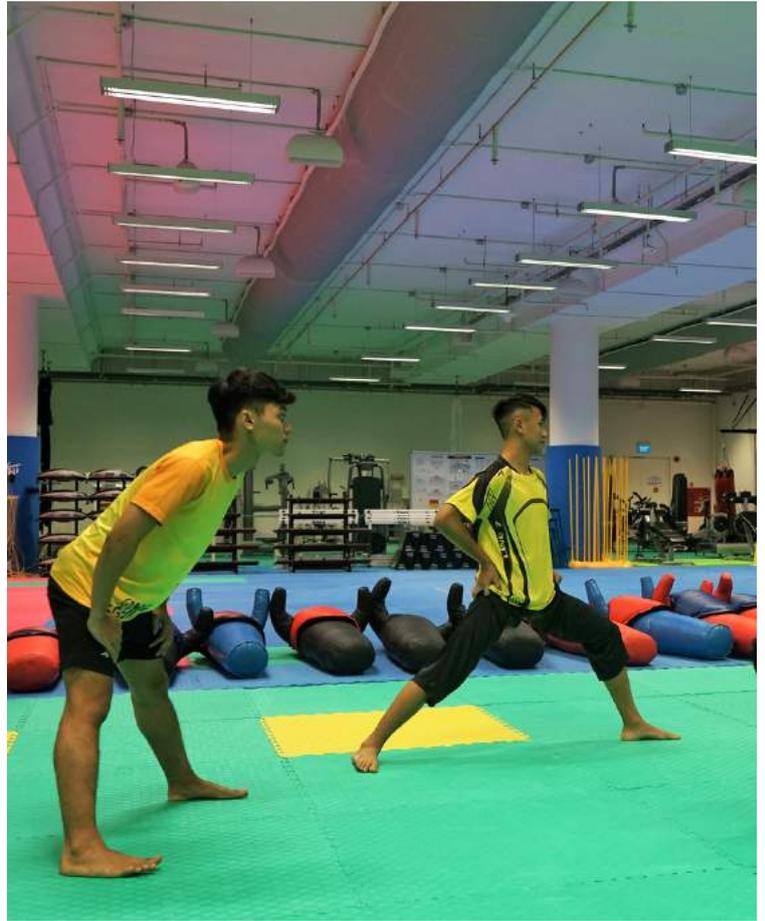
The games that the athletes will be preparing for will be for the 31st SEA Games and the 19th World Pencak Silat Championships in 2022. The 6th Asian Indoor Martial Arts Games has been postponed to late-2023.



20TH OCTOBER 2021



21ST OCTOBER 2021



6TH ASIAN INDOOR & MARTIAL ARTS GAMES SELECTION TRIALS

On the 30th of October 2021, we held the first selection trials for our National Athletes in the Silat Hall at Heartbeat@Bedok.

Initially scheduled for the 6th Asian Indoor & Martial Arts Games before it was announced to be postponed, we went on ahead with the selection trials as a prospective and an indication of the athletes' performances in accordance to the Pencak Silat New Rules.

With the trials held, the winners will be the selected ones who will be prioritized to travel first for overseas competitions, with the first speculated overseas competition to be the Asian Pencak Silat Championships to be held in Uzbekistan in March 2022, until the next selection trials which will be announced soon.





RISING TO GREATNESS, THE BEGINNING



Rising to Greatness, The Beginning is a national open invitation for clubs and tertiary as we had to postpone the National Championship and Tertiary Championship for this year due to the Covid-19 restrictions.

This championship will be open to participants:

- Born between 1976 to 2004 (Senior),
- Born between 2005 to 2007 (Junior),
- Fully vaccinated as of 1st of November 2021
 - An individual is considered fully vaccinated two weeks after he or she has received two doses of PfizerBioNTech/Comirnaty, Moderna, or any WHO EUL vaccines.
- Those whose booster shots were taken 2 weeks before the 20th of November 2021.

The submission of the forms are to be done by the 1st of November 2021, and the balloting will be done via Zoom on the 13th of November 2021.

Safety Measures will be taking place throughout the event.

- Athletes will have individual bubbles to reduce close and prolonged interaction with other players
- The organizing committee has finalized that no athlete is allowed to participate if they are not fully vaccinated as of 01 November 2021.
- Field of Play are for athletes and technical officials only
 - Unless medical attention is required during match
 - Or any unforeseen circumstances.
- All accompanying parents/guardians are to leave the venue after the athlete have taken their temperature and registered via the TraceTogether App.
- Athletes must adhere to the safe-distancing protocols and always wear their mask, unless competing and/or warming up
- Once the match has ended, athletes will be given 15 minutes to leave the area.
- Individuals should not intermingle with other and/or linger within the facilities

***There will be no spectators for Rising to Greatness, The Beginning. Singapore Silat Federation will be broadcasting the matches live on our YouTube Channel. Keep a look out for more updates.**

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

SINGAPORE SILAT FEDERATION **ONE SGSILAT**



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



NATIONAL SYLLABUS

The National Syllabus is created to form a standard syllabus for those who are interested to learn Silat, and are not involved in any of the Silat clubs available.

This is also set for interested coaches and referees who have no prior Silat background to learn the basics of Pencak Silat.

With the National Syllabus, this can assist any interested members of public who are interested in the upcoming Referee-Jury and Coaching courses conducted by Singapore Silat Federation.

As the National Syllabus (Level 1) will be a pre-requisite for the two courses mentioned, this can give a heads up to participants on Pencak Silat and the New Rules.

Do keep a look out for further updates!



CATCHING UP WITH OUR SILAT ALUMNI

I am Nurul Khairunnisa Binte Azlani @ Fiona Binte Azlani but you can call me Nurul Fiona or Fiona (my friends and family members call me by that name). I am 28 years old.

Graduating from Republic Polytechnic with a Diploma in Technology & Arts Management in 2015, I am also an alumnus of Singapore Sports School from 2006 – 2010 under the individual program, Pencak Silat. I started Silat at the age of 9 at Tampines Changkat Community Centre under Grasio Association.

In 2004, I joined Singapore Silat Federation's Singa Silat Towards 2010 initiative, and have since been a National Athlete training and competing for Singapore Silat Federation locally and internationally.

Some of my significant achievements includes winning a gold medal at the 5th Asian Beach Games in 2016, and many others.





I have been working with Singapore Silat Federation as a High-Performance Manager for the past 7 years. Some of the things that I do at Singapore Silat Federation are working closely and managing the athletes.

I work closely with national athletes & their parents to plan & support their sporting journey as a national athlete.

Planning of KPIs, putting them up for awards/scholarships, planning of local and overseas friendly, training and competitions, put them up for testing and studies with SportSG and NYSI, sourcing for equipments to enhance their performance standard, ensure their recovery needs are also met as & when needed, sending for workshops, seminars, courses. At the same time whenever there are multi – event games (SEA Games, Asian Beach Games, Asian Games, Asian Indoor & Martial Arts Games), I will be travelling with the team as their Team Manager.

What I do is to ensure that their training & recovery needs are met while we are overseas such as their training space, equipment, physio treatment, ice bath & recovery food is the most important part of the day.

Other than managing the athletes, I also assist in organizing of local & international events. Some of the things I specialize in is scoring system where there are only a handful of us who understands and know how to manage the program.

We can take at least a week to double check & complete the entry of data depending on the scale of the event. As the online scoring system is fairly new to Pencak Silat (only 10 years), many are still trying to develop the best program that suits the robust & fast paced sport.



Back when I was an athlete, we did not have a high-performance manager who manages just on the athletes' matters.

We relied solely on our coaches for anything related to trainings, competitions, and recovery which was quite difficult because we had to reach out to different coaches for the respective matters.



When I heard that there was an opening for high-performance position in the federation, I immediately took up the spot because I want the athletes to know that there is support for athletes. Someone who was an athlete and understand the situation they are in to provide the best solution.



Previously, I was not sure if I have managed to leave any positive impact on anyone but after speaking to the athletes, I did not realize what differences I have made not only in their sporting journey but in their personal life too.

One said that I was the only one who believed in their potential to succeed in the sport before anyone and he does. A few others said that I have a motherly figure in this federation where I always put their needs first and always ensuring that they are coping well in both academic and sporting wise. A few others also mentioned that I am a good listener whenever they need a shoulder to cry on and giving an unbiased inputs and opinions.

A team member also said that I had motivated and influenced him to be a better co-worker with my working etiquette which made him believe that with the same or similar etiquette, it will better for him.



Currently, I am also volunteering as a certified para-counsellor at H.O.P.E Alliance. I started volunteering with H.O.P.E Alliance in March 2021 when I was taking my Advanced Certificate in Para-Counselling, and I have met wonderful fellow para-counsellors who have made a difference to the community with a small act of empathy.

One of the cause that have been close to my heart dearly is mental health/mental well-being. Mainly because I have been struggling with my mental well-being for a certain period where it has affected my daily life.



During those periods I do not have a platform to reach out to, to understand and manage my mental well-being. I have since signed up for talks, workshops & seminars that is empowered by prestigious women coming from psychology and/or religious background in Singapore to help me in my journey.

I do hope that with my expertise as a para-counsellor and experiences, I am able to help those around me struggling with the same or similar issue. Not to solve their problems but to ensure them that there is always someone around them to listen and lend a helping hand.

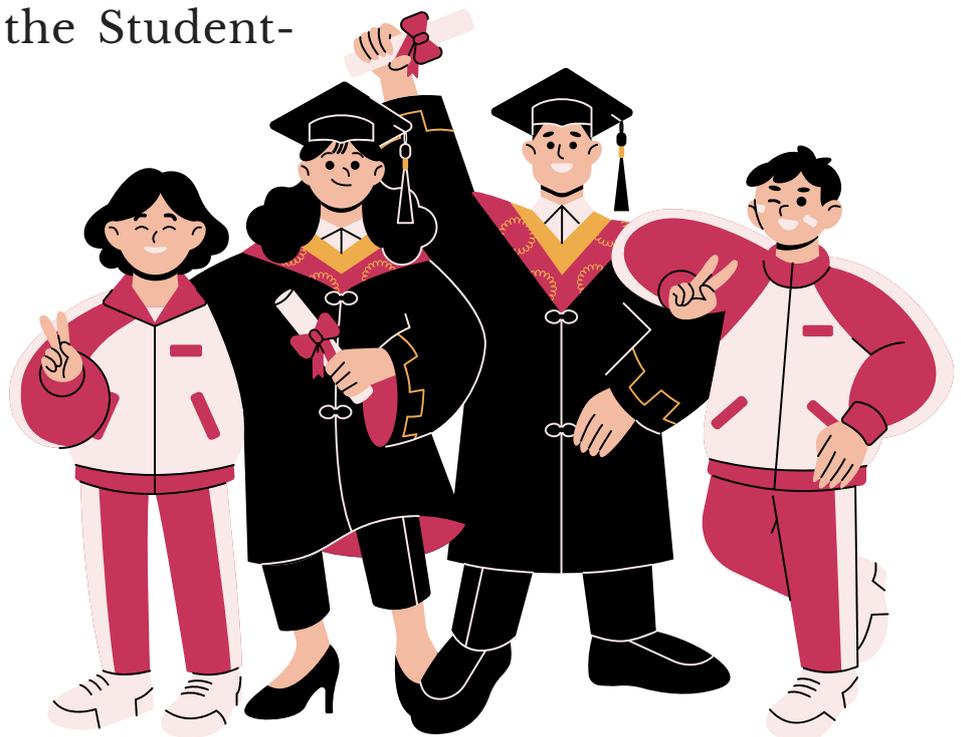
WEEKLY CONTACT SESSIONS WITH SSP

To keep ourselves in the loop, our Technical team has been attending weekly contact sessions with the Senior General Manager (Individual Programme) from the Singapore Sports School, Mr. Ng Kok Wei.

Some of these updates include:

- Updates on the student-athletes' academic performance,
- Planning of their 4-year projection in future competitions,
- Sharing of their training programme and progress,
- Talent identification for future admissions for Primary 6 students and/or mid-streamers' intake, and
- School programmes involving the student-athletes.

Keep a look out on our future issues for further updates on the Student-Athletes!



THE PEOPLE BEHIND SG SILAT

PRINCIPAL SPORTS PHYSIOTHERAPIST, **SSMC@SSI: KATHIWALA HUMA ABDUL MAJID**

I am Huma Kathiwala and I serve as a Principal Sports Physiotherapist for Singapore Sports Medicine Center @ Singapore Sports Institute (SSMC@SSI).

Never a day in my life as a Physiotherapist for the last 17 years has been a status quo.

This profession has been rewarding enough to keep me engaged, managing a diverse set of injuries across various sports that I have been a part of. Be it my early days in Cricket, Karate, Lawn Tennis to Athletics, Bowling, Sailing, Swimming and Silat, every day I have been creative (supported by strong evidence) to avoid injuries and get back my players to their respective sports in a form that is safer and stronger leading to optimal performance.



Sport Physiotherapy is a critical component within a multi-disciplinary team that works together to prevent/treat injuries and enhance performance of an athlete.



As a Sports Physiotherapist, my duties involve providing early evaluation and screening, diagnosis, treatment and rehabilitation of sports injuries so my athletes can have a safe and speedy return to sports.

We use a variety of tools to reduce pain and rehabilitate to restore an injured athlete's function to the pre-injury level and also further enhance their performance. The techniques that we use are hands-on manual therapy, electrotherapy modalities, taping, rehabilitation/injury prevention exercises and educating athletes on their injuries, course of healing, teaching them correct techniques to warm-up and cool down.



I have been working with the Singapore Silat team for a few years and these years have been very special. It is hard to be specific to define that “special” as its special in many ways like I connect very well with the players, coaches and other team members.

We communicate regularly on every single player and the team in general. We respect each other’s expertise and opinion. The good leadership at Singapore Silat Federation facilitates all of us to be aligned to that common goal to challenge ourselves and drive Silat to new heights.



For the Silat team, apart from managing injuries of the athletes at the clinic at SSI and at various games and competitions (local and overseas), I make it a point to be on the ground and cover at least one of the Silat training sessions in the evenings. Being on the ground helps me understand the sport better, and the scope of the training from the coaches.

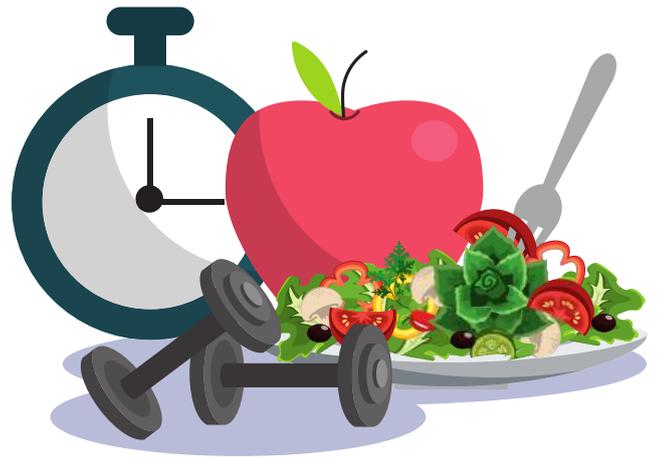
Seeing the players in a real-time setting not only helps me correct them before injury strikes, but it also helps me to actively engage them in injury prevention and management strategies. This makes them more confident when they return to the sport after an injury. I believe that a good balance of physical and mental health is extremely important for our athlete's well-being and thus their performance.



Seeing my athletes recover from their injuries and then knocking off their opponents motivates me most. But the biggest motivation will be to see reduced rates of injuries in the team. Though It's a constant battle to attain that since it's a contact sports, but our support team is doing their best they can to attain it.

Working in a high-performance environment can be taxing. I am a mother of 2 young kids so juggling work and life is like walking on a tight rope and there are times when I feel the burnout too, but it is not as often as I had feared, thanks to the great team at SSI and Singapore Silat Federation, coupled with strong family support, I have been able to strike a good balance between my work and family commitments.

On a personal front I am a health freak myself. I try my best to complement my diet with regular exercise, I do a mix of badminton, lawn tennis, free weights and brisk walk in my weekly exercise routine.



Well, they do say practice what you preach and hence I do a proper warm-up and a cool down to prevent injuries myself. Also, I am extremely particular of what I eat.

I wish to continue to deliver my best to our Singapore Silat team and see them rise every year as a global champion. My advice to my Silat team is continue to follow the advice of the support team and we will continue to create unbeatable champions.

RIA89.7FM INTERVIEW: NURUL SUHAILA

On the 11th of October 2021, one of our Spex Scholars, Nurul Suhaila, was interviewed by Producer-Presenter from Ria89.7FM Fadli Kamsani!

Live through the radio waves of 89.7FM and live-streamed through Ria's official Facebook page, the conversation was focusing on her journey into becoming a full-time National Athlete, what are the odds of it, and of her upcoming plans in the near future.

Fadli also sneaked in a surprise question for Suhaila at the end of the show!

Scan the QR code below to watch the interview!

The poster features a blue and green background with a grid pattern. At the top right is the Mediacorp logo and the text 'Rangkaian Radio #1 di Singapura'. The main title is 'TEMU BUAL KHAS #BUALMANIA'. Below this is a photo of Nurul Suhaila in a black and red taekwondo uniform, holding a red and white flag. To the left is a photo of host Fadli Kamsani. Text at the bottom includes 'Ria MANIA', 'ISNIN - JUMAAT 2PTG - 5PTG', 'FADLI KAMSANI', 'ISNIN | 11 OKT', 'FACEBOOK LIVE DARI 3:00 PTG', and the Ria 89.7FM logo with the tagline 'MUAH TUNJUK MELISTEN YANG TELAH GEMAS KINI'.



RECRUITMENT FOR SILAT ALUMNI

We are open to recruitment for members who are interested to join our Alumni Team!

For more enquiries, do contact us at 6282 2316 or email us at ssf@persisi.org!



SINGAPORE SILAT FEDERATION

**JOIN
OUR
ALUMNI
TEAM**



INSPIRE DEDICATE ASPIRE

For more enquiries, contact us at: +65 6282 2316 or ssf@persisi.org

 **ONE
SGSILAT**

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WEBSITE: WWW.PERSISI.ORG
FACEBOOK: WWW.FACEBOOK.COM/SGSILAT
INSTAGRAM: WWW.INSTAGRAM.COM/SGSILAT
YOUTUBE: WWW.YOUTUBE.COM/SSF

UPCOMING COURSES BY SSF

WASIT-JURI COURSE

The Wasit-Juri Course (Pencak Silat) conducted by Singapore Silat Federation will be commencing soon.

The Wasit-Juri, or otherwise known as Referee-Jury, Course, will be certifying Technical Officials, who will then be registered and recognized by the International Pencak Silat Federation.

The course will be eligible for all Singaporeans, PR or those residing in Singapore with valid documentation. Participants have to be at least 18 years old, and are able to memorize and execute the Artistic Compulsory Tunggal & Regu moves.



The pre-requisites for participation are Standard First Aid Certification and a Medical Check-up.

The course duration will run for 38-hours, and will cost S\$700 for each participant.

For more information and how to register, do keep a look out for more updates!

SG COACH INTEGRATED LEVEL-ONE COURSE

The SG Coach Integrated Level One course will be returning for its third intake soon!

Interested applicants will be learning topics ranging from sports science modules such as Sport Biomechanics, Sport Nutrition and Sport & Exercise Psychology as well as SG-Coach theory modules such as Values and Principles In Sport, Safe Sport & Sport Safety and learning how to build a positive culture in our sport. Modules will be delivered both online and face to face.

No Silat background? Not to worry! You can sign up for the course as well if you're interested in learning what it's like to be a Silat coach. You will have to go through a 1 week introduction to Silat with Singapore Silat Federation first before you embark on your journey with us.

Coaches who have yet to be NROC certified are strongly encouraged to enter the course. Being NROC certified allows coaches to improve their marketability to prospective employers and opens up a myriad of benefits for coaches. Such benefits include eligibility to sign up for Continuing Coach Education (CCE) course for free or at a preferential rate, booking of Sports Hub Library Seminar rooms, exclusive invitation to special events and many more! More details can be found by scanning the QR code below.

Stay tuned for more details to the course!



SPECIAL FEATURE: RAAZAQ & ZHAFRAN

With the special training sessions that they have undergone with our Head Coach, Dr Sheik Alau'ddin, they have since seen some positive changes in themselves. We spoke to two of our athletes, **Abdul Raazaq Abdul Rashid** and **Muhammad Zhafran Mohd Zain**, for this special feature.

Introduce yourselves.

Raazaq (R): I am 20 years of age and I am the second child with two brothers, 23 years old and 14 years old respectively, who are also in the national team. I am a third-year student in Republic Polytechnic under the Diploma in Sports Management. Currently, I am in my first month of my internship with Singapore Silat Federation under the Internship Immersion Programme for my second semester.

I joined SSF when I was 11 years old under the youth development team for Singa Silat. I have represented SSF and the country for various competitions since 2013.

Zhafran (Z): I am Muhammad Zhafran. I turned 18 on the 5th of August. I am currently pursuing a Diploma in Mechanical Engineering in Ngee Ann Polytechnic. I am the eldest amongst my siblings. I am a jovial and outgoing person.



What do you look forward to in every training session?

Z: I am always looking to improve myself through learning skills and techniques from the experienced coaches and my fellow Silat teammates. There are always weaknesses that I can work on and areas that I can improve on.

Furthermore, I find a sense of joy communicating with my teammates and listening to their experiences over the years.



R: I always look forward to improving myself physically and mentally, where I get to learn new skills and techniques while improving my overall fitness.

Thus, I agreed to join the Special Training program where I get to work on my physical strengths through gym training while losing weight. I also train twice from Mondays to Fridays (weight training in the afternoon and skills training in the evening), and Saturday mornings at Gardens By The Bay.

With the guidance and supervision from the coaches and my family members who also practice Silat, it has brought me to become the person that I am today, competing in the major games and winning multiple medals.



What is your main motivation for doing what you do?

R: My main motivation for carrying on with my day is to become a better me than yesterday. I believe this mindset I carry everyday will keep me going through the hardships in my life, such as losing 11 kilograms in two months to make weight for Class D for the World Championships in 2018.

My motivation also comes from my family because they have been supporting me since I started this career. Surely, I will work my way to the elite team and make my family proud by becoming a champion in major tournaments and getting the SpexScholarship.

Z: My main motivation is to always push my limits to see how far I can go. Seeing other *pesilats* striving encourages me to be like them or aim for better. It is my dream to represent the nation in international events at my best to make Singapore proud.

What are the three reasons you like being a part of the National Silat team?

Z: Firstly, the environment motivates to push further as everyone has the winning mentality and are always hungry for success. This makes a huge difference as everyone has the same goal and passion. Secondly, the support and guidance I receive from the coaches, and thirdly, it develops my character to be a discipline, respectful and brave *pesilat*.

R: Firstly, I want to stand on the highest podium for every competition, especially the Major Games. I always dream of getting crowned a champion and wearing the gold medal around my neck with the Singapore flag around me, singing the national anthem harmoniously.

Secondly, being a part of the national Silat team carries a huge pride, which I carried with honour when I first joined SSF. I feel that I am special among my non-Silat peers as I am not just an athlete, but a national athlete which I have a responsibility to carry with me, meaning my life is different from my peers.

Thirdly, seeing my family members contributing their part for the federation. As both my elder and younger brothers are national athletes as well as my father being the Vice-President and Part-Time Coach, it gave me a reason to stay and keep on training and competing. My father has given his time to be part of the federation even though he is working full-time as an Education Workshop instructor.

What has been your best achievements in Silat thus far?

R: For me, it was winning the bronze medal for the Senior Match Class D at the 18th World Pencak Silat Championship 2018 in Singapore, a silver medal for the same category at the Chungju World Martial Arts Mastership 2019 in South Korea, another bronze medal at the World Junior Pencak Silat Championship 2018 in Thailand, and a gold medal at the Belgium Open Pencak Silat Championship in 2018.

Z: I have 2 achievements that I am really proud of. Firstly, is winning the Pencak Silat Championship Singapore held annually in 2018. In my finals I fought against a newly crowned World Junior Champion. I told myself that if I managed to win him, I would join the national team. That is where my journey with the national Silat team started. Secondly is winning the Bali Open Championship. That was my first ever international competition. Winning that match exposed me to greater heights and to achieve not only locally but internationally as well.



What are some of the positive changes that you see in yourself so far?

Z: Firstly, I feel that I am more confident in my abilities as I used to doubt myself a lot previously.

Training has made me more determined and more resilient. I try my best to face any challenges that are ahead of me. Furthermore, I have been more consistent in attending the training sessions. Lastly, I am more health conscious. I keep track of what goes in my body and learn to control my cravings.



AFTER

***Zhafran at 103 kg, now he is at 79 kg.**

BEFORE





R: I see myself to be healthier and more disciplined today. I started adopting a healthy lifestyle such as changing my diet, going for jogs or cycling with families and friends, and getting fit and lean. Throughout this journey in the special training program, I have done many positive things in my daily activities such as reading a motivational book, grocery shopping and meal prepping. Most importantly, I am also getting at least eight hours of sleep

everyday. All of this would not happen without the support from my family who constantly motivates me and provides me with supplements and healthy food. Also, the motivation from my teammates especially from the special training program, going through the tough training together and Uncle Sheik for believing in me and giving me a once in a lifetime opportunity to be part of the special training program.

*Raazaq was at 74 kg, now he is at 65 kg.





What are some of your goals for the year 2022?

R: I hope to be able to travel overseas for friendly matches and major competitions to gain experience and to win medals, especially the gold. As new rules have been implemented into the competitive sport following up with the global pandemic, we could not travel overseas to compete with other countries, instead there are friendlies and trials locally within the national athletes or silat clubs. Therefore, I hope to apply the new rules in a competition or friendlies overseas.



Z: In the year 2022, I would like to represent Singapore in one of the international major games and attain at least a medal. I would also make my debut in the adult categories as I have not fought any competition in the adult category.

What do you feel are your main strengths?

Z: I feel that my main strength is my perseverance. I will not shy away from a challenge and face it head on even though sometimes I think that it is beyond my limitations.

R: For me, I feel that my main strength is that I never lose sight of my goals. I hold on to the core values to push myself everyday to have a progression towards my main goals. On the days I feel the lowest, I remind myself why I started the journey towards my goal. For example, whenever I feel like giving up when being on a weight loss journey, I'd always be reminded of why I started in the first place and what I wanted as an end result: securing a place in Class D for World Champs and SEA Games.

Where does your confidence come from?

Z: The experience gained over the 10 years in Silat gives me the confidence in the arena as I know what to expect.

Joining competitions also have made me less fearful compared to when I just started Silat. My friends and family who supported me also boost my self esteem in and outside of Silat.



When I feel down or demotivated, they would encourage and cheer me on further.

R: My confidence comes from the hard training and the competitions that I feel I fought best at.



What motivational quote do you live by and how do you apply it daily?

R: My motivational quote is that “nothing comes easy”. I believe that the path to being successful in life is never easy. It applies to my career as a sportsman. I keep telling myself that champions do also go through hardships in training. I remind myself that the easy day was yesterday, and I have to go through the tough training in order to see results every single day.

Z: Sheik Farhan once told me “If you have not won you have not done your 100 percent”. This made me feel more motivated to work harder. If I have not done well in something like school means I have not given it my all. This makes me feel responsible over the results instead of putting the blame on other external factors.



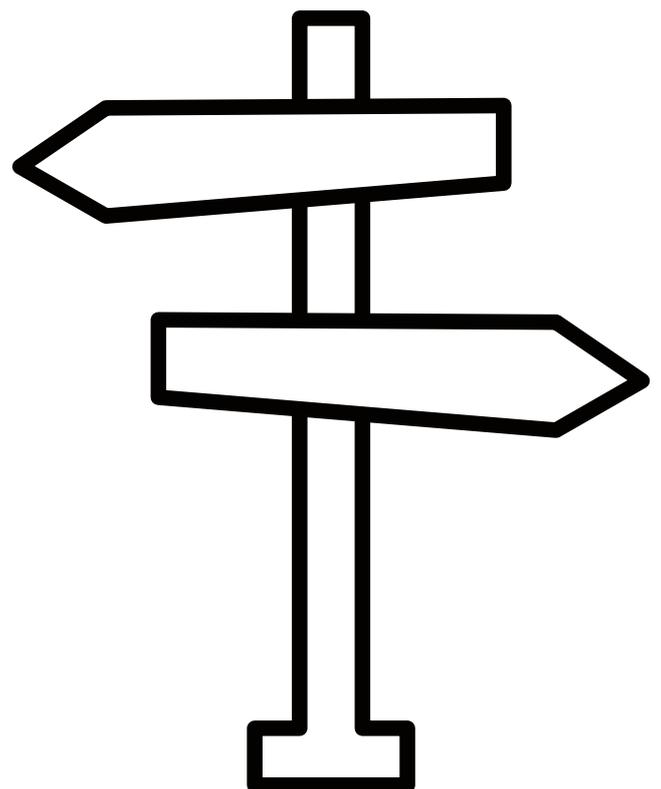
What has been the best advice that you have ever received?

Z: The best advice that was given to me was “you’ll never know until you try”.

This makes me want to try and explore various pathways and options that are outside of my comfort zone. I would not know my full capabilities if keep staying where I am comfortable.

R: My father told me to always remember God because He is the best of all planners. My father told me that there is always a reason for me to go through such hardships.

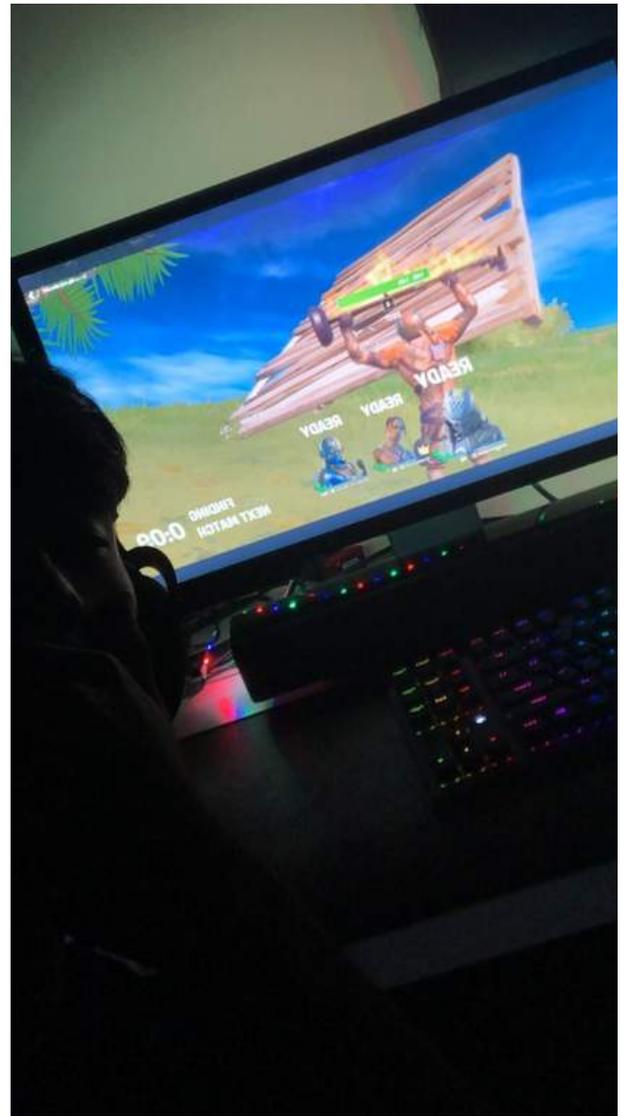
He constantly reminds me to always pray and trust in God's process. My father also advised me to listen to what my heart and body says and always be humble.



What do you do in your spare time?

R: As I am busy with daily training sessions, including Saturdays, I would either have movie nights or watch football matches at home with my family, take naps, or play computer games for an hour.

Z: As my schedule is packed with school and Silat, I would always prioritise family time when I am free. My family members and I would talk about what we have done over the week and they would also give me useful advices that I greatly appreciate.



If there was anything that you could tell your younger self, what would it be?

Z: I would have told myself to join the national team when I was younger. I would have gained more experience and knowledge. My skills would also be refined as you learn easily when you are younger and mistakes can be corrected when I am young. Now I am older there are some bad habits that I have brought with me since I was young.

R: "If you were not to join Silat, you would have been overweight and unhealthy."

SPECIAL FEATURE: RAHIM & AIDA

We are Rahim and Aida. Besides working together in the logistics industry, we are also parent volunteers in the Silat community.

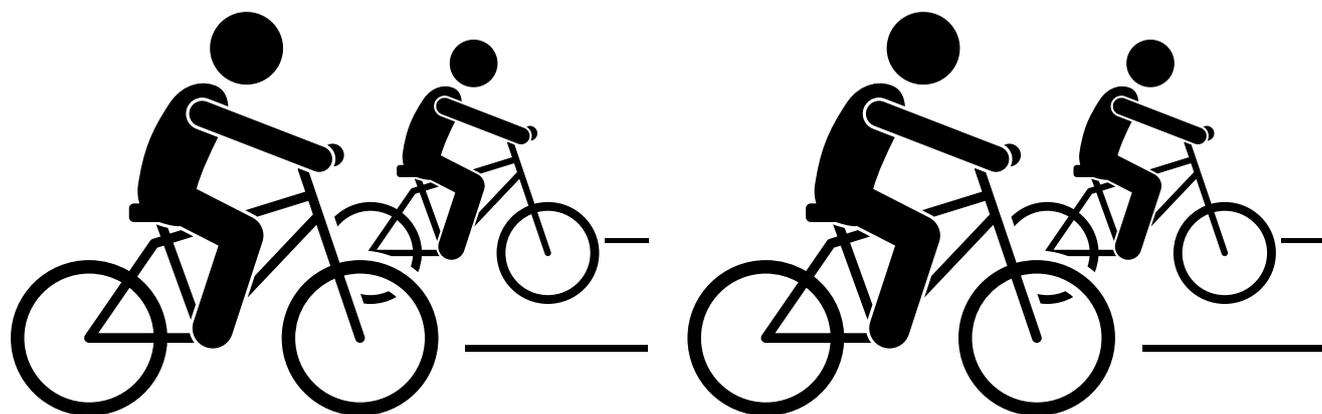
Two of our children are *pesilats*.

Our daily routine starts at 7am where we pick up parcels to be delivered from the warehouse. We would then start delivering parcels to customers and end work at about 5pm daily. We used to work different jobs and didn't spend as much time together but now that we're working together all the time.



We walk a lot while working and it helps to maintain our healthy lifestyle.

As our job requires us to walk a lot, we find that our health has improved and became better. Apart from that, every Saturday, we will go to East Coast Park with the rest of our family and do different activities each week such as cycling and roller-blading.



We started being involved when our children took part in several competitions and we were always there with them.

We decided to give our helping hands in whichever way that we can to show our children the amount of support that we have for them.



Some of the contributions that we did was providing food and beverages, transportation for the athletes and helping with logistics.



Ten years down the road, our children will all be grown adults. We hope that they can also give back and contribute to the Silat community. We would want them to always remember the camaraderie that they had with their teammates and always be disciplined like how they were taught.

One advice that we would give to my children, and all the athletes reading this, is to *"follow your heart but take your brain with you,"* and to *"forget all miseries and forgive all that has hurt you."*

28TH EXEMPLARY MOTHER AWARD BY JAMIYAH SINGAPORE

The 28th Exemplary Mother Award Ceremony was held on the 23rd of October 2021, organized by Jamiyah Singapore.

This award, along with the 3rd Exemplary Young Mother Award, aim to recognize and celebrate the sacrifices, determination and resilience of mothers in overcoming life's many challenges.

It honours mothers from all walks of life, and across all races and religions who have made an impact in the lives of their family members and the community.

The Secretary-General of Singapore Silat Federation, Mdm Ainin Jasni, was nominated by Dr Sheik Alau'ddin Yacoob Marican, PBM, for her involvements in not only the Federation but also as a Healthcare worker.

In this trying time, Mdm Ainin has had to juggle between her full-time job at Sengkang General Hospital, taking care of her beloved aged mother and her only child, and still manages to dedicate her extra time by giving back to the society.

Although the nomination for Mdm Ainin did not make it to the finals, we would like to congratulate the finalists and winner of the awards.



STAFF PROGRAMMES

ONGOING: LEADERSHIP PEOPLE MANAGEMENT

Module	Level	Attendees
Supervisory Level		
Workplace Communication to Improve Relationship	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Organisational Relationship Building	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Vision Leadership	Level 3	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Managerial Level		
Personal Effectiveness	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People & Performance Management	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Vision Leadership	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People Change Management	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
People Development	Level 4	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah
Senior Management Level		
Personal Effectiveness	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en
People Development	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en
Vision Leadership	Level 5	Daniel Hamid, Hazmira Amin, Ifrah Ithnin, Khairul Anwar & Hasmuzaffar Hasibollah, Noh Mohd Sharif, Nur Hafidzah Arshad, Nur Asiah Arshad, Nurul Fiona Azlani, Nur Fazlin Juma'en

Since July 2021, the staff of SSF have been attending these courses which will run until the end of the year in December 2021.

Conducted by ODC Training, these modules enables leaders and managers to keep up-to-date with the latest trends and practices through structured and peer learning. It also allows them to gain formal recognition of their competencies through modularized competency training programmes within a nationally recognized framework.

These will also support career progressions through leadership development through the various management skills such as, Visioning, Performance Management, Change Management, Relationship Building, People Development.



WEEKLY TRAINING FOR NATIONAL COACHES

As a refresher for all of our full-time and part-time coaches, we are holding a weekly coach training with the first session held on the 20th of August 2021!

Taking place on our training ground at OCBC Arena, this will help give the coaches a deeper understanding of how they are able to improve their coaching abilities and technical knowledge of the sport through theoretical and practical sessions by Dr Sheik Alau'ddin.



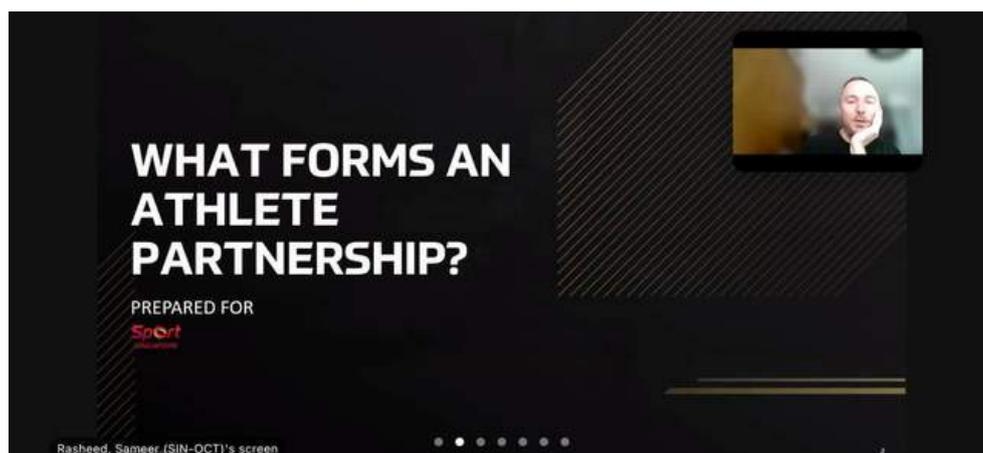
ATHLETE ENDORSEMENT AND SPONSORSHIP WORKSHOP

On the 2nd of October 2021, some staff members and athletes attended a workshop that was organized by Singapore Sport Institute (SSI) and spexBusiness Octagon which focused on athlete endorsement and sponsorship know-hows.

This programme is part of Project Empower, which aims to empower athletes in their journey towards excellence beyond sport. This workshop will empower and upskill athletes with some commercial sensibilities, so that they can better manage their own rights and branding.

Some take-aways from the workshop include:

- The role of sponsorship and partnership from an Athlete's perspective.
- Why sponsorship and partnership are important for both an athlete and for a potential partnering brand.
- Key elements in a sponsorship or partnership deal.
- How to construct a personal brand position.
- Points of consideration for negotiating a contract.
- Athletes' role and responsibility to his/her sport and federations.



YOUTHTECH HOST ORGANISATION DIALOGUE SESSION

The first Host Organization Dialogue session hosted by YouthTech was held on the 1st of October 2021. Our Director of Marketing and Promotion, Mdm. Nur Asiah Arshad, attended the dialogue and managed to get a handful of insights.

The agenda of the dialogue included an overview of training framework and trainee engagement plan. The Training Framework outlines the approach taken towards youth training, while the Engagement Plan is an overview of the various check-ins and touchpoints that the National Youth Council (NYC) has planned, throughout the traineeship.

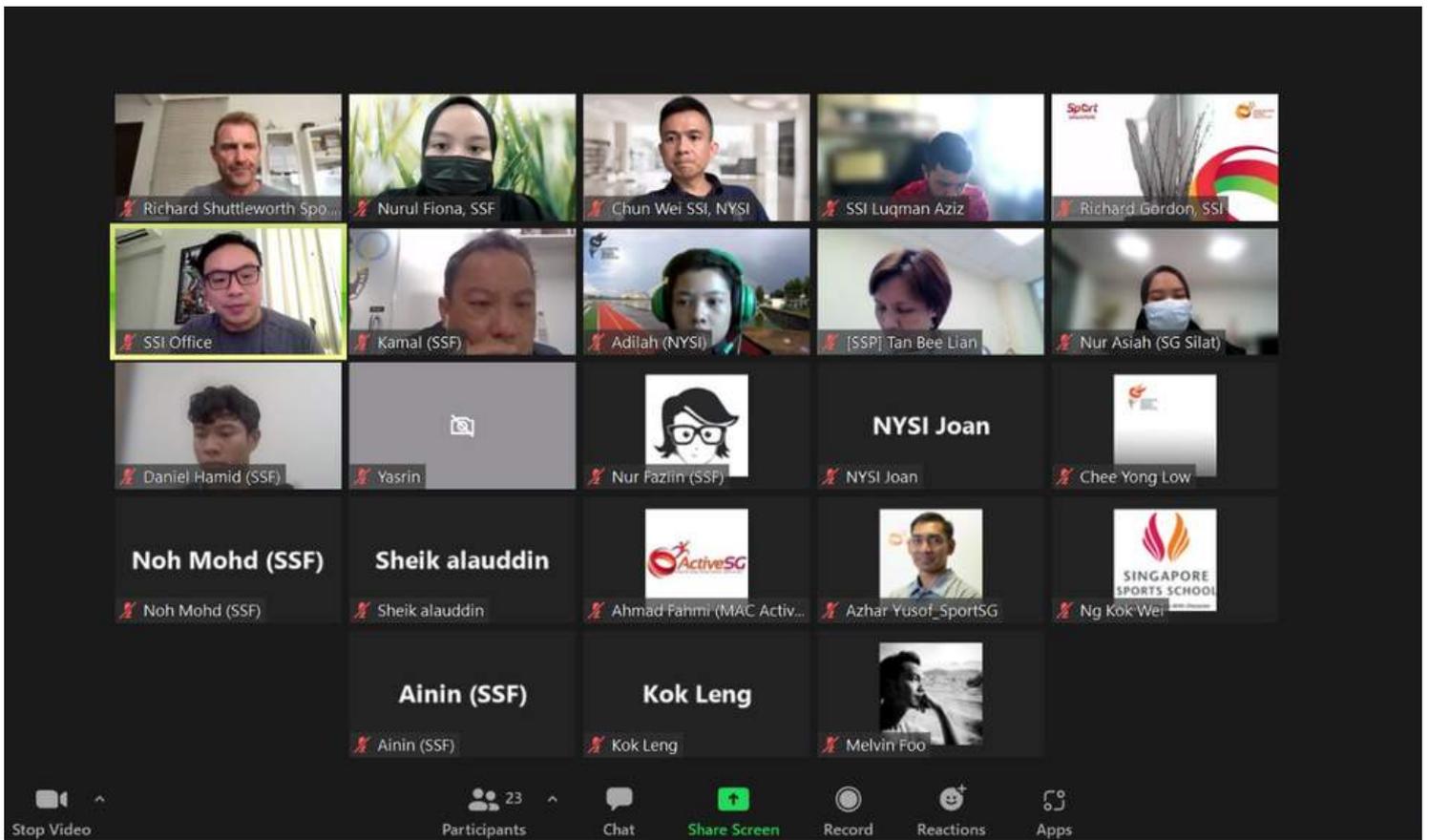
They have also provided a Mental Health Support Hotlines and Resources which is also available to the Youth trainees via the key-communication platform <Discourse>.



JOINT MANAGEMENT COMMITTEE MEETING

On the 14th of October 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.



FACEBOOK SINGAPORE SPORTS CONNECT



On the 21st of Oct 2021, our Marketing Executive, Ifrah Ithnin, attended a webinar organized by Facebook, Facebook Sports Connect.

This webinar was specially curated for the sports community in Singapore.

The agenda of the webinar included equipping participants with the knowledge to use the tools on Facebook & Instagram to unlock the power of sports to:

- Build an engaged, connected community
- Create monetization opportunities
- Maintain safety & well-being, and
- Learn best practices & success stories.

There was also a Live Q&A whereby questions from the floor were answered covering topics like page/profile verification.

SINGAPORE SPORTS CONNECT 2021

FACEBOOK



Welcome to Singapore Sports Connect 2021



Cheryl P

Cheryl P

SINGAPORE SPORTS CONNECT 2021

FACEBOOK



Raise Hand Q&A

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.

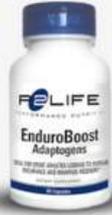
Something unique that P2Life's products are able to bring to the table, is that our products are able to help athletes attain a well-balanced nutritional diet, by filling in the gaps they may be lacking in, help them meet their daily required nutrition intake and also help build lean muscles.



Products

View Grid Stream

SHARE +



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!



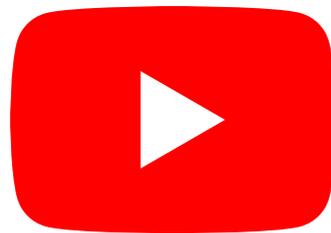
#OUTOFARENA



**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!

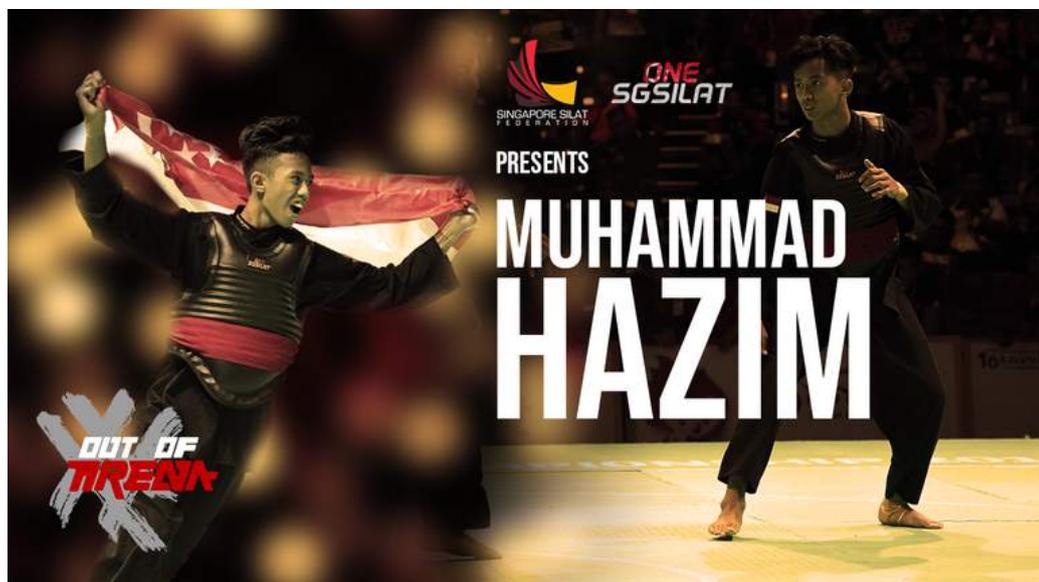


Singapore Silat
Federation



sgsilat

#OUTOFARENA CONTENT FOR OCTOBER 2021



GAME ON!



K A R A M B I T D I M R H L A
S D H B J T E V U D E P T L V
I S A U E R T E P I S N O L J
K S P M X Y F P A V M J Y B J
A E Q O P T A N D I N G A E Q
P N G W L C S T U N G G A L A
P I V M B A Z E H W E M V M F
A U H H V A L R R M I R M N U
S N R I A D N A G A R C W Z L
A X L T N R K T N O N K H P S
N H N K D D O E I G L G A M R
G B R B W V A F R N K O K E E
G A N D A D R R V I G A K L G
S G P V S D Y N W N S A H A U
X O O D I R N Z V J O M N K O

Pola Langkah

Sikap Pasang

Bantingan

Tunggal

Tanding

Hindar

Karambit

Golok

Serang

Keris

Tepis

Toya

Ganda

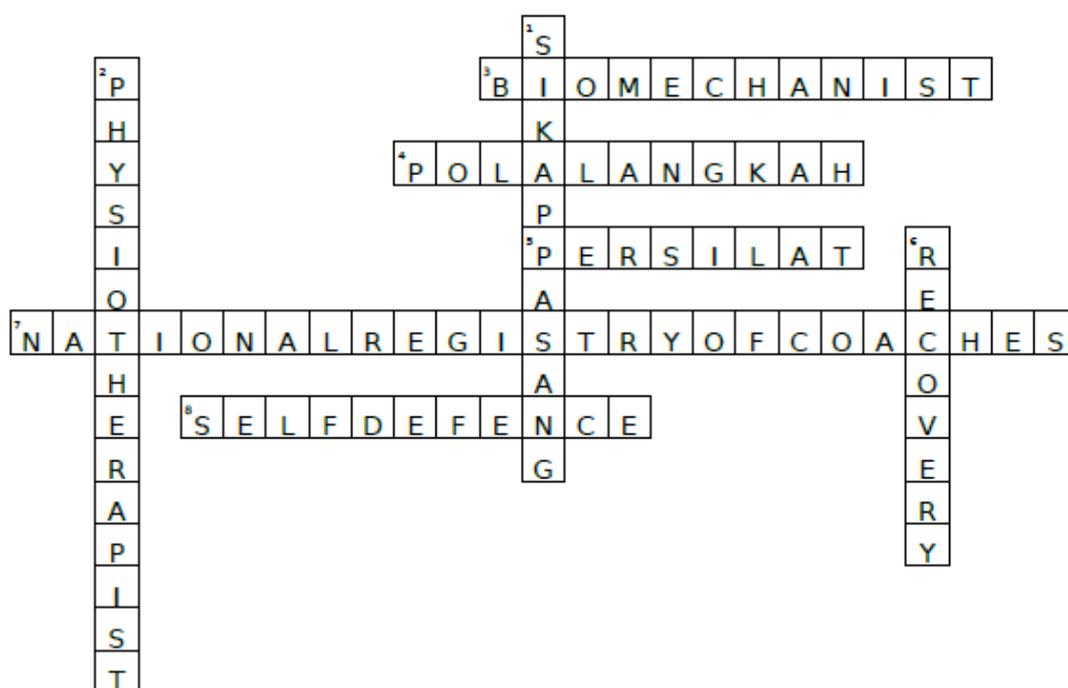
Regu

Seni

Elak

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

ANSWERS FROM SEPTEMBER 2021'S ISSUE OF SILAT UNCUT



Down:

1. Fighting stances.
2. A person who helps to restore movement and function when someone is affected by injury, illness or disability.
6. A return to normal state of health, mind or strength.

Across:

3. A person who studies the mechanical parameters of human motion.
4. Step Pattern.
5. The International Governing Body for Pencak Silat.
7. Created in 2003 to raise the standard and professionalism of sports coaching in Singapore.
8. A countermeasure that involves defending the health and well-being of oneself from harm.



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!

November/December

- 20, 21, 27, 28 November:
Rising to Greatness, The Beginning

January/February 2022

- TBC: SSF National Recruitment Open House (Singapore)

*Events are still TBC, depending on the safety guidelines closer to date.

Keep a look out on our future issues and social media platforms for more updates!

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 with a white outline. It is centered and flanked by decorative elements consisting of several short, black, diagonal lines radiating outwards from the text, resembling a stylized sunburst or starburst effect.

HELP US ACHIEVE OUR DREAMS TO BE A CHAMPION!



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

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

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

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

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

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

For more details, you can contact us via

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

 www.persisi.org

 ssf@persisi.org

 
  @sgsiilat



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





@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*



ONE
SGSILAT