A Monthly Newsletter by Singapore Silat Federation



Vol. 54 - April 2023

SG SILAT HARI RAYA BAKE SALE

Singapore Silat Federation initiated the bake sale fundraising project since last three years, where the world was first hit with COVID-19 pandemic.

Despite that, we have seen many generous people reaching out and supporting the project in aiding with the development programme for our youth.

With your support, we hope to see more youth coming in to participate in Pencak Silat actively and competitively!

THANK YOU!

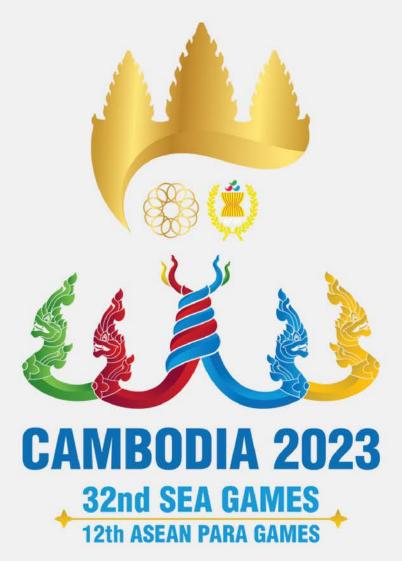


CAMBODIA 2023: 32ND SEA GAMES

The 2023 Southeast Asian Games will be the 32nd edition of the Southeast Asian Games, a biennial sports multi-sport event which will be held from 5 to 17 May 2023 in Phnom Penh & Siem Reap, Cambodia.

This will be the highest number of sports to be featured by a nation hosting the biennial Games for the first time since 1977. Besides Pencak Silat, the sporting programmes in the 2023 SEA Games in Cambodia will include: Aquatics, E-sports, Football, Fencing, Hockey, and Volleyball, among many others.

All 11 members of the Southeast Asian Games Federation (SEAGF) are expected to take part in the Games.



ON TO THE 32ND SEA GAMES!

The 32nd SEA Games are coming!

The Singapore Silat team is ready to give their all for the Games, and we're ready to cheer them on. We're so excited for the athletes to get back into training, and we can't wait to see what they can do at this year's Games.

As they prepare for the games, they have started on the intensive training. While fasting during Ramadan does not stop them, it does mean that they must be extra careful with their health.

In-camp training begins on April 24th, and will last until the day they depart for Cambodia. We hope they'll be able to focus on their strength and endurance as they get ready for the big day!



OFFICIAL	NAME
Team Manager	Dr Sheik Alau'ddin Bin Yacoob Marican
Asst. Team Manager	Nur Fazlin Binte Juma'en
Coach	Muhamad Hamdi
Coach	Muhammad Fiqri
Coach	Hasmuzaffar Bin Hasibollah
Coach	Selvi Dwi Sri Marlina
Asst. Coach	Noh Mohd Sharif
Asst. Coach	Hendri Fardli

MALE	EVENT	FEMALE
Dhani Andika Bin Razali	Under 45KG	Nur Tuhfah Izzah Binte Md Roslan
Muhammad Shaiman Johanis	A	Nadhrah Binte Sahrin
Aniq 'Asri Bin Mohd Yazid	В	Nur Syaza Insyirah Binte Md Roslan
Muhammad Hazim Bin Mohamad Yusli	C	
	D	Siti Khadijah Binte Mohd Shahrem
	E	Nurul Suhaila Binte Mohd Saiful
Abdul Raazaq Bin Abdul Rashid	F	
Sheik Ferdous Bin Sheik Alau'ddin	G	
Muhammad Nurshahfareeq Bin Shahrudin	н	
Sheik Farhan Bin Sheik Alau'ddin	ı	
Muhammad Iqbal Bin Abdul Rahman	Tunggal	Siti Nazurah Binte Mohd Yusoff
Muhd Nazrul Bin Mohd Kamal Muhd Affiz Bin Zakri Muhammadinil Mustafar Bin Isa	Regu	Iffah Batrisyia Binte Noh Nur Ashikin Binte Zulkifli Amirah Binte Sahrin

MCCY'S MINISTER **EDWIN TONG VISIT**



OCBC ARENA HALL 4, SINGAPORE SPORTS HUB

Our SEA Games Silat Squad got the chances to welcome Minister of MCCY, Mr. Edwin Tong over at our training ground where he gets to witness the training routine our national athletes have to go through in preparation for the 32nd SEA Games.

On 14 April, Minister Edwin Tong reached the OCBC Arena Hall 4 at around 4.45pm to mingle with our national athletes. Other than just mingling with the athletes and officials, Minister also got the chance to try some moves and technique.

Our Seni athletes, Muhammad Iqbal, Muhammad Affiz Zakri, Muhammadinil Mustafar, Muhammad Nazrul, Siti Nazurah, and also the 'Regu' girls showed their moves and training routines. The best part is where Minister picked up the 'Toya' and learned a step or two!

On top of that, Minister went in to the cage to experience our Tanding athletes sweat out with some punches and kicks! Thank you, sir, for coming over to our humble arena!









SINGAPORE SPORTS SCHOOL SEND-OFF



SINGAPORE SPORT SCHOOL

10 of the Silat athletes representing in the coming 32nd SEA Games is Singapore Sports School alumnus, and they were presented with customized postcard and plush toys at the Singapore Sports School Send-Off Ceremony.

Extracted from Singapore Sports School eNews, Muhammad Affiz Mohd Zakri shared that,

I feel very fortunate and excited to make my debut in this year's Games. It's been a long time coming. I have witnessed my seniors being in the Games and now it's finally my turn. This would not have been possible without the support of my parents, the Singapore Silat Federation and my friends. I will grasp this opportunity with both hands and never look back.



TORCH RELAY & FLAG PRESENTATION



OUR TAMPINES HUB

Last year, we witnessed Sheik Farhan Sheik Alau'ddin as flag bearer at the Flag Presentation Ceremony for the 31st SEA Games.

And this year, we get to see athletes from gymnastic and boccia as the flag bearers for the SEA Games and ASEAN Para Games. Geared up in their Yonex attire, our Silat athletes started their day as early as 7.20am to be involved for the Torch Relay and Flag Presentation ceremony.

A total of 558 athletes across thirty-six sports will be competing in the 32nd SEA Games from 5 to 17 May 2023, across few cities including Phnom Penh and Siem Reap.

We have a total of 21 athletes competing in seventeen events categories will be making their appearance at the 32nd SEA Games. Seven of our athletes who is under 20-years is making a debut in the SEA Games platform.















You can show your support towards our TeamSG athletes or our Silat athletes by cheering for them behind the screen for free!

You can watch through mewatch, where Mediacorp is the official media network!

INTENSIVE IN-CAMP TRAINING



OCBC ARENA, SINGAPORE SPORTS HUB

Just 2 days after the Hari Raya Aidilfitri celebration, the athletes have to check in to OCBC Arena for one week intensive training before flying off to Phnom Penh, Cambodia for the 32nd SEA Games.

3-times a day training which covers physical training (skills & techniques), strength & conditioning, and mental training. A lot of people are wondering why are we doing this?

Basically this is to get the athletes to be in the competition zone state of mind, and bonding between their team members and officials. This is where they will train together, eat together, sleep together, and go through hardship together!























It is definitely refreshing for our athletes to be able to gulp down refreshing the World's No.1 Sports Drink throughout their outdoor trainings under the scorching hot sun!

Gatorade comes in 3 flavors - Lemon Lime, Blue Bolt & Quiet Storm!

Make it as your choice to rehydrate, replenishes & refuels after your workout.

Singapore Silat Federation received a total of 7 cartons (515ml) of Gatorade Lemon Lime from Gatorade Singapore, for our national athletes to boost their energy level



Whey protein or Protein bar is synonym with those people who does their workout regularly, especially amongst athletes. Where they consumed it to helps in their muscle growth and recovery.

Singapore Silat Federation received Allmax Allwhey Classic Powder (Chocolate) together with the Shaker Cup & Allmax Protein Snack Bar (Chocolate Peanut Butter) for our SEA Games Silat contingent.



SILAT PERFORMANCE



STADIUM ROAR, SINGAPORE SPORTS HUB

In conjunction with the Hari Raya celebration, Singapore Sports Hub organized an event in the effort to "Relive the Kampung Spirit" over the labour day weekend.

Our Artistic athletes get the chance to be on stage contributing Silat performance for the visitors to enjoy, apart from many other activities that were prepared, such as weaving of Ketupat, sepaktakraw pong challenge, and many more. Visitors also get to tasty spread of kuih and food.





SILAT PERFORMANCES









PHOTO CREDIT: OUR KAMPONG CHAI CHEE

BHAZAR BH PODCAST NURUL SUHAILA



ANJUNG@WISMA GEYLANG SERAI

#NoTapis pocast by Berita Harian did their live recording together with our spexScholar, Nurul Suhaila Mohd Saiful at their BHazar Berita Harian over at Wisma Geylang Serai.

Hosted by journalist, Zulaigah Abdul Rahim, and Podcast Editor, Shahida Sarhid, they talked about Suhaila's involvement and background in Silat. And get to know more about her preparation for the upcoming 32nd SEA Games, plus training during the fasting month of Ramadhan.

You can listen to their conversation #notapis via Spotify



#NOTAPIS: Sebuah Podcast Berita Harian Singapura



INTERNATIONAL NUZUL **QURAN EVENT**



JAMIYAH ISLAMIC CENTRE

International Nuzul Quran is an annual event organized Jamiyah Singapore to commemorate the first revelation of the Quran to the Prophet Muhammad PBUH on the 17 of Ramadhan.

The event features melodious recitations of the Quran by renowned local and international Qari and Qariah.

Together with their guest-of-honor, Assoc Prof Dr Muhammad Faishal Ibrahim, Minister of State, Ministry of Home Affairs & Ministry of National Development, our SEA Games team and Singapore Sport School student-athletes have the opportunity to attend the auspicious event.

We believed the event was a rewarding experience for those who attended, and help them to grow spiritually during the holy month of Ramadhan.



SPEXSCHOLARSHIP CEREMONY



BANK OF SINGAPORE LOUNGE, THE NAITONAL STADIUM

we started off with just two Silat athletes who received the Singapore Sport Excellence Scholarship (or better known as spexScholarship), and seven years later, seven of our up and coming champions were awarded with the scholarship on 12 April 2023.

The ceremony was witnessed by the Minister of Ministry for Culture, Community and Youth, and Second Minister for Law, Mr. Edwin Tong, together with the spexScholar's love ones.

The athletes we evaluated based on the data points they have achieved in their recent competitions in 2022; SEA Games, World Championship, Asian Championship, and others.

Presenting to you our own Silat spexScholars (in picture); Aniq 'Asri Mohd Yazid, Dhani Andika Razali, Muhammad Nurshahfareeq Shahrudin Iffah Batrisyia Noh, Nadhrah Sahrin, Amirah Sahrin & Nur Ashikin Zulkifli



PHOTO CREDIT: ANBUMANI ARIVALAGAN

NUR INSAN CHARITY RIDE 2023



GHIM MOH ESTATE, SINGAPORE

Apart from their intensive training in preparation for 32nd SEA Games, our SEA Games squad spend their Sunday morning on 15 April, at the Ghim Moh estate distributing groceries pack and vouchers to the resident there.

It was a great pleasure when one of our partner, Nur Insan, invited us to join them to perform charity deeds, especially in the month of Ramadhan.

Scorching sun and fasting does not stop the athletes moving the trolly, carrying packs of goods, and sorting the items. The distribution was done with great enthusiasm, plus we can see smiles from Nur Insan's students and volunteers, as they enjoyed the company of our national athletes.

We thanked Nur Insan for inviiting us over, and giving our national athletes a chance to perform good act as it will create compassion and empathy within them. And we hope youths out there are more inspired to do the same.















NSA TOWNHALL



BANK OF SINGAPORE LOUNGE, SINGAPORE SPORTS HUB

Sport Singapore (SportSG) will organize an annual Townhall session for its National Sports Associations (NSAs). And this year session, where its main objective is to introduce the new Chief Executive Officer of SportSG, Mr. Alan Goh, where he will share on SportSG's FY23 workplans and the upcoming Major Games.

Our Board Members, Madam Ainin Jasni (Secretary General) and Mr. Saidi Adnan (Committee Member) attended the session together with our CEO, Dr Sheik Alau'ddin.

The NSA Townhall session was held on 1 April 2023, Saturday, from 10.30am to 12pm.

Some of the topics that was highlighted were; TeamSG Cares, Singapore Sport Hall of Fame, Vision 2030, Safe Sport programme, and many more.



KPMG PEAK **NETWORKING SESSION**



KPMG CLUBHOUSE

The Singapore Sport Institute is partnering up with its one of its spexBusiness partner, KPMG, in organizing the PEAK networking session.

The session was held on 3 April, Monday, from 5pm to 7pm, exclusively for all Team Singapore (TeamSG) athletes.

KPMG shared about their PEAK programme for athletes, the athlete-friendly practices for athletes such as flexible working hours, paid leave for overseas major competitions, etc, so that athletes can build a career there whilst fulfilling their sporting aspirations.

It was also an excellent opportunity to hear from TeamSG athletes who are already working there on what KPMG has to offer.



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RECRUITMENT: SILAT ALUMNI

Calling our Silat Alumni to join our alumni team!

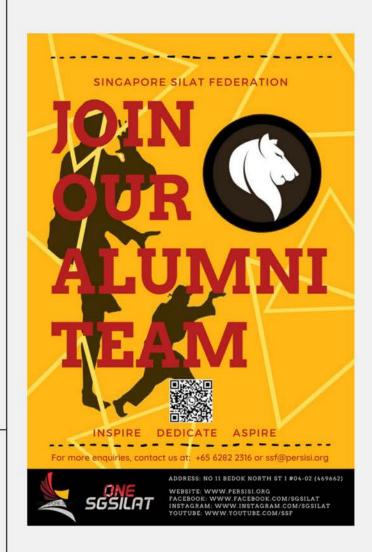
We are looking for individuals who were in the National Silat team to join us where we inspire, dedicate, and aspire our current athletes as they fight towards the nation's success in the name of Pencak Silat.

Drop us a call at +65 6282 2316 or an email to ssf@persisi.org.













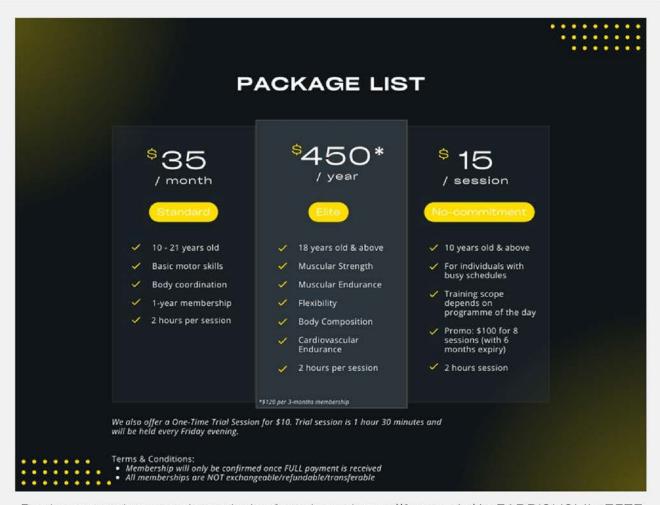
TRAIN WITH MASTER SHEIK

Some people want it to happen, some wish it would happen, and others make it happen. You can make it happen, by joining a physical training session incorportating Sport Silat and its techniques taught by the Silat Master, Dr. Sheik Alau'ddin!

Sessions will kick off very soon, and we are looking forward to having you here with us at the OCBC Arena!

Plus, you will also get the chance to represent Singapore with the rest of the National Silat Team!

For enquiries, feel free to drop us a call at +65 6282 2316 or an email to azfizan@persisi.org.



Register your interest through the form here: https://forms.gle/ApE1RBj9H9Mko7FZ7

NATIONAL SYLLABUS



The national syllabus is a set of standards that is going to be used across the Singapore silat fraternity. It covers the levels that are taught and the standards that the learner has to reach. This curriculum sets out the programs and level targets for the learners to achieve at all levels.

All affiliates with Singapore Silat Federation (SSF) will have to teach this programme.

The complete version of the curriculum is at its key stages and SSF will present it to the Sports governing body for approval.

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



SINGAPORE SILAT FEDERATION













WWW.PERSISI.ORG

@SGSILAT

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!

MEET OUR SG SILAT PARTNERS FRANK'S PARLOUR



They just celebrated their ONE YEAR Anniversary in July 2022, despite being new in the barber industry, Frank's Parlour specializes in haircuts, shavings, and other services!

Frank's Parlour is located at:

273 Changi Road Tuesday to Sunday (closed on Monday) 11am to 11pm

For more information on the perks and benefits for our SG Silat Community, send us a DM on @sgsilat!



BOSS PRODUCTION PTE LTD



Looking to do recording, events, road show, exhibition, music production, or a professional team to entertain you at your event?

They may be the one that you are looking for.

Plan your event with their awesome crew where you won't feel the stress. They will take your stress away!

Go check them out!

Aladdin Street Singapore is Singapore's First Premium Quality Products and HALAL e-Marketplace, and they cater to both the Business-to-Business (B2B) and Business-to-Consumer (B2C) communities over the Internet and via its mobile app worldwide.

Singapore Silat Federation is working with Aladdin Street Singapore to look into potential opportunities for Singapore Silat Federation and Aladdin Street Singapore, and working with them again towards more successes in 2023 and beyond, after the success of the 18th World Pencak Silat Championship in 2018.



Reinventing beauty experiences by merging traditional Indian beauty secrets with the best of modern technique.

Located in the heart of the city with an array of services - threading, organic waxing, facials & head therapy.



Located at: 121B Serangoon Road, Singapore 218026



The Ducati Motor Club Singapore is a group of Ducati Motor Bike enthusiasts, who are also big on charity!

This is a space for Ducati Motor riders in Singapore to meet-up for weekly and annual rides (both local and overseas), and other events for the club.

Working together with Singapore Silat Federation, they strive to work hand-in-hand to serve the community!











Wings Motor Gang (MG) Society Singapore is a group of bikers who are passionate about giving back to the community in the Singapore-Malaysia region on their Harleys!

Singapore Silat Federation is in a tight-knit partnership with Wings MG Society as well as Bikers Union and Singapore Bikerz Inclub, as we work together towards giving back to the society and spreading awareness on our arts!

Project Pencil Singapore's main goal is to create one big family in the community to look out for each other in hopes to enhance the neighborliness and fosters a strong kampung spirit in the community.

The team has also sponsored children from needy families with free tuition and field trips.





Nur Insan (then Nur Insan Educational Hub) was set up in 2002 under their previous parent association, The Muslim Social Welfare Association of Sembawang.

The initial purpose of setting up the learning centre was to serve the low income families in the northern sector of Singapore. As families would normally prioritize secular education, Nur Insan was aimed to help less fortunate families with Islamic knowledge through free education.



Group ONE Holdings (ONE) is Asia's largest global sports media platform with a broadcast to 150+ countries around the world.

ONE ranks amongst the world's top 10 biggest sports media properties for viewership and engagement.

Through its marquee sports properties (ONE Championship and ONE E-sports) and its passionate millennial community, ONE is a celebration of Asia's greatest cultural phenomena, Martial Arts and Gaming, and the deep-rooted Asian values of integrity, humility, honor, respect, courage, discipline, and compassion.



Delgrow Automotive is one of the most reliable and ethical car dealers in Singapore.

With a wide range of services, they ensure the best car leasing experience for everyone, from selling new cars to dealing in used cars!

Delgrow Automotive Pte Ltd is located at Vertex Building, 33 Ubi Ave 3, #01-14/15, Singapore 408868

VENUE PARTNERS



Our Tampines Hub, 1 Tampines Walk, Singapore 528523



Tampines West Community Centre, 5 Tampines Avenue 3, Singapore 529705

Wisma Geylang Serai, 1 Engku Aman Turn, Singapore 408528



BE A PART OF OUR SILAT FAN CLUB!





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UPCOMING

For enquiries on our Coaching Courses (Level 1) and Referee-Jury Courses, drop us an email at ssf@persisi.org or give us a call at 6282 2316!

COURSES





UPCOMING EVENTS

7 Apr: Good Friday

22 Apr: Hari Raya Aidilfitri

24 Apr - 4 May: 32nd SEA Games Training Camp

28 - 30 Apr: 25th Belgian Open Pencak Silat Championship

1 May: Labour Day

2 May: Silat 32nd SEA Games Flag Raising Ceremony 4 - 12 May: 32nd SEA Games (Phnom Penh, Cambodia)

20 May: Singapore Heritage Festival & National Recruitment

27 - 28 May: Sports Carnival @ National Museum

1 - 4 Jun: Inter-CC Pencak Silat Championship & Silat Demonstration

3 Jun: Vesak Day

29 Jun: Hari Raya Aidil-Adha

7 - 9 Jul: National Wasit Juri Course

28 - 30 Jul: 45th National Pencak Silat Championship

4 - 6 Aug: 45th National Pencak Silat Championship

9 Aug: National Day

27 - 29 Oct: National Wasit Juri Course

12 Nov: Deepavali

17 - 26 Nov: 6th Asian Indoor and Martial Arts Games (Thailand)

28 Nov - 4 Dec: Pencak Silat Nusantara Cup (Karimun, Riau)

25 Dec: Christmas Day

TBC: 7th Asian Pencak Silat Championship (Junior & Senior)

TBC: Kejuaraan Silat Terbuka Pesta Pulau Pinang (Penang, Malaysia)

TBC: Kejuaraan Pencak Silat WJKC3 (Batam, Indonesia)

TBC: Walikota Batam Open Pencak Silat 2023 (Batam, Indonesia)

APRIL

JUNE

JULY

AUGUST

OCTOBER

INSIDE THE GAMES: 6TH ASIAN INDOOR AND MARTIAL ARTS GAMES

The games are confirmed to be scheduled from 17 to 26 November 2023 in Bangkok and Chonburi Province in Thailand.

After two times postponement due to the COVID-19 pandemic affecting the whole world. A total of twenty-nine medal sports and 2 demonstration sports are included in the AIMAG programme.



6th Asian Indoor and Martial Arts Games

**Bangkok ~ Chonburi*

2 0 2 1





22nd ASIAN GAMES

RIYADH 2034

HOST COUNTRY FOR THE FUTURE ASIAN GAMES

2030 and 2034 host countries for the Asian Games have been announced by the Olympic Council of Asia.

The 21st Asian Games will be hosted by Doha, and 22nd Asian Games was awarded to the Saudi Arabia capital of Riyadh.

We are looking forward to the announcement on the numbers of medal sports will be participated in the games.

Pencak Silat first made its debut in the 18th Asian Games in Jakarta-Palembang when Indonesia became the host country.

HELP US ACHIEVE OUR DREAMS TO BE

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

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

Donation can be made through the following modes of payments.





- 2. PayNow (UEN No. S76SS0039A)
- 3. Cheque (Payable to Singapore Silat Federation)

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

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















For more information, 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

E-mail: ssf@persisi.org









SINGAPORE SILAT FEDERATION

WWW.PERSISI.ORG

TALK TO US

(65) 6282 2316 / 17 / 19 ssf@persisi.org || www.persisi.org

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