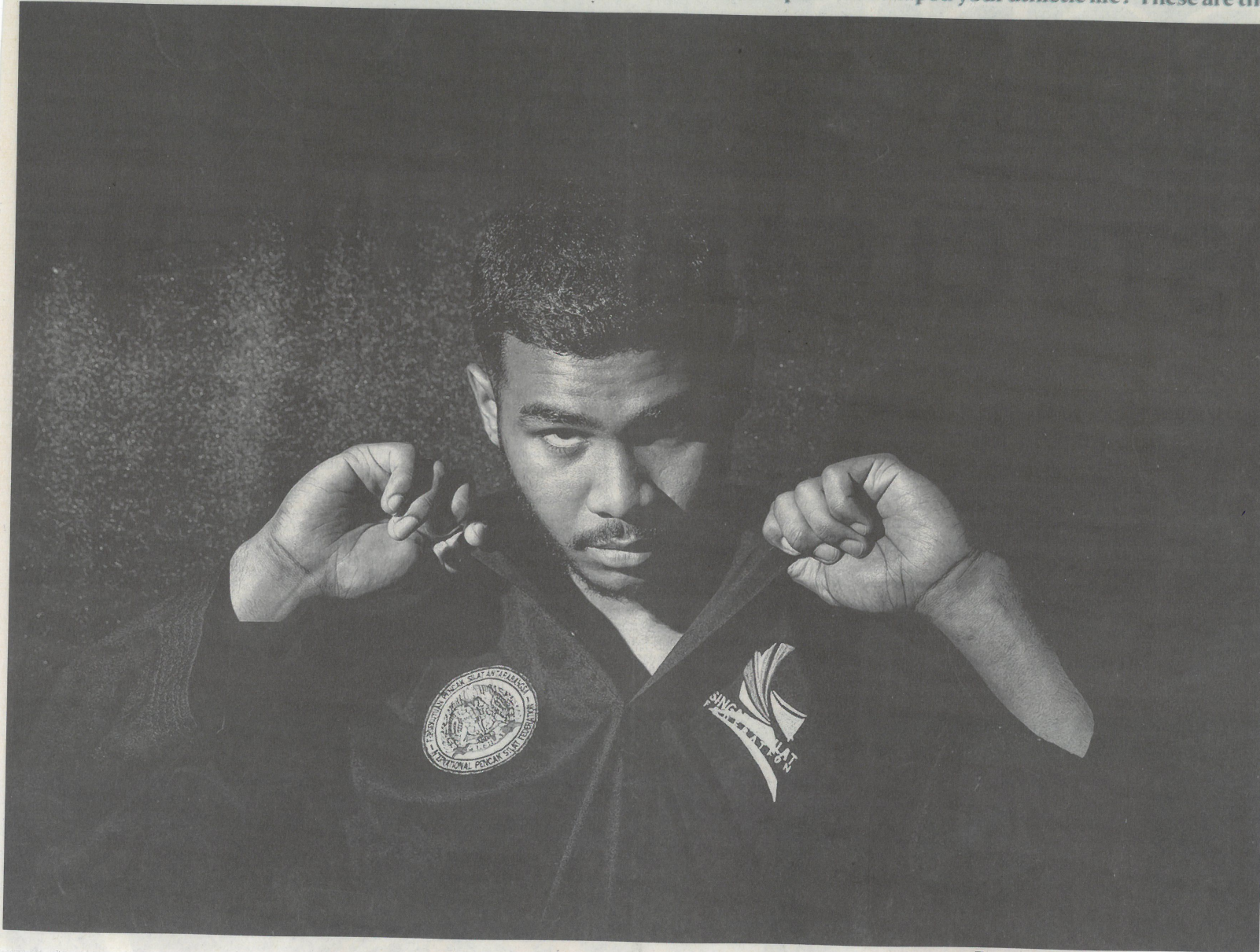


There's always something that triggers an athlete. It could be a terrible defeat, an accident, a piece of coaching advice or a crucial win. As our athletes head to the Asian Games, we asked a few of them: What was the spark that shaped your athletic life? These are their stories...



Sheik Farhan, a two-time world champion, does not boast about achievements and is one who is quietly confident as he now turns his focus to the Asian Games.
ST PHOTO: KEVIN LIM



SCAN TO WATCH
Sheik Farhan on how silat changed his life:
str.sg/sheikfarhan

