

SILAT -

A Monthly Newsletter by
Singapore Silat Federation



- UN CUT

Vol. 42 April 2022

ROAD TO 31ST SEA GAMES

As we are approaching the 31st SEA Games that is due to be held next month in Hanoi, Vietnam, our Team Singapore Silat athletes are training intensively in preparation for the games.

As the training sessions get more intense as we approach the games, we are determined to work together with athletes in order to bring victory for the country at the first SEA Games since the COVID-19 pandemic.

The Team Singapore Pencak Silat team will be training three times a day during the whole of the first week of May, excluding the 3rd of May for the Hari Raya festivities, and will be back in training the next day.

We seek your immense support for the team as they fly our Singapore flag up high!



TRAINING SCHEDULE:

Date: 1 May 2022, Sunday

Training time: 10am - 12pm, 3pm - 5pm & 8.30pm to 10.30pm

Venue: OCBC Arena, Hall 4

Date: 2 May 2022, Monday

Training time: 10am - 12pm & 3pm - 5pm

Venue: OCBC Arena, Hall 4

Date: 4 May 2022, Wednesday

Training Time: 3pm - 5pm & 7.30pm - 10.30pm

Venue: OCBC Arena, Hall 4

Date: 5 May 2022, Thursday

Training Time: 10am - 12pm, 3pm - 5pm & 7.30pm - 10.30pm

Venue: OCBC Arena, Hall 4

Date: 6 May 2022, Friday

Training Time: 10am - 12pm, 3pm - 5pm & 7.30pm - 10.30pm

Venue: OCBC Arena, Hall 4

Date: 7 May 2022, Saturday

Time: 2pm - 4pm

Venue: OCBC Arena, Hall 4



TEAM COMPOSITION:

1. Match Male B (50 - 55kg) - Aniq 'Asri Bin Mohammad Yazid
2. Match Male C (55 - 60kg) - Muhammad Hazim Bin Mohd Yusli
3. Match Male D (60 - 65kg) - Muhammad Riansyauqi Bin Mistam
4. Match Male F (70 - 75kg) - Abdul Raazaq Bin Abdul Rashid
5. Match Male G (75 - 80kg) - Sheik Ferdous Bin Sheik Alau'ddin
6. Match Male H (80 - 85kg) - Muhammad Syakir Bin Jeffry
7. Match Male J (90 - 95kg) - Sheik Farhan Bin Sheik Alau'ddin
8. Match Female E (65 - 70kg) - Nurul Suhaila Binte Mohd Saiful
9. Match Female F (70 - 75kg) - Siti Khadijah Binte Mohd Shahrem
10. Artistic Male Single - Muhammad Iqbal Bin Abdul Rahman
11. Artistic Male Double - Muhammad Hazim Bin Mohd Zaque & Muhammad Haziq Bin Mohd Zaque
12. Artistic Male Team - Muhammad Iqbal Bin Abdul Rahman, Muhammad Nazrul Bin Mohd Kamal & Muhammadinil Mustafar Bin Mohd Isa
13. Artistic Female Single - Siti Nazurah Binte Mohd Yusoff
14. Artistic Female Double - Nur Azlyana Binte Ismail & Sharifah Shazza Binte Samsuri
15. Artistic Female Team - Iffah Batrisyia Binte Noh, Amirah Binte Sahrin & Nur Ashikin Binte Zulkifli



Official Media Network

12 - 23 MAY 2022

Don't miss the latest edition of the region's premier multi-sport competition as the best athletes from 11 ASEAN nations converge in Vietnam. Mediacorp brings you all the action from the 31ST SEA Games LIVE and on-demand from 12 - 23 May, including Team Singapore highlights.



Mediacorp is the Official Media Network for the 31st SEA Games, where they will be delivering daily coverage of the sporting events across its multiple platforms: meWATCH, Channel 5 and Mediacorp's Entertainment YouTube channel.

Pencak Silat is among the key sports that will be shown either live or delayed in the daily coverages.

You can access the coverage of the 31st SEA Games anywhere and at anytime, be it live or on-demand, via the free meWATCH app that is available for iOS and Android devices, Smart TVs or via the QR code. (URL: <http://mewatch.sg/seagames>)



Let's show our support for our athletes together!



ONE
SGSILAT

SINGAPORE SILAT FEDERATION

WISHES

ALL TEAM SINGAPORE ATHLETES REPRESENTING SINGAPORE AT THE
31ST SEA GAMES

**ALL THE BEST FOR THE
GAMES,**

**FLY OUR FLAG UP
HIGH,**

**AND
FIGHT ON
WITH ALL
YOU'VE GOT.**

@SGSILAT



SHEIK FARHAN: TEAM SINGAPORE'S FLAG BEARER AT THE 31ST SEA GAMES!



Photo by: Andy Chua/SNOC

For this year's SEA Games in Hanoi, our very own three-time Silat World Champion, Sheik Farhan, was brought to light as Team Singapore's flag bearer.

We look forward to seeing Farhan representing Singapore, and Pencak Silat, leading the Team Singapore contingent in the Games!

SINGAPORE SPORTS SCHOOL: SEA GAMES SENDOFF CEREMONY

Singapore Sports School (SSP) invited their former & current students for the 31st SEA Games Send Off Ceremony. There was a total of 90+ former and current students of Singapore Sports School who was selected to represent Singapore at the 31st SEA Games this year.

Event: 31st SEA Games Send Off Ceremony

Date: 27 April 2022

Time: 730pm – 9pm

Venue: Singapore Sports School

Some of the sports are Pencak Silat, Bowling, Football, Wushu, Swimming, Athletic. We have a total of 9 former & current students representing Pencak Silat at the 31st SEA Games:

Alumni of Singapore Sports School:

1. Muhammad Iqbal Bin Abdul Rahman
2. Nurul Suhaila Binte Mohd Saiful
3. Sheik Ferdous Bin Sheik Alau'ddin
4. Sheik Farhan Bin Sheik Alau'ddin
5. Muhammad Riansyauqi Bin Mistam

Current students of Singapore Sports School:

1. Aniq 'Asri Bin Mohammad Yazid
2. Amirah Binte Sahrin
3. Abdul Raazaq Bin Abdul Rashid
4. Siti Khadijah Binte Mohamad Shahrem





SINGAPORE SILAT FEDERATION: SEA GAMES FLAG RAISING CEREMONY

On the 30th of April 2022, we held a Flag Raising Ceremony for our Team Singapore Silat athletes and team officials who will be representing Singapore at the 31st SEA Games, 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 31st SEA Games, having it to be postponed twice due to the COVID-19 pandemic, and the upgrading of the Pencak Silat Rules & Regulations.

Big thanks to Mr Eric Chua, Parliamentary Secretary for Ministry of Culture, Community and Youth and Ministry of Social and Family Development, for gracing the event with your presence and the motivational speech for our athletes and officials!



Photo by: Jia Xing



Photo by: Sia Kian Teck, Jupong, Jia Xing

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,
- FY2023 intake for Primary 6 students and/or mid-streamers', and
- School programmes involving the student-athletes.

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





TEAM SINGAPORE CARES

Over 2 weekends, Team Singapore athletes, including our Pencak Silat athletes, had the chance to give back to the community, especially in this blessed month of Ramadan.

Siti Khadijah, Amirah Sahrin, Ashikin Zulkifli and Muhammad Iqbal were present on the 9th of April, at Woodlands Rise, to help in the distribution of porridge to the community.

On the 17th of April, Nur Shaqira, Sheik Farhan and Sheik Ferdous, along with the athletes from Football also helped with the distribution of porridge at Wisma Geylang Serai.



9TH APRIL 2022, SATURDAY



17TH APRIL 2022, SUNDAY



RAMADHAN CHALLENGE: FRIENDLY TRIALS

Similar to last year's Ramadhan Challenge, we held a Ramadhan Friendly Trials with Perguruan Seni Silat Gayong PERWANIT, Si Rumpun Padi, Perguruan Sendeng Pukulan, Seni Grasio, and Seligi Tunggal Angkatan Singapura.

This was held over three weekends:

- 2nd April 2022, Saturday
- 16th April 2022, Saturday
- 24th April 2022, Sunday

The trials was held at the OCBC Arena, Hall 4, and we are glad that the sessions have been successful!

Even though the athletes were fasting, nothing was stopping them from fighting and competing!

As a build on towards the upcoming National Championships, this can build our athletes on the Upgraded Pencak Silat Rules and Regulations.

This is also to prove to our athletes that despite fasting, their agility and strength to push through their matches and fight through.

Special thanks to the mentioned Silat clubs for participating!

2ND APRIL 2022, SATURDAY



Photos by: Sia Kian Teck, Jupong, Jia Xing

16TH APRIL 2022, SATURDAY



Photos by: Jia Xing

24TH APRIL 2022, SUNDAY



Photos by: Jupong

PODCAST WITH: SILVERFOX HUSTLE #68

In the latest episode on The Silverfox Hustle Podcast by Shasi, who is a former professional football player and now a coach developer, Dr Sheik Alau'ddin was invited as a guest to share his stories!

In this episode, Dr Sheik spoke about plunging head first, dedication, and having the will to win. He also speaks about what coaching means to him and many more!

Listen to the episode via the QR code below!



NEW PODCAST EPISODE

Silverfox Hustle #68 - Dr Sheikh Alau'ddin - Silat King

The Silverfox Hustle Podcast

Apr 26 - 1 hr 40 min

▶ + ...

The image shows a podcast episode cover with a dark background. On the left, there are two small images: the top one shows two men in a studio setting, and the bottom one shows a close-up of Dr. Sheikh Alau'ddin. The text on the right side of the cover includes the episode title and the podcast name. At the bottom left, there is a green play button icon, a plus sign, and three dots.



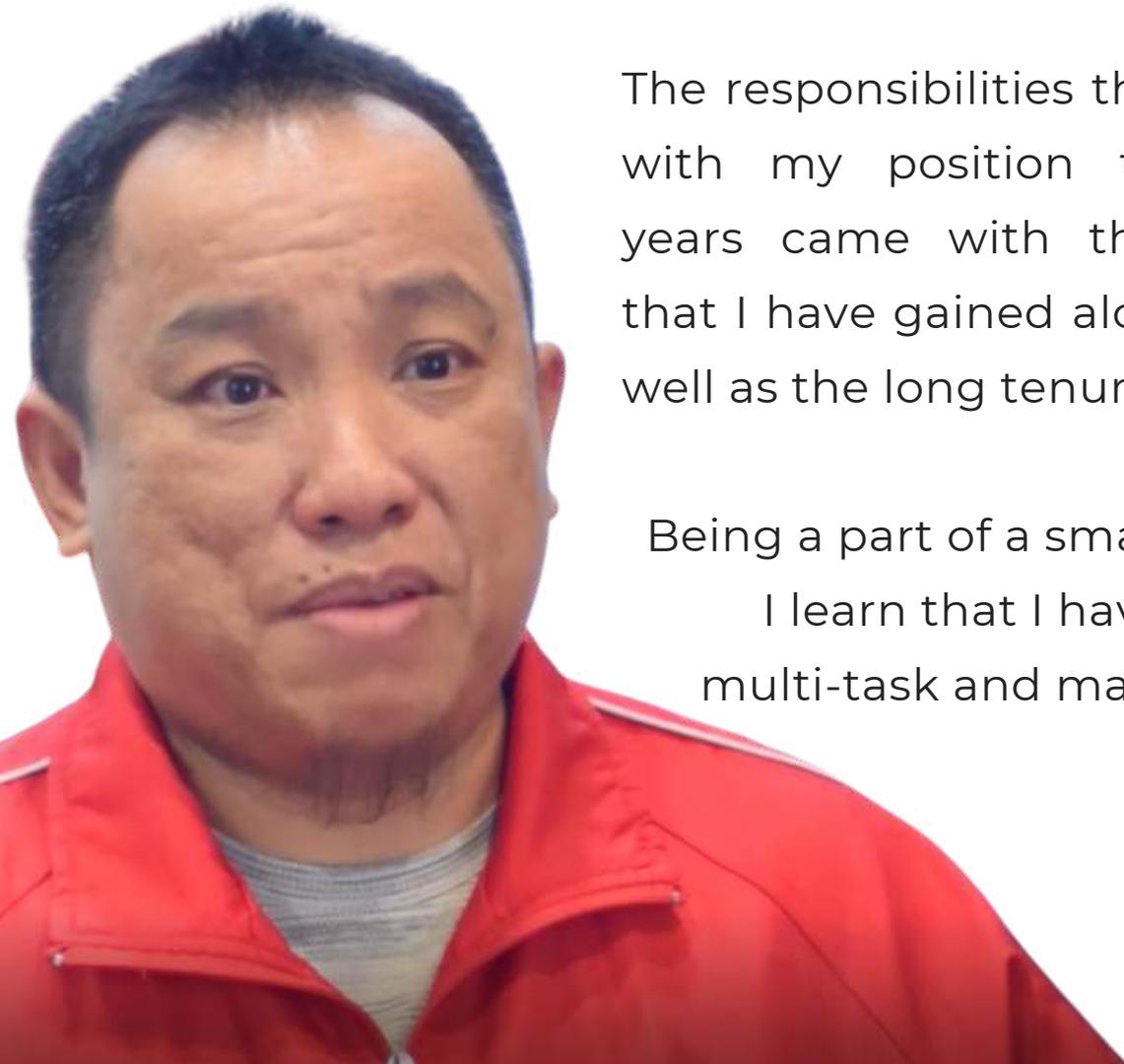
THE PEOPLE BEHIND SG SILAT

My name is Kamal Yunus, 54 years old and I am the Director for Finance & Admin for Singapore Silat Federation (SSF). I am easy-going, I get well with people, humble and respectful towards the elderly. Not forgetting, as many who know me, I am an introvert in nature.

My story with SSF began when I saw the opportunity coming as I was looking for a fresh start from my previous job of a totally different industry.

The responsibilities that come along with my position through these years came with the experiences that I have gained along the way, as well as the long tenure.

Being a part of a small organization,
I learn that I have to constantly
multi-task and manage time with
precision.



One thing I enjoy the most about being a part of SSF is the job and the staff.

Throughout the years, you tend to enjoy being in different activities which is something you appreciate.



However, I do not enjoy long hours during the events as the tasks that I'm given as it gets monotonous and at times it can get tiring for me having to stand long hours.

Nonetheless, being recognized and appreciated for the work that I've done and that has to be the most rewarding part of being in the federation.

I also cherish meeting new young people when they join the company, coming from different backgrounds. Working as a team and also the closeness of being a part of a family is some of my best memories of being here.

What motivates me in doing the good job that I do, I believe that I have to love my job. That keeps me going and helps me to think positive always.

I would strongly advice my younger self that I have to love my job, and stay committed. Without commitment, I believe that one cannot achieve far.

In the coming future, I would like to see the federation improve further in its quest for excellence. With the stable and strong leadership that we have, I believe that this can be achieved, and I look forward to witness this.

For me, Silat in Singapore has grown since its early years as an unknown sport.

I personally hope for the Silat clubs here in Singapore set aside their differences and come together to support the national setup for the betterment of the sport. I believe that there needs to be a mindset change to realize this.



SPORTSG & GSIC: SILAT INNOVATION DAY

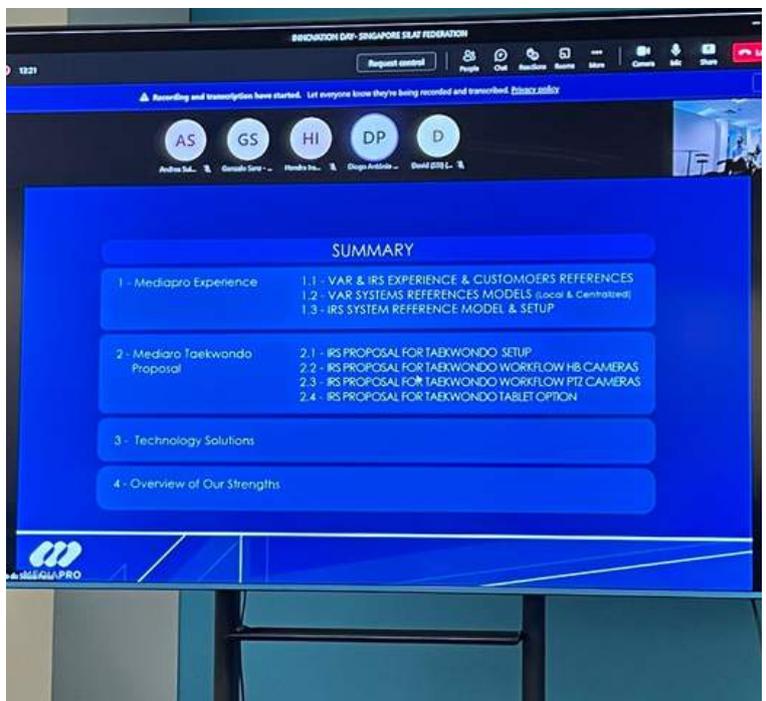
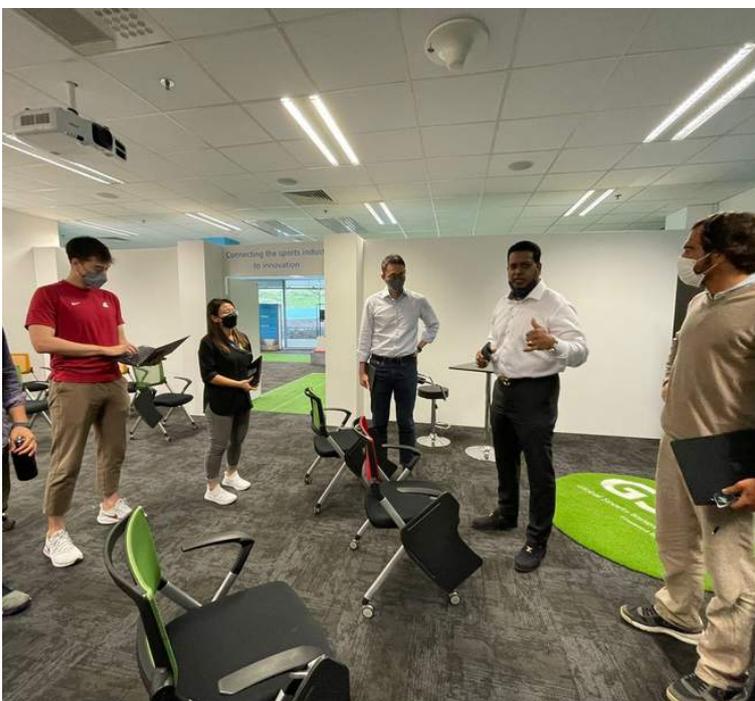
On the 18th of April 2022, representatives from Singapore Silat Federation (SSF) met up with the team from SportSG and Global Sports Innovation Center (GSIC), at the GSIC APAC office and online.

The agenda of the session was to discuss about how SportSG is working with SSF on improving the Silat VAR/Replay System, to be more transparent with the fans and the fighters, to implement a scoring system to digitalize the process, and reduce the latency speed.

SportSG is collaborating with GSIC to bring in three partners, Mediapro, Mobii and Sponixtech, came forward with their proposals and showcased the different benefits of VAR and its system for Pencak Silat.

A follow-up meeting on this is on the works, so stay tuned!





INTRODUCING: PENCAK SILAT'S NEW RELATIONSHIP MANAGER, MR HENDRA IRAWAN

Introducing: Mr Hendra Irawan who is a Sports Manager at the Singapore Sports Institute (SSI), the new Relationship Manager for the Pencak Silat sport here in Singapore.

Mr. Hendra will be providing Singapore Silat Federation a general oversight as a National Sports Association (NSA) in Singapore, and helping Singapore Silat Federation on its needs for the growth of Pencak Silat here in Singapore.

We look forward to working together to achieve greater heights for Pencak Silat.





DR SHEIK'S TRIP TO INDONESIA



On the 27th & 28th of April 2022, Dr Sheik Alau'ddin made a trip to Jakarta, Indonesia, to discuss:

- further on the International Pencak Silat Competition Rules and Regulations,
- the upcoming World Pencak Silat Championship 2022 in Melaka, Malaysia,
- PERSILAT's Direction, and
- Silat Towards Olympics.



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



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FEATURES

FOKUS ATLET: LATIHAN DALAM RAMADAN

► ISMAIL ALI
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BERSEMANGAT WAJA di sebalik WAJAH JELITA

Dua srikandi silat negara – Nurul Suhaila dan Siti Khadijah – kongsi cabaran jalani latihan dalam Ramadan sebagai persiapan hadapi Sukan SEA Hanoi bulan depan

AZAM dan fokus untuk mencapai matlamat – memenangi pingat emas Sukan SEA. Itulah tekad dan pegangan dua srikandi silat negara – Nurul Suhaila Mohd Saiful dan Siti Khadijah Mohd Sahrem – dalam menjalani cabaran meneruskan latihan intensif dalam Ramadan sebagai persiapan menghadapi Sukan SEA Hanoi bulan depan.

Nurul Suhaila, juara dunia dan Kejuaraan Pencak Silat Asia Tenggara; dan Siti Khadijah, juara Kejuaraan Pencak Silat Asia dan Kejuaraan Asia Tenggara, ialah antara 21 pesilat yang akan tampil mewakili negara dalam Sukan SEA di Vietnam dari 12 hingga 23 Mei ini.

Walaupun skuad silat negara kali ini turut diwakili enam atlet wanita lain yang akan bertanding dalam acara seni, hanya Nurul Suhaila dan Siti Khadijah akan tampil dalam acara tanding yang lebih lasak.

“Penat memanglah penat. Berlatih dalam Ramadan ni sungguh mencabar dari segi mental... cabarannya lebih berbanding rutin pada bulan-bulan lain,” jelas Nurul Suhaila, 27 tahun, atlet wanita paling lama berada dalam skuad negara sekarang.

“Anda perlu dorongan semangat yang lebih kuat untuk menjalaninya... apatah lagi dalam keadaan kita lapar dan dahaga.”

Namun, bagi Nurul Suhaila, yang menceburi silat sejak berusia enam tahun dan mula mewakili negara di peringkat kanak-kanak pada usia 11 tahun, segala kesukaran dan cabaran itu berbaloi untuk mencapai impiannya menggendang pingat emas Sukan SEA.

“Saya belum menjamah pingat emas Sukan SEA lagi,” dedah Nurul Suhaila, yang memenangi pingat emas Kejuaraan Pencak Silat Sedunia pada 2018 di Singapura.

“Jadi segala kesukaran dan cabaran ini, termasuk berlatih dengan atlet lelaki dalam skuad silat negara, bagi saya tidak sia-sia.”

“Saya mempunyai matlamat sendiri dalam silat dan saya sedar apa yang saya lakukan adalah lebih kebaikan saya juga.”

Untuk mengatasi masalah lapar dan dahaganya, anak bongsu dalam keluarga tiga beradik itu – kesemuanya pernah mewakili skuad silat negara – “makan lebih semasa bersahur”.

Menjelaskan keperluan berlatih dengan teman-teman lelaki yang lebih bertenaga dalam skuad negara pula, Nurul Suhaila menyifatkannya sebagai adil kerana baginya, ia akan membantu beliau apabila perlu berdepan lawan bertubuh lebih besar dan kuat.

“Saya sifatkan latihan yang saya lalui bersama mereka sebagai adil kerana ia turut membantu saya menjadi lebih tangkas, kuat dan bersedia menghadapi lawan yang lebih sukar.”

“Dalam Sukan SEA Hanoi, saya akan bertanding dalam Kelas E (65-70kg), lebih berat daripada kelas saya sebelum ini iaitu 50-55kg.”

“Ini satu lagi cabaran besar bagi saya kerana saya perlu menambah berat badan. Biasanya dalam bulan puasa orang dapat turunkan berat badan, tetapi saya perlu tambah berat badan pula” tambah Nurul Suhaila, yang menjalani latihan silat secara sepenuh masa di bawah Biasiswa Kecemerlangan Sukan (Biasiswa spex).

Bagi Siti Khadijah pula, yang bakal tampil buat juling-julung kalinya dalam Sukan SEA, beliau memang menjangka latihan dalam Ramadan sukar dan mencabar.

“Memang benar kami melakukan apa



yang atlet lelaki lakukan kecuali dalam latihan di gimnasium apabila berat timbangan yang perlu kami angkat lebih ringan,” ujarnya.

Meletakkan tahap kesukaran latihan Ramadan pada skala 8, serupa Nurul Suhaila, beliau mengakui pernah muntah semasa berlatih dan perlu menahan dahaga.

“Saya perlu melakukan semua ini kerana kecegasan amat penting kerana saya akan bertanding dalam kelas lebih berat iaitu Kelas F 70-75kg.”

“Namun, impian saya – memenangi pingat emas Sukan SEA – menjadi pendorong saya.”

“Saya sasaran matlamat menjadi juara

dunia dan juara Sukan SEA sebelum saya mencecah usia 25 tahun,” tambah Siti Khadijah, anak sulung dua beradik, yang juga pemegang Biasiswa spex.

Walau betapa sukar cabaran yang dihadapi semasa menjalani latihan dalam Ramadan, tidak semuanya getir dan membosankan.

“Ada juga saat-saat indah. Saya juga da-

pat terbuka puasa dengan rakan-rakan sepasukan.

“Perkongsi ini membuka peluang bagi kami menjalin semangat berpasukan yang lebih rapat dan lebih banyak berinteraksi,” kata pelajar tahun ketiga Politeknik Republik (RP) dalam jurusan Pengurusan Sukan dan Riadah itu.

“Penat memanglah penat. Berlatih dalam Ramadan ni sungguh mencabar dari segi mental... cabarannya lebih berbanding daripada rutin pada bulan-bulan lain. Anda perlu dorongan semangat yang lebih kuat untuk menjalaninya... apatah lagi dalam keadaan kita lapar dan dahaga.”

– Nurul Suhaila Mohd Saiful mengenai cabaran meneruskan latihan intensif dalam Ramadan sebagai persiapan menghadapi Sukan SEA Hanoi bulan depan.

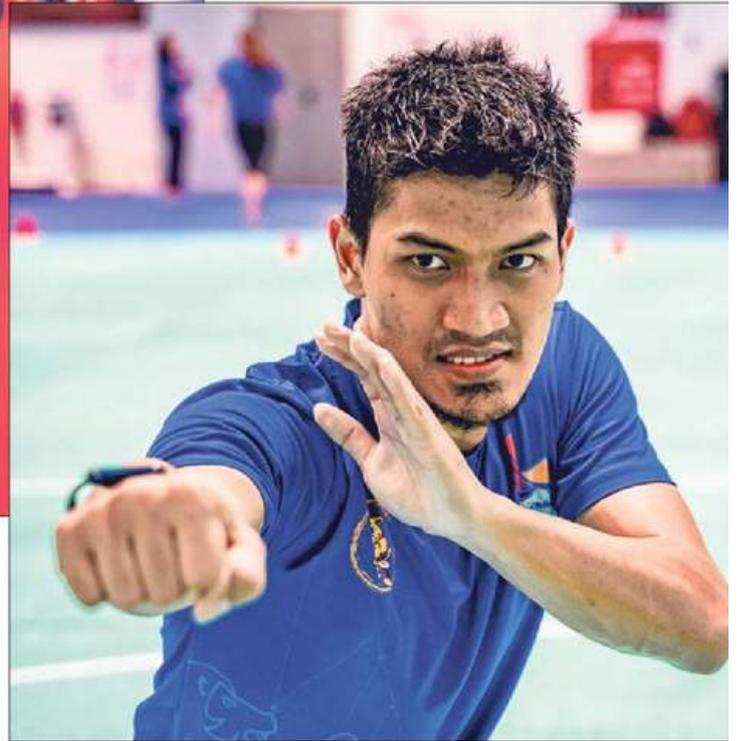
IMPIAN EMAS ATASI
SEGALA-GALANYA: Siti Khadijah (kiri) dan Nurul Suhaila (kanan) rela menjalani latihan sukar dan mencabar dalam Ramadan demi mencapai impian menggendang pingat emas Sukan SEA Hanoi bulan depan. – Foto BH oleh KHALID BABA

SEMANGAT PESILAT



AWASI BERAT BADAN: Pesilat negara Siti Khadijah akan lebih fokus kepada menjaga berat badannya semasa bulan puasa kerana bakal beraksi di dalam kategori baru, Wanita Kelas F (70-75kg) di Sukan SEA bulan depan. – Foto-Foto BH oleh NUR DIYANA TAHA

SASAR MISI SENDIRI: Pesilat seni negara, Muhammad Iqbal mahu fokus kepada prestasi sendiri dan berharap dapat mengubah warna pingat di Sukan SEA di Hanoi.



Siti Khadijah sahut cabaran kekal berat badan, aksi dalam kelas baru

• HAKIM YUSOF
hakmy@sph.com.sg

RAMADAN kali ini membawa dugaan bertambah bagi Siti Khadijah Mohd Shahrem.

Menjelang Sukan SEA ke-31 di Hanoi bulan depan, Siti Khadijah sedang mengawasi berat badan supaya tidak turun di bawah berat badan yang diperlukan bagi bertanding nanti. Ini kerana beliau bakal beraksi di dalam kategori baru – Wanita Kelas F (70-75kg) di temasya sukan dwitahunan itu nanti.

"Dalam bulan puasa ini, biasanya ramai akan hilang berat badan. Saya perlu berhati-hati kerana saya akan bertanding dalam kelas berat badan yang berbeza berbanding kelas berat badan yang saya tandangi sebelum ini."

"Oleh itu, saya perlu rancang apa yang perlu saya makan dan makanan yang boleh saya makan untuk kekalkan berat badan saya ini," katanya sambil menambah beliau akan meningkatkan pengambilan protein dalam dietnya.

Beliau akur, menjalani latihan semasa berpuasa memberikan cabaran 'unik', apatah lagi jika ingin mencapai tahap kecergasan fizikal maksimum.

Namun, bagi pesilat negara, Siti Khadijah Mohd Shahrem, ia bukan alasan untuk mengurangkan intensiti latihan.

"Latihan kami tidak akan berkurang hanya kerana bulan puasa. Ini adalah tanggungjawab kami sebagai seorang Muslim dan atlet. "Namun, kita perlu faham keadaan diri dan tahu batasan badan sendiri. Kami menyesuaikan diri dalam minggu pertama puasa dan

akan tingkatkan intensiti latihan dari masa ke masa," ujar pelajar Politeknik Republic itu.

Siti Khadijah, 21 tahun, sedang mempersiapkan diri bagi penampilan sulung beliau di Sukan SEA di Vietnam bulan depan.

Selain melakukan latihan kardio, beliau dan rakan skuad nasional juga membuat latihan kekuatan berintensiti.

Menjawab pertanyaan *Berita Harian* (BH), ketua pasukan Fisiologi Sukan di Institut Sukan Singapura (SSI), Dr Abdul Rashid Aziz, berkata beliau menggalakkan atlet seperti Siti Khadijah tidak terlepas makan sahur.

"Ini kerana ia adalah peluang terakhir membekalkan badan dengan makanan sebelum memulakan puasa. Hidangan sahur juga perlu dimakan selewat mungkin untuk memastikan badan berada dalam 'keadaan berpuasa' untuk tempoh yang paling singkat," katanya.

Siti Khadijah akan melangkah ke Sukan SEA dengan prestasi baik setelah berjaya memenangi pingat emas di acara tandang puteri E senior di Kejohanan Pencak Silat Asia Tenggara Ke-8 yang diadakan di sini Februari lalu.

Walaupun akan bertanding dalam kategori berlainan, Siti Khadijah berkata beliau akan lebih fokus kepada persembahannya kelak daripada impian memenangi sebuah pingat.

"Memang matlamat semua atlet adalah untuk memenangi pingat emas. Tetapi bagi saya, saya akan lebih perihatin tentang persembahannya saya nanti."

"Sebagai seorang 'muka baru' di dalam pertandingan itu, saya menantikan pengalaman untuk rasa suasana di sana, mendapat sokongan negara dan ingin menikmati seluruh proses itu," kata beliau lagi.

Pingat perak, gangsa dah ada, Iqbal sasar emas pula

KEDEDUA warna pingat perak dan gangsa pernah menjadi milik pesilat negara Muhammad Iqbal Abdul Rahman di Sukan SEA sebelum ini.

Oleh itu, mengubah warna pingat kepada emas menjadi matlamat utama bagi pesilat berusia 29 tahun itu.

Namun, Iqbal sedar ia bukanlah sesuatu yang mudah kerana semua atlet yang bertanding mempunyai misi yang sama.

"Dalam setiap pertandingan, semua peserta mempunyai peluang yang saksama untuk menang."

"Saya tidak lihat diri saya sebagai pesilat utama ataupun yang bukan jadi pilihan atau *underdog* di Sukan SEA itu nanti."

"Dan saya juga tahu semua yang memasuki pertandingan sebegini tidak akan berpuas hati dengan apa-apa warna pingat selain pingat emas," kata beliau semasa ditemui di dewan latihan pesilat negara di OCBC Arena.

Meskipun begitu, Iqbal percaya kini lebih matang dan berpengalaman selepas nyaris-nyaris menang pingat emas dalam acara seni tunggal lelaki Sukan SEA di Filipina pada 2019.

"Matlamat saya sejak dari dulu adalah sama, iaitu untuk mencatat-

kan yang lebih baik berbanding prestasi yang ditunjukkan dalam pertandingan sebelumnya."

"Saya tidak terlalu fokus kepada (memenangi) pingat, saya hanya perlu fokus pada peningkatan prestasi saya sendiri."

"Saya hampir memenanginya (pingat emas) di Filipina dan bagi pertandingan akan datang ini, saya lebih bersemangat. Malah, perasaan ghairah ini lebih daripada penampilan pertama saya di Sukan SEA dan saya akan lepaskan segalanya di dalam gelanggang nanti," ujar beliau.

Selain Iqbal, pesilat-pesilat negara lain juga giat mempersiapkan diri di bulan Ramadan untuk Sukan SEA.

Mereka juga membuat persiapan untuk menyesuaikan diri dengan peraturan pertandingan pencak silat antarabangsa yang baru dilaksanakan semasa Kejohanan Pencak Silat Asia Tenggara (SEA) pada Februari lalu.

"Kami semua mempunyai semangat yang baik memasuki pertandingan itu nanti."

"Malah, mereka yang dalam acara tandang juga telah menyesuaikan diri dengan peraturan baru dengan bantuan jurulatih. "Latihan kami terus berintensiti

tinggi sepanjang Ramadan ini. Kami berharap dapat buktikan kemampuan sebenar kami (di Sukan nanti)," katanya lagi.

Iqbal, yang dianggap sebagai 'veteran' dalam sukan ini, juga caya pesilat muda dalam skuad pura bakal memberi kejutan masya sukan itu nanti.

"Kebanyakan mereka akan buat penampilan pertama di SEA... matlamat mereka adalah untuk memberikan segalanya dalam arena masing-masing."

"Walaupun mereka akan buat penampilan pertama, ta sesebuah kejohanan bukan suatu yang baru bagi mereka; percaya mereka dapat tun prestasi terbaik," tambah Iqbal.

Sebanyak 16 kategori dipertandingkan di Sukan SEA ini, menurut ketua pegawai staf (CEO) Persekutuan Silat Singapura (PSS), Sheikh Alau'ddin Marican.

Dalam wawancara bersama *Berita Harian* sebelum ini, Alau'ddin menetapkan sasaran pasukan silat Singapura me pulung tiga pingat emas, tiga dan enam gangsa dari Hanoi.



15 April 2022, Berita Mediacorp



National pencak silat exponent Iqbal Abdul Rahman is tipped by head coach Sheik Alau'ddin as one of three athletes he hopes can win a title at next month's SEA Games in Hanoi. The 28-year-old will be competing in the artistic category. He is a world champion and four-time Asian Championships gold medallist. ST PHOTO: SYAMIL SAPARI

IQBAL WANTS 1ST GOLD FOR SELF AND S'PORE

Silat exponent has many top prizes but he has yet to taste SEA Games success in 5 attempts

Sazali Abdul Aziz

National pencak silat exponent Iqbal Abdul Rahman is a world champion and four-time Asian Championships gold medallist, but a SEA Games triumph has eluded him in five attempts.

The 28-year-old, who competes in the artistic category, is out to change this at the biennial competition from May 12-23 in Hanoi.

"No athlete wants to finish second or third, and I want to be on top of that podium," he told The Straits Times in a recent interview

at the national silat squad's training base at the OCBC Arena.

"This is my sixth SEA Games, so I feel it is about time I clinched that gold medal.

"I feel like my motivation level heading into this (edition) is so much more than previous ones."

A silver at the last edition of the SEA Games in the Philippines in 2019 is Iqbal's best showing. He also won a bronze in 2015.

Many of the traditional powerhouses in silat are nations in South-east Asia, such as Vietnam, Indonesia and Malaysia, so competition at the regional level is often as fierce – or even tougher – as at

the world level.

Still, Sheik Alau'ddin, head coach of the Singapore squad, believes Iqbal has what it takes to triumph in Hanoi.

He has seen Iqbal blossom from the time he picked up silat at the age of seven, to the athlete he is today.

"You can see the enthusiasm he has for the sport. He wants to be first, in front, in training and in competition," said Sheik, a two-time world champion and silat icon from the 1990s.

"He has been here awhile, he has always had good discipline and he has also developed leadership qualities."

Sheik, who is also the chief executive officer of the Singapore Silat Federation, said Iqbal is one of three athletes he hopes can win a ti-

tle in Hanoi.

He has set a target for the team to return with three gold, three silver and six bronze medals from the 16 events.

Although he declined to name which two athletes in the tanding (match) category he has pinned his hopes on for the other two triumphs, he hopes up to five can reach the final of their respective weight classes.

They are part of Sheik's "usual suspects" – namely reigning world champions Sheik Ferdous, Sheik Farhan, Nurul Suhaila and Hazim Yusli.

Iqbal, however, noted that preparations for this edition have been challenging for the entire squad, given the lead-up has clashed with the Muslim fasting month of Ramadan.

Despite not eating and drinking from dawn to dusk, he still trains twice a day, five days a week.

"Most of us have never had this situation before, so we struggled a bit at the start," he said.

"But, from the second week, we've managed to pick up the pace and pull through."

Sheik believes this could benefit his squad.

"Training during this period is all about mental strength," he said.

"It's about persevering and not thinking, 'I have to go slower or less intense because I am fasting'.

"Besides, if we can manage (the challenge), why can't we manage other tough situations during competition?"

"It makes the athletes stronger in their minds, hearts and bodies."

Iqbal's men's artistic single event is among the first – on the eve of the Games' official opening ceremony – so he could be in contention for Singapore's first gold in Hanoi.

He said: "It would mean a lot if I could grab that first gold for silat and it would be amazing if I am also able to win the first gold for Singapore."

"I'm looking forward to going in and aiming to be the first to succeed."

msazali@sph.com.sg

Sport

Singapore's athletes eager to compete at Hanoi SEA Games after COVID-19 delay: Chef de mission



Team Singapore flag bearer Sheik Farhan (second from left) with Minister for Culture, Community and Youth Edwin Tong, Team Singapore chef de mission S Sinnathurai and SNOC president Tan Chuan-Jin. (Photo: SNOC)



Matthew Mohan

27 Apr 2022 12:02pm | (Updated: 27 Apr 2022 12:49pm)

27 April 2022, Channel News Asia, Singapore's athletes eager to compete at Hanoi SEA Games after COVID-19 delay: Chef de mission

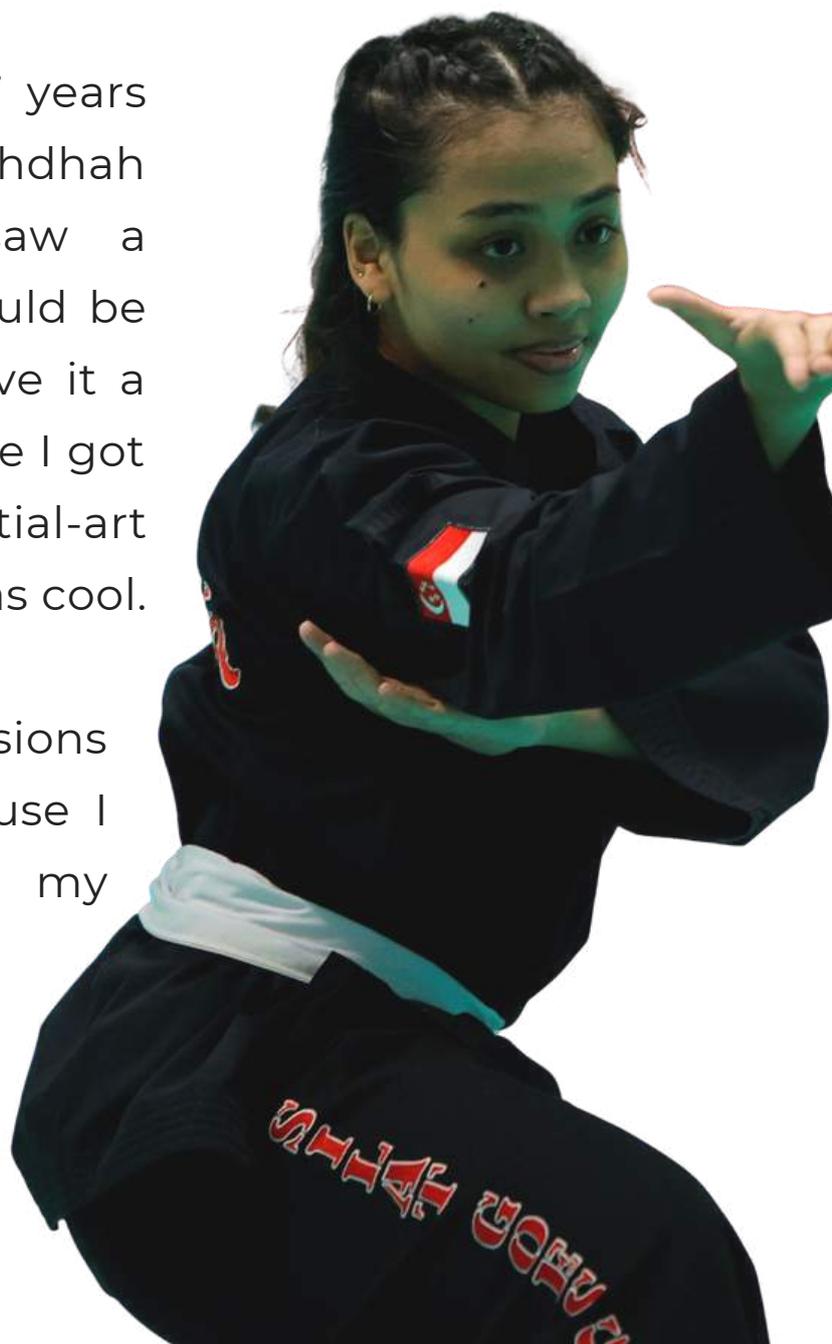
FACE OF THE MONTH: SITI NAZURAH BINTE MOHD YUSOFF

I am Siti Nazurah Binte Mohd Yusoff and I am 22 years old this year. Currently doing part-time Diploma in Sports Wellness and Services, I also have a small art business on Instagram (@Nazur.Art) selling customized embroidery on canvas. People who know me know that I have a contagious laugh and once I start laughing, it's so hard for me to stop.

I started Silat when I was 7 years old, in 2007, at Masjid An-Nahdhah under Grasio. My dad saw a brochure and thought it would be nice if my siblings and I gave it a try. I was very excited because I got the chance to learn a martial-art sport and I thought that it was cool.

For me, the training sessions have always been fun because I get to spend time with my siblings at training together.

I continued Silat as my passion for it grew overtime.



Growing up in a patriotic family, being able to represent the country in a sport that I am passionate about, means the world to me.

Being a part of the National team means that I get to train with the World Champions. I also get to wear uniform with the Singapore flag on my arm, and being able to fly the Singapore flag high when I get to the podium.



So far my best achievements would definitely be getting the opportunity to participate in the Asian Games because hey, it is not always about winning or losing the competition but it is the experience that I gained.

With myself being my own motivation, I feel like I have so much passion for Silat and the only thing that is keeping me in this sport is the drive to achieve my childhood dreams - which is to be a champion and build a name for myself in Silat.

My parents have always been supporting my passion in Silat, and that's one of the reasons why I was able to get into the National team.

Meanwhile, my siblings will always tell me where I should improve on for a better performance and at the same time, feed me with constant words of encouragement.

My family would always make time to send me off for every competition that I have to fly overseas, or would come down to support me for local competitions.

For that, my confidence definitely comes from my family members and close friends. Their support will always push me through whenever I'm hard on myself because I always tend to beat myself up on things that do not satisfy me.



The atmosphere at the competition venue is always so different to me, and I always get mixture of nervousness and excitement. I can say that, that is the best part about competing for me.



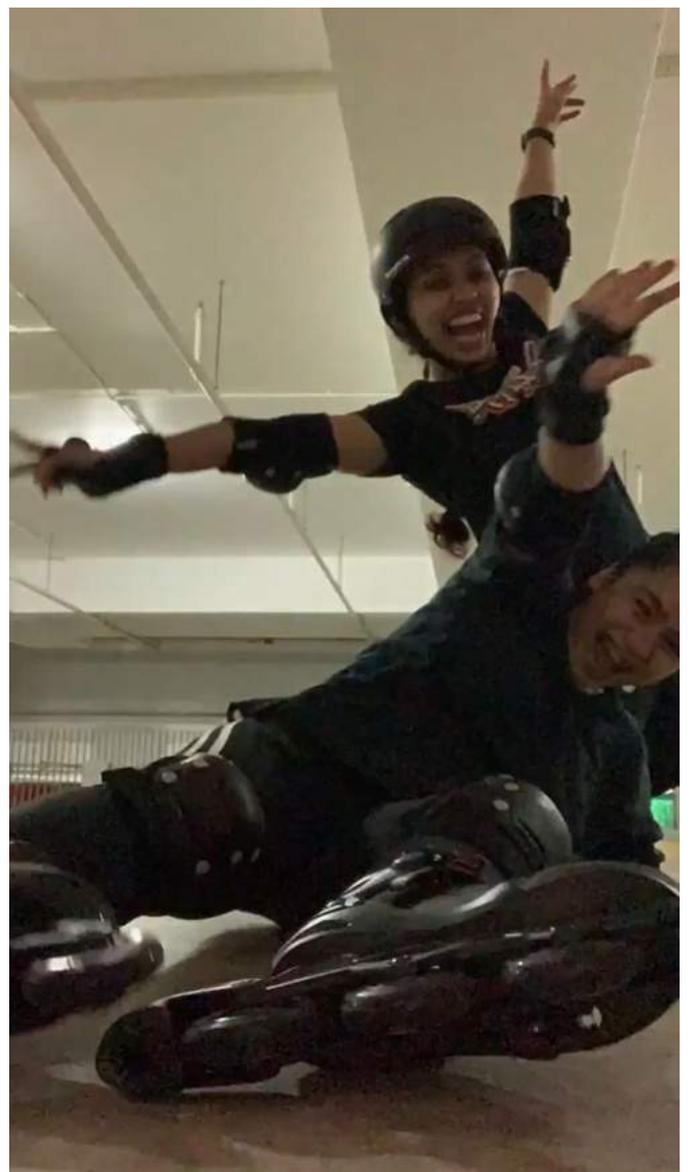
I always make time to talk to my family members a day before a competition, do a lot of visualization, and listen to Russ' albums on Spotify to calm my nerves.

Speaking with them gives me boost of confidence that I need for the competition, and the support that I get from them makes me want to perform at my best all the time.





During my spare time, I like to go to the beach or rollerblade (most of the time with my teammate, Azlyana), or hang out with my guy friends who will always make plans to go out with me because I am the princess of the clique.



I find that my main strength is being optimistic, and I am grateful for that. I like to plan what I want to achieve in the future and work towards it.

I believe that constantly staying positive of whatever outcome helps with the situation that I am facing, and it definitely helps me to overcome be it an obstacle or not.

"Everything has to be earned, not given", is a quote by LeBron James that I live by. If you don't do anything to get what you want, you'll never get it. So you have to work for it.

Right now, my current goal is to focus on Silat, finish the last year of my diploma with good results and to promote my art business further.



It has been a dream ever since I was in Singa Silat that I want to be a paid full-time athlete and I should achieve it before I decide to retire from Silat.

After I retire, I would want to focus on my next job which is to be an air-stewardess.

Please pray for my success!

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



SPORTS SCIENCE & SILAT

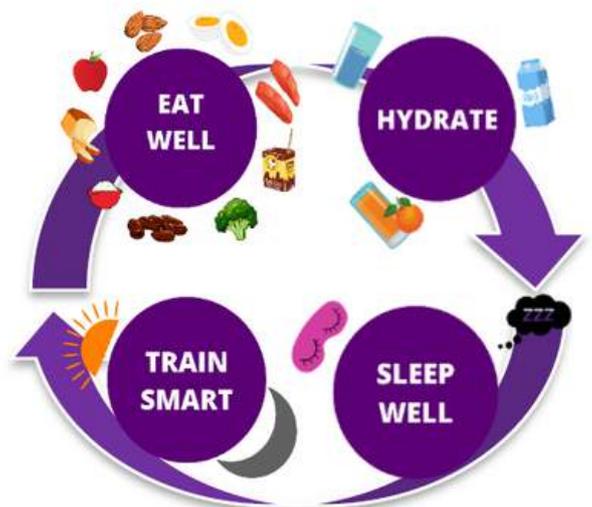
RAMADAN NUTRITION

BY CHERYL TEO, SPORTS DIETITIAN AT SPORT SINGAPORE

Each year during the Islamic month of Ramadan, Muslims undergo fasting each day from dawn to dusk for 30 consecutive days. The result is that most will consume the majority of their nutrient intake in the '*sahur*' meal (~5.30am) – just before the start of the day's fast – and the '*iftar*' meal (~7pm) – after breaking the day's fast at dusk. Athletes are generally able to meet their calorie intake requirements from dusk to dawn, thus maintaining energy balance (where dietary energy intake equals to total energy expenditure) and preserving total body mass.

Research on body composition in adult athletes during Ramadan has shown that while body fat may decrease towards the end of Ramadan, lean mass is generally unchanged.

During Ramadan the timing of nutrient intake is of most concern to an athlete's physical performance due to the challenges of a restricted time-period for eating and drinking.



Despite this, many athletes continue to train and compete throughout Ramadan. Performance can largely be maintained during Ramadan if overall diet, physical training, fluid balance and sleep are well-managed.

The main nutritional challenges an athlete may face during Ramadan are described below, along with some strategies to aid in mitigating these challenges. It is also important to note that newer research hints at some possible positive outcomes of training in a fasted (low-carbohydrate) or hypohydrated state, and these will be briefly mentioned below.

NUTRITIONAL CHALLENGES DURING RAMADAN

1. Carbohydrate Intake and Timing

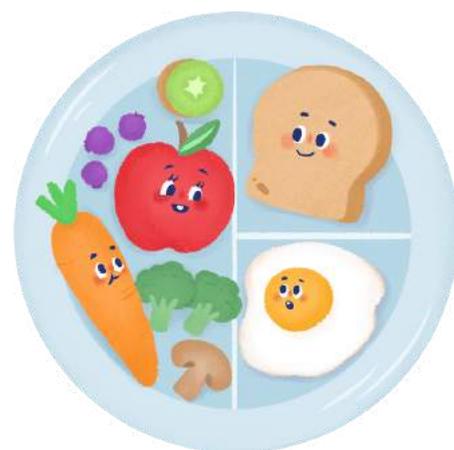
An inadequate carbohydrate intake may reduce glycogen (fuel obtained from carbohydrate) storage in muscles, negatively affecting training, performance, and injury risk. Furthermore, if the athlete is not able to have carbohydrate soon after exercise, muscle glycogen synthesis may be less effective because the highest rates of muscle glycogen storage occur during the first 2h of recovery after exercise if there is carbohydrate intake, due to various physiological changes in the muscle.

Management Strategy for Carbohydrate

Athletes should consume sufficient carbohydrate-rich foods at each meal and snack to meet their daily carbohydrate requirements, which should be set according to the fuel cost of exercise.

Athletes should eat the *sahur* meal as close as possible to sunrise, and can consume slow releasing carbohydrates like grains (e.g. steel-cut oats, spaghetti or sourdough bread) and vegetables (e.g. sweet potato, broccoli or corn) (Figure 1). Athletes should start off *iftar* with a carbohydrate-rich snack (e.g. dates) before consuming a well-balanced meal (Figure 1).

If training occurs during *iftar*, athletes should have light meal prior to training, followed by a main meal soon after training (Figure 1). Athletes can continue to snack and hydrate after their meal.



Some studies show that deliberately training with low carbohydrate availability (and hence low muscle glycogen content) enhances the muscle signaling pathways that may promote a greater exercise capacity. Low carbohydrate availability during training naturally occurs during Ramadan fasting if training is in the middle of the day because the athlete cannot consume carbohydrate right before or soon after training.

However, low-carbohydrate training over a few weeks may reduce training intensity and increase the perception of effort. Also, the effects of carbohydrate manipulation in the recovery phase is still uncertain.

Therefore, athletes should strive to adopt the above nutrition strategies during Ramadan.

Sahur ~5am

Consume as close as possible to sunrise. Include slow-release carbohydrates and high-quality protein.

rice/noodle (1 bowl) + meat (1 palm-size) + starchy vegetables (1/2 plate)



Include water and fluids that contain sodium and macronutrients.

Fluids like milo and milk help hydration and increase energy intake, while water can be useful for weight conscious athletes.



Iftar ~7pm

Have foods for quick fuel and hydrate at the start of Iftar.
dates (3) + tea made with milk (500ml)



(A) If not attending night-time training, have a well-balanced meal.

stew made from potato (1/2), meat (1 palm-size) and other vegetables (1/2 plate) + fruit + fluid



or



(B) If attending night-time training, consume a mini meal containing rapidly digesting carbohydrates and protein,

peanut butter (2 tb) + bread (2 slices) + soy milk (250ml)



followed by a main meal as in (A) after training.

Figure 1: Example foods and fluids that Ramadan-observing athletes can consume during Ramadan to mitigate the impacts of fasting on performance. Portion sizes are just a guide and athletes should alter this according to their exercise load and individual goals.

2. Protein Intake and Timing

During Ramadan, the inability to consume protein soon after an exercise bout means the athlete loses the most effective time for adaptive protein synthesis. Fasting, therefore, interferes with the adaptive response to an exercise bout and causes greater and sustained periods of negative protein balance. Long periods without intake of energy or protein can increase net protein loss because protein balance remains negative after exercise in the absence of protein intake. This may impair post-exercise adaptations in protein synthesis and disrupt muscle integrity (i.e. reduced growth in muscle size and strength and the inability to repair damaged tissue).

Management Strategy for Protein

Athletes should consume sufficient high-quality protein (e.g. lean meat) at each meal (Figure 1). They should also add protein sources like nuts or milk/chocolate milk to their snacks. Where possible, athletes should aim to consume protein soon after an exercise session to promote the synthesis of new proteins. Fast-digesting proteins like whey (found in milk) may be beneficial in the post-exercise period.



3. Hypohydration

A gradual dehydration occurs during fasting until body water status can be restored at the break of fast. This hypohydrated state could compound the effects of energy losses during the day to impair performance and even contribute to sporting injuries. This is because hypohydration can affect mood, cognition and the perception of effort.

Management Strategy for Fluid Balance

Ensure adequate hydration status at the start of the fast by monitoring urine colour – urine that is dark gold in colour indicates dehydration; urine similar in colour to pale lemonade indicates hydration (Figure 2). If dehydrated, athletes can hydrate by choosing drinks such as milk or fruit juice which are effective rehydration solutions. Athletes should consume fluid frequently in shorter intervals. Consuming fluids that contain sodium (e.g. milo, milk) will help to retain the fluid better (Figure 1).



Figure 2: Urine colour chart. (adapted from <https://www.usada.org/athletes/substances/nutrition/fluids-and-hydration/>)

Training in a dehydrated state may have the potential to improve performance in some situations. However, such research is still new and studies are lacking at present.

OTHER CONSIDERATIONS

1. Training Timing and Intensity

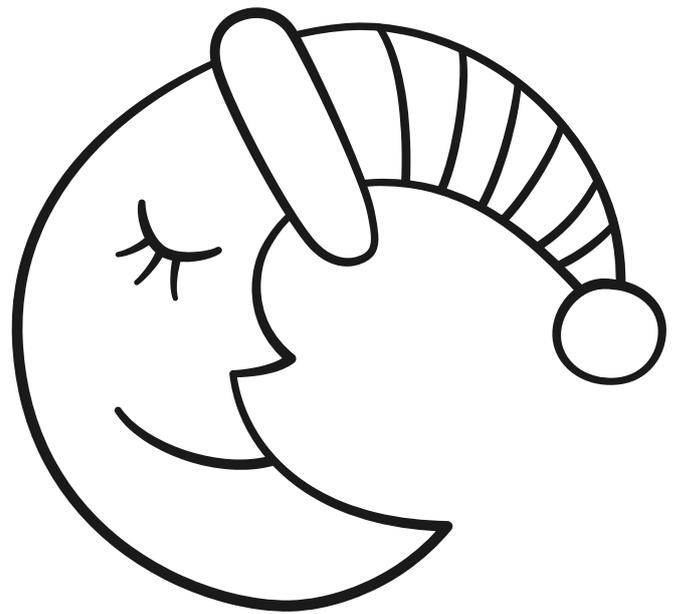
Because of the limitations in food and fluid intake during fasting that limits an athlete's ability to refuel and rehydrate during the day-time, athletes may benefit from a change in training times to either the morning after sunrise, just before *iftar*, or even at night after the break of fast.

It has also been suggested that coaches could incorporate a 2-week lower intensity training at the start of Ramadan (to accommodate some psycho-physiological adaptations that occur for the first few days of the fast), followed by a gradual ramping up of training intensity over following weeks.

2. Sleep

Apart from nutrition and training, changes in lifestyle patterns (i.e. waking up early for *sahur*, snacking close to bedtime and/or training late at night) during Ramadan may disrupt sleep. A lack of and/or poor sleep may increase susceptibility to minor infectious illnesses and increase injury risk in training and in competition.

Exercise too close to bedtime should be avoided as it could increase the time taken to fall asleep. Athletes should be educated on good sleep hygiene practices. If night-time sleep is disrupted, athletes could consider an afternoon nap.



Conclusions

Overall, athletes can largely maintain their body composition and performance during Ramadan, via careful considerations of: nutrient and fluid intake during non-fasting periods; training timing; training load; and sleep. It is clear that the total and type of nutrients consumed can be controlled during Ramadan, whereas the timing of nutrient intake is restricted. If athletes focus on good nutrition strategies during Ramadan, they should be able to maintain their energy, carbohydrate and protein intake to optimize their performance during this period. Athletes should be weary not to overconsume high-sugar and high-fat foods which may be common during Ramadan.

Hydration status needs to be monitored and the athlete should incorporate carefully planned hydration and rehydration strategies. If possible, training timing and load should be manipulated to suit the fasting athlete. Finally, athletes should attempt to get enough (8-10h) good quality sleep.

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BEHIND THE SCENES: 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!





#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

APR. 2022

#OUTOFARENA

This month, we featured Aisha Eva Klomp, our National Pre-teen Silat Athlete, as a host for our very own cooking series with her senior athletes, Nurul Suhaila and Sheik Farhan! Watch the videos below to find out how the sessions went!



SUBSCRIBE 

SPECIAL FEATURE: JAVIER HU

My name is Javier Hu, 39 years old this year and I do Marketing and Design for a living.

When I was much younger, I used to have asthma issues and my parents sent me for martial arts classes to strengthen up my lungs and muscles. I recalled that training was tough then, and I had to endure and held a horse stance or bear the full weight of a spear at 90 degrees on one arm by the minutes. Back then, it was common for instructors to use cane to punish and correct the posture of the students. That was how I got affiliated with martial arts.

Later in life, after a failed business venture in Australia, I returned to Singapore to start anew. I had some free time then and wanted to support the native culture. After some research, I decided to take up Silat with GRASIO at Sembawang Community Centre, and eventually progressed to become a coach.



As an outsider to the history of Silat, it can be rather confusing at the beginning. There are hundreds of styles & schools, and traditionally rooted with diverse mystical stories across the peninsular states, from Srivijaya to Majapahit empire. There is the Silat Kun-tao developed from the community of Indo-Chinese merchants which emphasize on efficiency with less movements. In contrast, there are also animalistic styles that mimic the tiger's prowl or the crocodile's efficiency of using body weight. There are also styles that weigh on the artistic form, as if it is a form of ritualistic dance.



There are people who comment that martial arts should be of hard fists and kicks. From a distant perspective, martial arts were meant to be practice in secrecy in certain villages or mountains for purpose of warfare.

An analogy I love to adopt; it is like the “Ninja villages of South-East Asia”, rooted with mystical myths and unique combat techniques. Thus, it is also a practical approach to hide one's training in the mundane routine that will seem unsuspecting to outsiders' eyes. That was perhaps how the artistic began during the peaceful times amidst a long turbulent romantic history.

Choosing to continue Silat was a choice of mine, because I travel a lot for both work and leisure.

Often, I can be adventurous and like to explore weird alleys and the rural outskirts for photography and treasures hunting, which can be both rewarding in experience but daunting at the same time. Knowing some self-defence can be somewhat useful should threat surfaces.

Being able to continue doing Silat also helps me to learn and play a small role in preserving the arts.

I believe that we should keep up with preserving the arts and pass them on to our upcoming generation.

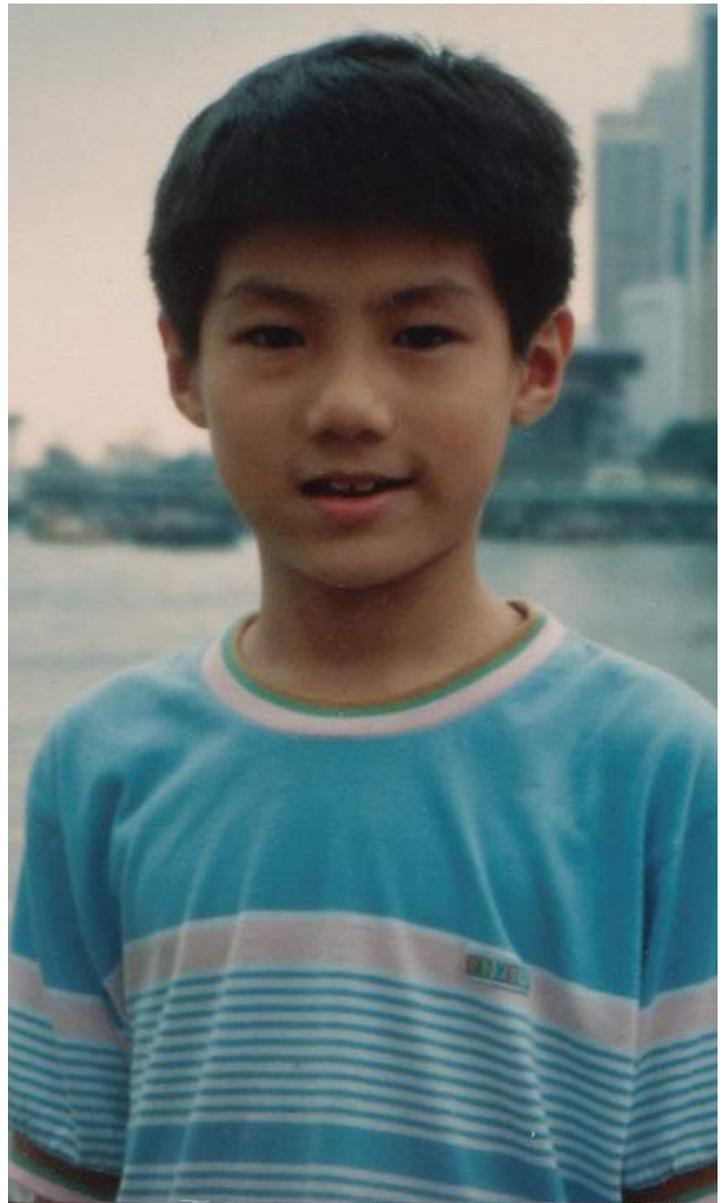
Now, Silat had been proliferating outside of Asia since the 60s and developed in their own routes. In the recent years, it is gaining more attention.

Media has proved to be helpful on an international platform since martial arts reached Hollywood. People are getting to see more of silat actions in movies these days such as John Wick 3, The night comes for us, Re:born etc. (Parental guidance needed). Maybe there will be a day we will we will get to see our local athletes in the movies. Remember to keep their autographs!



My family are very rooted in the old school philosophy, and they do understand the benefits of martial arts. So in terms of support for my involvements in Silat, it is definitely there.

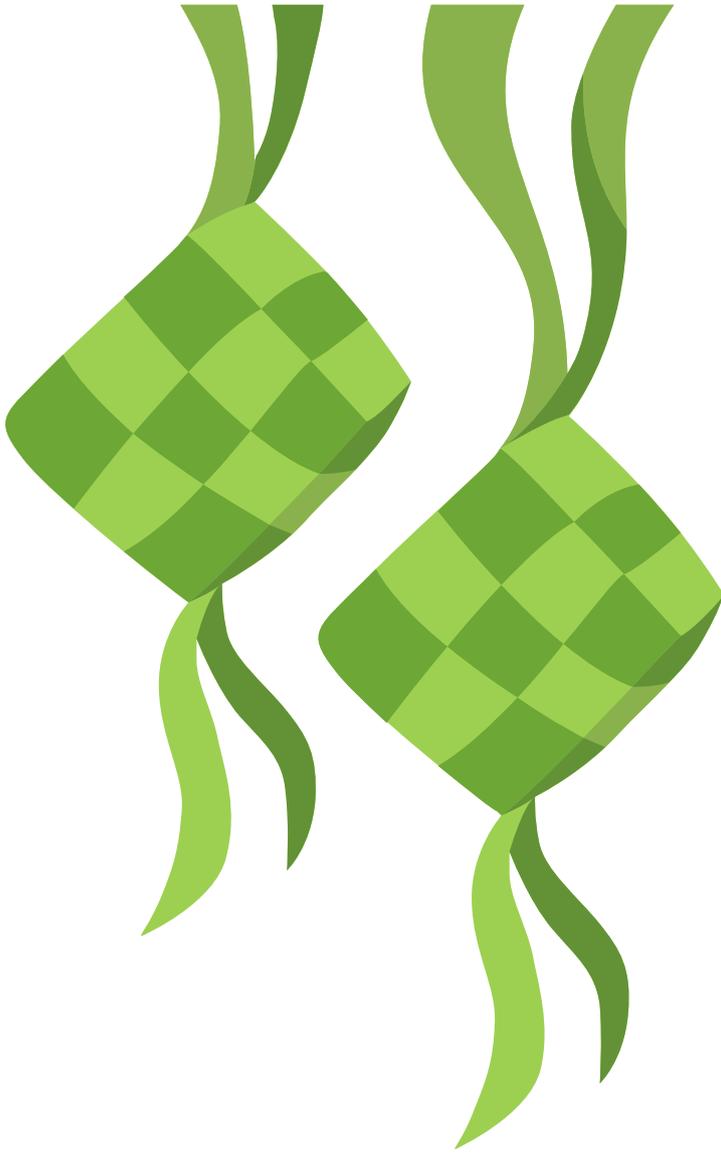
It is part of our Asian kampong-ness to be able to stand up for oneself and for the community. I think the challenges that they might have is fighting for my attention as I am always in a constant tug-war between work, studies and other interests.



As much as westerners find interest in Silat, I would love to see more locals getting involved, and having more traditional techniques being passed on.

From an identity and cultural perspective, I think we must make clear differentiation – clearly recognizable as a silat punch or kick. I still find Silat has that vibrant diversity and historical value that can connect to a varsity of interests, whether you are in for the medals, arts, self-defenses or intellectually exploring a cultural history.

FUNDRAISING: HARI RAYA BAKE SALE & MINI BAZAAR RAMADHAN 2022



In line with the upcoming festivities, Singapore Silat Federation held a Mini Bazaar Ramadhan, as well as a Hari Raya Bake Sale, in aid of fundraising to help raise funds for our athletes and youth development.

The bazaar was held at the ActiveSG Silat Hall in Heartbeat@Bedok from the 15th - 17th of April 2022, 1 pm - 9 pm.

Through your support we have been able to help our athletes accomplish their goals and continue working towards more successes for Singapore Silat Federation. You truly make the difference for us, and we are extremely grateful!





ONE
SGSILAT

PRESENTS

MINI BAZAAR RAMADHAN

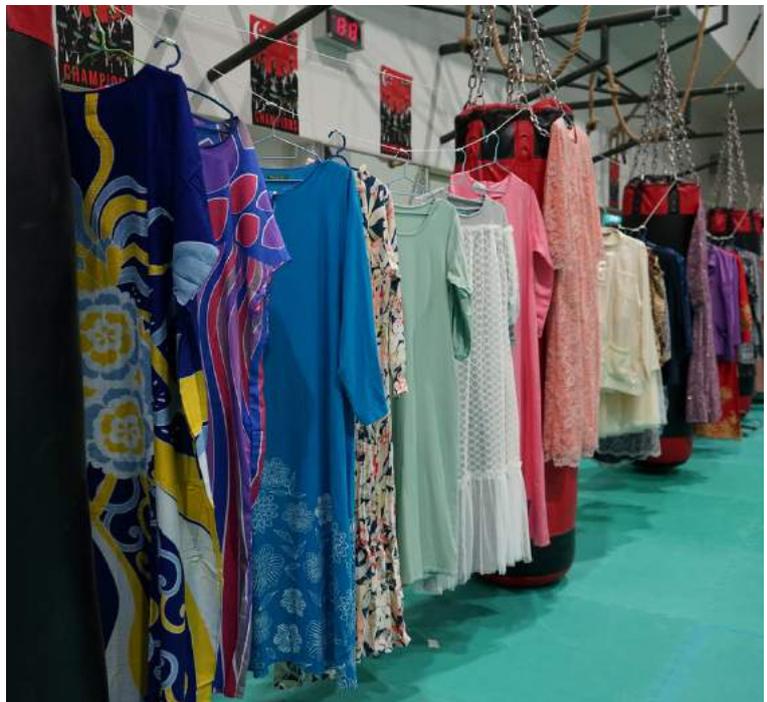
IN AID OF FUNDRAISING

15, 16, 17 APRIL 2022
1 PM - 9 PM

ACTIVESG SILAT HALL
HEARTBEAT@BEDOK

AN INITIATIVE BY SINGAPORE SILAT
FEDERATION'S PRIDE TEAM





LIVE! TALK SHOW WITH ATHLETES' PARENTS

On the 3rd of April 2022, we conducted a Live! Talk Show featuring parents of our National Athletes: Mdm Haslinda, Mdm Noraini, Mdm Azlyn, and Mdm Hasimah, with our Assistant Technical Director, Mdm Nurul Fiona, as the moderator of the session.

Lots of insights were shared amongst themselves being the very supportive mummies to our National Athletes, and their thoughts about how the implemented Upgraded Pencak Silat Rules & Regulations has impacted their children!

The live replay is available on our YouTube channel if you missed it!



The graphic features the Singapore Silat Federation logo (ONE SGSILAT) in the top left. The main title 'PRESENTS LIVE TALK SHOW' is displayed in large white and red text on the right. A central collage of six images shows participants and a microphone icon. A yellow box on the right states 'STREAMING: 3 APRIL 2022'. At the bottom, a yellow box says 'EXCLUSIVE WITH ATHLETES' PARENTS' and an orange box shows '10:00 AM'. A small box identifies the moderator as 'MODERATED BY: NURUL FIONA'.

ONE SGSILAT
SINGAPORE SILAT FEDERATION

PRESENTS **LIVE** 
TALK SHOW

STREAMING:
3 APRIL
2022

EXCLUSIVE WITH
ATHLETES' PARENTS

10:00 AM

MODERATED BY:
NURUL FIONA



LIVE! PANEL DISCUSSION WITH PERSILAT & DEMONSTRATION

On the 9th of April 2022, we conducted a Live! Talk Show featuring the representatives of PERSILAT, Dr Sheik Alau'ddin Yacoob Marican, PBM, Mr. YB. Senator Datuk Megat Zulkarnain bin Tan Sri Omardin, Mr. Teddy Suratmadji, Pengiran Hj Abd Karim bin Pg. Hj Metassan and Mr. Benny Sumarsono, together with International Class 2 Referee, Ms Nur Fazlin, as the moderator of the session.

The session was kept interactive as we received numerous questions from our audiences online, and with the representatives of PERSILAT to answer them, we hope the session had answered most of the questions about the Upgraded Pencak Silat Rules and Regulations!

The live replay is available on our YouTube channel if you missed it!

SINGAPORE SILAT FEDERATION

ONE SGSILAT

PRESENTS LIVE

PANEL DISCUSSION & DEMONSTRATION

STREAMING:
9 APRIL
2022

EXCLUSIVE WITH REPRESENTATIVES OF PERSILAT

1:00 PM
GMT +08

MODERATED BY:
NUR FAZLIN
INTERNATIONAL CLASS 2
REFEREE



LIVE!: A CONVERSATION WITH OUR FOREIGN NATIONAL COACHES & SPARRING PARTNERS

A conversation with our foreign National Coaches and Sparring Partners, who will talk about their experiences working in a different country, and many many more!

Watch the live replay as we listen on our coaches' share their thoughts, in case you've missed it!



LIVE!: A CONVERSATION WITH INTERNATIONAL WASIT JURI

A conversation with the International Wasit Juries from Singapore, Indonesia, Brunei Darussalam, Philippines and The Netherlands!

Watch the live replay as we listen on our coaches' share their thoughts on the Upgraded Pencak Silat Rules and Regulations, in case you've missed it!



A black promotional banner for a live stream. On the left, a photograph shows five individuals in white Pencak Silat uniforms with yellow belts, standing on a stage and clapping. A large, stylized "Live!" text is overlaid on the bottom of the photo. On the right, the logo for "ONE SGSILAT" is displayed, with "presents" written below it. Below the logo, the text "With International Wasit Juri" is written in a white serif font. Underneath this is a white audio waveform icon. At the bottom right, the text "Streaming: 26 april 2022, 12pm" is written in a white serif font.

LIVE!: A CONVERSATION WITH INTERNATIONAL ATHLETES

A conversation with International Pencak Silat Athletes from Singapore, Indonesia, Australia, Pakistan and Malaysia! Moderated by Assistant Technical Director of Singapore Silat Federation, Mdm Nurul Fiona, as we listen to our athletes sharing their thoughts about competing with the Upgraded Pencak Silat Rules and Regulations

Watch the live replay via the QR code below, in case you've missed it!



The poster features a grid of six images. The top row shows Rana Ali Raza (Pakistan) in a green and white jacket, Wewey Wita (Indonesia) in a black and blue uniform, and Siti Khadijah Mohd Sahrem (Singapore) in a black and blue uniform. The bottom row shows Moderator Nurul Fiona Azlani (Asst Technical Director, Singapore Silat Federation) in a black hijab, Hazuan Ghazali (Australia) in a black and white uniform, and Al-Jufferi Jamari (Malaysia) in a black and white uniform. The background is black with white and red text. The logo for ONE SGSILAT is at the top right, and the word 'Live!' is written in a large, stylized font at the bottom right.

ONE SGSILAT
presents

With
International Athletes

Streaming:
27 April 2022, 12pm
(Singapore Time)

Live!

Rana Ali Raza
(Pakistan)

Wewey Wita
(Indonesia)

Siti Khadijah Mohd Sahrem
(Singapore)

Moderator
Nurul Fiona Azlani
(Asst Technical Director)
Singapore Silat Federation

Hazuan Ghazali
(Australia)

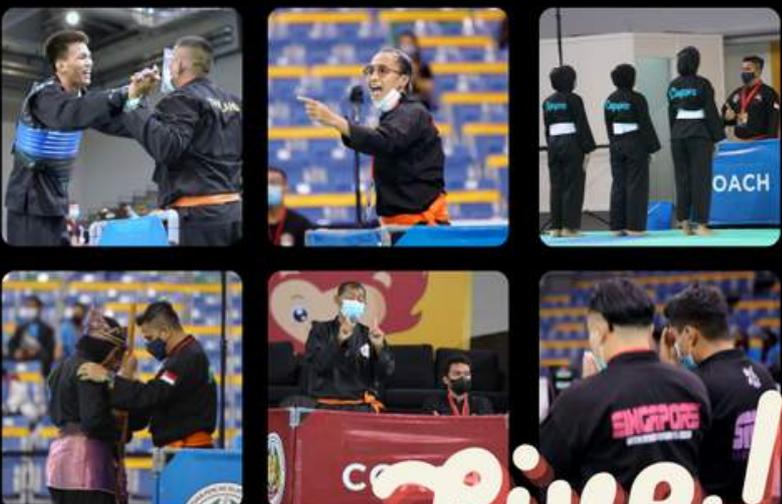
Al-Jufferi Jamari
(Malaysia)

LIVE!: A CONVERSATION WITH INTERNATIONAL COACHES

A conversation with International National Coaches from Singapore, Indonesia, Brunei and Holland!

Topics circling around the Upgraded Pencak Silat Rules and Regulations, our coaches speak about the challenges on implementing them to their athletes, and more!

Watch the live replay via the QR code below, in case you've missed it!




presents

With
International Coaches



*Streaming:
28 april 2022, 12pm*

Live!

LIVE!: A CONVERSATION WITH PRESIDENTS OF NATIONAL PENCAK SILAT FEDERATIONS

A conversation with the Presidents of the different National Pencak Silat Federations around the globe!

They talked about the Upgraded Pencak Silat Rules and Regulations, as well as the upcoming international Pencak Silat competitions!

Watch the live replay via the QR code below, in case you've missed it!



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

GAME FOR LIFE (GFL)

Sport Singapore developed the Game For Life Toolkit that features the use of game activities and specific role playing for the learning and development of performance, social and moral values and attributes. This enables training, education and coaching professionals to create teachable moments, where learning values can be infused into any sporting experience for every individual.

Only NROC coaches will be able to take the assessment.

Coaches who have passed the GFL:

1. Muhammad Fiqri
2. Noh Mohd Sharif
3. Nurul Fiona
4. Nur Fazlin

The graduation for the Game For Life (GFL) assessment took place on the 29th of April 2022.





A CHAT WITH: PERGURUAN SILAT CEKAK SERANTAU

I am Ilyas Hakim Bin Jamaludin. I'm married to Siti Nur Zulaiha for 14 years and we are blessed with 3 children – Aiman Hakim, aged 13, Aira Husna, aged 11, and Aidin Hakim, who turned 8 this year.



I have been a primary school teacher since 2006. I majored in English Language initially before making the switch to Physical Education in 2011. Currently, besides teaching PE at various primary levels, I oversee the PE curriculum, programmes and events as well as CCA activities in the school.

I've been part of Perguruan Silat Cekak Serantau for 32 years. I rose from a student, an athlete, an instructor before being appointed as Guru Muda in 2007 by my late father and Guru, Allahyarham Haji Jamaludin Bin Haji Jamil. Currently, my siblings, Nur Kamila and Nur Sakina, and I are custodians to the Perguruan ensuring that we continue our late father's passion and legacy.

I started my Silat journey when I was 6 years of age. I was a student of Setia Hati ESHA at Eunok Community Centre under the tutelage of the late Pak Yunos.

My late father was a former student from ESHA; maybe that was why he registered me there to lay the foundations of my Silat journey. What attracted me to ESHA at that point of time was the uniform – red top and bandana with batik pants and belt. I find them unique and the colours definitely provided a striking contrast to the dull walls of the community centre. I remembered learning *Jurusan* but what I looked forward to the most was meeting and playing with other kids who were of my age before and after training.



Perguruan Silat Cekak Serantau was established in 1989 by Guru Utama of Perguruan Silat Harimau, Allyarham Haji Hosni Ahmad. He was known as a knowledge seeker and would travel around the region to deepen his knowledge in Silat and traditional medicine. Through his expertise and creativity, he established several Perguruan in Singapore, including Perguruan Silat Cekak Serantau.



He then entrusted it to one of his students, the Late Haji Jamaludin Bin Haji Jamil, who was tasked to spread the teaching and love of Pencak Silat.

The essence of our *Perguruan* is primarily focusing on '*Permainan Cekak*' which comprises of close range combat, executing simple yet effective movements in both defending and attacking. Movement usually involves grabbing (*mencengkam*), locking (*kuncian*), punching (*tumbukan*) and slashing (*tetak*). The term 'Serantau' implies that all students are encouraged to travel in search of knowledge, following the footsteps of our founder.

At that point of time, I was still a student with ESHA. With the establishment of Cekak Serantau, and with the blessings of my first Guru, I followed my father and became a student of Cekak Serantau.



Our first training centre was at the Macpherson Boys' Club in 1990. I remembered everyone had to sew their own Silat uniform because it was unavailable on retail. My mother, who was a seamstress, volunteered to sew the Silat uniforms for our first batch of students. In the meantime, all of us trained in t-shirts and pants, or even shorts!



Perguruan Silat Cekak Serantau has always pride ourselves as a small close-knit Perguruan. We believe that goals can be achieved when everyone are all hands on deck and if there are disagreements, we can always talk openly to resolve them.

Being a relatively young *Perguruan*, there are lots that we can still learn. We are brave to admit our mistakes and moving forward, learn and grow from it. This resolve makes me proud to be part of Perguruan Silat Cekak Serantau.

We aim to develop our students holistically in Pencak Silat, in the aspects of self-defence, culture, values and competition exposure. We have developed our own training syllabus that place students at different training phases. All students start with the 'Asas' phase where they learn the basic movements of Silat and develop a strong foundation. They will then progress to the '*Jurusan*' phase where they will learn routines and basic self-defence techniques.

Once they have completed these 2 phases, students will learn intermediate self-defence techniques and weaponry. Additionally, they will start their journey to develop their leadership skills under the guidance of their trainers. It is also at this phase where they will be encouraged to carve out their own path, pursue their interest and search for knowledge before returning to the Perguruan to share what they have learnt and pay-it forward by guiding others the way they were guided.

Concurrently, with the interest to keep up to date and be actively involved in the local scene, we also prepare and expose our students to competitions organized by SSF and cultural performances organized by the various grassroots organizations. Our biggest involvement thus far in the latter was the Malay Traditional Arts Festival 2017 held at Our Tampines Hub (OTH) where we had performances and held open workshops for members of the public.

Hence, in order to provide our students a holistic Silat development, it was imperative for us to plan our training for the year and to set realistic goals – goals that are challenging yet achievable.



The pandemic has put a halt on many things and our trainings have been adversely affected. Hence, the immediate goal is for us to reorganize ourselves again, pick up where we left and work towards the holistic development of our students.

We will be resuming our centralized training sessions soon where students from our 3 training centres come together to train and build a bond and we look forward to our very first post-pandemic project – a Bulan Bahasa event in September 2022, God Willing.



Looking back, my 3 siblings and I have competed in many competitions and made the Perguruan proud. When we became custodians of the Perguruan with the passing of our Guru and father, we channeled our energy to ensure that we carry on to cultivate our students with the values that represent our *Perguruan*.



With that, one great memory that comes to mind was when we competed in the 2nd Jurong Central CSC Silat Challenge Cup in 2019. The competing team comprised of young athletes experiencing their very first competition, up and rising athletes that showed great potential and the veterans, looking for their last hurrah. Coordinating training sessions was tough given the numbers and different needs, but we managed to pull through and came in overall fourth place. This milestone is all thanks to the efforts of our parent volunteers, officials, trainers and of course, the athletes.

In addition, the year marked the first time all three of my children competed in the same competition. It felt like my Silat journey has made its full circle as I, as a father, proudly witnessed my children carrying on the family Silat legacy.



I always tell them, as well as to the members of Perguruan Silat Cekak Serantau, to *"put your best effort in everything you do, focus on the process and the outcome will come naturally."*

Measure your success not on the colour of your medal or placement, but how far you have progressed and grown as a Pesilat and as a person."

There is this saying, *'You are your worst enemy'*. When you are an athlete, you need to be strong physically, emotionally and mentally. Having self-doubt and overthinking will put your mind off balance. Thus, visualization exercises have helped me get ready mentally. I would find a quiet place, close my eyes and visualize myself in the arena performing and executing all the skill sets that I have been practicing well.

Having competed in multiple events in both *Seni* and *Tanding*, it is of utmost importance that I believe in myself and mentally seeing myself executing the best performance in the arena. I have to believe that the energy and time invested and the sacrifices I had made are all well worth it. Though my days as an athlete are long gone, I find the visualization exercises useful out of arena too and can be practiced in our daily life.

SGCOACH PENCAK SILAT INTEGRATED COACHING COURSE

Singapore Silat Federation organised the 3rd SG-Coach Pencak Silat Integrated Coaching Course on 4,5,6, 11,12 & 13 April 2022 from 9am to 6pm daily. Associated members and publics were invited to register for this coaching course.

The coaching course consist of both theory & practical lesson which covers details about pencak silat rules & regulations, pencak silat techniques, Game For Life & Values and Principles, Risk Assessment and Management, Sports Science (Biomechanic, Physiology, Psychology & Nutrition) and Safe Sport.

Participants will then go through an assessment with SportSG this 21 May 2022. On top of their assessment, they are required to submit video submission of Tanding, Tunggal, Ganda & Regu as part of their practical assessment.

We had a total of 9 participants:

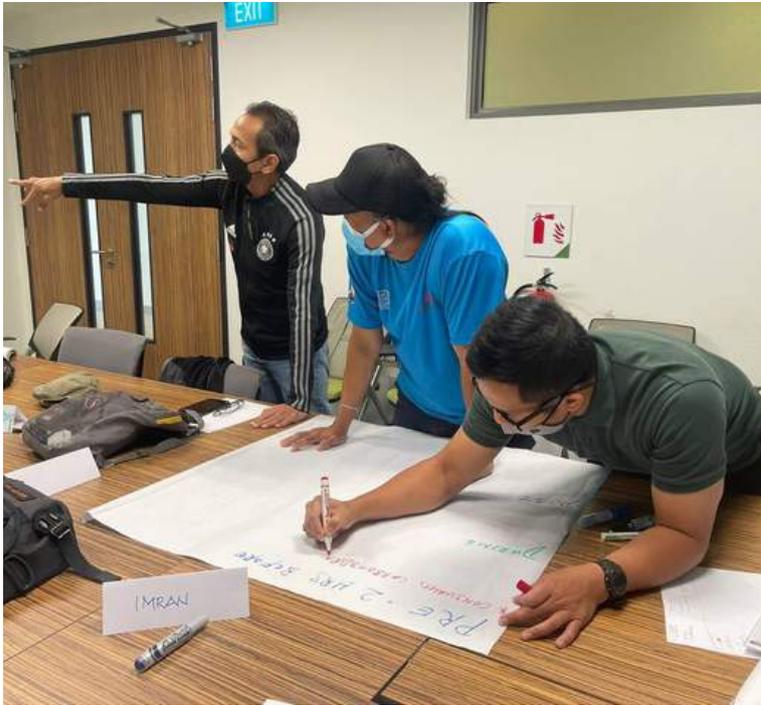
1. Hasmuzaffar Bin Hasibollah (SSF National Coach)
2. Selvi Dwi Sri Marlina (SSF National Coach)
3. Nur Umairah Binte Abdul Rahman (SSF National Coach & High Performance Executive)
4. Adam Sarhan Roisa Bin Ismail
5. Harrywanto Bin Mameni
6. Mohammed Haniff Bin Zainol
7. Muhammad Imran
8. Razali Bin Osman
9. Suied Bin Mohamed Senin



SINGAPORE SILAT FEDERATION
SGCOACH PENCAK SILAT INTEGRATED LEVEL 1 COURSE
HEARTBEAT@BEDOK & OCBC ARENA



DATE	TIME	PROGRAM	VENUE	LECTURER
4 April 2022 Monday	0900hr	Module 12: The Sport of Silat Development System	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1200hr	Break		
	1230hr	Module 1: Values and Principles in Sport (GFL)	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1530hr	Module 6: Long Term Athlete Development	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1830hr	End		
5 April 2022 Tuesday	0900hr	Module 7: Basic Sports Nutrition	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1200hr	Break		
	1230hr	Module 2: Risk Assessment and Management	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1530hr	Module 9: Basic Sport Psychology	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1830hr	End		
6 April 2022 Wednesday	0900hr	Module 3: Planning & Organization of Training	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1200hr	Break		
	1230hr	Module 11: Basic Sport Physiology	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1530hr	Module 4: Coaching Methods & Strategies	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1830hr	End		
11 April 2022 Monday	0900hr	Module 13: Technical Skills in the Sport of Silat	HBB@Bedok NSA Meeting Room	Nur Fazlin Binte Juma'en
	1200hr	Break		
	1230hr	Module 8: Strength & Conditioning	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1530hr	Module 10: Applied Sports Biomechanics	HBB@Bedok NSA Meeting Room	Dr Sheik Alau'ddin Yacoob Marican
	1830hr	End		
12 April 2022 Tuesday	0900hr	Tactical Skills in the Sport of Silat	Heartbeat@Bedok Silat Hall	Dr Sheik Alau'ddin Yacoob Marican
	1200hr	Break		
	1300hr	Module 5: Building a Positive Culture in My Sport	Heartbeat@Bedok Silat Hall	Nur Fazlin Binte Juma'en
	1800hr	End		
13 April 2022 Wednesday	0900hr	Practical Strength & Conditioning Session in the gym	OCBC Arena, Hall 4	Dr Sheik Alau'ddin Yacoob Marican
	1200hr	Break	OCBC Arena, Hall 4	
	1300hr	Practical Coaching Session	OCBC Arena, Hall 4	Dr Sheik Alau'ddin Yacoob Marican
	1800hr	End		



UPCOMING COURSES

NEW DATES ADDED!

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: 18, 19, 25, 26 June & 13, 14, 20, 21 August 2022

Attachment Period: 25 to 27 August 2022

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 has recently organized the SG-Coach Pencak Silat Integrated Level 1 Course that was held on 4, 5, 6, 11, 12 & 13 April 2022 at Heartbeat@Bedok.

Additional dates for e-learning from 2 August - 13 September 2022, and in-person lessons on the 3, 4, 5, 10, 11 & 12 October 2022.

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.



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



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.

A promotional poster for National Silat Recruitment 2022. The background is dark red with white and blue geometric patterns. On the right, a man in a black Silat uniform with a blue sash is smiling and pointing upwards. In the top right corner, there are logos for the Singapore Silat Federation and ONE SG SILAT. The main text 'NATIONAL SILAT RECRUITMENT' is in large white letters on the left. Below it, there is a list of benefits and a quote from a 3-time world champion.

**NATIONAL
SILAT
RECRUITMENT**

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

"ALWAYS AIM FOR THE TOP!"

**- Sheik Farhan Sheik Alau'ddin
3-TIMES SILAT WORLD CHAMPION!**

SINGAPORE SILAT FEDERATION ONE SG SILAT

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



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



10 - 11 Jun: National Recruitment Open House
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)



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!

OWNS AT LEAST 3 SSF EVENT T-SHIRTS	KNOWS THE STEPS TO THE SENI TUNGGAL ROUTINE	PLANNING TO GATHER WITH THE BIG FAMILY THIS RAYA	BIRTHDAY IN MAY	SUBSCRIBES TO SGSILAT ON YOUTUBE
CAN PLAY MORE THAN 1 SPORT	KNOWS THE NAME OF EACH WEAPON USED IN SILAT	FOLLOWS @SGSILAT ON TIKTOK	VOLUNTEERED FOR AN EVENT WITH SSF	WON A MEDAL AT A LOCAL OR OVERSEAS SILAT COMPETITION
HAS NEVER BROKEN A BONE	CAN SPEAK ANOTHER LANGUAGE OTHER THAN ENGLISH	FREE SPACE	ATTEMPTED A SCISSORS TECHNIQUE	LIKES ACTION MOVIES
ATTEMPTED A FLYING KICK	SUPPORTED AT LEAST ONE FUNDRAISING EFFORT BY SSF	TRAVELLED OVERSEAS FOR A SILAT COMPETITION	KNOWS SOMEONE WHO IS IN THE SINGAPORE SILAT TEAM	OWNS AN SG SILAT FACE MASK
FOLLOWS @SGSILAT ON INSTAGRAM	LOOKING FORWARD TO SUPPORT THE SILAT ATHLETES AT THE 31ST SEA GAMES	ATTEMPTED A BACKFLIP	WATCHED SHEIK FARHAN'S MATCH	TUNED IN TO ONE OF THE LIVE TALK SHOW SESSIONS BY SSF

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

**STAND A CHANCE TO WIN OUR LIMITED EDITION SG SILAT
MERCHANDISE WHEN YOU SUBMIT YOUR ANSWERS!!**

ANSWERS FROM MARCH 2022'S ISSUE OF SILAT UNCUT

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

PHANICOM $\frac{C}{4}$ $\frac{H}{10}$ $\frac{A}{8}$ $\frac{M}{10}$ $\frac{P}{8}$ $\frac{I}{8}$ $\frac{O}{8}$ $\frac{N}{8}$

ETAM $\frac{T}{2}$ $\frac{E}{2}$ $\frac{A}{2}$ $\frac{M}{2}$

NRAGPEOIS $\frac{S}{7}$ $\frac{I}{7}$ $\frac{N}{7}$ $\frac{G}{7}$ $\frac{A}{7}$ $\frac{P}{7}$ $\frac{O}{7}$ $\frac{R}{7}$ $\frac{E}{7}$

NIALAOTN $\frac{N}{3}$ $\frac{A}{3}$ $\frac{T}{11}$ $\frac{I}{11}$ $\frac{O}{11}$ $\frac{N}{11}$ $\frac{A}{5}$ $\frac{L}{9}$

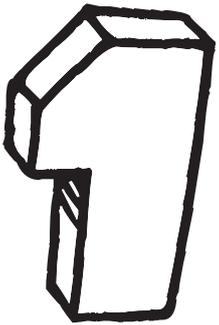
KCSKI $\frac{K}{6}$ $\frac{I}{6}$ $\frac{C}{6}$ $\frac{K}{6}$ $\frac{S}{6}$

P	E	N	C	A	K
1	2	3	4	5	6

S	I	L	A	T
7	8	9	10	11

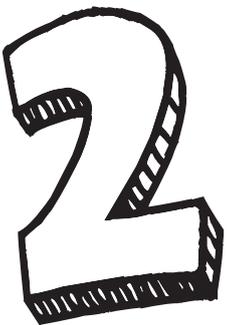


CONGRATULATIONS

A hand-drawn number 1 in a simple, sketchy style with a thick outline and a small shadow on the right side.

AISYAH HASAN

Singapore

A hand-drawn number 2 in a simple, sketchy style with a thick outline and a small shadow on the right side.

MEGAN LIEW

Singapore

A hand-drawn number 3 in a simple, sketchy style with a thick outline and a small shadow on the right side.

ISKANDAR DANIAL

Singapore

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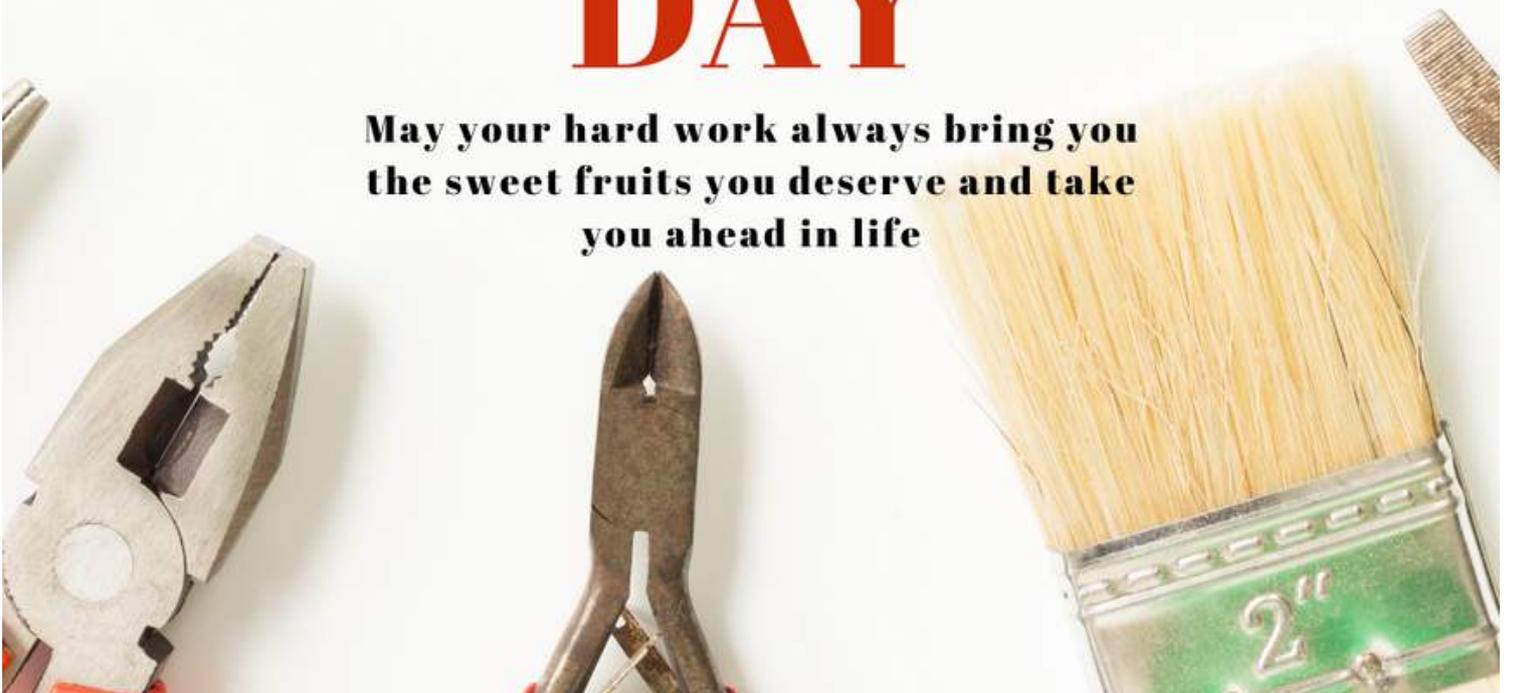
**The management & staff of
Singapore Silat Federation
wishes everyone a...**



wishes everyone a

**HAPPY
LABOUR
DAY**

**May your hard work always bring you
the sweet fruits you deserve and take
you ahead in life**



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





MUHAMMAD IQBAL

MUHAMMAD HAZIM

SHEIK FARHAN

NURUL SUHAILA

SHEIK FERDOUS



CHAMPIONS