

UiTM *di hatiku*

اوسها تقوى مولى





## OUR JOURNEY



1956

### Dewan Latehan RIDA

Dewan Latehan RIDA (Rural and Industrial Development Authority Training Centre) was established with the objective of rebuilding rural society as well as improving its economy.



1967

### Institut Teknologi MARA

On 14 October 1967, MARA College was officially renamed Institut Teknologi MARA (ITM).



1999

### Universiti Teknologi MARA

On 26 August 1999, ITM was renamed Universiti Teknologi MARA (UiTM).

With this acknowledgement from the government, a major restructuring exercise was carried out in order to consolidate the university's resources for optimum productivity.



1965

### Maktab MARA

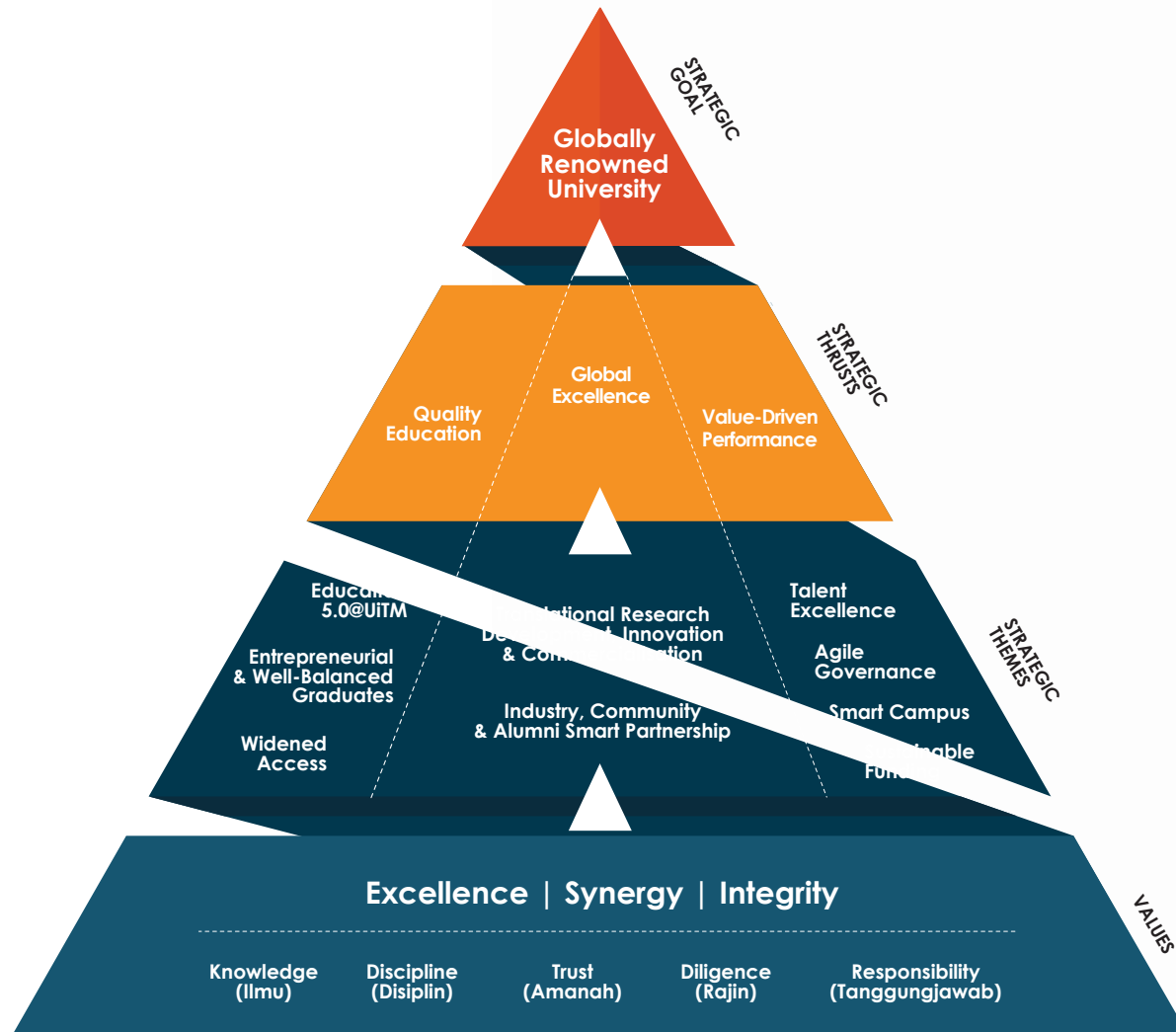
Dewan Latehan RIDA was renamed Maktab MARA. MARA stands for 'Majlis Amanah Rakyat' or the Council of Trust for Indigenous People.



1996

### Institut Teknologi MARA

As a result of an amendment to the 1976 Act, ITM was given all powers accorded to a university but retained its historical name until 1999. By then, ITM had established a branch campus in every state of the country.



# UiTM2025 STRATEGIC PLAN

To remain relevant, UiTM needs to be proactive in its response to an ever-changing, evolving national and global landscape.

The strategic plan is based on three (3) strategic thrusts:



# Developing a Sports Science Coaching Framework for Silat: A Systematic Synthesis of Research from UiTM (2013–2024)

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Sumatera Barat, Indonesia



# Background

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- Silat as living heritage and martial art (Shapie, 2021)
- UiTM research leadership since 2013
- Interdisciplinary approach: physiology, pedagogy, sports science (Shapie et al., 2024)



# Research Gap

- No systematic consolidation until now
- Previous studies scattered across themes
- Need for a comprehensive framework

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uom: 10.01.2021; acceptance: 24.01.2021

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7) case study of the event in terms of

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"IDO MOVEMENT FOR CULTURE. Journal of Martial Arts Anthropology",  
Vol. 19, no. 2 (2019), pp. 1-3  
DOI: 10.14589/jda.19.2.1

## STORY

RILOS GUTIERREZ-GARCIA<sup>1,ABCD</sup>, PAWEŁ SWIDER<sup>2,AD</sup>, PRZEMYSŁAW PAWEŁEC<sup>3,AD</sup>  
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Report on the Fourth World Scientific Congress of Combat Sports  
and Martial Arts under the perspective of martial arts tourism

Submission: 4.01.2019; acceptance: 29.01.2019

world scientific congress, case study, martial arts, combat sports, IMACSSS

On the last day of the Congress, at the facilities of the Higher School of Law and Administration-Rzeszow University, there were workshops and demonstrations of MA&CS techniques. Several experts presented their styles, these were Roland Maroteaux (France, 9<sup>th</sup> dan, aiki-jujutsu), Mohammad Nizam Shapie (Malaysia, 8<sup>th</sup> dan, silat), Volodymyr Pylat (Ukraine, Boyovyy Hopak), Matteo Giacometti (Italy, Muay Thai), Sergio Raimondo (Italy, V Duan, Chen Taijiquan) and Zbigniew Sawicki (Poland, Signum Polonicum old fencing school). These

nowadays, as well as the wide spectrum of M styles which are receiving researchers' attention aikido, boxing, Canary Island wrestling, fencing, kalarippayattu, karate, kendo, mixed martial arts Thai, silat olahraga, sumo, taekwondo, taijiquan tling, wushu). Practical workshops and demonst offered a glimpse of several MA&CS, some of like Ukrainian Boyovyy Hopak, quite unknown c their native countries. Although most attendant from different European countries, there was a i cant presence of participants from Asia and, to a extent, from the Americas and Oceania.



Photo 2. Participants of workshops and demonstrations (courtesy of Przemysław Pawelec).

Journal of Combat Sports and Martial  
© MEDSPORTPRESS, 2013; 2(2): Vol. 4, 1  
DOI: 10.5604/20815735.1C

## ORIGINAL ARTICLE

## Development of new field-based tests of kicking and movement speed in youth martial arts

Mohamad Nizam Mohamed Shapie<sup>1,3</sup>, Jon Oliver<sup>2</sup>, Peter O'Donoghue<sup>2</sup>, Richard Tong<sup>2</sup>

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<sup>2</sup> Cardiff School of Sport, Cardiff Metropolitan University, United Kingdom

<sup>3</sup> Seni Gayung Fatani Malaysia Association,

**Key words:** reliability, kicking speed, directional jumping, silat

## Summary

**Introduction.** The aim of the current study was to develop tests of kicking and movement speed specific to the demands of martial arts.

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## Effects of Cross-Training

**Key words:** mental toughness, performance

## Abstract

**Background.** Silat has been found to be a physical and mental training for athletes. In tennis performance, psychological factors can be a problem. Problem and aim. Psychological factors can be a problem in tennis performance. Therefore, this study investigated the effects of cross-training on junior tennis players in Malaysia. **Material and methods.** Thirty (n=30) 12 females, mean age 14.29 ± 1.65 years, were divided into two groups: experimental and control groups. Both groups performed a 30-minute tennis training session. **Results.** The experimental group (n=15) showed a significant improvement in psychological factors compared to the control group (n=15). **Conclusions.** The results in this study indicated that cross-training can improve psychological factors in junior tennis players.

## Activity profile of competitive silat

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**Key words:** notational analysis, martial arts

## Summary

**Introduction.** The purpose of the study was to identify the activity profile of competitive silat.

**Material and methods.** A DVD recording of a competitive silat bout was used to identify 14 different types of events. A reliability study revealed that the operator reliability was moderate (k = 0.47) and the action was moderate (k = 0.47) and the results were moderate (k = 0.47).

**Results.** A chi square test of independence indicated that the results were moderate (k = 0.47) and the results were moderate (k = 0.47).

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The 11th ACPES  
International  
Conference 2025



Institute of Technical Education



UPI





# Objectives

- i. Compile UiTM's Silat research (2013–2024)
- ii. Identify themes and gaps
- iii. Contextualize within global martial arts discourse
- iv. Develop a coaching framework



# Methods – Overview

- 47 studies reviewed
- Sources: journals, conferences, institutional publications
- Excluded non-standardized Silat forms

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**the Fourth World Scientific Congress of Con  
tial Arts under the perspective of martial art**





# Methods – Analytical Tools

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- Matrix coding (Gough et al., 2017)
- Text-mining: Voyant Tools & Excel ToolPak
- Visual outputs: Table 1, Figure 1, Figure 2



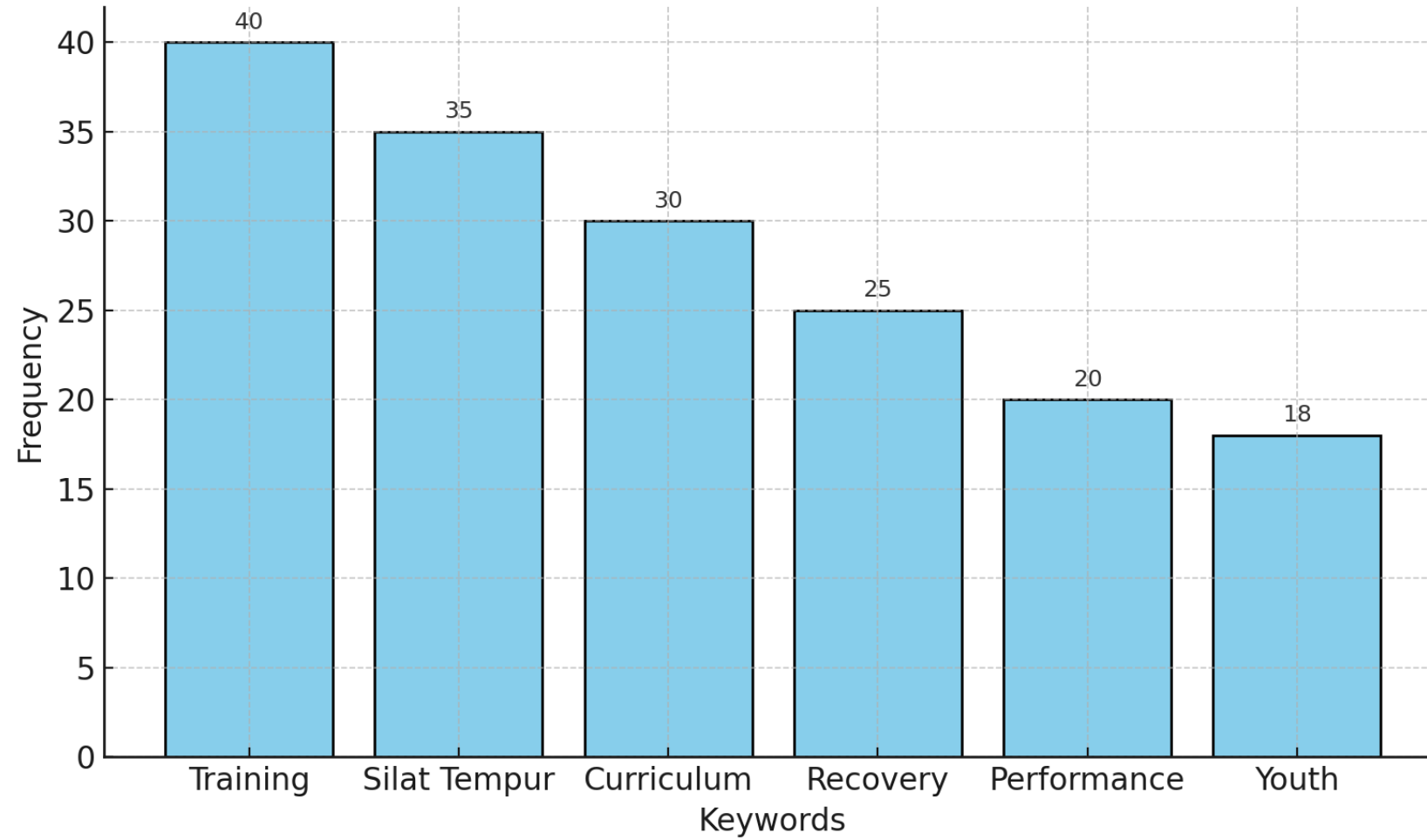
# Table 1 – Sample Coding Matrix of Silat Research (2013–2024)

*(This table visually shows how we organized the 47 studies.)*

Year	Theme	Methodology	Key Finding	Research Unit
2013	Physiology & Fitness	Cross-sectional	Established aerobic/anaerobic benchmarks	FSR UiTM Lab
2015	Recovery & Rehabilitation	Experimental	Massage improved post-training recovery	AIRBORNE
2018	Training & Curriculum	Intervention Study	Plyometric drills enhanced agility	PASSMAL
2023	Socio-Cultural Identity	Qualitative Survey	Highlighted Silat’s role in youth identity	AIRBORNE RIG



**Figure 1. Keyword Frequency of UiTM Silat Research (2013-2024)**



**Figure 2. Research Synthesis Workflow**





# Research Phases

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- **2013–2016:** Physiology & recovery studies
- **2017–2020:** Training & curriculum innovation
- **2021–2024:** Internationalization & competitive formats





# Key Themes

- i. Physical performance metrics
- ii. Sports-specific training science
- iii. Curriculum & education integration
- iv. Recovery & rehabilitation strategies
- v. Socio-cultural identity





# Results – Key Contributions

- Athlete benchmarks established
- Innovative training methodologies
- Curriculum integration at schools/universities
- Recovery-based interventions
- Emphasis on cultural identity



# Innovation Pathway

- Physiological studies → Training science → Silat Tempur → Silat EVO
- Culmination: Coaching framework for Silat
- Shown in Figure 3





# Discussion Highlights

- UiTM's sustained leadership in Silat research
- Integration of traditional knowledge and modern science
- Framework serves grassroots and elite competition

## Activity profile during action time in national competition

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Seni Gayung Fatani Malaysia Association.

**Key words:** notational analysis, martial arts, silat

### Summary

**Introduction.** The purpose of the current case study was to describe the detailed activity that occurs during the fight time in a silat bout.

**Material and methods.** A DVD recording of a single international bout was entered into the Focus X<sup>2</sup> system and the system was used to identify 14 different types of event performed by the 2 contestants as well as the start and end of action periods. An operator reliability study revealed that the strength of agreement for action was moderate ( $k = 0.44$ ), the athlete performing action was moderate ( $k = 0.47$ ) and the outcome of an action was fair ( $k = 0.25$ ).

**Results.** A chi square test of independence revealed that the two contestants performed a different profile of actions during the bout ( $\chi^2 = 39.8$ ,  $p < 0.001$ ) with the red contestant performing more kicks and less blocks proportionately than the blue contestant. A chi square test of independence also revealed no significant association between an action performed by a contestant and the previous action that he performed ( $\chi^2 = 7.6$ ,  $p = 0.108$ ).



# Conclusion

- Silat matured into interdisciplinary research field
- UiTM research synthesized into a sports science coaching framework
- Framework balances evidence-based practice with cultural authenticity





# Future Directions

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- Digital coaching systems
- Curriculum evaluation mechanisms
- Longitudinal policy impact studies
- International dissemination through AIRBORNE



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- PASSMAL
- IMACSSS
- UNESCO ICM



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