

SILAT

A Monthly Newsletter by
Singapore Silat Federation



I JURNAL CUT

Vol. 40 February 2022

8TH SEA PENCAK SILAT CHAMPIONSHIP 2022

Over the weekend from the 25th till the 27th of February 2022, we held the 8th Southeast Asia Pencak Silat Championship at the OCBC Arena, Singapore Sports Hub.

It being the first international competition after two years - since the COVID-19 pandemic and the upgrading of the International Pencak Silat Competition Rules and Regulations, we saw our Team Singapore athletes compete against athletes from Indonesia, Malaysia, Thailand and Vietnam, and we managed to clinch 11 Gold, 9 Silver and 5 Bronze medals.

Big thanks to PERSILAT, Asian Pencak Silat Federation (APSIF), Sport Singapore, Singapore Sports Hub, Kin Productions Pte Ltd, Full Circle PR (Singapore), ActiveSG, and Team Nila for all the support, and of course, Pencak Silat fans across the globe who watched the matches over on our livestream via YouTube.



TEAM SINGAPORE TRAINING @ OCBC ARENA



Photo credits to Sia Kian Teck, Jia Xing, JuPong



Photo credits to Sia Kian Teck, Jia Xing, JuPong

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - WASIT JURI BRIEFING & WORKSHOP

On the 12th of February 2022, Saturday, we held a briefing cum workshop for our Wasit Juris in preparation towards the 8th Southeast Asia Pencak Silat Championship 2022.

Held at the Silat Hall at Heartbeat@Bedok and led by the Technical team, the session was to go through the event and its programme flow and processes throughout the three days, and their involvements and duties.

With the briefing that was held, the WJs managed to put on a good show and be a good part in the successful event that was held!



8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - FLAG RAISING CEREMONY

On the 21st of February 2022, we held a Flag Raising Ceremony for our Team Singapore Silat athletes at our official training grounds in OCBC Arena, Singapore Sports Hub.

The flag raising ceremony honors the Singaporean flag as the symbol of our country and all the hopes, dreams and people that it represents. This is also to commemorate the athletes who will be representing our nation at the first international Pencak Silat event since the COVID-19 pandemic and the upgrading of the Pencak Silat Rules & Regulations.

Big thanks to Dr Su Chun Wei, Chief of Singapore Sport Institute, for gracing the event with your presence and motivational advice for our athletes and coaches!





Photo credits to Jupong & Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - SETTING UP



Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - TEAM ARRIVAL (VIETNAM & INDONESIA)

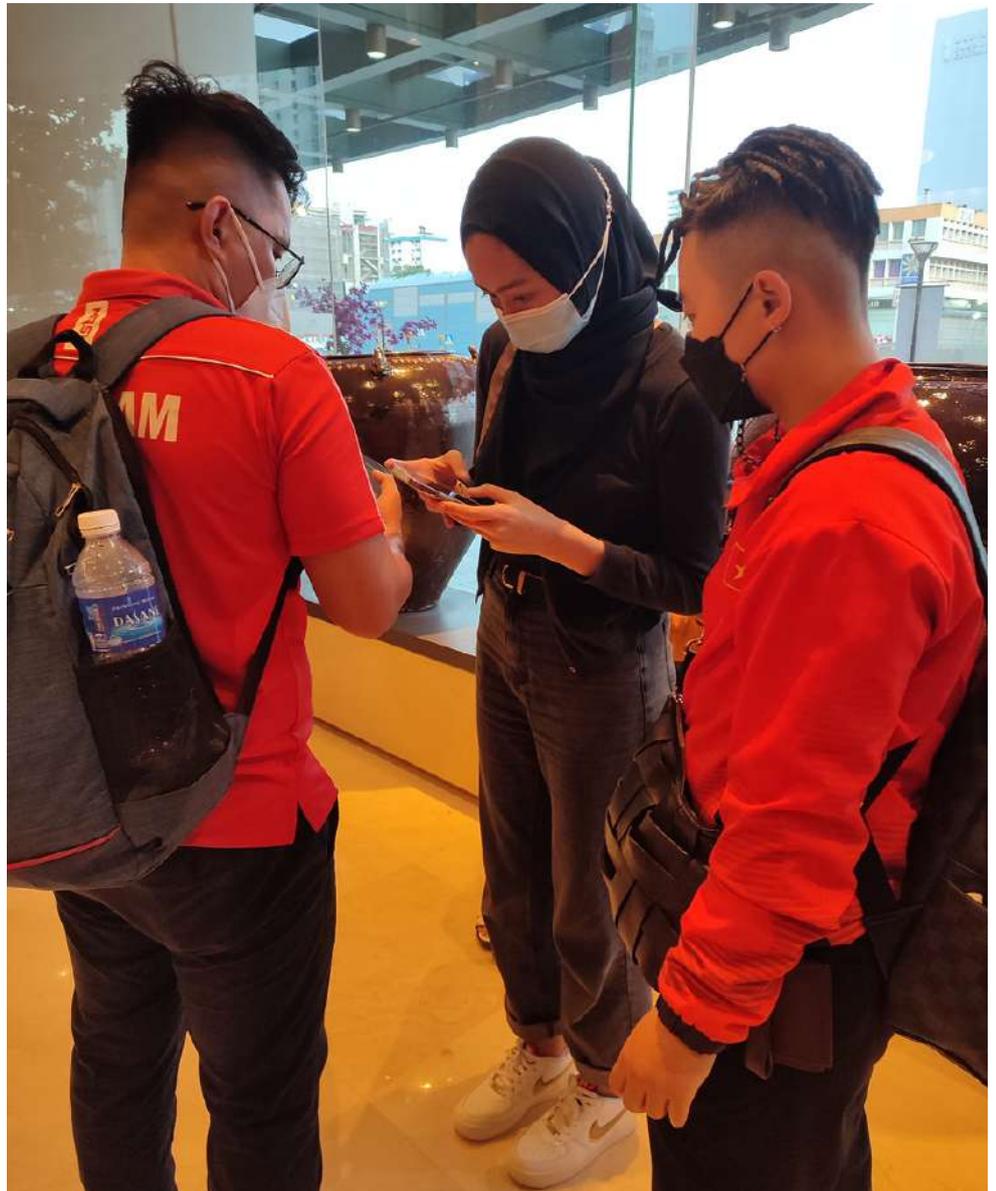


Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - TEAM ARRIVAL (SINGAPORE)

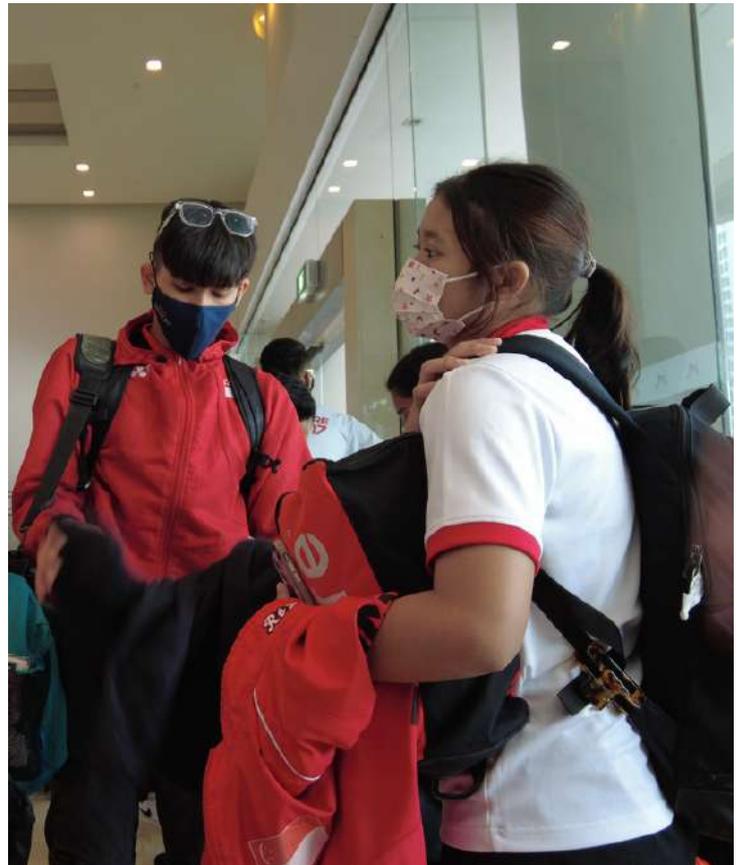


Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - TEAM ARRIVAL (MALAYSIA & THAILAND)



Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - PRESS CONFERENCE



Photo credits to Sia Kian Teck, Jia Xing

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - CONTINGENTS' TRAINING



Photo credits to Sia Kian Teck, Jia Xing

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - TECHNICAL BRIEFING & WORKSHOP

The technical briefing cum workshop was held on the 24th of February 2022, for the competing athletes, coaches and team officials.

This is the first time a workshop was to be held before a competition, so as to get everyone to understand and be on the same page with regards to the upgraded International Pencak Silat Competition Rules and Regulations.

It being also the first competition since the upgrading of the rules, the workshop was also held to minimize the number of protests during a match, and/or problems that might crop up.

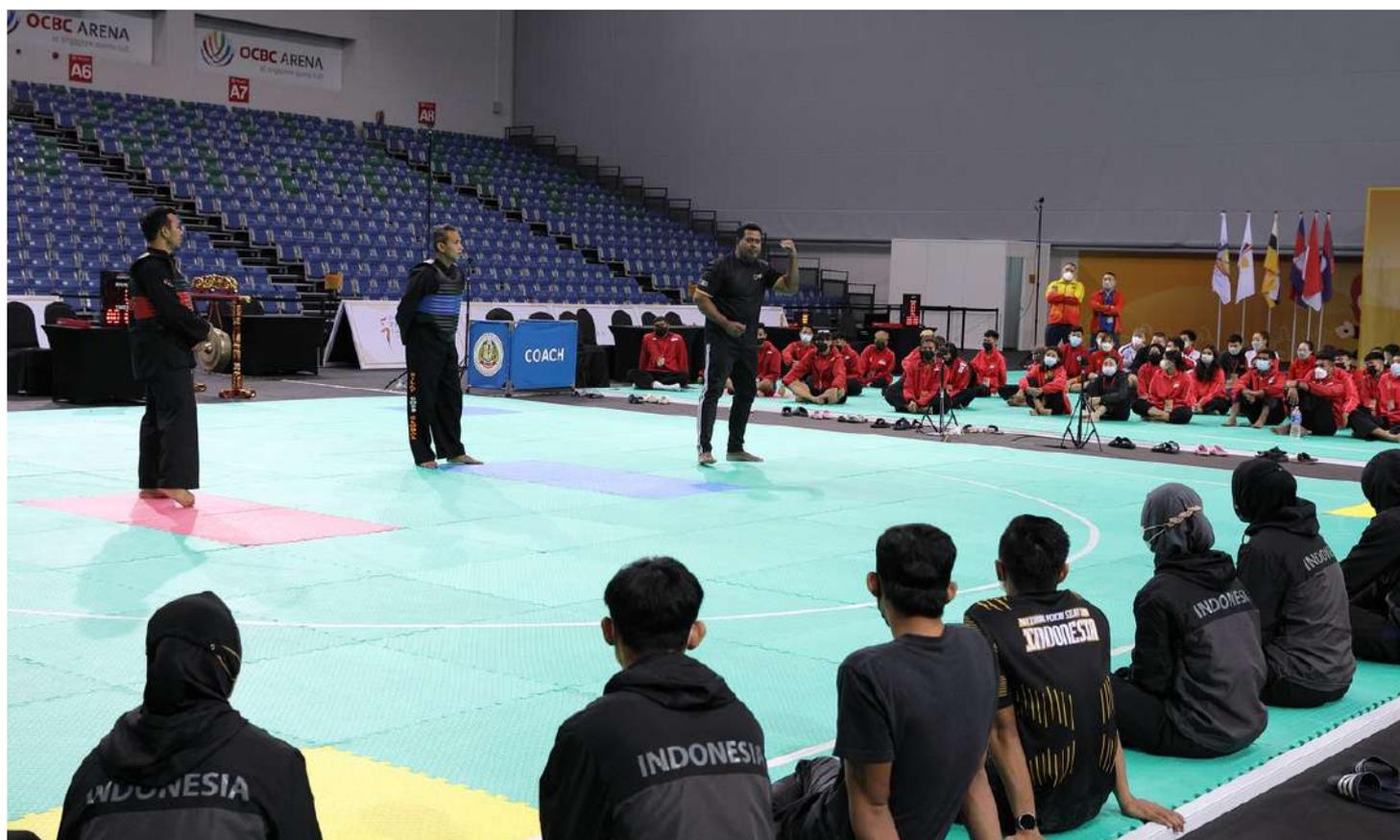




Photo credits to Sia Kian Teck, Jia Xing

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - ITO REFRESHER COURSE

After the technical briefing cum workshop was held on the 24th of February 2022, a refresher course was conducted for all the International Technical Officials (ITOs).

This is important to be conducted especially for the ITOs, to understand and be on the same page with regards to the upgraded International Pencak Silat Competition Rules and Regulations, in order for the matches to run smoothly.



Photo credits to Singapore Silat Federation



Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - WEIGH IN

Every morning of each competition day at 9 AM, a weighing-in session is held for each athlete. The athletes can choose between going into the weigh-in station in their full suits or without clothes.

The weigh-in session is to ensure that the athletes keep to their weight categories, and compete fairly!



Photo credits to Singapore Silat Federation



Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - DAILY BRIEFING FOR TECHNICAL OFFICIALS

Three times a day, throughout the three-day competition weekend, a briefing for the technical officials was held at the competition venue itself to keep everyone updated on the processes of the matches.

Led by Dr Sheik Alau'ddin Yacoob Marican, PBM and Bapak Teddy Suratmadji, this was to ensure that the day's matches run as smoothly as possible and as scheduled.



Photo credits to Singapore Silat Federation

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - DAY 1 (25TH FEB 2022)



Photo credits to Sia Kian Teck, Jia Xing, Jupong



Photo credits to Sia Kian Teck, Jia Xing, Jupong



Photo credits to Sia Kian Teck, Jia Xing, Jupong

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - DAY 2 (26TH FEB 2022)



Photo credits to Sia Kian Teck, Jupong



Photo credits to Sia Kian Teck, Jupong



Photo credits to Sia Kian Teck, Jupong

8TH SOUTHEAST ASIA PENCAK SILAT CHAMPIONSHIP 2022 - DAY 3 (27TH FEB 2022)



Photo credits to Sia Kian Teck, Jia Xing, Jupong



Photo credits to Sia Kian Teck, Jia Xing, Jupong

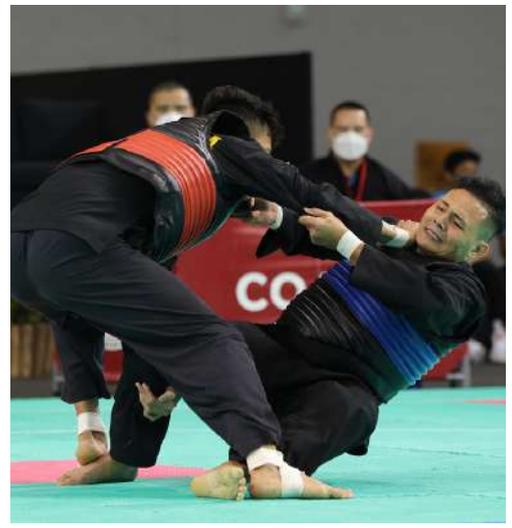


Photo credits to Sia Kian Teck, Jia Xing, Jupong



Photo credits to Singapore Silat Federation



Photo credits to Singapore Silat Federation



Photo credits to Singapore Silat Federation

BEST PERFORMER AWARD: **SHEIK FARHAN BIN SHEIK ALAU'DDIN**

With his outstanding performance in his VIP match against Vietnam's Nguyen Van Tri, Sheik Farhan Bin Sheik Alau'ddin was awarded the Best Performer Award on the 27th of February 2022 at the 8th Southeast Asia Pencak Silat Championship 2022.

Winning 20-17 to his opponent during the Finals, it has been 2 years since his last competition which was held at the Asian Pencak Silat Championship 2019 in Yanji, China.

With the upgrading of the Pencak Silat Rules & Regulations, our three-time Pencak Silat World Champion and recipient of the Singapore Youth Award, Sheik Farhan managed to perform well and clinch the Gold medal, and working ahead, looking forward to more of his achievements!



15TH ICM GOVERNING BOARD MEETING

On the 24th of February 2022, Thursday, at 3pm Korea Standard Time (KST), the United Nations Educational, Scientific and Cultural Organization (UNESCO) International Centre of Martial Arts (ICM) held the 15th ICM Governing Board Meeting.

With Dr Sheik Alau'ddin being a part of the Governing Board, unfortunately he was not able to attend the meeting. The meeting was held to review and report their activities and programmes that was held for the past one year.

"Your willingness to share your time and expertise in the area of sports and youth development was helpful for ICM to draw up a strategic plan to achieve its mission and vision in the new normal era. ICM will continually strive towards fulfilling the missions with varied programmes and initiatives."



SHARING SESSION WITH STAFF OF FAIRMONT HOTEL

On the 22nd of February 2022, Dr Sheik Alau'ddin Yacoob Marican, PBM was invited to be a guest speak at a sharing session for the Staff Members of Fairmont Hotel at Sofitel Sentosa.

Speaking of his personal experiences which included his initial stages of his Pencak Silat journey up till today where he is now the Chief Executive Officer of Singapore Silat Federation, the main aim of the talk was to motivate the staff members of Fairmont Hotel.

He also shared about his hardships throughout his journey, as well as the successes that he has gained, to the participants.

We hope the session was fruitful for all the participants!

Fairmont
SINGAPORE



FACE OF THE MONTH: MUHAMAD EIDRIZZ AR-RAYYAN BIN MD ROSLAN

I am Eidrizz, 17 years old this year, and I am currently in the Senior category of the National Silat team.

I started Silat in the year 2016, where I joined Perguruan Seligi Tunggal Angkatan at Bukit Panjang Community Centre. I was very excited to start training as I had always watched my older siblings train and it made me want to join as well.



I continued to do Silat because it eventually became my passion, and somehow it helps me to relieve stress whenever I'm not feeling my best.

I've always looked up to my brother, Isqandar. I look up to him in all aspects of life, and for Silat, it is no different. He is always there for me to give me tips and advice on how to improve on myself in terms of my techniques.

Being in the national team with my siblings, I am also very grateful with the friends that I have made through my journey with Silat. I always look forward to the joy that I get when I meet them during training sessions, and also when we are expected to push our limits together.

Besides that, I like being in the national team as it also gives me the opportunity to be exposed to the other better athletes and the training sessions.





Being in the team also helps to remind me that no matter how I think I am, there is always someone who is better, and that is one of the many things that motivate me to do better everyday.

The best part about competing for me is the satisfying feeling of winning and realizing that the effort that I have been putting into training has paid off.

Before a competition, it is always the nerves that get to me, but I usually listen to music to calm them down, and the night before the actual competition I try to visualize the possible scenarios that might happen during the match, and think of the techniques to counter them.



The confidence that I have comes from the coaches who have trained me throughout my time here in Silat thus far. They have always assured me that I have put in my best and all that I have to do is to display it when I am in the arena with my opponent.

One day I would like to represent Singapore in any of the major games. In the meantime, I will continue to train hard to become the best out of myself until I reach that goal.

Having to be able to be recognized in the game and motivate more people to do Silat will be my ultimate goal to reach before I retire from competing.



YALE-NUS DIVERSITY WEEK: VOICES OF SINGAPORE'S MALAY & MUSLIM COMMUNITY

Voices of Singapore's Malay and Muslim Community

Organized by the Yale-NUS College Southeast-Asian Society, this diversity week event is set to be an open and vibrant discussion about contemporary intersectional themes. As a conversation between a diverse range of panellists and the audience, the 1.5 hour session will explore certain narratives surrounding Singapore's Malay and Muslim community.



**NUR HAZEEM
ABDUL NASSER**
Rhodes Scholar
2022, 7th StuGov
President Yale-
NUS College



**RAHAYU
MAHZAM**
Parliamentary
Secretary at MCI
and MOH, MP for
Jurong GRC



**RIDHWAN
BASOR**
Online Content
Policy Specialist



**SITI KHADIJAH
MOHAMAD
SHAHREM**
Singapore Silat
Athlete, spex
Scholar 2021

A panel discussion for Yale-NUS' Diversity Week, featuring the Voices of Singapore's Malay and Muslim Community. Held on the 10th of February, at the Yale-NUS College Performance Hall.

With Siti Khadijah, our National Athlete and Silat Spex Scholar, as one of the panel guests, she was sat amongst the other panel guests including Parliamentary Secretary at Ministry of Health and Ministry of Communications and Information, Ms Rahayu Mahzam, and Online Content Policy Specialist, Mr. Ridhwan Basor.

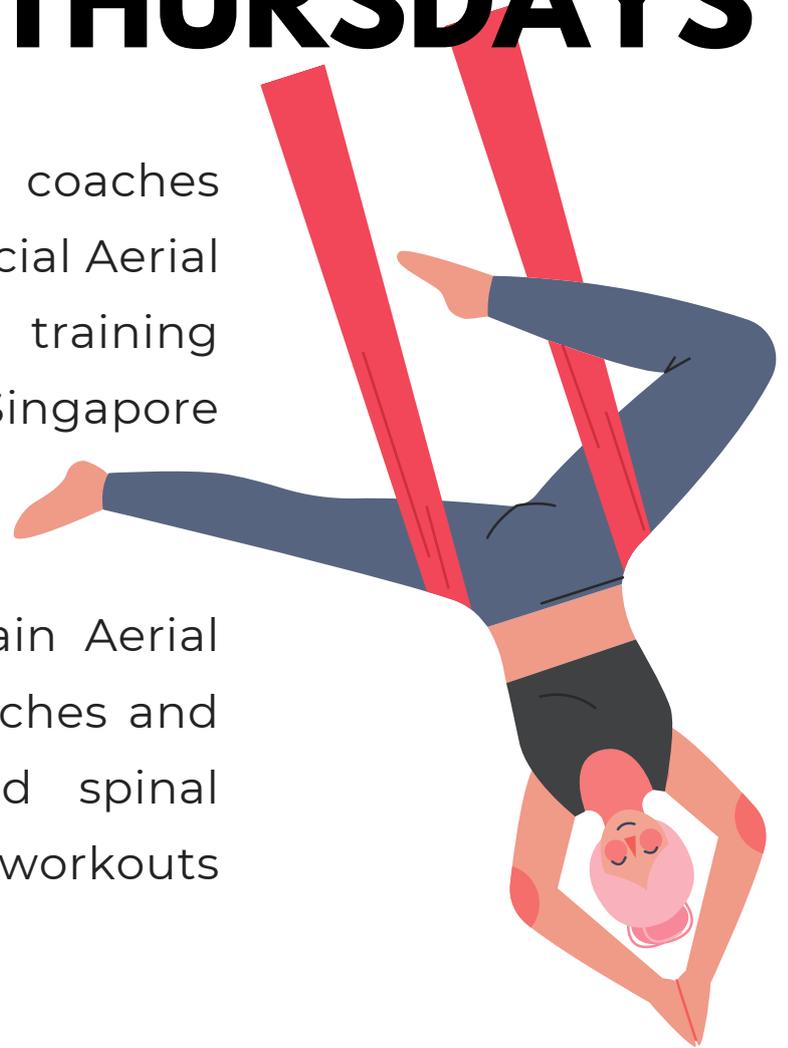
The discussion was geared to be an open and vibrant discussion between the panelists and the audience exploring the trials and tribulations of Singapore's Malay and Muslim Community. The topics that were covered in the 1.5-hour session include key items such as discrimination, representation, and policing.



AERIAL YOGA THURSDAYS

Recently, our athletes and coaches have been undergoing a special Aerial Yoga Training on our training grounds at OCBC Arena, Singapore Sports Hub, every Thursday.

With the opportunity to train Aerial Yoga, it helps deepens stretches and relieves joint pressure and spinal compression that the daily workouts can trigger.

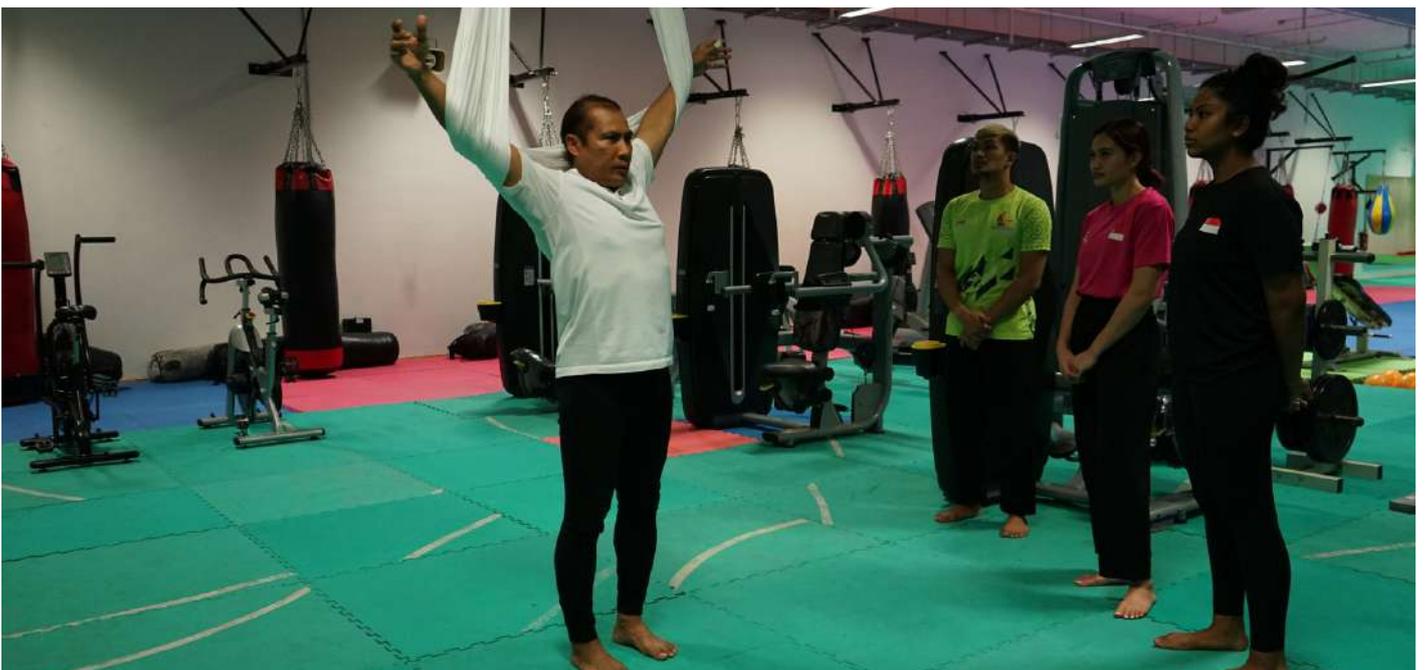


HAMMOCK FRIDAYS

Every Friday, our athletes have been undergoing a special Anti-Gravity Hammock Training with Mr Arwan Lumbri at our training grounds in OCBC Arena.

With the specialized day to train Anti-Gravity Hammock, this can help our athletes in increasing their muscular strength & flexibility, to help them in their Silat matches.

Additionally, this can also help to build upper body and core strength in our athletes!



BRITISHPEDIA: SUCCESSFUL PEOPLE IN SINGAPORE 2021

A highlight for 2021!

Dr Sheik Alau'ddin Yacoob Marican, PBM was validated by Britishpedia's encyclopedia as one of 'Successful People in Singapore 2021'.

Thank you to Britishpedia!



PERSILAT STEERING COMMITTEE MEETINGS

Recently, the founding members of the International Pencak Silat Federation (PERSILAT) conducted a meeting online via Zoom to discuss:

- 10 Jan 2022, Monday, 11am
 - Agenda: Briefing for Train the Trainer's Course
- 2 Feb 2022, Wednesday, 9pm
 - Agenda: Meeting with IT of PERSILAT
- 20 Feb 2022, Sunday, 9.30pm
 - Agenda: 8th SEA PS C'ship, Issues with Pencak Silat Federations, 31st Games in Hanoi, Vietnam Matters, etc

The agenda of the meetings were also to discuss on the implementation of the International Ranking, and the concerns of recognition for the National Pencak Silat Federations in most countries, in working on Silat Towards Olympics.



MEETING WITH IT OF PERSILAT ON SCORING SYSTEM

With the implementation of the new rules, we must make sure that our digital scoring system is updated and is in line with the rules. Therefore, we have arranged a meeting with the IT Team of PERSILAT to discuss, develop, and incorporate the new rules into the system on 29 January 2022.

During the discussion, a few matters were brought up to rectify after trying the system out for local trials and events. The feedbacks from the participating team, organizers and technical officials were collated and shared with the IT team to allow room for improvement and lesser misunderstanding for future events.



The IT team received the feedback positively and made the necessary changes as requested and presented to us on 02 February 2022. We proceed to invite them to try the system out at the 8th SEA Pencak Silat Championship 2022, in Singapore. This is an important measure as the feedbacks from the 8th SEA Pencak Silat Championship 2022 will help them prepare better for the 31st SEA Games in Vietnam.

The IT Team had also requested for one technical from Singapore to be on duty with them in the 31st SEA Games in Vietnam to assist in the running of the digital scoring system for the competition and was agreed upon by all parties (IT Team, International Pencak Silat Federation and Singapore Silat Federation).



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)

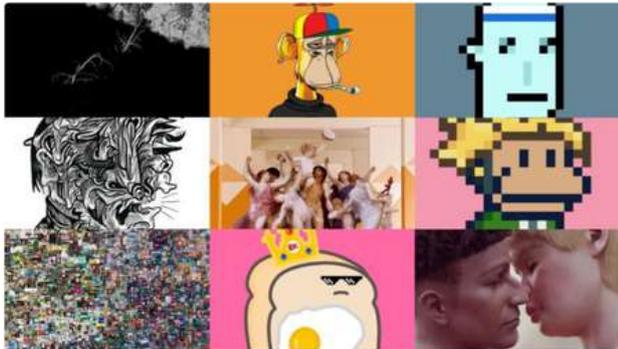


Sultan Gustaf Al Ghazali took a picture of himself sitting in front of his computer almost every day over the last five months. He has since sold the photos as NFTs for a total of US\$1 million.

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.



Cheryl Lin
@CherylLinCNA

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



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, Salana Monkey Business, Bleep, Chanel Lee, Shavonne Wong)

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



NSA TOWNHALL: MCCY & SPORTSG

On the 26th of February 2022 (Saturday), the Ministry of Culture, Community and Youth (MCCY) and SportSG jointly held an in-person NSA Townhall was held at The Bank of Singapore Lounge at the Singapore Sports Hub, .

Held from 10.30 am - 12.30 pm, the purpose of the Townhall was to share with the NSA Leadership on SportSG's FY22 work plans, including SafeSport.

The Townhall was attended by Minister Edwin Tong, Parliamentary Secretary Eric Chua and SportSG Leadership.



WORK IN PROGRESS (WIP) MEETING WITH SINGAPORE SPORTS INSTITUTE (SSI)

After presenting our proposal to host the 8th SEA Pencak Silat Championship 2022 in Singapore which was held on 13 January 2022 at Sport Singapore Institute (SSI), the team have worked closely with SSI and Sport Singapore to ensure that the event runs smoothly and in accordance with the Safe Management Measures (SMM) that was approved for the event.

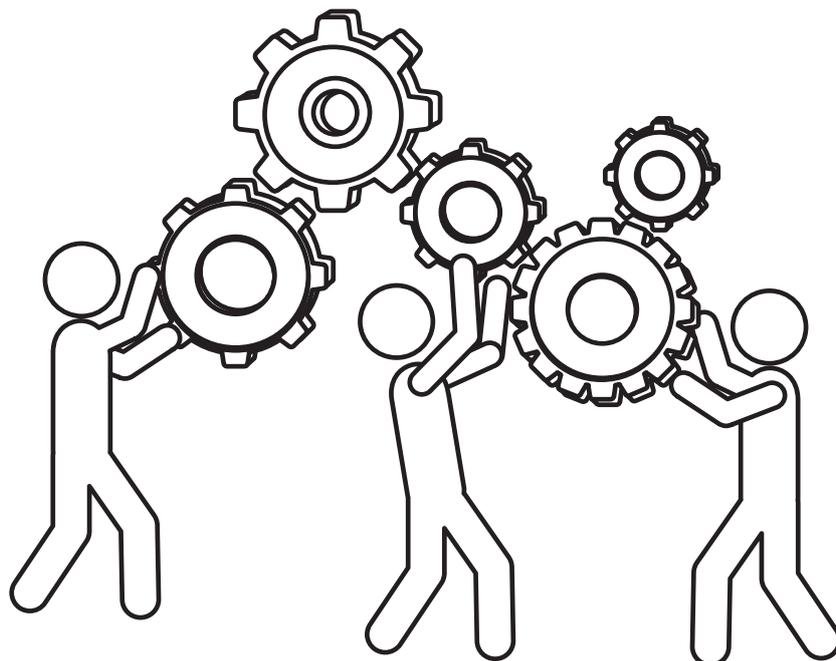
Upon confirming the dates and venue, the teams involved has a weekly Work In Progress (WIP) Meeting to keep everyone in the loop updated on the latest progress and development leading up to the actual event.

1st WIP Meeting: 26 January 2022 (At SSI)

2nd WIP Meeting: 03 February 2022 (Via Microsoft Teams)

3rd WIP Meeting: 10 February 2022 (Via Microsoft Teams)

4th WIP Meeting: 17 February 2022 (Via Microsoft Teams)



The WIP Meeting covers the following agenda: competing category and eligibility, total number of events, entry by number and name, International Technical Officials (ITOs), official accommodation, COVID-19 Protocol for Hotel, Controlled Itinerary and VTL Requirements for arriving contingents, Competition Venue, Floorplan and Layout, Venue Utilization Dates, Daily Schedule Breakdown, Invited Guest for Spectatorship, Logistics, Volunteers, Safe Management Measures breakdown and Covid-19 Management and Protocols.



The WIP also included a walk-about session around the competition's venue with the Chief on the 21st of February 2022, 11 am.

This was to go through the different zones that the competition will be of use, as well as to make sure that the set-up is on schedule.

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.

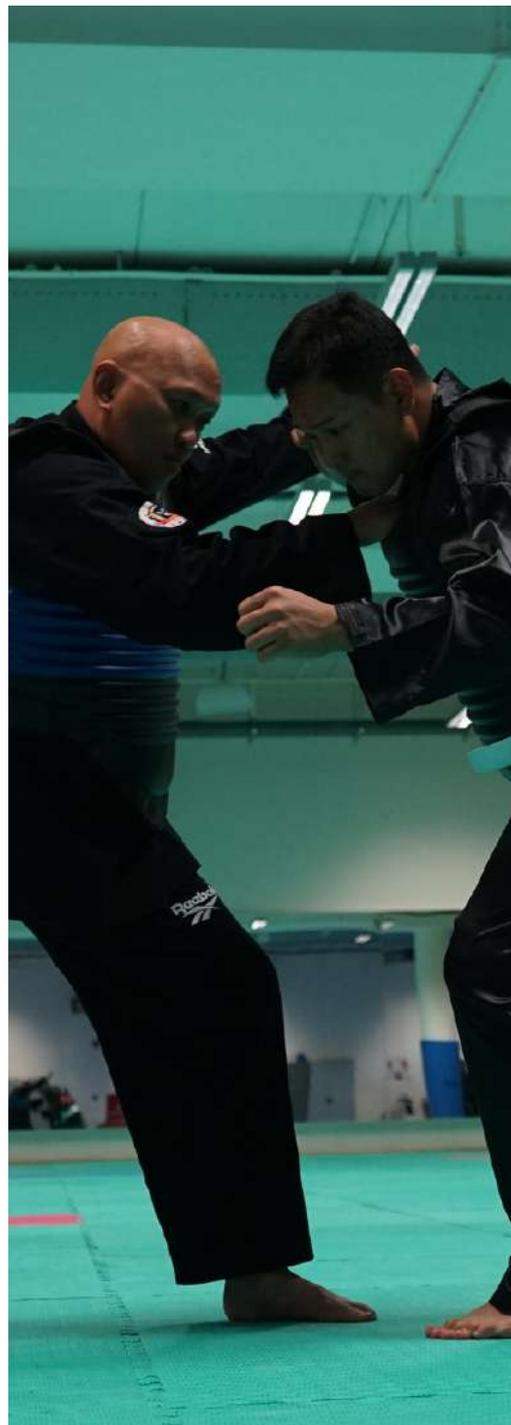
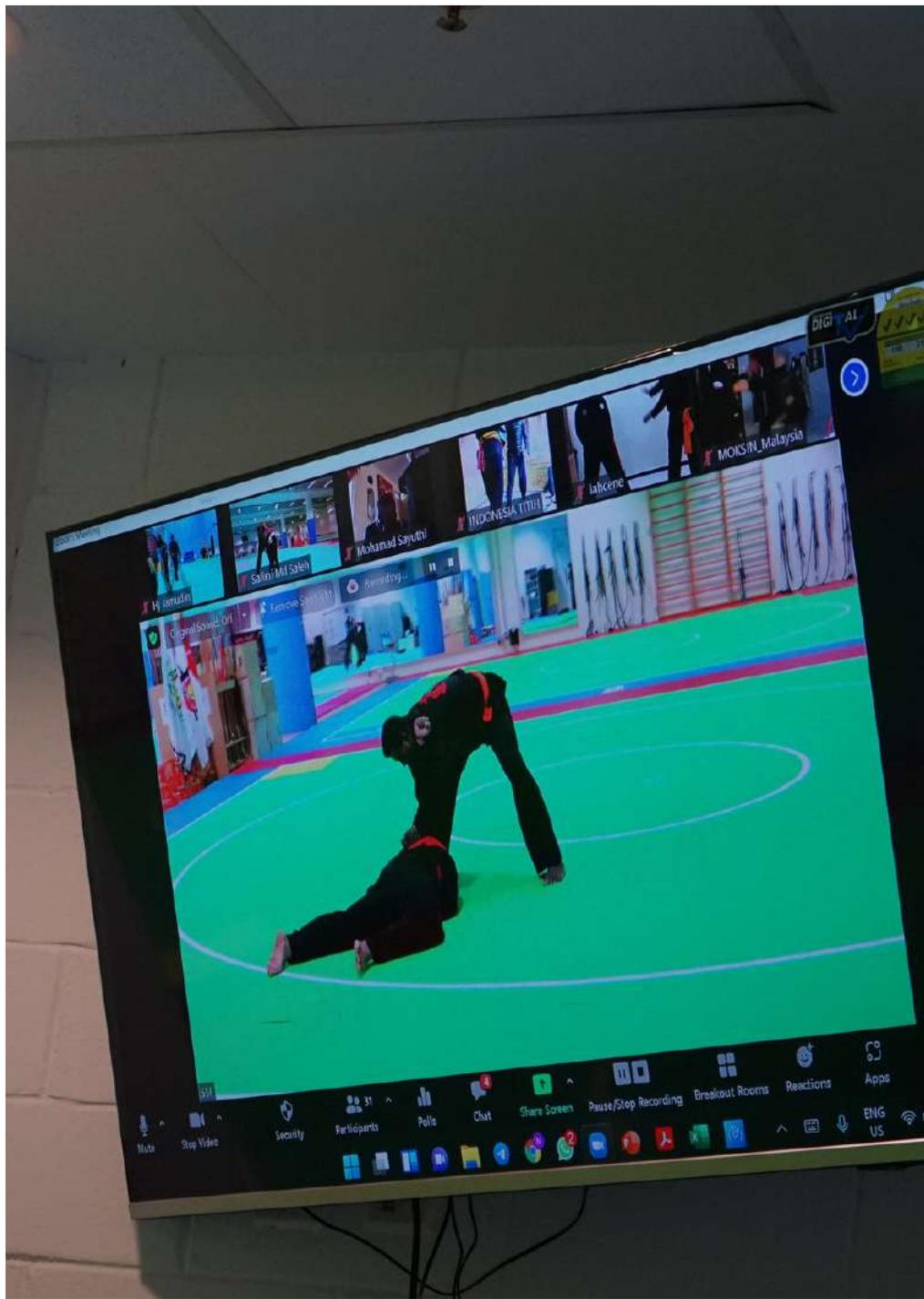
The final day of the course was held on 05 February 2022, and the live assessment was done on 06 February 2022.

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.





CATCHING UP WITH OUR SILAT ALUMNI

My name is Abdul Talib Bin Tambi.

I was a *pesilat* for the National team from 1986 to 1991.

The first time I was taught to "*buka gelanggang*" (open up the arena), I immediately immersed in it.

To me, Silat is a marriage of grace and brutality. The serene movements belie an extremely ruthless method of dispatching an opponent.

I really looked up to all my *gurus*, coaches and trainers who were involved during my training days at my *perguruan* or during my time at the National team. They were knowledgeable, dedicated and approachable, and all of them were pulling in the same direction.

All in all, they were understanding and yet, firm.





The #1 reason that I like being a part of the National team is the privilege of fighting for my country. Representing the nation was an honour, and it is the result of the collective efforts of everyone who was involved.

Stand in the *gelanggang*, facing my opponent, was the culmination of everybody's endeavour.

However, in all honesty, it was the camaraderie that appealed to me the most. To find like-minded individuals putting in our utmost towards a common goal, the support that we had for each other was what enabled us to fulfil our potential.

During the time when I was a part of the National team, the ultimate goal was to always bring back a medal, gold if possible. I wanted to make myself proud, and my country proud.

Seeing your own countrymen emerge victorious stirs up a feeling of euphoria. They don't even have to like the sport.

However, more than winning medals and bringing glory to our nation, I believe that National Athletes have to carry themselves with poise. Ensuring that the maximum effort is put in, and also to inspire the next generation of athletes to try just as hard, or even more.

DOING SINGAPORE PROUD WITH **SILAT**

By Abdul Talib, Credit Card

My first exposure to silat was when my brother brought me to his silat class at Buona Vista CC. I immediately took a liking to the sport!

I progressed rapidly and in my first national competition in August 1986, I won the championship title. The other finalist was my own brother! Talk about brotherly love!

At the 1987 SEA Games in Jakarta, silat was chosen as an official event for the first time. I clinched a bronze for Singapore.



In September 1990, Holland organised a World Silat championship in which 19 countries were involved. I was delighted to represent Singapore in this competition and win a bronze medal after 5 days of intense competition.

I also represented Singapore for the SEA Pencak Silat championship held in Manila, Philippines in November last year. The competition was very keen but one of us still managed to win a gold medal.

I am now training hard and hope to be selected as part of the National squad for the upcoming SEA Games which will be held in Singapore next year.

During training, my teammates made sure that each session was productive, and at the same time, fun. We will push each other to the highest level and playfully tease one another if a mistake was made.



On paper, Silat seems like a physical undertaking, one must never though, underestimate the mental factor. Too much pressure on an individual will lead to a poor decision. In combat, all that is needed is a split second. It is in these moments that determine the outcome.

The teasing and light-hearted ribbing made sure that we were not under too much mental pressure. This translated into our fights, we were calm, centered and confident. We made careful considered decisions.



Some of my greatest achievements from back in the day included achieving the Bronze medal at World Silat Championships in The Hague, Holland, the Malaysia Open Championship (1990) and the SEA Pencak Silat Championship in Manila, Philippines (1991), and I got 4th place at the SEA Games in Jakarta, Indonesia (1987).



It goes without saying that I was ecstatic about my achievements, however, I was acutely aware of the fact that my teammates were part of all of my successes as well.

The tough sparring sessions meant that I was at the peak of my physical and mental condition when it mattered the most.

Compared to the times while I was still in the team, Silat now has evolved tremendously.

The rules and regulations are now more transparent, and now all the national federations are aware of all the necessary rules.



Silat has also, most definitely, shaped me into a better person. I am more well-composed in high-pressured situations. I rarely get fazed, and am more precise with everything that I do.

Most importantly, I am now more confident, and that has allowed me to perform any tasks that has been assigned to me at the best of my abilities.



One of the best advices that I have gotten during the years while I was active in Silat was the fact that "*win or lose, it is part of the game... Move on.*"

Sometimes a person gets caught up with hypotheticals. Over-analysis leads to doubt and regret, and that is not healthy. I believe in doing things as best you can, and if the outcome is not favorable, that's life. You carry on.

To all our Silat athletes today, I hope you set your mind correctly, and make sure that your motivations are noble.

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!



SPORTS SCIENCE & SILAT

WHAT IS A CHAMPION MINDSET? DO YOU HAVE ONE?

BY ANTONY LOU & GOH KANG WEI (SSF MENTAL COACHES)

A champion adopts a highly adaptable and strong mental approach towards achieving their goal(s). Research found that there are some traits which are common among these top performers, which enable them to cope and overcome challenges encountered. As Mohammad Ali once said “Champions aren’t made in the gyms. Champions are made from something deep inside them – a desire, a dream, a vision.”. Do you have the mindset to pursue your goal(s)?

In this article, Antony and Kang Wei (comments in italics) will leverage on the article by Wesley Sykes, “5 Characteristics of Champions”¹ and correlate it to the Mental Skills Training Model², namely the 3Bs and 5Cs. It is by no means that the number of characteristics is



limited to only the 5 characteristics mentioned in the articles.

COURAGE & COMPASSION

“All champions have enormous courage to go after their goals. They are not afraid of failures. They take calculated risks. Have compassion for every member of your team and treat everyone with respect.”

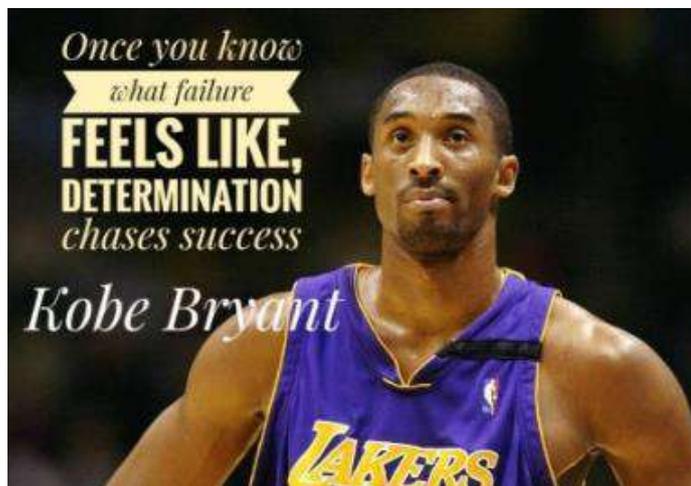
GOAL SETTING (B1) is essential as you set sail on your sporting journey. It sets the **DIRECTION** for where you want to go. Goals allow you to map out the tasks and processes that you should focus on with an end in mind. Setting the right goal is thus important. A goal too low is easily achieved, one too high becomes unrealistic and impractical. Hence, a goal that is slightly stretched will challenge oneself and trigger the motivation. All Champions would experience moments of failure in their journey to the pinnacle, but they do not allow these moments to define them. These moments are **NOT FAILURES** but **FEEDBACK**. These feedback from the learning experiences can be harnessed and built upon for improvement.

Your pursuit for excellence can be an emotionally enriching experience. Your coaches, teammates, trainers, sport sciences personnel and most importantly the management and the administrative staffs are walking alongside, during your training and your competitions, regardless of rain or shine, in person or at a virtual distance. Everyone undertakes their roles responsibly, with mutual respect. We brave the journey together. This is **TEAMWORK (COHESION, C5)** and as the saying goes, *“It takes a village to raise a child.”*

PERSEVERANCE

“All of us can set lofty goals and that is the starting point. Once that is done the next step is going after your goals with relentless persistence. This is the true holy grail of all champions from every walk of life. They have persisted longer than any reasonable person can think of.”

Kobe Bryant once said; *“Once you know what failure feels like, determination chases success.”* This reminded a quote I recalled while attending a seminar more than a decade ago, *“A MASTER was once a DISASTER.”* It is only through persistent attempts and learning from experiences that one can appreciate what success means to them.



A true champion illuminates a determination to succeed. To quote Kobe Bryant again, *“The moment you give up, is the moment you let someone else win.”*, one must be persistent and persevere in the toughest of times.

Success is not achieved overnight but through years of consistent and disciplined training, both physical and psychological. Have **CONFIDENCE (C3)** and trust the training processes and regime which you have gone through.

To persevere, one needs to be mentally strong to overcome the adversities that they are encountering now, be it defeats, setbacks or injuries. At this breaking point, maintaining a **Positive Self Talk (B3)** is paramount. The process can be challenging and painful. **Focusing (CONCENTRATION, C2)** on **HOW** to get back on track will be critical. This will showcase your **COPE-ABILITY (C4)** personality traits of how one bounces back after setbacks.



You may consider using a cue word to motivate yourself.

BELIEF IN ONESELF

“It is unlikely that everyone will believe you. In fact, the only person who can believe in your dream is you. If you believe in yourself then everything else is possible. Believe in yourself even when no one else does. Fortitude is another key that is similar as it involves having an unshakable belief in yourself no matter what obstacles you face.”

A belief **FAITH** is invisible, and it comes from one's soul. No one is able to shake off and take away from you. No one is capable to doing that to you but yourself. It is your belief that you have built an impregnable fortress through your **HARDWORK**. You have taken no shortcuts, but faced the daily brunt and monotonous routines. As Michael Jordan said, *“I've always believed that if you put in the work, the results will come.”*

We strongly advocate the unconditional **CONFIDENCE (C3)** one can instill. The meticulous planning and training sessions that you went through prior competition season. The holistic approach in preparing based on the Four Performance Blocks (Physical, Technical, Tactical and Mental) will be your recipe to achieving peak performance.

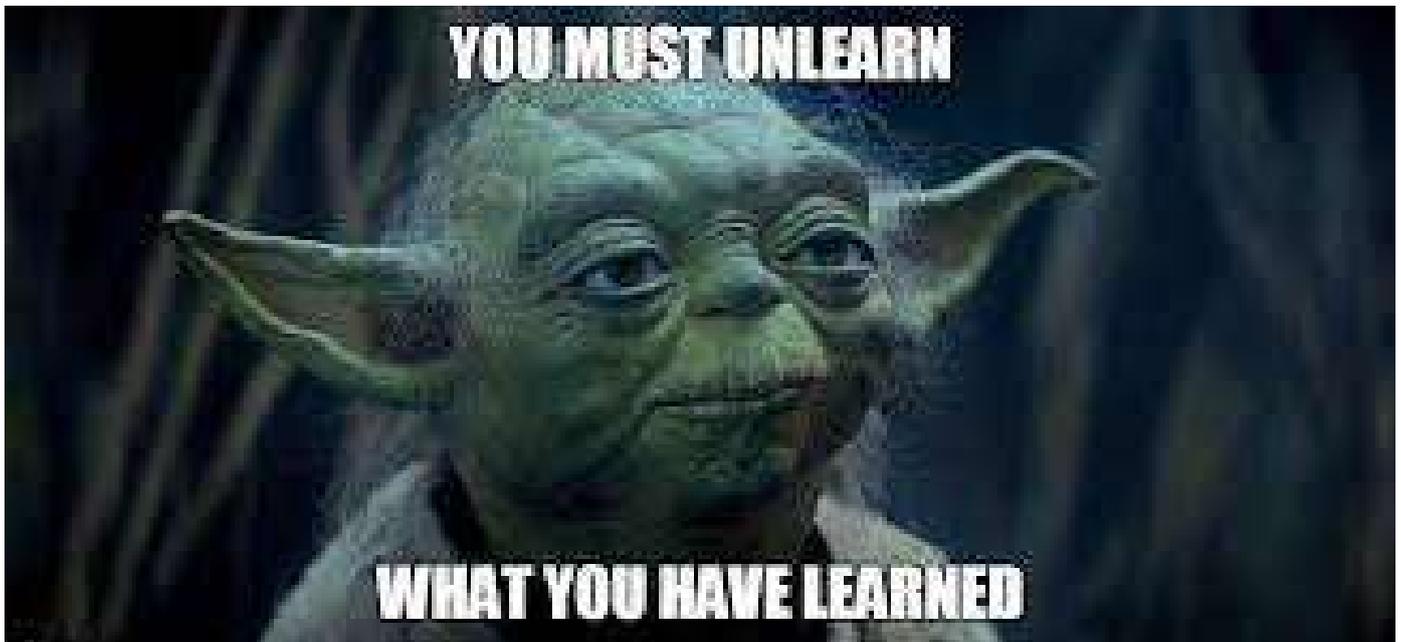


You may consider imagery and deep breathing exercises prior to the competition.

SACRIFICE

“It goes without saying that all champions are prepared to sacrifice. It has been said that successful people do the things that others don’t so that they can reach where other people cannot. Be willing to sacrifice some things that are dear to you to achieve what you really want.”

Champions go beyond where the majority don’t venture. They constantly challenge themselves beyond their comfort zone. One needs to be comfortable to be uncomfortable. And this is when one needs to unlearn, relearn and learn as the great Master Jedi Yoda’s quote *“You must unlearn what you have learned.”* You may then have to challenge some of your beliefs and some may have to be sacrificed due to changes beyond your control.



When there are changes in the external environment, holding on to one's beliefs may pose a challenge. Your ability to re-think and adapt to the changes fast (COPE-ABILITY, C4) will give you the winning edge over your opponent. In the process, you will also grow as a person, learn and acquire new skills and knowledge.



You may consider thinking through and discussing with your coaches on how and what are the changes that you need to adopt and adapt to the recent revised fighting rules, that will benefit and give you an advantage over the opponent during the competition.

INTEGRITY & RESPECT

“Champions exhibit integrity and respect in all areas of their life. If a champion says they never give up then even when they are down at halftime they come all guns blazing in the second half. They stick to what they say they are.”

Being truthful to oneself is the ultimate respect one can give to oneself. Through the rigorous training regimes over these years, you have demonstrated Courage & Compassion, Perseverance, Belief in Oneself and Sacrifice. At the end of the day, you will be the only one with the answers to your performance and the outcome, the level of your effort which you have put in. Have you done justice to yourself? A truthful reflection and feedback on your experiences, positive or negative, allows you to identify the gaps for improvement and to return stronger.



Sports is not about you and only you. Respect the sports, respect your opponents, respect your coaches, always, I repeat, ALWAYS put in your best effort. This will be the highest Integrity and Respect one can give to oneself. I am what I am, I am responsible for my actions, taking ownerships to reach my peak performance. Your actions “speak” to earn the utmost RESPECT from others and not by demand.

RECRUITMENT: SILAT ALUMNI

SINGAPORE SILAT FEDERATION

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ALUMNI
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NOTABLE ALUMNI



Jamal Jantan



Suzie Eryani



Nur Fazlin & Muhammad Nur Alfian
Juma'en



TEST FOR SPARRING PARTNERS

On the 31st of January 2022, we held a physical training test for the sparring partners who will be joining the team here at Singapore Silat Federation.

To help our athletes in preparation for the upcoming major games, our sparring partners will be playing a huge part in getting them ready!

Stay tuned for more updates on our future Silat Uncut issues and social media updates!





SSF VISITS: PERGURUAN SETIA HATI ESHA SINGAPORE

On the 11th of February 2022, our Technical team went over to Ayer Rajah Community Centre to make a visit to Perguruan Setia Hati ESHA Singapore!

Led by Assistant Technical Director, Mdm Nurul Fiona, the session was to promote recruitment for the National team, and to review and recap on the upgraded Pencak Silat Rules and Regulations with practical examples with the *pesilats* from the *perguruan*.





SSF VISITS: PERGURUAN SELIGI TUNGGAL ANGKATAN

On the 11th of February 2022, our Technical team went over to Senja-Cashew Community Centre to make a visit to Perguruan Seligi Tunggal Angkatan!

Led by Assistant Technical Director, Mdm Nurul Fiona, the session was to promote recruitment for the National team, and to review and recap on the upgraded Pencak Silat Rules and Regulations with practical examples with the *pesilats* from the *perguruan*.





NEWSPAPER ARTICLES

KEJOHANAN PENCAK SILAT ASIA TENGGARA 2022

Medan bagi pesilat SG bukti upaya, peluang dipilih aksi di Sukan SEA

Hanya 3 pesilat dapat tempat dalam senarai awal rombongan SG ke Vietnam; Sheik lahir harapan lebih ramai pesilat negara dapat tunjuk potensi

► ZULAIQAH ABDUL RAHIM
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PRESTASI persembahan menjadi keutamaan buat pesilat negara di edisi kelapan Kejujutan Pencak Silat Asia Tenggara pada hujung minggu ini, kata ketua pegawai eksekutif Persekutuan Silat Singapura (Persisi), Sheik Alau'ddin Yacoob Marican.

Ini sedang Persisi mengusahakan permohonan kepada Majlis Sukan Olimpik Singapura (SNOC) untuk menghantar lebih ramai atletnya bertanding di Sukan SEA di Hanoi, Vietnam, pada 12 hingga 23 Mei nanti.

Dalam senarai atlet pilihan SNOC untuk mewakili Singapura bagi temasya sukan dwitahunan itu, hanya tiga pesilat yang disertakan. Mereka adalah pemenang pingat perak Sukan SEA 2019 Muhammad Iqbal Abdul Rahman; pemenang pingat gangsa Kejujutan Pencak Silat Asia 2019 Abdul Razziq Abdul Rashid; dan juara dunia Sheik Farhan Sheik Alau'ddin.

Senarai itu diterbitkan pada 16 Februari lalu.

Namun, ia ketidadaan beberapa nama tetap dalam pasukan silat negara seperti pemenang pingat emas Sukan SEA 2019 Muhammad Hazim Mohd Yusli; juara dunia Nurul Sulaila Mohd Saiful, dan pemenang pingat emas Kejujutan Pencak Silat Asia 2019 Siti Khadijah Mohd Shuhrem.

Ketiga-tiga pesilat ini bagaimanapun dijadual bersaing di Kejujutan Pencak Silat Asia Tenggara 2022.

Kejujutan itu, yang bakal diadakan di Dewan Satu OCBC Arena mulai esok hingga 27 Februari, secara tradisi dilihat sebagai pertandingan persiapan menjelang Sukan SEA. Ia juga adalah kejujutan antarabangsa silat yang pertama diadakan sejak Covid-19 melanda sekitar dua tahun lalu.

Seramai 91 atlet dari lima negara – Singapura, Malaysia, Indonesia, Thailand dan Vietnam – akan terlibat dalam kejujutan itu. Singapura menampilkan rombongan terbesar dengan 30 atlet.

Sejumlah 17 kategori bagi acara tanding dan seni di peringkat junior dan senior akan dipertandingkan.



SEDIA BERSAING: Sheik (dua dari kanan) bersama (dari kanan) pesilat Indonesia Asep Yuldan Sani, pesilat Singapura Sheik Farhan dan jurulatih pasukan Vietnam, Nguyen Van Hung, di sidang akhbar Kejujutan Pencak Silat Asia Tenggara 2022 semalam. – Foto BH oleh KHALID BABA

“Kami mahu lebih fokus pada persembahan mereka dan bukannya keputusan sahaja. Persembahan mereka akan menunjukkan sama ada mereka benar-benar mempunyai keinginan dan dahagakan kejayaan... untuk menjadi atlet terbaik mewakili Singapura di Sukan SEA Vietnam nanti.”

– Ketua pegawai eksekutif Persisi,
Dr Sheik Alau'ddin Yacoob Marican.

Menjawab pertanyaan *Berita Harian* di sidang akhbar kejujutan itu di Hotel Grand Mercure Roxy pagi semalam, Sheik berkata: “Semua atlet sudah bersedia. Mereka telah berlatih bersungguh-sungguh dan tidak sabar untuk bersaing dalam kejujutan ini.”

Beliau menambah bahawa sebahagian besar pesilat Singapura yang akan bertanding adalah atlet yang berada di tahap kedua dalam pasukan negara.

“Kami mahu lebih fokus pada persembahan

mereka dan bukannya keputusan sahaja. Persembahan mereka akan menunjukkan sama ada mereka benar-benar mempunyai keinginan dan dahagakan kejayaan... untuk menjadi atlet terbaik mewakili Singapura di Sukan SEA Vietnam nanti,” kongsi.

Meskipun itu, Sheik menetapkan sasaran untuk meraih lebih tujuh pingat emas di kejujutan kali ini, mengatasi persembahan edisi 2018 apabila Singapura turut menjadi tuan rumah.

Edisi kali ini menjangkakan persaingan sengit antara kelima-lima negara dengan perubahan pada peraturan dalam kategori tanding, yang dihiluskan pada Februari lalu. Peraturan itu memberi kelonggaran kepada pesaing ketika menarik pakaian lawan sambil mereka cuba melepaskan tumbukan atau tendangan demi meraih mata.

Sheik Farhan, 25 tahun, yang akan bertanding dalam kategori Tanding J, berkata: “Akhirnya kami dapat kembali bertanding. Dua tahun adalah masa yang sangat lama dan kami bersedia untuk hadapi apa jua saingan... pertandingan ini akan menunjukkan bagaimana peraturan baru itu menjejaskan pesilat elit seperti saya.”

Bagi pesilat Indonesia, Asep Yuldan Sani, 29 tahun, yang bakal bertanding dalam kategori seni tunggal, kejujutan antarabangsa ini adalah yang pertama buatnya di luar negara.

“Latihan sentiasa maksimum tapi kurang pertandingan. Jadi, saya sangat senang dapat berada di sini dan tidak sabar untuk bersaing. Ia ujian baik bagi saya ke Sukan SEA nanti,” kata juara Sukan Asia 2019 itu.

24 February 22, Berita Harian, Medan bagi pesilat SG bukti upaya, peluang dipilih aksi di Sukan SEA, Page 15

Show me your fire and hunger: Sheik



Singapore Silat Federation chief executive officer Sheik Alau'ddin wants his athletes to show at the SEA Pencak Silat Championships that they deserve a spot at the Hanoi SEA Games.

Jeremiah Ong

The long wait for competition is over and it is show time for Singapore's silat exponents at the South-east Asia (SEA) Pencak Silat Championships at the OCBC Arena Hall One from tomorrow to Sunday.

Having pulled off hosting the meet during the pandemic, Singapore Silat Federation chief executive officer Sheik Alau'ddin wants his exponents to prove that they are worthy of a ticket to the Hanoi SEA Games in May.

Most of the Republic's 30 silat exponents taking part in the SEA Championships will be staking their claim for a Games spot when they pit themselves against 61 of their counterparts from Vietnam, Indonesia, Malaysia and Thailand.

Sheik said at a press conference yesterday that officials will be looking more at the performance than the results, as it "will show if the athletes have the fire in them, if they are hungry to be the first choice to represent Singapore in the SEA Games".

He added that they would review the athletes' performance after the competition and submit a list to the Singapore National Olympic Council to consider for SEA Games inclusion when its appeals committee meets on March 8.

The SEA Championships will see a change in rules in the tanding (match) category passed last February and Sheik believes that it "will make for a level playing field for all the athletes".

The new rules, which reflect the development of martial arts around the world, allow exponents more leniency in tugging at their opponents' uniforms as they look to land punches and kicks to score points. There are also fewer stoppages in each match.

Three-time world champion Sheik Farhan, who has already earned his SEA Games spot, believes that the new rules will benefit exponents who are less "artistic".

"These changes are not so major that you will lose your advantage, but at the same time not too small that they can be ignored," said the 24-year-old.

Strict protocols are in place at the meet, with all personnel having to undergo daily testing. Athletes and officials will have to remain in a competition "bubble", moving only between assigned hotels, training and match venues. The event is open only to invited guests, with a maximum of 300 per session.

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KEJOHANAN PENCAK SILAT ASIA TENGGARA 2022



ATASI PESAING: Dalam pertarungan pertama semalam, pesilat Singapura Muhammad Iqbal Abdul Rahman (atas), berjaya menewaskan pesilat dari Malaysia, Luqman Laji. – Foto PERSISI

Kejohanan buka tirai selepas 2 tahun menyepi; Iqbal orak langkah kemenangan

HAKIM YUSOF
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KEJOHANAN Pencak Silat Asia Tenggara (SEA) kembali dianjurkan semula selepas dua tahun menyepi.

Seramai 91 pesilat dari Singapura, Indonesia, Malaysia, Thailand dan Vietnam mengambil bahagian kejohanan yang bermula di OCBC Arena semalam di mana ia berlangsung sehingga esok.

Kejohanan edisi kelapan itu adalah kejohanan silat pertama diadakan di sini sejak Covid-19 melanda akhir 2019.

Dalam acara pembukaan Artistik Lelaki, pesilat Singapura, Muhammad Iqbal Abdul Rahman, meraih 9.94 markah, menewaskan pesilat Malaysia, Luqman Laji, yang mendapat 9.905 markah.

Menjelang temasya Sukan SEA di Hanoi, Vietnam, pesilat negara yang sedang mempersiapkan diri, berpeluang menguji ketangkasan mereka apabila bersaing dengan lawan serantau di kejohanan itu.

Kejohanan itu juga menyaksikan peraturan pertandingan pencak silat antarabangsa yang baru dilaksanakan buat kali pertama.

Peraturan terakhir ditukar pada 2013, telah dikemas kini untuk mencerminkan perkembangan seni mempertahankan diri di seluruh dunia. Beberapa perubahan utama termasuk membenarkan teknik yang sebelum ini tidak dibenarkan, seperti menarik dan mencengkam untuk melakukan teknik menjatuhkan lawan.

Ketua Pegawai Eksekutif (CEO) Persekutuan Silat Singapura (Persisi), Sheik Alau'ddin Yacoob Marican, berkata peraturan baru itu "akan menjadikan padang permainan yang sama rata untuk semua atlet".

Juara dunia tiga kali, Sheik Farhan Sheik Alau'ddin, percaya peraturan baru itu akan membolehkan lebih banyak lagi kelengkapan semasa perlawanan.

"Saya rasa ia lebih bermanfaat untuk atlet yang tidak begitu artistik. Sebagai atlet peringkat tinggi, kebanyakan akan dapat menyesuaikan diri dengan perubahan.

"Perubahan ini tidak begitu besar sehingga anda akan kehilangan kelebihan anda, tetapi pada masa yang sama juga tidak terlalu kecil untuk diabaikan. Komponen utama silat dikekalkan, jadi Kejohanan Pencak Silat Asia Tenggara ini akan menunjukkan kami bagaimana atlet elit menyesuaikan diri," katanya.

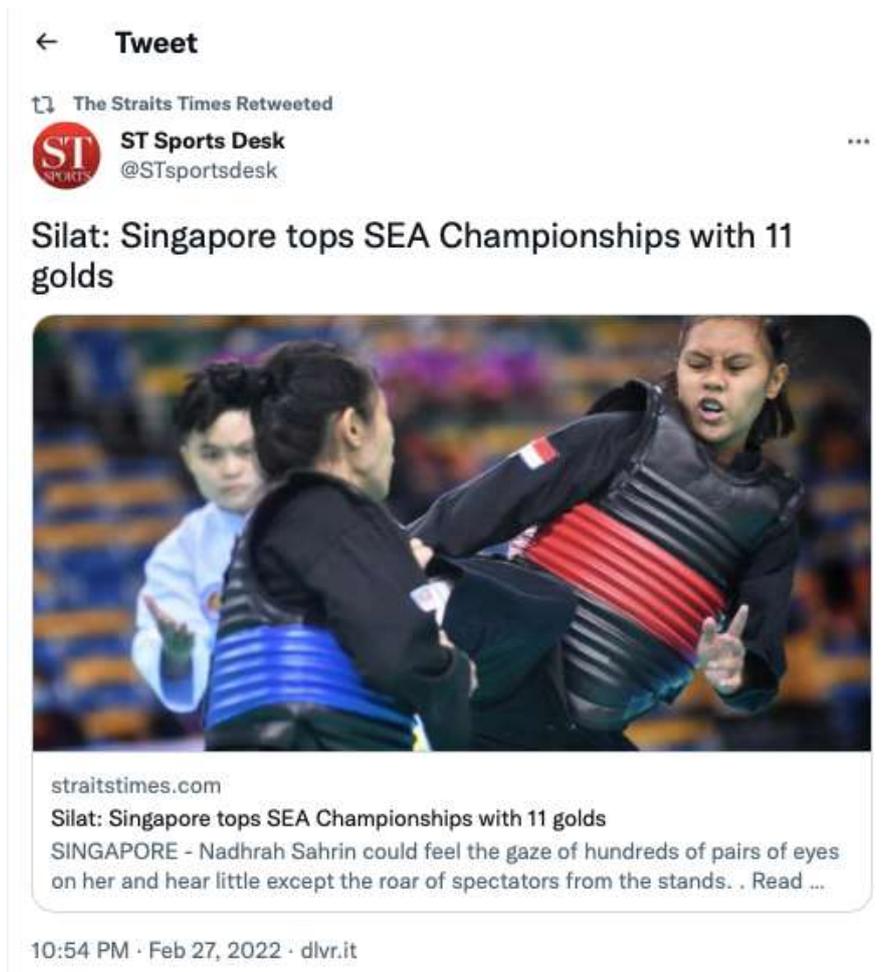
26 February 22, Berita Harian, Kejohanan buka tirai selepas 2 tahun menyepi, Page 15

Medal bonanza for Singapore at Pencak Silat C'ships



(From far left) Singapore's Iqbal Abdul Rahman, Mustafar Mohd Isa and Nazrul Mohd Kamal performing their gold-winning routine in the senior artistic male team final yesterday at the South-east Asia Pencak Silat Championships at OCBC Arena Hall One, where the Republic also won another gold in the senior artistic female team and a silver in the senior artistic female singles category. The three-day competition ends today with several Singaporeans in action, including Sheik Farhan's Class J (90-95kg) final in the senior match men's singles against Vietnam's Nguyen Van Tri. ST PHOTO: ALPHONSUS CHERN

27 February 22, The Sunday Times, Medal bonanza for Singapore at Pencak Silat C'ships, Page B8



27 February 22, ST Sports Desk, Silat: Singapore tops SEA Championships with 11 golds



28 February 22, BERITAmadiacorp, Singapura gondol 11 emas di Kejohanan Pencak Silat Asia Tenggara 2022

Monday Feb 28, 2022

S'PORE TOP IN SEA SILAT C'SHIPS

Nadhrah, 17, keeps focus despite nerves while Sheik hopes more will earn Games nod

Sazali Abdul Aziz

Nadhrah Sahrin could feel the gaze of hundreds of pairs of eyes on her and hear little except the roar of spectators from the stands.

Crucially, the teenager was able to keep her attention on her rival in the women's Class A (45-50kg) tanding final at the South-east Asia (SEA) Pencak Silat Championships at the OCBC Arena yesterday.

Holding a narrow three-point lead over Malaysian rival Nor Farah Mazlan in the third and final round, Nadhrah managed to drop her opponent to the mat thrice in two minutes to clinch a 21-10 win and her first gold medal at the regional competition.

"I felt very nervous because... A lot of people were watching on and I could not control my thoughts and feelings to focus on the match. People who know me

know I don't show it on my face, but there is a lot going inside of me," Nadhrah sheepishly told The Straits Times.

In the end the 17-year-old Republic Polytechnic student credited her background in taekwondo – she practised the South Korean martial art in primary school before switching to silat aged nine – for her late flourish.

Nadhrah's gold was one of 11 won by Singapore's pencak silat exponents as the Republic finished as the top nation at the end of the three-day competition, which was attended by exponents and officials from five countries, as well as invited guests.

Singapore's tally (11 golds, nine silvers, five bronzes) saw them finish ahead of Vietnam (9-2-3), Indonesia (3-3-3), Malaysia (2-6-4) and Thailand (0-1-3).

Yet Sheik Alau'ddin, chief executive officer of the Singapore Silat Federation (Persisi) felt his



charges had much more room for improvement. "Individually, we have to work with them and relook, maybe our strategy... in terms of coaching," he said.

Sheik said he was pleased to see Nadhrah prove her mettle in her first major competition and he hoped the Singapore National Olympic Council's (SNOC) appeals committee would give her and others the green light for the Hanoi SEA Games in May.

Due to an absence of results in the past two years owing to the pandemic, as well as only a small number of weight categories being contested at the previous Games in the Philippines, only three Singaporean exponents were given the nod for Hanoi when the SNOC released its preliminary list last week.

The SEA Championships were

also the first major stage for silat's new rules, which allow exponents more leniency in tugging at their opponents' uniforms as they look to land punches and kicks to score points. Sheik previously suggested the changes could change the dynamics of many matches and approaches of many athletes.

But his son, three-time world champion Sheik Farhan, disagreed, calling it "new rules, same game". The 24-year-old defeated Vietnam's Nguyen Van Tri in the men's Class J (90-95kg) final to earn his third SEA Championships gold.

He said: "There has always been these sort of pulling going on, except it didn't hold much meaning. The only difference now is I guess you have to be more alert."

Singaporean gold medallist Nadhrah Sahrin kicking Malaysia's Nor Farah Mazlan during the women's Class A (45-50kg) tanding final at the South-east Asia (SEA) Pencak Silat Championships at the OCBC Arena yesterday. ST PHOTO: ARIFFIN JAMAR

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Berita Harian ♦ SAJIAN KHAS HARI INI: SEMANGAT WATAN

ANALISIS BERITA



ZULAQAH ABDUL RAHIM
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KEJOHANAN Pencak Silat Asia Tenggara hujung minggu lalu merupakan kayu ukur bagi Sukan SEA Mei ini dan pasukan silat negara tidak menghampakan malah membeiri amaran kepada pesaing lain di ranau ini mengenai keupayaan mereka.

Kejohanan selama tiga hari itu secara tradid dilihat sebagai pertandingan persiapan menjelang Sukan SEA, yang akan berlangsung di Hanoi, Vietnam pada 12 hingga 23 Mei ini.

Ini juga adalah kejohanan antarabangsa silat yang pertama diadakan sejak Covid-19 melanda sekitar dua tahun lalu.

Dua tahun adalah masa yang lama bagi seorang atlet. Namun begitu, pesilat negara tidak kelihatan "berkarat" di gelanggang.

Bahkan setiap perlawanan yang dipertandingkan wujud semangat tinggi untuk bersaing habis-habisan dan membuktikan potensi sebenar mereka – baik pesilat yang berpengalaman mahupun muka-muka baru dalam pasukan.

Penampilan pertama pasukan silat negara, sejak Kejohanan Pencak Silat Asia di Yanjia, China, pada Disember 2019, menyaksikan nama-nama besar dalam pasukan silat Singapura seperti juara dunia tiga kali Sheik Farhan Sheik Alau'ddin dan juara dunia 2018 Muhammad Iqbal Abdul Rahman mengesahkan semula kehebatan mereka dalam acara masing-masing.

Sheik Farhan, 24 tahun, menga-



LEBIH RAMAI PESILAT LAYAK KE SUKAN SEA: Abdul Raaziq Abdul Rashid (kiri), ketika beraksi menentang Siriphon Khongkaewkhluen dari Thailand di Kejohanan Pencak Silat Asia Tenggara minggu lalu, akan bertanding di Sukan SEA Hanoi Mei ini. – Foto PERSISI

mencapai matlamatnya di Hanoi, ia kini perlu memastikan sebahagian pesilat yang bertanding di kejohanan minggu lalu menerima "lampu hijau" oleh Majlis Olimpik Kebangsaan Singapura (SNOC) untuk dibawa ke Sukan SEA.

Buat masa kini, hanya tiga pesilat yang disertakan dalam senarai atlet pilihan SNOC untuk mewakili Singapura bagi temasya sukan itu.

Mereka ialah Iqbal, yang juga pemenang pingat perak Sukan SEA 2019; pemenang pingat gangsa Kejohanan Pencak Silat Asia 2019, Abdul Raaziq Abdul Rashid; dan Sheik Farhan, yang memenangi pingat emas Sukan SEA pada 2017.

Senarai itu dikeluarkan pada 16 Februari lalu.

Jawatankuasa permohonan SNOC bakal bertemu awal bulan ini sebelum mengemukakan senarai mukamad atlet dalam kontinjen Singapura.

Masa semakin suntuk bagi para atlet dengan kira-kira dua bulan menjelang Sukan SEA.

Melihat prestasi persembahan pasukan silat negara baru-baru ini, ia akan menjadi satu kehilangan besar sekiranya majoriti daripada mereka tidak dapat beraksi di Hanoi.

Apakan warna pingat yang akan pesilat negara raih Mei nanti itu belakng kira.

Tetapi, natijahnya, Singapura harus bertanding dalam seberapa banyak acara yang mungkin, memberi tantangan hebat dan tidak senang-senang menghadiahkan pesaing negara lain pas percuti untuk menang pingat Sukan SEA tahun ini.

Pesilat negara tidak 'berkarat' di gelanggang

Meskipun ia kejohanan antarabangsa silat pertama diadakan sejak Covid-19 melanda sekitar dua tahun lalu

labkan musuh ketat dari Vietnam Nguyen Van Tri 20-17 dalam final acara tanding putera J (90-95 kilogram) senior, manakala Iqbal, 29 tahun, mengumpul 9,945 mata, cukup untuk memenangi pesilat Indonesia Asep Yuldan Sani (9,900 mata) dalam final acara seni tunggal putera senior.

Sementara itu, wajah baru Nadhrah Sahrin dan gandingan baru dalam acara seni ganda dan beregu beraksi cemerlang dalam membuat penampilan sulung mereka.

Nadhrah, 17 tahun, merangkul pingat emas selepas menang 21-10

ke atas Nor Farah Mazlan dari Malaysia dalam final acara tanding puteri A (45-50 kilogram) senior.

Pasukan seni ganda dan beregu putera dan puteri negara menyapu semua pingat emas dalam empat acara yang dipertandingkan dan melakarakan persembahan yang menyakinkan, mengumpul secara purata 9,800 mata.

Tiga daripada acara itu tiada saingan kerana sama ada kurang penyertaan dari negara lain atau pesaing tidak dapat membuat perjalanan ke sini dek Covid-19.

Secara keseluruhan, Singapura

membolot 25 pingat – 11 pingat emas, sembilan pingat perak dan lima pingat gangsa – daripada 25 acara yang dipertandingkan di edisi kelapan Kejohanan Pencak Silat Asia Tenggara.

Persoalannya kini sama ada Singapura mampu memungut jumlah pingat yang sama di Sukan SEA nanti.

Sebanyak 16 kategori akan dimainkan di Sukan SEA Hanoi, menurut ketua pegawai eksekutif Persatuan Silat Singapura (Persisi), Sheik Alau'ddin Yacoob Marican, dan beliau berharap Singapura dapat mengambil bahagian dalam semua acara itu.

Sheik Alau'ddin dalam wawancara bersama *Berita Harian* sebelum ini juga menetapkan sasaran untuk pasukan silat Singapura membawa pulang tiga pingat emas, tiga pingat perak dan enam pingat gangsa dari Hanoi.

Di Sukan SEA 2019, Singapura mampu meraih dua pingat emas, satu pingat perak dan dua pingat gangsa sahaja.

Ini kerana hanya sebilangan kecil kategori yang dipertandingkan dalam edisi lalu temasya sukan di Manila itu.

Namun, sebelum Persisi dapat

2 March 22, Berita Harian, Pesilat negara tidak 'berkarat' di gelanggang, Page 16

2 tahun 'menyepi' tetap jaya tunjuk taring



KEMBALI TUNJUK TARING: Farhan ialah antara tiga pesilat negara yang sudah mendapat sokongan Majlis Olimpik Kebangsaan Singapura (SNOC) untuk bertanding di Sukan SEA Hanoi Mei ini.

SELEPAS dua tahun "menyepi" daripada beraksi di gelanggang akibat pandemik Covid-19, juara dunia tiga kali Sheik Farhan Sheik Alau'ddin gembira akhirnya dapat menunjukkan taring.

Malah, pesilat negara berusia 24 tahun itu tidak kekok berdepan lawan sukar sepanjang Kejohanan Pencak Silat Asia Tenggara hujung minggu lalu lantas berjaya dinobatkan juara dalam acara tanding putera J (90-95 kilogram) senior.

Farhan mengalahkan musuh ketat dari Vietnam Nguyen Van Tri 20-17 dalam final Ahad lalu untuk meraih pingat pertamanya sejak Disember 2019.

Kali terakhir pesilat Singapura ber-

tanding adalah di Kejohanan Pencak Silat Asia 2019 di Yanji, China.

"Saya sudah lama menantikan saat ini. Jadi, saya rasa gembira dapat kembali bersaing sejak pertandingan terakhir pada 2019," kongsiannya.

Dalam sukan yang beliau sudah terbiasa sejak usia kecil, Farhan tetap perlu menyesuaikan diri dengan perubahan pada peraturan dalam kategori tanding, yang diluluskan tahun lalu, dan dilaksanakan buat kali pertama di edisi kelapan Kejohanan Pencak Silat Asia Tenggara.

Peraturan itu memberi kelonggaran kepada pesaing ketika menarik pakaian lawan sambil mereka cuba melepaskan tumbukan atau tendangan demi meraih mata.

Bagi Farhan, peraturan baru itu bukan satu masalah besar.

"Saya boleh katakan, peraturan baru, (tapi) permainan sama," katanya.

"Tarikan seperti ini sentiasa berlaku dalam perlawanan, cuma ia tidak mempunyai banyak makna (pada masa dahulu).

"Perbezaannya sekarang adalah saya rasa anda harus menjadi lebih berhati-hati," ujarnya.

Farhan ialah antara tiga pesilat negara yang sudah mendapat sokongan Majlis Olimpik Kebangsaan Singapura (SNOC) untuk bertanding di Sukan SEA Hanoi Mei ini.

Ditanya jika kejuaraan Ahad lalu melegakan sedikit tekanan di bahunya dengan kira-kira dua bulan sebelum ke Hanoi, pemenang pingat emas Sukan SEA 2017 itu menambah:

"Kemenangan pastinya mengurangkan tekanan itu. Tapi, tiada siapa yang boleh memberi tekanan kepada saya seperti yang saya lakukan pada diri saya sendiri.

"Tidak kira apa keputusannya malam ini, saya sebenarnya mahu perlawanan ini menjadi percubaan dan batu loncatan untuk Sukan SEA."

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Raih pingat emas di gelanggang antarabangsa pertama



TENANG TAPI MENYENGAT:

Nadhras (kanan) ketika beraksi dalam final acara tanding puteri A (45-50 kilogram) senior di Kejohanan Pencak Silat Asia Tenggara Ahad lalu. – Foto-foto BH oleh ARIFFIN JAMAR

MENONTON persembahan pesilat negara Nadhras Sahrin Ahad lalu, tidak hairan jika seseorang mempunyai anggapan bahawa beliau seakan sudah biasa bersaing di pentas besar.

Remaja berusia 17 tahun itu kekal tenang namun tetap lincah mengorak langkah seterusnya untuk menyerang.

Ini walaupun seringkali diberi tantangan hebat oleh lawannya dari Malaysia, Nor Farah Mazlan, yang lebih berpengalaman.

Usaha mantap Nadhras berjaya menghasilkan kemenangan 21-10 dalam final acara tanding puteri A (45-50 kilogram) senior sekali gus memberikan beliau pingat emas pertamanya dalam kejohanan serantau.

Alangkah mengejutkan apabila ditemui di Dewan Satu OCBC Arena selepas kejuaraan itu, Nadhras mendedahkan bahawa Kejohanan Pencak Silat Asia Tenggara hujung minggu lalu merupakan gelanggang antarabangsa sulung beliau.

"Saya rasa sangat gementar sebab... ramai orang yang menonton.

"Ia kali pertama saya bertanding dalam final sebesar ini dan saya sebenarnya tidak dapat mengawal fikiran dan perasaan saya untuk fokus pada perlawanan.

"Mereka yang mengenali saya tahu saya tidak menunjukkan emosi di muka tapi sebenarnya, banyak

perkara yang bermain dalam fikiran saya," kata pelajar tahun pertama Diploma dalam Perniagaan di Politeknik Republic itu.

Meskipun masih setahun jagung dalam arena antarabangsa, Nadhras menunjukkan kematangan dalam gelanggang.

"Saya tidak boleh membiarkan perasaan gementar mengawal diri saya," kongsi beliau sambil menekankan pentingnya untuk kekal tenang ketika bertanding.

Nadhras, yang juga pernah bergiat dalam sukan tae kwon do di sekolah rendah sebelum beralih kepada silat pada usia sembilan tahun, mahu terus memperbaiki persembahan terutama corak permainannya.

Dengan kemenangan Ahad lalu, beliau kini menanti peluang untuk disertakan dalam skuad Singapura yang akan bertanding di Sukan SEA Mei ini.

Ditanya apakah harapan beliau sekiranya diberikan "lampu hijau" bersaing di pentas lebih besar seperti temasya sukan serantau itu, Nadhras berkata:

"Meletakkan tekanan pada diri sendiri bukan sesuatu yang saya amalkan.

"Jika saya berikan yang terbaik saya, saya tidak akan kecewa tentang keputusannya.

"Tapi, kalau boleh, saya sasar menang pingat emas."

#OUTOFARENA



#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
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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.



LEVELS IN NATIONAL SYLLABUS

SASH	LEVEL	DEFINITION	REMARKS
White	1	Beginner	
	2		
	3		
Green	4	Intermediate	Eligible to compete
	5		
	6		
Red	7	Advanced	
	8		
	9		
Brown	10	Assistant Instructor	Assist instructors with the White Sash students
	11		
	12		
Black	13	Instructor	
	14		
	15		

Full completion for the National Grading & Syllabus will approximately to be completed between 8 to 10 years.

Upon completion of each level, students will earn a badge where it will be placed on the edge of the sash. Students are required to put on the current badge they have attained for instructors to identify their level easily during training.

Badges will be given upon completion of each level.

Components that will be graded is inclusive of:

- Combination of basic techniques
- Stances and footwork
- Fighting style
- Memorization of artistic movements
- Code of Ethics of a Pencak Silat athlete
- Others

COACHSG: COACHING MASTERCLASS

CoachSG is embarking on a project to develop a series of Coaching Masterclass videos.

The likes of the online Masterclass series featuring people like Jose Mourinho, the aim is to produce quality digital contents that would Excite, Engage and Educate (E³) our coaches and enable them to coach better every day.

With the strong expertise of coaching by Dr Sheik Alau'ddin Yacoob Marican, PBM given that he is a 4-time winner of the Coach of the Year award, his sharing throughout the series would definitely enable coaches to learn and enhance their coaching practices. Stay tuned!



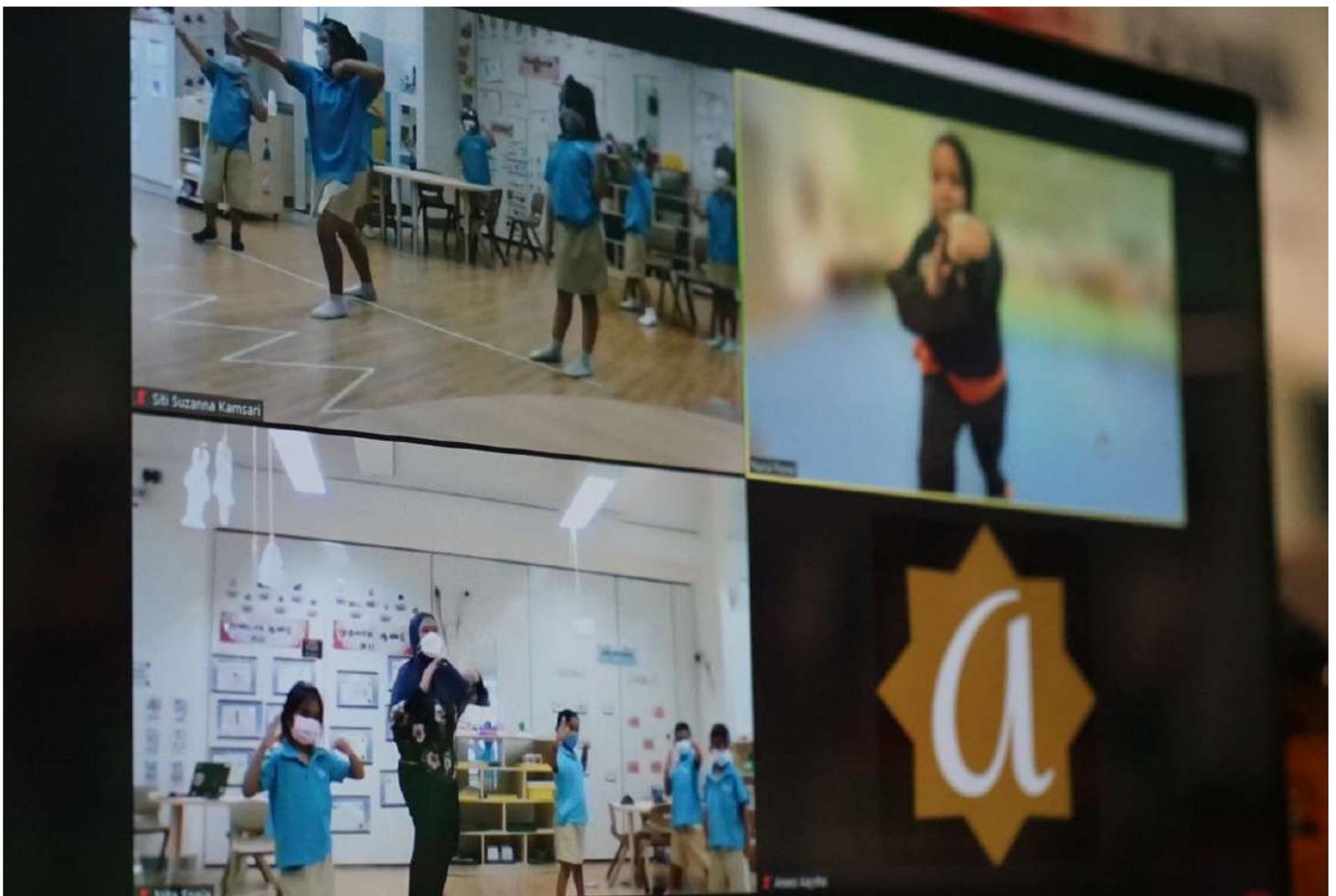


SILAT SESSION WITH: MOE KINDERGARTEN

On the 22nd of February 2022, Singapore Silat Federation conducted a virtual introduction to Pencak Silat to K2 Students.

Led by SSF's Assistant Technical Director, Mdm Nurul Fiona Azlani, the virtual sessions were done in 2 sessions - AM and PM. With 21 and 14 children in each session respectively, the students were mainly made up of children from the Malay and Tamil classes.

With the introduction to Pencak Silat, this gave the K2 children the opportunity to learn and as part of their learning processes, the children were encouraged to ask questions pertaining to Pencak Silat!



A CHAT WITH: PERGURUAN SELIGI TUNGGAL KEMUNING



My name is Muhsin Bin Mansor and I am 29 years old. I am currently the *Guru Muda* of Perguruan Silat Seligi Tunggal Kemuning (STK).

I have two siblings and I am the second child in my family.

My elder sister, Nurul Jannah, is a former STK *pesilat* and instructor and my youngest sister, Nurul Iffah is also a former *pesilat*, but of another *perguruan*.

I am happily married to Nurul Syafiqah Binte Kahat and we are recently blessed with a lovely daughter.

Outside of silat, I am a Senior Staff Nurse and has been working in a multi-discipline ward at Singapore General Hospital for 6 years.



It has been really difficult and exhausting for front-liners, during this COVID-19 outbreak, but I am proud to be doing my part as a healthcare worker. Nurses come from different units and our workloads may differ, but one common thing we have in mind; we will always do our best for every patient.

I started learning Silat at the age of 7, with my elder sister, at Clementi Community Centre .

Initially, I did not know what to expect and thought Silat would just be about learning self-defence and fighting techniques, but there's actually more to it, I was also introduced to Silat tradition and its *Seni* aspects.

It took me quite a while to adapt but I grew to love the entire training process of Silat.



Silat has since built up my discipline, character and leadership skills throughout the years. It also excites me and gives me so much thrill and the adrenaline rush.

Additionally, I love how Silat helps to strengthen the bonds between families and teammates, especially during trainings and competitions. I am very thankful for the full support from my beloved family, STK *pesilats* and their families.



Perguruan Silat Seligi Tunggal started to set foot in Singapore during the 1930s by the late Great Guru Utama Radin Omar. Silat Seligi Tunggal tradition is based on Bugis and Boyanese ethnic style.

The Guru Utama torch has been passed down to a few individuals, throughout the years. From late Great Guru Utama Radin Omar to Ifi Bin Suhoor, then to Mawadi Bin Ifi and now to current Guru Utama Hafidi Bin Ahmad.

In 1977, Perguruan Silat Seligi Tunggal began to associate with Persatuan Kemuning Singapura. The Perguruan name was then changed to Perguruan Silat Seligi Tunggal Kemuning (STK). Since then, STK has been participating in many events with the support from Persatuan Kemuning Singapura, currently led by President Mr Abdullah Shafiie. STK is well known for our *Seni* (artistic) and *Pokulan* (self-defence techniques).



In 2000, my father enrolled me and my elder sister into STK, with the intention for us to learn self-defence and family bonding over Silat.

Throughout the years, my elder sister and I have competed and represented STK in various *seni* (artistic) and *tanding* (sparring) competitions in Singapore. We have also done many wedding, street and stage Silat performances. Our parents have been our constant support and they have never missed any of our competitions and performances.

Guru Utama Hafidi, *Guru Kanan* Kamaruddin and *Guru Kiri* Salleh taught and guided me well, and to always remember my roots. I am truly grateful to them.

As a STK pesilat, I have competed and won various *seni* (artistic) and *tanding* (sparring) competitions organized by People's Association (PA) and Singapore Silat Federation (SSF).

In the *Perguruan*, I have risen up through the ranks and managed to obtain the title of *Guru Muda* in 2015, at the age of 22. Since then, I have been mentoring and guiding my juniors to gain confidence in themselves and achieving their fullest potential.



I am also proud of my friends Wan Hamdika and Md Firdaus, who have worked hard to become the current Instructors of Perguruan Silat Seligi Tunggal Kemuning (STK). Both of them have achieved a lot and became champions, bringing up STK's name.

Together we are leading a new generations of STK *pesilats*. From 2016-2018, I was also part of Singapore Silat Federation Committee.



I was invited to be the team manager for Singapore's National Silat team, for the Rembau Open Championship 2016, in which Singapore won the Overall Champion. It was a great experience and it feels good to be able to contribute to my country.

On top of all this, I am thankful and proud for the respect and trust from our STK *pesilats* and their parents.

I will always remember this quote from my Late Guru Utama Mawadi:

"Jangan suka busuk-busukkan permainan orang lain. Selalu pandang kelebihan dan kelemahan diri sendiri. Kalau kita ingat kita pandai, pandang ke atas, pasti ada yang lagi pandai dari kita. Dan kalau kita ingat kita bodoh, pandang ke bawah, pasti ada yang lagi bodoh dari kita."

The message is to keep improving ourselves, have confidence and always stay humble.

One of my greatest memories with STK, was when I managed to fight through the rounds and reached my first ever National Pencak Silat Championship 2009 finals in one of the Male's Junior *Tanding* Category. I had defeated the previous year defending champion during the semi-finals. No one expected the outcome. Other *perguruan*s were shocked while my *Gurus* and Coaches were totally delighted.

I remembered all of my *Gurus*, Coaches, teammates, family and friends came down to support me in the finals and even though I lost, I am truly touched by the support given. It brought togetherness and deepened our bond.

It was more than just a match – STK *pesilats* were inspired and started to be more interested in learning and competing in the *Tanding* Category.



To make the most out of each training session, Instructor Wan Hamdika, Instructor Md Firdaus and myself will discuss beforehand, on the different activities that we can set up for training. For example, relay exercises to build core strength, pair-up for sparring training session, *Seni* practice in groups. At times, we have outdoor training too.

We want to ensure that every STK *pesilat* is learning well, giving their 100% effort and enjoying the training with their teammates.

Guru Kanan Kamaruddin and *Guru Kiri* Salleh would also oversee our training sessions, from time to time and give us valuable feedback on how to improve our training sessions.





Upon taking on the role of a *Guru Muda* in 2015, *Guru Utama* Hafidi migrated to Australia. Many STK senior *pesilats* also left the *Perguruan*. A lot of recruitment and a new direction was needed.

With all the guidance that I received from *Guru Kanan* Kamaruddin and *Guru Kiri* Salleh, we managed to welcome people to join STK and train new generation of STK *pesilats*.

My parents, Mr. Mansor and Mdm Azlinda played a huge role in moving the *Perguruan* forward. They help to ensure all of STK's essential needs are taken care of. They also teach STK *pesilats* and their parents Gamelan.

Both of them are currently in-charge of the *Perguruan's* Gamelan today.



If not Silat, I will probably be doing other sports such as running, cycling and playing badminton, just to maintain a healthy lifestyle.

However, now that I am married and we are now blessed with a little daughter, I enjoy spending quality time and going out with my family during my off days. I hope to be able to do sports activities as a family, when my daughter grows up.



My goal for STK is to ensure that its Seni (artistic) is passed down and made known to younger generations. We want to groom new leaders for STK and may STK continue to prosper.

With that said, come join Perguruan Seligi Tunggal Kemuning if you are interested to learn Silat. We welcome all races and anyone as young as 4 years old.

COACHING ATHLETE NAZRI SUTARI

Since December 2021, SSF has been working alongside the Kickboxing Federation of Singapore in coaching Kickboxing athlete, Nazri Sutari, 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 on the 11th of March 2022 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!*



SINGAPURA

BeritaHarian

Semangat jaguh tinju tendang terus membara

Berlatih di Serbia bagi Sukan SEA dan kejohanan dunia di Hungary, Italy

KICKBOXING

TINJU TENDANG



ZULAIQAH ABDUL RAHIM

Mar 07, 2022 | 05:30 AM



Dapatkan artikel ini untuk diterbitkan semula



Foto BH oleh KHALID BABA



UPCOMING COURSES

WASIT-JURI COURSE

With the current rules and regulations, our new wasit juri course will cover every aspect of the article including the setting up and running of competition, theory sessions on all the rules, physical fitness test, practical session on becoming a wasit, learning and trying out the technical skills for both match and artistic, understanding the digital scoring system as a juri, and understanding the process of the protest system.

Participants will go through a hands on session for the digital scoring system and protest system.



To complete the session, all participants must go through the attachment during the 44th National Pencak Silat Championship 2022. Therefore, you cannot compete or be a team official for the event.

The course fee will be \$500, inclusive of one set of WJ Uniform. You are eligible to claim SkillsFuture Credit for this course.

WJ Course Dates: 13, 14, 20, 21 Aug

Attachment Period: 25 to 27 Aug

SG COACH INTEGRATED LEVEL-ONE **COURSE**



SG-COACH PENCAK SILAT INTEGRATED LEVEL 1 COURSE

DATES: 4, 5, 6, 11, 12 & 13TH APRIL

Register at <https://forms.gle/818VFfdt8DLt9vzm6>

Singapore Silat Federation is pleased to announce that we will be organizing the SG-Coach Pencak Silat Integrated Level 1 Course this 4, 5, 6, 11, 12 & 13 April 2022 at Heartbeat@Bedok.

The SG-Coach Integrated Pencak Silat Level 1 Course aims to meet the demands of individuals who aspire to coach the sport of silat, equipping the coach with fundamental but vital skills in coaching the sport of silat effectively.

At the end of the course, participants will be able to:

- Effectively coach the sport of Pencak Silat,
- Understand the key features of the sport of Silat and its affiliates,
- Understand the principles of coaching in the context of Silat,
- Design effective silat training programmes,
- Apply basic sports science knowledge in achieving peak performance in Silat athletes
- Assist Silat athletes to enhance and develop their skills

Participants are required to complete all pre-required modules via Sports-SG Ed before the start of the course.

The total course fee for SG-Coach Pencak Silat Integrated Level 1 Course is \$680.00. Participants can submit their course claim via MySkillsFuture.

Should you have any further enquiries, please do not hesitate to contact Mdm Nurul Fiona, Assistant Technical Director at fiona@persisi.org and/or +65 94249840.



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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



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.



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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



3 Apr - 2 May: Fasting Month

Timing for National Training:

Session 1: 4 PM - 6 PM

Session 2: 830 PM - 1030 PM

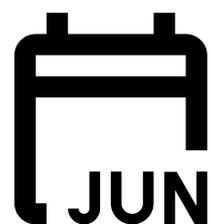
**Training Closure: 29 Apr - 8 May (Except for SEA Games Team)*

4, 5, 6, 11, 12, 13 Apr: SG-Coach Pencak Silat Integrated Level 1 Course



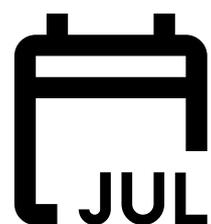
~~6 - 8 May: Belgium Open (Postponed to 2023)~~

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
13, 14, 20, 21 Aug: National WJ Upgrading Course
16 - 22 Aug: Indonesia Open Pencak Silat
Championship (Solo, Indonesia)
25 - 27 Aug: National WJ Upgrading Course -
Attachment Period
25, 26, 27 Aug: 44th National Pencak Silat
Championship (Singapore)



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)



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 (Singapore)
22 - 28 Nov: 6th Asian Pencak Silat
Championship (Singapore)



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!

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.

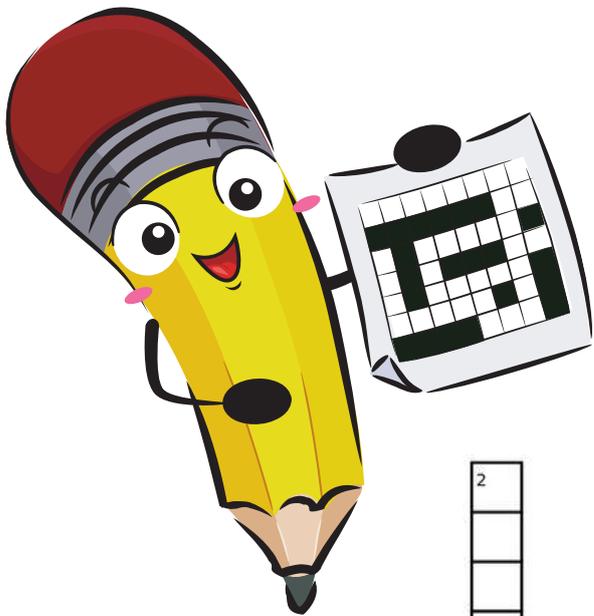
Currently, we have twenty (20) Ordinary Members, and seven (7) Associate Members registered with us.

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

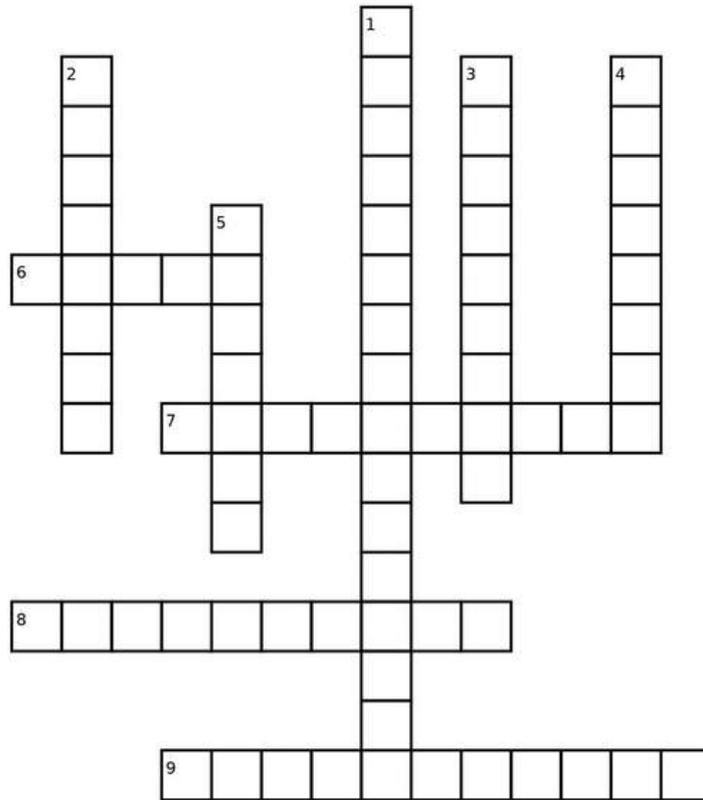
To join us, simply write in to register your interest via email to ssf@persisi.org and attention it to our President with Affiliation with Singapore Silat Federation as your subject.

We look forward to welcoming you on board!





GAME ON!



Down:

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

Across:

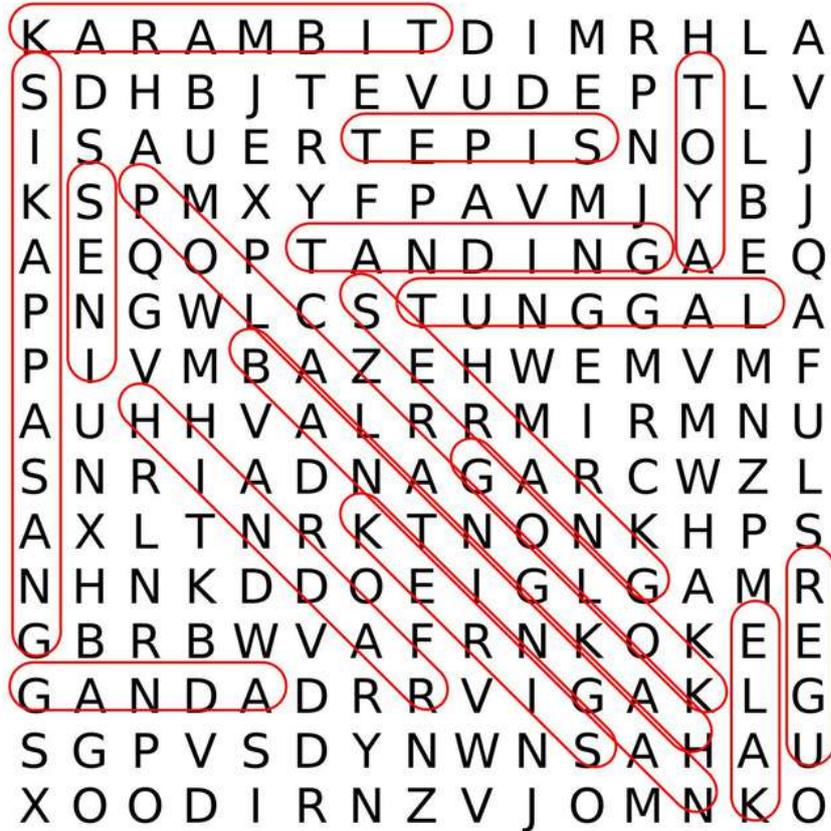
6. Artistic Category for Silat - group of two
7. Title of SSF's monthly e-newsletter
8. A Production by Singapore Silat Federation to showcase our athletes outside of the Silat arena
9. Silat Athlete named in Forbes' 30 Under 30

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

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

ANSWERS FROM JANUARY 2022'S ISSUE OF SILAT UNCUT

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



Pola Langkah

Tanding

Serang

Ganda

Sikap Pasang

Hindar

Keris

Regu

Bantingan

Karambit

Tepis

Seni

Tunggal

Golok

Toya

Elak



CONGRATULATIONS

1

ANNISA DIAN

Singapore

2

FAISAL ILHAM

Singapore

3

ARIFF RUSLAN

Singapore

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**



SGSILAT



MUHAMMAD IQBAL

MUHAMMAD HAZIM

SHEIK FARHAN

NURUL SUHAILA

SHEIK FERDOUS



CHAMPIONS