

UiTM *di hatiku*

اوسها تقوى موليا



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

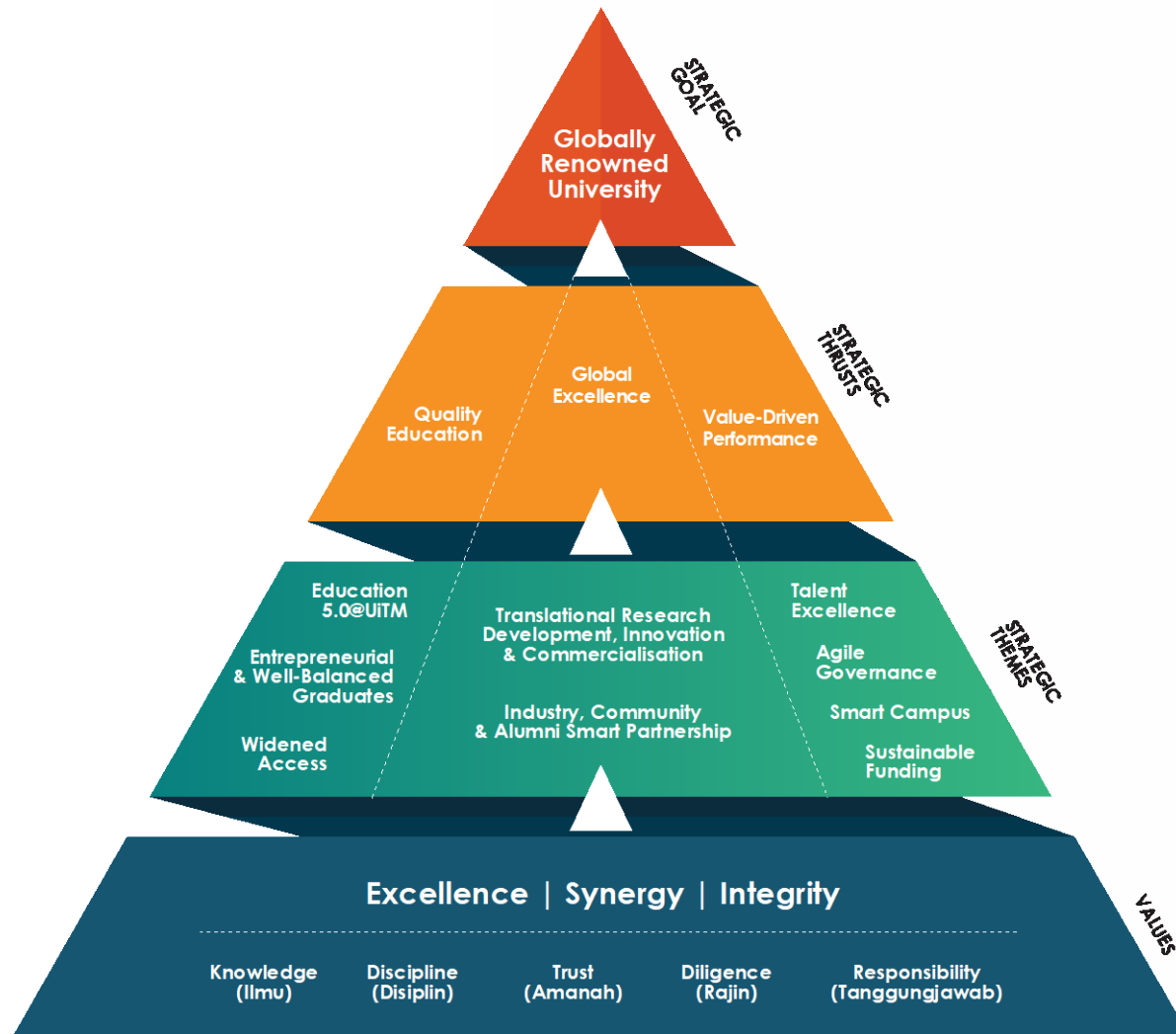
Dewan Latehan RIDA was renamed Maktab MARA. MARA stands for 'Majlis Amanah Rakyat' or the Council of Trust for Indigenous People.



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:



Evolving Silat Scholarship Malaysia's Path from Cultural Tradition to Global Academic Recognition

Mohamad Nizam Mohamed Shapie (1)*, Mohamad Rahizam Abdul Rahim (1), Nagoor Meera Abdullah (1),
Ardo Okilanda (2) & Nurul Ihsan (2)

1- Faculty of Sports Science and Recreation, Universiti Teknologi MARA (UiTM) Shah Alam, Selangor, Malaysia

2- Fakultas Ilmu Keolahragaan, Universitas Negeri Padang (UNP)
Sumatera Barat, Indonesia

**Globally
Renowned
University**

Background & Rationale

- Silat Melayu: martial art & intangible cultural heritage
- Long oral-tradition transmission, limited documentation
- Early 2000s: Seni Silat Malaysia (SSM) curriculum introduced
- UiTM & PASSMAL drove research, training, and heritage safeguarding



Objectives

- i. Map Malaysia's Silat academicisation (2014-2024)
- ii. Identify milestones in research, curriculum & innovation
- iii. Examine challenges in balancing authenticity & globalization
- iv. Offer lessons for integrating indigenous martial arts into higher education



**The 11th ACPES
International
Conference 2025**

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY



Methods

- Qualitative multi-source design:
 - Literature review: 47 UiTM-led studies (2014-2024)
 - Expert interviews with curriculum developers & coaches
 - Comparative case studies – UNP (Indonesia) & UNESCO-ICM (Korea)
- Matrix-based coding + text-mining (Voyant, Excel) to identify keyword clusters

ias
ni Malaysia
l.com

small
knologi MARA (UiTM)
my

mid
knologi MARA (UiTM)
my

arang Melayu yang digunakan ilmu seni perang Melayu tradisi, seperti bahasa, adat istiadat, ingan, pelayaran, senjata, petua unggi para pahlawan dan orang bertukar peranan sebagai ilmu mana secara tidak langsung in ilmiah ilmu PERSILATAN tidak tan sejarah tamadun Melayu nbarkan peranan para pahlawan tiraf sebagai ilmu Seni Bela Diri sgar. Silat Melayu iaitu silat asli da beberapa kumpulan yang a terdapat juga ilmu seni ilkan di kalangan kaum masing- ggunakan gelanggang bangsal an silat di bandar-bandar yang . Kaedah pendidikan silat moden

01
artial Arts Anthropology",
-64
7

ieszow, Rzeszow (Poland)

ew, pandemic situation;
domini 2020

Submission: 10.01.2021; acceptance: 24.01.2021

, Putrajaya, IMACSSS

stific event, 2) case study of the event in terms of

thropology, autoethnography, and participant

vent that was organized in a hybrid mode, with en years after its establishment was determined. orts event.
rts and was a success for the organizers. It can be r time.

© MiKlan Poland Association
"IDO MOVEMENT FOR CULTURE. Journal of Martial Arts Anthropology",
Vol. 19, no. 2 (2019), pp. 1-3
DOI: 10.14458/doi.19.2.1

STORY

RIOS GUTIERREZ-GARCIA^{1,4,5,6,7,8,9,10,11}, PAWEŁ SWIDERA^{8,10,11}, PRZEMYSŁAW POWLEC^{8,10,11}
¹Institute of Sport, Sport (Spain)
²Faculty of Human Sciences (Poland)
³European Martial Arts and Combat Sports Scientific Society (Spain)
⁴IL Persepolis Gymnastics Club (Spain)

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

martial 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, 9th dan, aikido-jujutsu), Mohammad Nizam Shapie (Malaysia, 8th dan, silat), Volodymyr Pylat (Ukraine, Boyovyy Hopak), Matteo Giacometti (Italy, Muay Thai), Sergio Raimondo (Italy, V Duan, Chen Taijiquan) and Zbigniew Sawicki (Poland, Stignum Polonicum old fencing school). These



Photo 2: Participants of workshops and demonstrations [courtesy of Przemysław Powlec].

Journal of Combat Sports and Martial
© MEDSPORTPRESS, 2013, 2(2), Vol. 4, 1.
DOI: 10.5804/25815735.14

ORIGINAL ARTICLE

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

Mohamad Nizam Mohamed Shapie^{1,2}, Jon Oliver², Peter O'Donoghue²,
Richard Tong²

¹ Faculty of Sports Science & Recreation, Universiti Teknologi Mara (UiTM), Malaysia

² Cardiff School of Sport, Cardiff Metropolitan University, United Kingdom

³ 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.

Material and methods. Tests of 3-kick (3-K) and 20-kick (20-K) speed, together with 3-directional jump (3-DJ) performance developed using a contact mat and examined for test-retest reliability. Forty youth exponents aged 13.8 ± 1.2 y completed test

Results. Absence of systematic bias and reliability CVs for total time of 6.8% for 20-K and 9.0% for 3-DJ suggest they be reliable measures. The observation of systematic bias and CV of 23.1% for total time in the 3-K test show this to be a reliable parameter.

Conclusions. The study demonstrates the potential to develop reliable and specific field-based tests for martial arts.

MOHAMD ANIZU MOHD NOR¹
¹ Universiti Teknologi MARA (UiTM), Faculty
Corresponding author: Mohamad Rahizan /
Shah Alam, Selangor, Malaysia
ORCID code: 0000-0002-7266-8785
e-mail: mrahizan@uitm.edu.my

Effects of Cross-Trainin

Key words: mental toughness, performance

Abstract

Background. Silat has been found to support athlete. In tennis performance, psychological Problem and aim. Psychological factor has b Psychological attributes that can be developo performance. Therefore, this study investigate junior tennis players in Malaysia.

Material and methods. Thirty (n=30) national 12 females, mean age 14.29 ± 1.65 years) were mental and control groups. Both groups were experimental group performed a 30-minute 4 items Psychological Profiles Inventory (PPI) 4 Results. The experimental group (n=15) show analysis indicated that all the psychological p tal (n=15) and the control (n=15) groups after Conclusions. The results in this study validate

Activity profile of silat competition

Mohamad Nizam Mohamed Shapie¹, Richard Tong²

¹ Faculty of Sports Science & Recreation, Univ

² Cardiff School of Sport, Cardiff Metropolitan U

³ Seni Gayung Fatani Malaysia Association.

Key words: notational analysis, martial arts, s

Summary

Introduction. The purpose of the current study was to identify 14 different types of event performance reliability study revealed that the stre action was moderate (k = 0.47) and the outcor

Results. A chi square test of independence about (χ² = 39.8, p < 0.001) with the red contest ant. A chi square test of independence also revealed the previous action that he performed (χ² = 7.6

Conclusions. The data about the nature of by previous study to provide a detailed description of the programmes. The approach used here would be expected to give a greater understanding of the



A NETFLIX ORIGINAL SERIES

THE WARRIOR



Results: 3-Phase Development

- Phase I (2014-2017) – Evidence-building: baseline physiological & performance profiling
- Phase II (2018-2020) – Training innovation, recovery & school-curriculum integration
- Phase III (2021-2024) – Globalisation, interdisciplinary scholarship, Silat EVO innovation

The 11th ACPES
International
Conference 2025

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY



Institute of Technical Education





Cross-Cutting Pillars

- Physical-performance metrics & talent ID
- Training & conditioning science
- Curriculum & pedagogy standardization
- Recovery & injury-prevention strategies
- Socio-cultural identity & heritage **studies**

The 11th ACPES
International
Conference 2025

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY





Key Innovations & Partnerships

- i. Motion-capture biomechanics for strikes & evasive skills
- ii. Silat Tempur (youth-friendly combat-sport format)
- iii. Silat EVO professional cage-style format with enhanced athlete safety
- iv. Coach-education frameworks aligned with national governance
- v. Partnerships with IMACSSS (Europe) & UNESCO-ICM (Korea)

**The 11th ACPES
International
Conference 2025**

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY



Policy & Cultural Insights

- Research-to-practice translation strengthened sport credibility
- Institutional support (UiTM AIRBORNE RIG, PASSMAL) ensured continuity
- Technology improved safety & legitimacy of youth and elite Silat
- Authenticity must be protected despite professionalisation



Lessons for Global Academia

- Indigenous martial arts can thrive as heritage + academic disciplines
- Evidence-based science improves safety & global competitiveness
- Cultural sustainability achieved by embedding heritage in curricula
- Malaysia offers a forward-thinking model for similar traditions



**The 11th ACPES
International
Conference 2025**

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY



Conclusion & Future Work

- Malaysia transformed Silat into a recognised interdisciplinary field
- Academicisation preserved heritage while advancing sports science
- Future directions: digital-coaching tools, policy-impact studies, cross-ASEAN comparisons



References



1. Gough, D., Oliver, S., & Thomas, J. (2017). *An introduction to systematic reviews* (2nd ed.). SAGE Publications.
2. Shapie, M.N.M. (2021). The Warrior Attitude (Sikap Pendekar) in Malay Silat Encouraging Malaysian Interest in Global Martial Arts and Combat Sports. In *"Southeast Asian Martial Arts: A Unique and Complex Cultural Phenomenon,"* Ryu, S., Lee, K. & Hwang, J. (eds); p. 26-95. Chungcheongbuk-do, Korea: International Centre of Martial Arts for Youth Development and Engagement under the auspices of UNESCO [ICM]: Chungju-si
3. Shapie, M.N.M., Samsudin, H., Abdullah, N.M., Rahim, M.R.A., Ihsan, N., Nawai, N.S.N., Padli (2024). Tradition To Academia: The Transformation of Silat Education (2014-2024). In Ruslan, N., Zid, A., Radeeuddin, R. & Fariduddin, M.N. (Eds.), Book of the The 10th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2024, (pp.478-482). Faculty of Sports Science and Recreation & Faculty of Education, Universiti Teknologi MARA (UiTM), Malaysia.

Acknowledgements

- UiTM Research Management Centre
- AIRBORNE RIG
- PASSMAL
- IMACSSS
- UNESCO ICM



**The 11th ACPES
International
Conference 2025**

HOSTED BY



MINDANAO STATE UNIVERSITY
ILIGAN INSTITUTE OF TECHNOLOGY



Amanat NATB CANSOLOR

*Globally
Renowned
University*

امانت نائيب چنسلور 2025

Thank You

Connect with us

15 Januari 2025 | 1446 رجب 15 | 8:30 pagi



🌐 www.uitm.edu.my 📌 @uitmrasmf 📌 @uitm.official 📌 @uitmofficial 📌 UiTM Channel 📌 @uitm_channel

Scan this QR Code for more information about UiTM