

SILAT

A Monthly Newsletter by
Singapore Silat Federation



I JURNAL CUT

Vol. 39 January 2022

BACK IN TRAINING!

On the 17th of January 2022, our National Athletes are back onto our training grounds for the daily training at OCBC Arena!

In preparation for the major competitions and the SEA Games scheduled this year, our athletes and coaches are putting in the best to bring back more achievements for the nation!

Keep a look out on our Social Media pages and future *Silat Uncut* issues for more updates!







TRAINING @ SSP

For our student-athletes from the Singapore Sports School, we managed to catch up with them as they start a new year in school!

From all of us here at Singapore Silat Federation, we wish them all the very best in their new school year and we hope to continue seeing more milestones and achievements from our Student Athletes!

Keep a look out on our Social Media pages and future *Silat Uncut* issues for more updates!





ZOOM TRAINING SESSION WITH SINGACUB, SINGASILAT, PRE-TEEN, PRE-JUNIOR

As training sessions kick back for all of our National Athletes, the younger ones from these categories: SingaCub, SingaSilat, Pre-Teen and Pre-Junior, continue their training sessions via Zoom!

With the current situation circling around the COVID-19 pandemic, we aim to equip our athletes with the best in terms of training, and at the same time, keeping their safety against the virus into consideration!



Zoom Meeting

Recording Paused

Nurul Fiona

Nurul Fiona

Nur Eliyah

Aniq farhan singa silar

PUTRI ZARA HERLIANA

Qiyah BIRYAH

Muhammad Shahr

Ahmad

Singa Cab_Nur Abqarah

Aniq Farish pret...

Tuah Iskandar P...

Aniq Farish preteen

From Nur Eliyah to Me

ok

Tuah Iskandar Pre Teen

Mute Start Video Security Participants Polls Chat Share Screen Resume/Stop Recording Breakout Rooms Reactions Apps More

ENG US 8:01 pm 26/11/2022

video1507029845

03:54

05:50

8TH SEA PENCAK SILAT CHAMPIONSHIP 2022

Singapore Silat Federation (SSF) will be hosting the 8th Southeast Asia Pencak Silat Championship 2022, supported by Sport Singapore (SportSG) & Singapore Sports Hub. Special thanks to SportSG and Singapore Sports Hub!

All Pencak Silat Federations and Associations in the Southeast Asian region have been invited to participate in this championship, in preparation for the SEA Games for the participating teams.

Due to the safety measures that have to be put in place, all contingents, including local and international, will be placed on a Controlled Itinerary throughout the period.

During this period, the contingents need to follow the Controlled Itinerary strictly, and if any individual breaches the itinerary, they will be handed over to the authorities immediately.

The details for the event are as below:

- **Date of Arrival/Check In for Contingents:** 22 February 2022
- **Date of Competition:** 25 to 27 February 2022
- **Venue of Competition:** OCBC Arena Hall 1
- **Date of Departure/Check Out for Contingents:** 28 February 2022





This championship will cover the senior categories, match and artistic, and also 3 junior match categories.

Singapore Silat Federation is working closely with Sport Singapore to ensure that the event runs smoothly and is accordance to the Safety Measures that is put in placed by the government.

We are also currently looking for volunteers for this championship. If you are interested to be a volunteer for this championship, do write in to events@persisi.org and attention it to Ms Nur Fazlin.



FACE OF THE MONTH: RIFQAH MURSYIDAH



My name is Rifqah Mursyidah Binte Mistam.

I have 2 older brothers, Muhammad Rusyaidi Bin Mistam and Muhammad Riansyauqi Bin Mistam. I'm the youngest and the only girl in the family of 5.

Currently, I am a Secondary 3 student at the Singapore Sports School. I joined Silat at the end of 2014, when I was 7 years old.

I am from Seni Grasio, Pasir Ris East Community Centre (PRECC). Silat was first introduced to me by Mr. Rashid Ibrahim in 2014, who is also my club coach currently.

Obviously, since I was a kid, I thought that this would just be another playing session. I was clueless and was not anticipating on joining the national team.

I found Silat interesting as time goes by and I was so overwhelmed by the amount of gold medals that I won.

I also had a great team in PRECC and I really enjoyed my time competing and training. I had supportive coaches, team managers, teammates and family that made everything ten times better in Silat.



With that, I always look forward to being with my teammates at every training session as we always share inside jokes and laughter despite the very tough training.



Being in the National team, getting the opportunity to travel for competitions is definitely one of the biggest positive takeaways. With travelling for the competitions, I get to experience fighting with the athletes from the other countries, and at the same time make new friends.

There are two people who I look up to in my Silat life, and they are the sisters, Nurzuhairah and Nurzianah Yazid. Since the beginning, they taught me the basics and guided me through this journey.

Both being champions in the SEA Games and World Juniors, I look up to them and one day I, too, want to be able to participate in those competitions and bring back a medal for Singapore.

Even though they both are not in the Silat scene anymore, they have indeed left a special impact in my life.



In terms of my own achievements, I have yet to achieve my best. However, I hope to be able to play in the SEA Pencak Silat Championships that is scheduled to be happening early this year.

Being able to participate in the big competitions this year is something I am aiming towards, and with the support that I have around me, I hope to make them proud someday.

The support that I get from my family members is amazing.

My parents support me by always encouraging me to attend the training sessions every day and they will always cheer for me at every competition that I compete in.

Along with my brothers, they are always telling me that I will do well in the arena no matter the outcome, and the trust that I get from them motivates me to do my best all the time.



Even with the support that I get from the people around me, I also believe that success come from within me too.

I always tell myself that "*practice makes perfect*", and believe that with my own efforts, it will someday bring success come my way.

EXHIBITION & TRY-OUT WITH MARIS STELLA HIGH SCHOOL

As part of Maris Stella High School (Secondary)'s Mother Tongue Fortnight programme, they have reached out to us at Singapore Silat Federation to showcase Pencak Silat as an exhibition and try-out in the school!

On the 27th of January 2022, National Coaches Mr. Noh Mohd Shariff and Mr. Muhammad Fiqri, along with National Athlete Ms Siti Nazurah, went down to the school to share the sport with the students.

With 4 different sessions of 30 minutes each to share with the students by level (Secondary 1 - 4), we brought down weapons and equipment to display and introduce to the students, as well as some simple instructions of the movements and techniques for the students to try-out!





POSTPONEMENT:



Bond Pencak Silat Belgie VZW

Lotuslaan 12, 2900 Schoten

Tel: 03/658.90.84

E-mail: Ludo.pieters@pandora.be

www.Pencaksilatbelgium.com

Ondernemingsnummer: 0443.304.153

Dear Presidents,

First of all, we hope you are all still in good health.

Due to the increasing infections of the omicron virus, especially in Europe, we have received advice from the municipal administration off sport to postpone the Open Belgian championships Pencak silat to 2023. No one knows what will happen in the coming months regarding the infections. .

We also don't want to take any risk that people will get sick here.

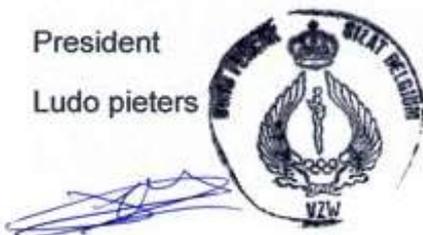
We hope that the situation will turn around soon and hope to welcome you here in Belgium at our 25th edition that we have been looking forward to for so long!

Furthermore, we wish you all good health!

Stay safe!

With best regards,

President
Ludo pieters



Secretary
Pieters Kelly
Pieters Kelly

SPORTSCOLLECTIVE



SportsCollective, co-founded by Singapore Silat Federation's CEO, Dr Sheik Alau'ddin, alongside Alfred Lye, is a platform that will allow fans of local sports to hold Non-fungible Tokens (NFTs) curated by their favourite sports athletes. This will be launched in mid-February.

With the objectives of generating income and improving the interactions between the athletes and fans, the NFTs will be made available in forms such as super-fan badges, iconic sports moments, portraits of the athletes, and many more.

Some of the athletes who have joined SportsCollective include our very own World Champions; Sheik Farhan, Sheik Ferdous and Nurul Suhaila.

Find out more about SportsCollective by scanning the QR code!



FOR MORE READING ON NFTS:

Asia

Indonesian student's selfies fetch US\$1 million in NFT sales



14 Jan 2022 10:55PM
(Updated: 14 Jan 2022 10:55PM)



Sultan Gustaf Al Ghazali took a picture of himself sitting in front of his computer almost every day over the last five months. He then sold the photos as NFTs for a total of US\$1 million.

Singapore

IN FOCUS: Opportunities and risks? Singapore creators ride NFT wave as new source of income

More local artists are entering the NFT space, drawn by the novelty of the medium and potential new income streams as they look to sell their work. As buyers hop on the bandwagon too, CNA explores the trend – and the pitfalls to beware of.



Non-fungible tokens have exploded in popularity in the past year. (Images: Jonathan Liu, Yuga Labs, Larva Labs, Speak Crypto, The Next Most Famous Artist, Salona Monkey Business, Bleep, Chanel Lee, Shavonne Wong)

Cheryl Lin
@CherylLinCNA

29 Jan 2022 06:00AM
(Updated: 29 Jan 2022 09:12AM)



Technology
Crypto

Tom Brady's NFT Startup Gets \$170 Million in Silicon Valley Funding

- Autograph closed Series B co-led by a16z, Kleiner Perkins
- Startup partners with athletes to create digital collectibles



Tom Brady. Photographer: Andy Lewis/Icon Sportswire/Getty Images

By Yueqi Yang
January 20, 2022, 5:02 AM GMT+8



COACHES' APPRECIATION DINNER

On the 12th of January 2022, our team of coaches and technical team members had an appreciation dinner to celebrate the achievements that they have brought with the athletes!

With the scrumptious buffet at the Atrium Restaurant in Holiday Inn Singapore, our coaches had a good catch-up with each other and of course, conversations to look forward to the new year!





TRAINING OF TRAINERS

THE 1ST PERSILAT TRAINING OF TRAINERS PENCAK SILAT COMPETITION REGULATIONS (JANUARY - FEBRUARY 2022)

The International Pencak Silat Federation (PERSILAT) is currently conducting the Training of Trainers course. At the end of the course, the participants will receive a competency certificate that certifies them as a recognized trainer to conduct sessions on the New Rules and Regulations in their countries.

The course has 4 components: Theory, Practical, Recorded Assignment and Live Assessment. Each participant has to pay a course fee of USD250 and complete the course to receive the competency certificate.

The course trainers are: Bapak Benny Sumarsono, Dr. Sheik Alau'ddin Yacoob Marican, PBM, Bapak Teddy Suratmadji and Datuk Megat Zulkarnain.



There are 5 participants from Singapore Silat Federation: Nur Fazlin Juma'en, Nurul Khairunnisa @ Fiona, Hasmuzaffar Hasibollah, Salimi Mohd Saleh and Mohd Noor Rafili.

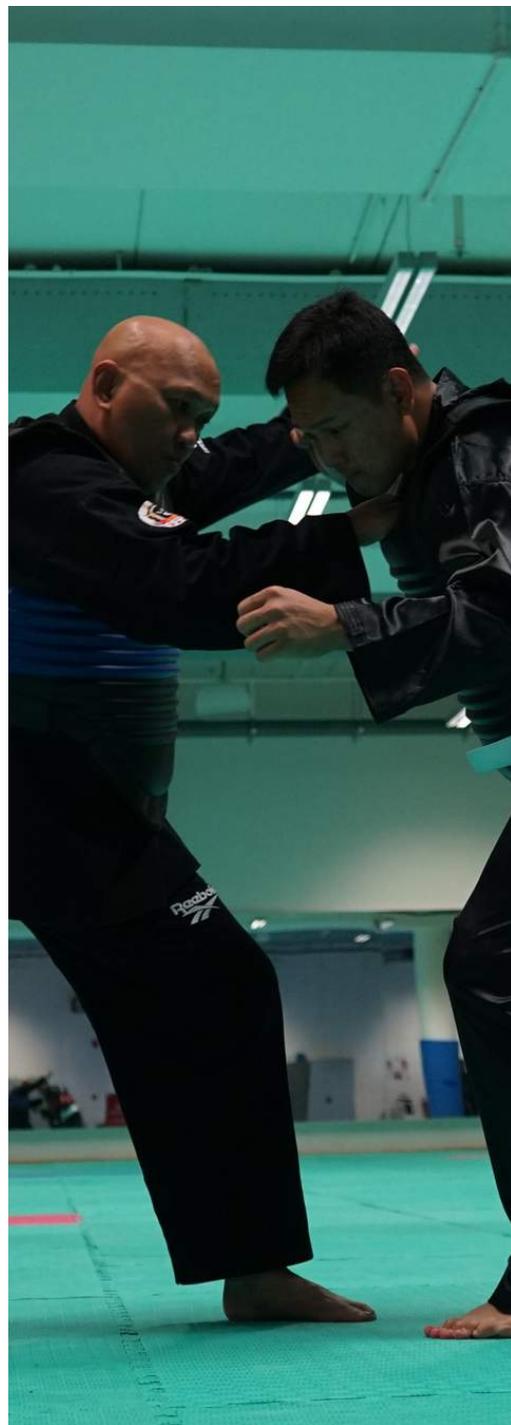
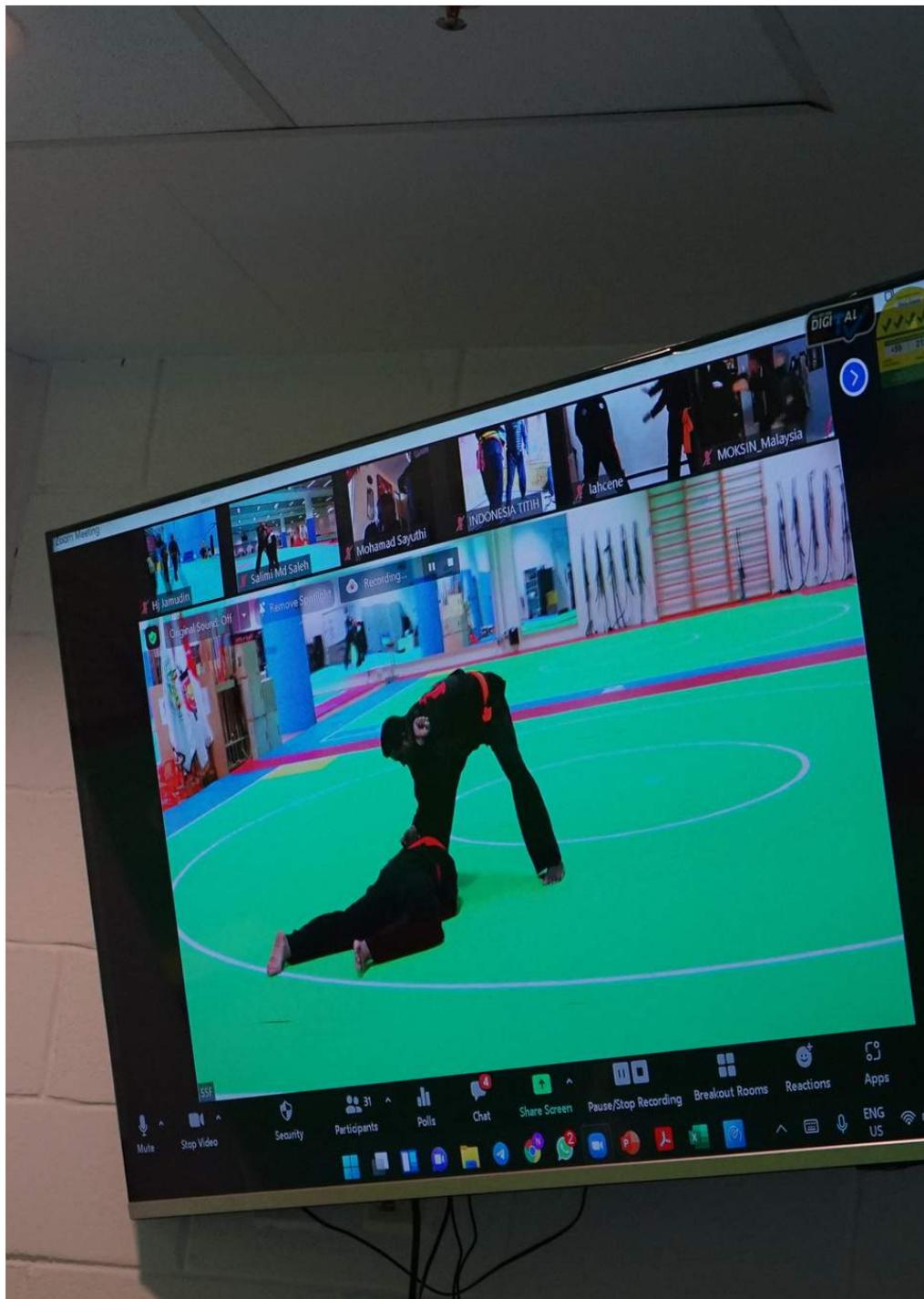
The final day of the course will be on 05 February 2022, and the live assessment will be done on 06 February 2022.

As part of the assessment, participants must film the following:

- Full Body: 8 Step Silat Movements
- Full Body: Minimum 30-sec of Perguruan Introductory Movement (*Gerak Pengenalan Perguruan*)
- Full Body: *Tunggal, Regu* (All *Jurus*)
- Full Body with Partner: *Ganda* (Minimum 2 Sets of Barehand, and 2 Sets of Weapon)
- Sparring Session – 1 minute
- Wasit for one sparring session, with full set up
- 10 to 20-min video on lecturing on any topic

The recorded assignment and live assessment will be evaluated before a participant will be awarded the competency certificate.





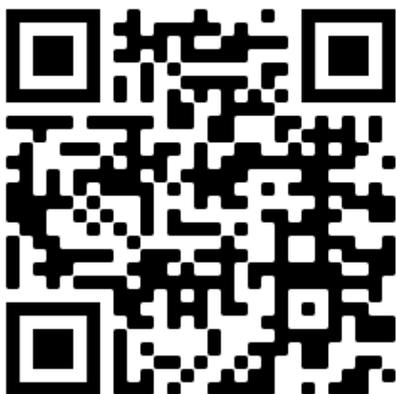
INAUGURATION OF BOARD MEMBERS (2021-2025): IKATAN PENCAK SILAT INDONESIA (IPSI)

Streamed live over the official *Ikatan Pencak Silat Indonesia* (IPSI) YouTube Channel on the 31st of January 2022, the inauguration of board members for the 2021-2025 cycle was held at the Gedung Serbaguna Padepokan Pencak Silat in Indonesia.

With *Letnan Jenderal TNI (Purn)* H. Prabowo Subianto elected as the *Ketua Umum*, otherwise known as the Chairman, the whole infrastructure of the board members of IPSI is renewed for the cycle as mentioned.

From all of us here at Singapore Silat Federation, we wish IPSI congratulations on the inauguration and we look forward to see you drive Pencak Silat to greater heights!

Watch the ceremony over on their YouTube Channel via the QR code below!



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!



SINGAPORE POLYTECHNIC SPORTS SCHOLARSHIP

SP Singapore
Polytechnic

Iffah Batrisyia Binte Noh

SP Sports Scholarship

School of Chemical &
Life Sciences



Our heartiest congratulations to our National Athlete, Iffah Batrisyia Binte Noh, for achieving a Sports Scholarship from Singapore Polytechnic for her sporting achievements!

Scan the QR code below to watch the Awards Ceremony!



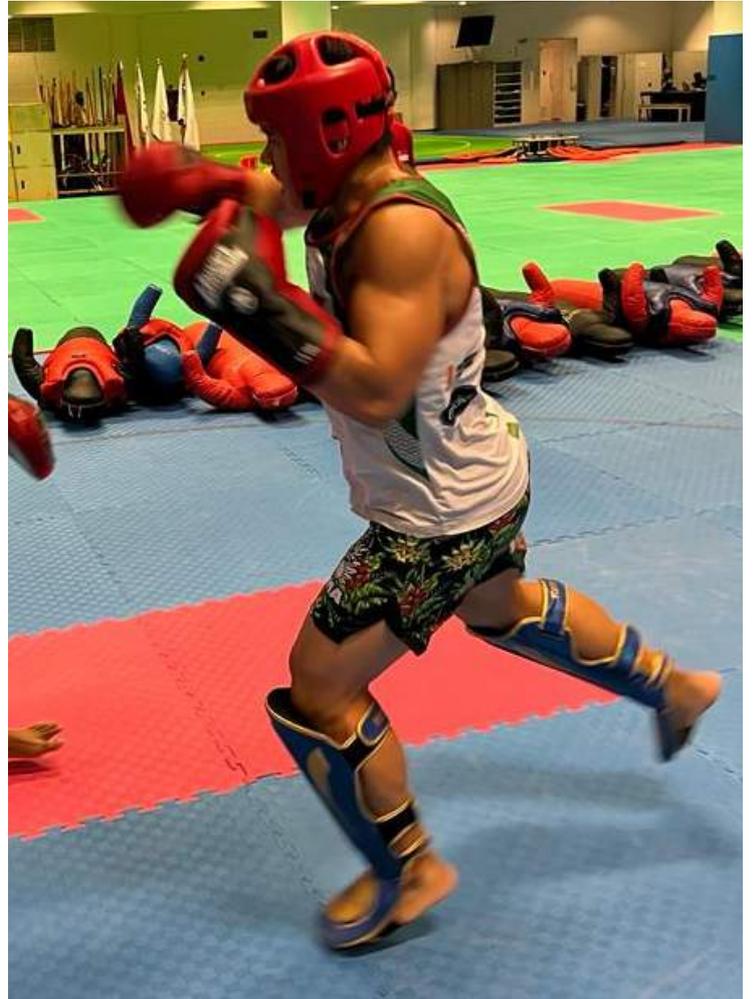
COACHING ATHLETE NAZRI SILASRI

Since December 2021, SSF has been working alongside the Kickboxing Federation of Singapore in coaching Kickboxing athlete, Nazri Silasri, Mondays through Fridays for 3 to 4 hours daily to prepare for the SEA Games due to be held in May 2022.

While the preparation for the upcoming games intensifies with vigorous training, Nazri will be flying over to Serbia in mid-March for more intense skills training before flying off to Hanoi in May for the games.

From all of us here at Singapore Silat Federation, we would like to wish him all the best for the games, and we hope to watch him clinch the Gold medal for Singapore!





SPORTS SCIENCE & SILAT

ACUTE ANKLE SPRAIN AND ITS MANAGEMENT

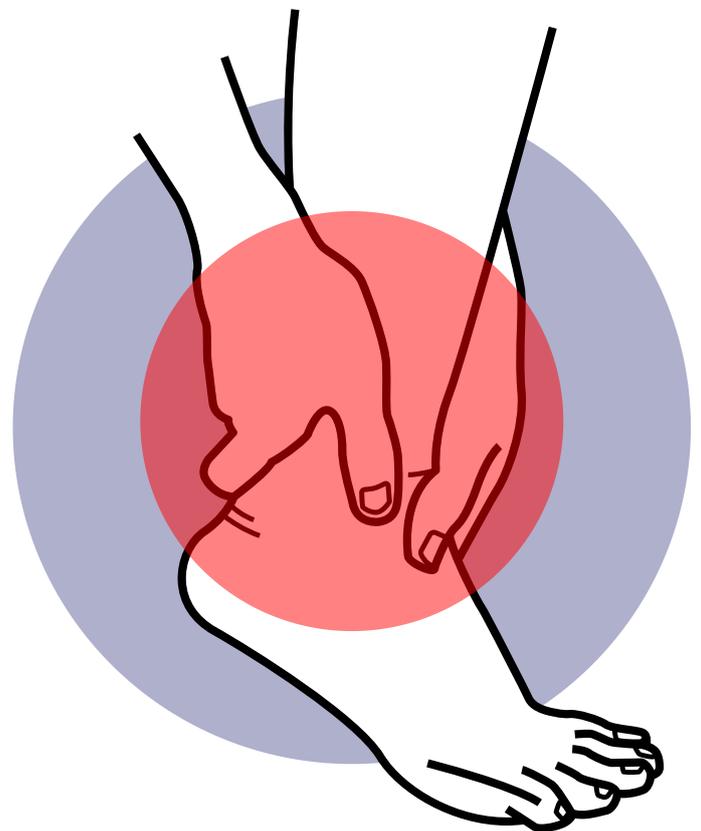
BY KATHIWALA HUMA ABDUL MAJID

PRINCIPAL SPORTS PHYSIOTHERAPIST FOR SINGAPORE SPORTS MEDICINE CENTER @ SINGAPORE SPORTS INSTITUTE (SSMC@SSI)

Our feet are the foundation of our body and it undergoes tremendous load every day. When we are running, about 4 to 5 times bodyweight acts on the ankle. The incidence of ankle injury is directly related to how much we load our ankles. The incidence of ankle sprains is about 15-20% of all sports injuries.

The stability of the ankle depends on the joint surfaces, capsular restraints, ligaments surrounding the joints, and the musculotendinous (muscles and the tendons) units.

The ligaments on the inside of the ankle are called the medial/deltoid ankle ligaments and the ligaments on the outside are called the lateral ankle ligaments.



Factors that increase the risk of ankle sprains:

- History of previous ankle sprains
- Do not use external support like ankle brace or taping
- Do not warm up properly before activities or sports.
- Do not have normal ankle range of motion
- Do not participate in balancing and proprioceptive preventive or rehabilitation program
- Returning to sports before the ankle ligaments have fully healed may cause them to heal in a stretched position, resulting in less stability at the ankle joint.

This can lead to a condition known as Chronic ankle instability, and an increased risk of future ankle sprains.

Mechanism of Injury:

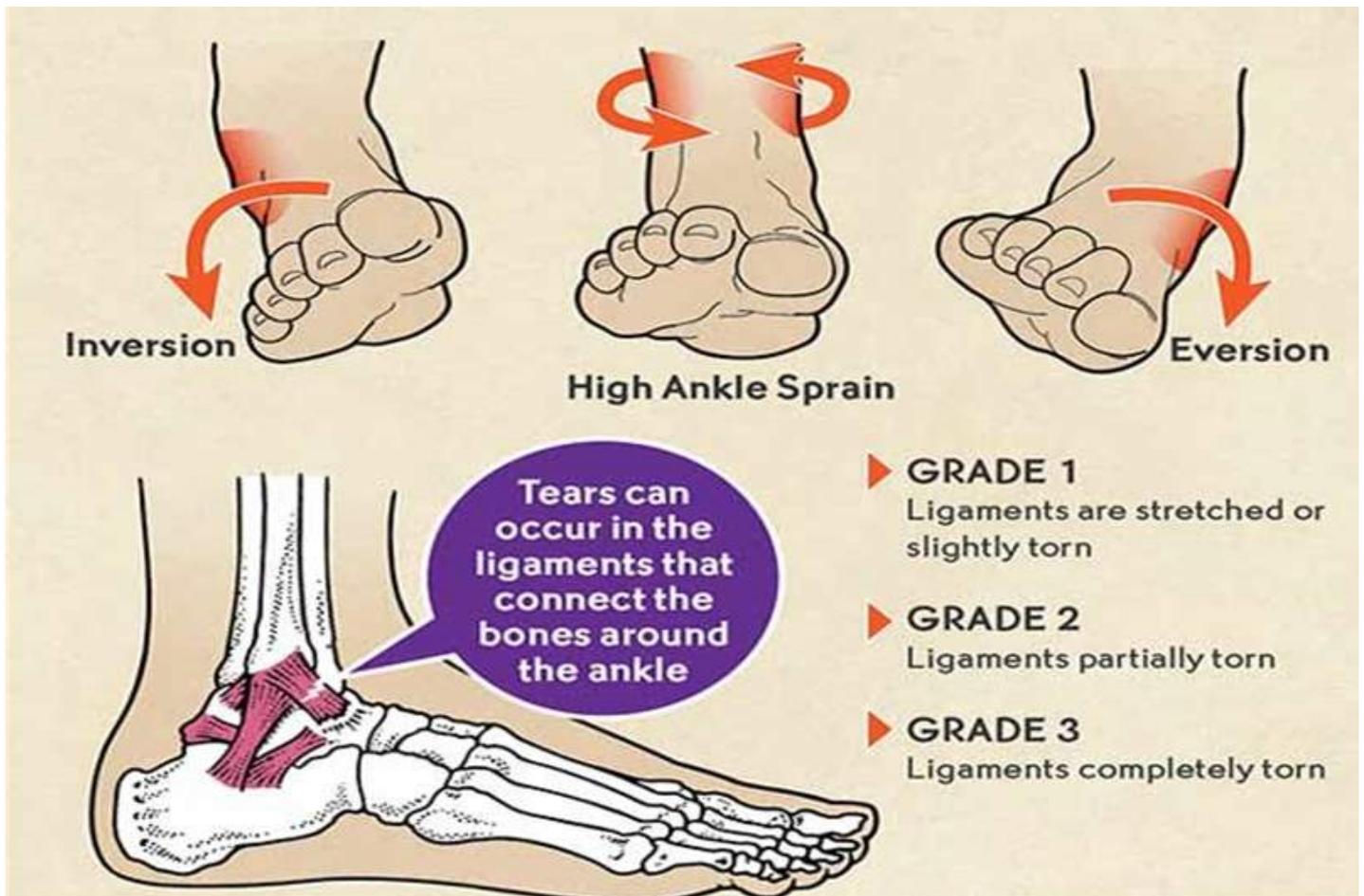
The most common mechanism of ankle ligament injuries is caused by the foot twisting inwards causing the bodyweight to be placed on the lateral ligaments causing them to be stretched or torn.

In a few cases, the ankle may roll outwards causing the medial ligaments to be sprained.

The twisting force on the ankle may cause injury to other structures like the bones around the ankle may fracture or may bruise or a piece of cartilage lining of the ankle may be chipped off, ligaments connecting other bones in the foot may be sprained or torn or the tendon around the ankle may be injured or a nerve injury.

Signs and symptoms:

Pain, swelling, bruising, weakness, and inability to bear weight on the injured ankle.



Adapted from: ankle-sprain-causes.jpg (599×627) (reliva.in)

Types of Ankle sprains:

- Low ankle sprain - Are the most common ankle injuries, >90% of all ankle sprains are low ankle sprains. Either the lateral or the medial ankle ligaments are injured.
- High ankle sprain - A syndesmotic, or 'high' ankle sprain is one that involves the ligaments binding the 2 bones of the lower leg. The pain is usually just above the ankle joint. This injury is treated with some period of immobilization in a boot cast. Recovery for high ankle sprains is variable and might take twice as much time as a low ankle sprain.

- Chronic ankle instability: Individuals with long-term symptoms and signs characterized by persistent pain, recurrent sprains, and repeated instances of the ankle giving way after acute ankle injuries are known to have chronic ankle instability. This condition is best treated with strengthening and balancing exercises.

What to do immediately after an ankle sprain:

The acronym PRICE offers some of the key steps.

- Protect the ankle from further injury.
- Rest and try to avoid stress on the injured area, including weight-bearing. Use crutches if required.
- Ice or cold compress can help to decrease swelling around the ankle. Ice for 10-15 mins every 2-3 hours stands for and check the area periodically to avoid frostbites.
- Compression; a bandage or compression sleeve can help decrease ankle swelling.
- Elevation and raising the leg and ankle above the level of the heart can decrease foot and ankle swelling as well.



Avoid HARM:

- Heat – heat will increase bleeding by increasing the blood supply and may worsen the injury
- Alcohol – alcohol increases bleeding and swelling, by dilating blood vessels
- Running – running or exercise increases blood flow, delaying healing or may worsen the injury
- Massage – massage increases swelling, bleeding and may delay healing

Consult a doctor after an Ankle Injury if:

- If the pain or swelling is severe,
- If you see a deformity,
- If you heard a pop or a crack during the injury,
- If your ankle gets locked when you try to move it
- If you have altered sensations like numbness or pins and needles in the foot
- If you are unable to walk after the injury and
- If you have applied PRICE principles for 2-3 days and still have severe pain.

Usually, minor ankle sprains get better in 2-3 weeks.



NOTE:

The content published in this article is for informational purposes only and does not constitute medical advice and should not be relied on for making personal health decisions.

RECRUITMENT: SILAT ALUMNI

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**

ADDRESS: NO 11 BEDOK NORTH ST 1 #04-02 (469662)

WEBSITE: WWW.PERSISI.ORG

FACEBOOK: WWW.FACEBOOK.COM/SGSILAT

INSTAGRAM: WWW.INSTAGRAM.COM/SGSILAT

YOUTUBE: WWW.YOUTUBE.COM/SSF

THE PEOPLE BEHIND SG SILAT

I am Nurzawanah Binte Zakariah, 32 years old and I work as a pre-school teacher.

I am also an International Referee Jury Class 3 for the National Silat team.

Having been active with the Referee-Jury team for SSF for about 8 years now, I was a National Referee from 2013 - 2019, and an International Referee from 2019 onwards.



My journey with Silat started when our mum registered both me and my younger brother for classes because she wanted us to learn some self-defence skills for ourselves.

As years went on, my brother and I became athletes for Seligi Tunggal Angkatan Singapura (STAS), where we played both *tanding* and *seni*.



Being a referee-jury is a whole different scenario compared to being a *pesilat*. You need to observe and determine the points and penalties that needs to be given to the *pesilats* during their matches.

As for the upgrading, it was not an easy journey for me as I was undergoing further studies for my job during that time. I had to juggle and manage my time to study, exercise for the fitness exams and learning the *jurus seni* and wasit-jury hand signals all at the same time.

I am very thankful for my *gurus*, trainers and my team members from STAS for supporting and motivating me to not give up and reach my goal to achieve the International Referee-Jury certification.



When I am on duty as a Referee-Jury, I have to ensure that the *pesilats* understand the rules and everyone else who is in the arena are ready for the match.

During the game, I have to be alert at all times and be aware of any potential dangerous movements that the *pesilat* will perform and quickly stop it.

Giving clear and precise instructions with the wasit-jury hand signals, as well as my voice, is vital for both the audience and the participants in the arena to know what is happening in the game.

I believe being a Referee-Jury is important as we are the ones who will mediate the game and jury is the one who observes the game and give the points to the athlete. Without the Referee-Jurys, the competition will not run smoothly.

The encouragement and support that I received from my Silat Club Master (before was the late Mr Ramli Bin Awi, and currently, Mr. Rafili Bin Ramli) motivates me to always do my best and aim to go further than where I am today.



If I could give any words of advice for those who are interested to join the team as a Referee-Jury, I would say that you need to be mentally and physically prepared to face challenges especially from the athletes, cornermen, spectators and the other technical officials.

Confidence is a must-have, be brace and have an open mind to accept constructive feedbacks. Take any feedback as a learning point and improve on it.

Lastly, and but not the least, is to enjoy the journey!

#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

JAN. 2022

#OUTOFARENA



SUBSCRIBE 

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!

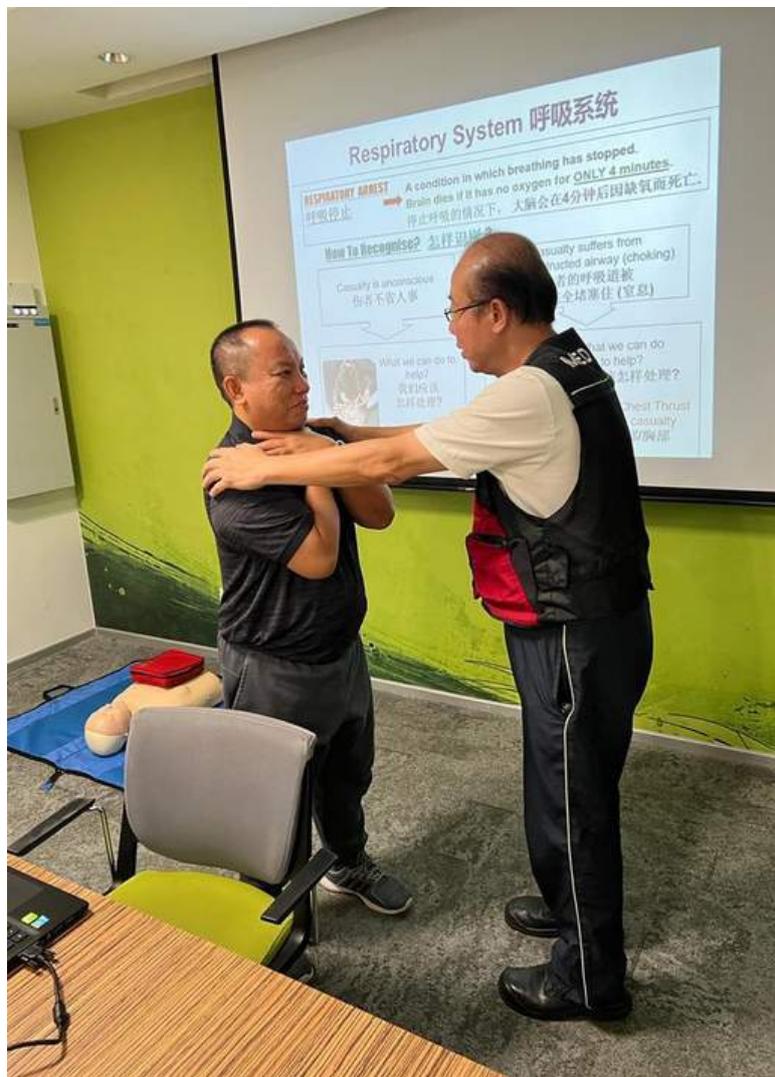


FIRST AID COURSE

On the 10th of January 2022, our CEO Dr Sheik Alau'ddin Yacoob Marican, PBM and our Director of Finance and Admin, Mr. Kamal Yunus, attended a Standard First Aid Course + AED.

They went through the refreshers on how to conduct proper CPR, the proper usage of the AED, and other standard First Aid modules like bandaging as well, in cases of emergencies, especially in the nature of our sport.





A CHAT WITH: PENCAK SILAT AL FATIH WILAYAH SELATAN

I am Md Zulkafali Bin Yased, and I am the Chairman and Guru Utama 2 of Perguruan Pencak Silat Al Fatih Wilayah Selatan Singapura. Married to Monafisah Binti Ishak, who is also the Secretary of our Perguruan.

Besides being involved in Pencak Silat Al Fatih Wilayah Selatan, as a career, I am currently a technician.

The first time I tried Silat, I remember feeling very excited. The fact about Silat that made me continue till this day, is that Silat is a Malay tradition and I feel that I have to be a part of maintaining it till this day.

I started studying from PSGKK in Johor Bahru. I really appreciate Young Master Mohd Fazli Bin Shawal for guiding me and eventually we agreed to open a new organization in Singapore to bring Pencak Silat Al Fatih Wilayah Selatan to the world for the upcoming generation.





Being a part of Pencak Silat Al-Fatih Wilayah Selatan makes me very proud because of the friendship and bond that we have.

One advice that I constantly give to the members of our *Perguruan* is that they have to constantly be focused,

patient and to dedicate themselves in deepening their knowledge of martial arts.

We are given the opportunity to create our own movements according to each of our creativities, and each movement that we teach is easy to learn, agile, fast and compact.

Some of our movement techniques, the Lian Batu and the Garuda Putih, is some of the things that makes Pencak Silat Al-Fatih Wilayah Selatan unique and different from the other Silat clubs in Singapore.

To make the most out of every training session, our coaches will ensure that each student can memorize the movements that was taught to them, and of course, motivate them to always be creative in their own movements.

With the challenges that we are facing due to the current COVID-19 pandemic, we are working our best with the promotions for our *perguruan*.

Our goals for Pencak Silat Al Fatih Wilayah Selatan in the coming future is definitely to make our *perguruan* well-known to the world.

With every little step that we are working towards that goal, we are appreciative of every little support that we are getting around us, and we seek for the anticipation on our next steps towards success as a *perguruan*!



UPCOMING COURSES

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!

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



SPECIAL FEATURE: COACH FIQRI & COACH HĀMDI

1. Introduce yourselves.

Fiqri (F): My name is Muhammad Fiqri, the fourth out of the five children of Aspandi Yahya and Fathiah. I started training for Pencak Silat in the year 2000 in my school, SMP 91 Jakarta, in collaboration with Perguruan Silat Nasional Perisai Putih.

My early days as a coach began in the year 2004, as a coach for the *perguruan* in SMA 99 Jakarta.

After which in 2006 I continued my studies at Universitas Negeri Jakarta (UNJ) *Fakultas Ilmu Keolahragaan* (Faculty of Sports Science), majoring in Coaching Education.



It was then in 2011 that I started coaching professionally as I was appointed to be a coach for PPLP (Sports School Jakarta) and in 2014, I was given the opportunity to coach for the National Silat team in Singapore.

Hamdi (H): I am Muhamad Hamdi, and I am from Jakarta, Indonesia. I started learning Silat since the year 1999 - 2000, and I come from Perguruan Pamur (Pencak Silat Angkatan Muda Rasio).

My career in Silat began as an athlete, representing my *perguruan*, province and the National Indonesian team as well. Whereas my career as a Silat coach began in 2005 in one of the *perguruan* centres, and then I went on to coach for my university, province and now the National Singapore team since 2014 till today.



2. How did you first started working with Singapore Silat Federation?

H: In the beginning, I got the information about coaching the National Singapore Silat team from my senior in my *perguruan*, Hariki, who used to coach the team as well.

From there, he offered me to try coaching for the National Silat team in Singapore.

F: As for me, I started working for Singapore Silat Federation from a recommendation from my friend, Coach Hamdi, as it was the first amongst us to enter Singapore.

I then went through an interview with Dr Sheik Alau'ddin and explained to him my background, education and experience as a coach. From there, I was accepted as a National Coach with Singapore Silat Federation.



3. How long have you been working with Singapore Silat Federation and how do you feel about it?

F: Up till this moment, it has been about 8 years since I started being a National Coach in Singapore.

I feel very happy being a coach here in Singapore because of the team's up-to-date training facilities. Working with the team is also easy because they are organized and have clear planning.



H: For me, it has been about 8 years as well, since I started working with Singapore Silat Federation in April 2014. Emotions wise, I feel a lot as the opportunities that I get today does not come easy for me in Jakarta or Indonesia.

Here, I have learned a lot, and the lessons that I received from the CEO, Dr Sheik Alau'ddin, led me to a lot of aspects and helped me mature in international events, be it multi or single events.

4. What motivates you the most about doing what you do?

H: When I was an athlete, I always had a target which was to become a champion. The one person who would help me achieve that goal was my coach then.

The role of a coach is so important for an athlete's success, so my motivation as a coach is to take care, guide and support our athletes until their goal is reached. There is nothing else that makes a coach proud, but to see their athletes become a champion.

F: I always position myself as a coach, and not always in a safe zone, because being a coach is targeted to getting the best possible performance and results.

When the results of our training are not good then we must be ready to be thrown away at any time. That is why every year I always have a target to achieve and that really motivates me to coach well and at the best of my abilities.

5. What are the qualities that make a good coach for the National Silat team?

H: Being a coach, one has to possess the highest dedication because our professionalism is proven at every training session. Be it at a competition or a normal training session, a coach has to also be able to keep the right mood and the best appearance of their athletes.



F: Being a national coach, besides being able to be a leader in training and competition, of course, we must have knowledge and experience in the sport that we are engaged in, in this case, Pencak Silat.

As a coach, we must also constantly keep ourselves updated on the knowledge in both sports science and the sport itself.

6. What is one thing that you always do to motivate the athletes?

H: I constantly remind the athletes that they have already made so many sacrifices, whether it is their time, sweat, tears, and even blood, that they have gotten out of the training sessions and/or competitions. Additionally, and most importantly, the support and motivation that their parents and loved ones have given to them.

With that, I tell them that they have no reason not to give all they have in getting the maximum and best results out of this.



F: For me, I take pride in giving variations in the training sessions to make it more interesting and competitive for them. I also try to analyze the different strengths and weaknesses of each athlete in order for them to perform better as a team and individually.

7. What is the most difficult part of being a coach with the National Silat team?

F: The most difficult part for me as a National Coach in Singapore is that at the beginning it was difficult for me to give an explanation because of the language difference, and I also had to adapt to the working culture and system here in Singapore, as it is very different compared to how it is in Indonesia.

Also, because not all of the athletes are full-time athletes, they have to juggle between training as well as school or work, so they find difficulty in coming for training every day. Thus, it makes it difficult for me as well, to push all the athletes to give their best performance.

H: Becoming a coach means that we have to accept the challenges that comes along with it. So everything, whatever the circumstances, the problems, we have to find the solutions in order for it to work.

As a coach for the National Silat team in Singapore, of course, there are difficulties that I face, especially for the *Seni* category. Being a coach for these athletes, I have to prepare the training programmes for each category with the different phases and abilities of each athlete and to top it off, how to help these athletes as they are juggling between training and school.

8. What are your strengths as both a coach and as a person?

F: My strengths as a coach and as a person is that I try my hardest at everything that I do, I am sincere when I am working, and that I always try to be a nice person. As a coach, too, I always try to give my best for the team and the athletes.

H: When I first came to Singapore I was committed to give everything that I have, be it the knowledge or the fighting spirit, to the athletes when they are on the training grounds or in competitions.

I have great strength in my aspirations to provide Singapore Silat. However, I believe bigger strength comes from the athletes who come for the trainings and competitions.



9. What are your goals for Singapore Silat Federation in the near future?

H: My goals for Singapore Silat Federation now is the same as it was in the beginning, which is to give more than what I have given before.

I feel that I have not given as much for the federation but up till today the goal and the target has not changed which is to make as many achievements as possible towards the federation's success.



F: I really hope that in the coming future, Singapore Silat Federation will be better than it is today. More athletes to join the National team and more athletes to become champions at the international level.

NATIONAL RECRUITMENT 2022

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  link in bio.

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

SINGAPORE SILAT FEDERATION ONE SGSILAT

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

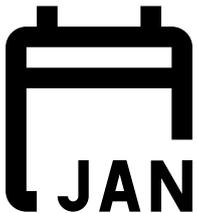
REGISTRATION DOCUMENTS

1. Athletes' Agreement
2. Club Endorsement form

Scan to register



UPCOMING EVENTS



15 - 16 Jan: 1st PERSILAT Training of Trainers
Pencak Silat Competition Regulations
17 Jan: Resumption of National Training



22 - 28 Feb: 8th SEA Pencak Silat Championship
2022 (Singapore)



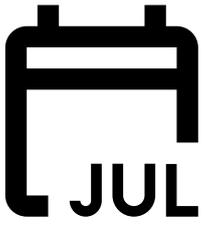
3 Apr - 2 May: Fasting Month
Timing for National Training:
Session 1: 4 PM - 6 PM
Session 2: 830 PM - 1030 PM
*(*Training Closure: 29 Apr - 8 May (Except for
SEA Games Team)*



~~6 - 8 May: Belgium Open (Postponed to 2023)~~
4 - 16 May: 31st SEA Games (Hanoi, Vietnam)



13 - 17 Jun: Local Training Camp for 19th WPSC
11, 12, 18, 19 Jun: 6th WJPSC Selection



13 - 20 Jul: Overseas Training Camp for 19th WPSC (Kuala Lumpur, Malaysia)
21 - 31 Jul: 19th World Pencak Silat Championship (Kuala Lumpur, Malaysia)
21 - 31 Jul: 1st World Freestyle Artistic Pencak Silat Championship (Kuala Lumpur, Malaysia)



2 Aug: Coaching Level 1: Start of E-Learning
12, 13, 14 Aug: National WJ Upgrading Course
16 - 22 Aug: Indonesia Open Pencak Silat Championship (Solo, Indonesia)
25, 26, 27 Aug: 44th National Pencak Silat Championship (Singapore)



5 - 9 Sep: World Junior Pencak Silat Championship
7 - 12 Sep: 1st Arena of Pendekar - International Team Event (Singapore)
17, 18 Sep: 2nd WBPSC Selection
23, 24, 25 Sep: 19th National Tertiary Silat Championship (Singapore)



3, 4, 5, 10, 11, 12 Oct: Coaching Level 1: Face-to-Face Lesson (Theory and Practical)
22, 23, 29, 30 Oct: National Beach Silat Championships (Singapore)



14 - 21 Nov: 6th WJPSC Local Training Camp
22 - 28 Nov: 6th World Junior Pencak Silat Championship



29 Nov - 5 Dec: 2nd WBPSC Overseas Training Camp (Cebu, Philippines)

6 - 12 Dec: 2nd World Beach Pencak Silat Championship (Cebu, Philippines)

2022

With all the mentioned events scheduled for the year, we look forward to achieving more medals and recognition for Pencak Silat in Singapore and internationally!

We look forward to seeing the support that we always get throughout the years!

Keep a look out for more updates and exciting news involving Singapore Silat Federation, and Pencak Silat in the future issues to come!

THIS NEW YEAR...

2022 RESOLUTIONS

Happy New Year to our readers and contributors, and we would like to wish everyone a healthy, happy and successful 2022.

Singapore Silat Federation (SSF) aims to achieve more goals and realize more dreams together with our athletes, coaches, staff members, and supporters in the year 2022.

In the past year, we have seen so much growth in the federation, and with the numerous plans scheduled to take this coming year, we hope to see SSF grow even more in terms of the achievements and the support that we have been getting thus far.

With anticipation of every inevitable high and lows, we look forward to working together as a team in riding through the storm and eventually achieving as much as possible before we welcome yet another new year.

The Editorial team of *Silat Uncut* values every experience that SSF goes through and turns them into stories to share, and we assure to share as many stories as possible in the issues to come in the coming future.

We therefore look forward to the continued support that we have been getting so far in 2022, and beyond.

RUNNING A SILAT CLUB?

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 welcoming you on board!





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

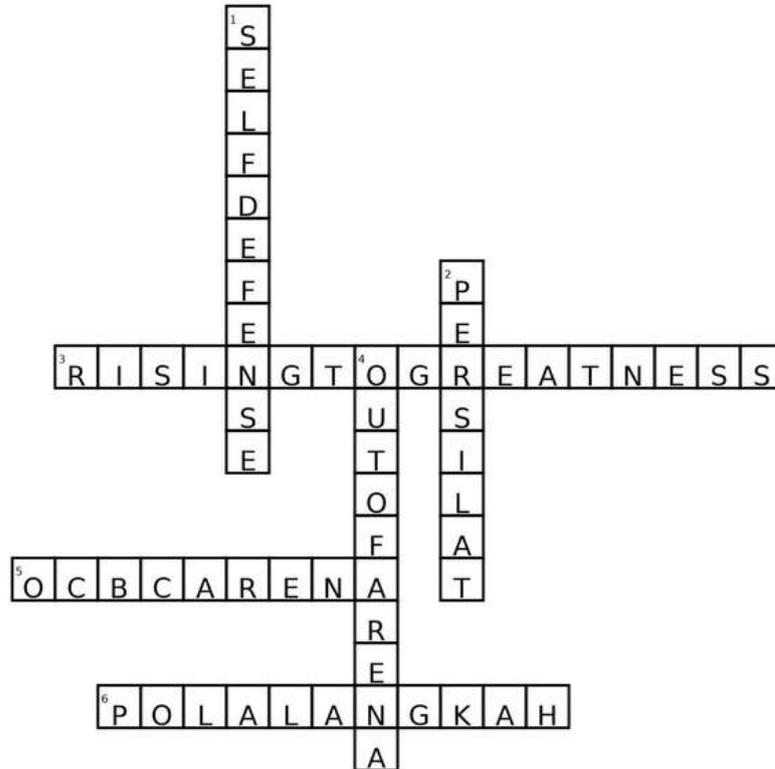
Elak

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

**STAND A CHANCE TO WIN OUR LIMITED EDITION SG SILAT
MERCHANDISE WHEN YOU SEND IN THE CORRECT ANSWERS!!**

ANSWERS FROM DECEMBER 2021'S ISSUE OF SILAT UNCUT

****WINNERS ANNOUNCED ON THE NEXT PAGE**



Down:

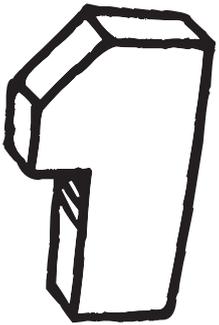
1. A countermeasure that involves defending the health and well-being of oneself from harm.
2. The International Governing Body for Pencak Silat.
4. A Video Production by Singapore Silat Federation to showcase our athletes outside of the Silat arena

Across:

3. A national competition for affiliated Silat clubs held in November 2021.
5. Training Venue in Singapore Sports Hub
6. Step Pattern.

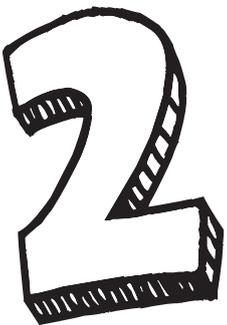


CONGRATULATIONS



IRFAN TAUFIK

Singapore



AISYAH IDRIS

Singapore



ADI MUHAMAD

Singapore

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

**GONG
XI FA
CAI**



**ONE
SGSILAT**

FOLLOW US ON



@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**