



**ONE
SILAT**
CHAMPIONSHIP

National Series

COMPETITION INFORMATION

WEIGHT CATEGORIES

Weight Range: 5kg

Male: 11 Weight Categories

Class	Male	Class	Female
A	45kg up to 50kg	A1	40 up to 45kg
B	> 50kg up to 55kg	A	> 45kg up to 50kg
C	> 55kg up to 60kg	B	> 50kg up to 55kg
D	> 60kg up to 65kg	C	> 55kg up to 60kg
E	> 65kg up to 70kg	D	> 60kg up to 65kg
F	> 70kg up to 75kg	E	> 65kg up to 70kg
G	> 75kg up to 80kg	F	> 70kg up to 75kg
H	> 80kg up to 85kg	Open	> 65kg
I	> 85kg up to 90kg		
J	> 90kg up to 95kg		
Open	> 85kg		

Female: 8 Weight Categories

Rules

OneSilat National Series rules will be provided upon confirmation of application.

Competition Fees

There is no competition fee when competing in OneSilat National Series.

Requirement

1. Completed Forms
2. 1-Minute Martial Art Video Training
 - Self-Introduction
 - Physical Training
 - Shadow Boxing
 - Kick and Box
 - Light Sparring
3. Fitness Test
 - 1 Minute of Pad Works (Punching & Kicking)
 - Grappling (1 Minute)
 - Light Sparring (30 sec X 4 sets)
 - 8 Step Silat Movements
 - Physical Fitness - Beep Test

Each fighter will have to go through a series of fitness test on 18 September 2016.
The test result will determine your placing for fight on 08 October 2016

PARTICIPANTS TO READ DOCUMENTS IN DETAIL BEFORE SUBMISSION

INSERT
PASSPORT
PICTURE

PARTICIPANT DETAILS (Please fill in ALL Sections Clearly in CAPITAL LETTERS)

Full Name

Identification Number Nationality

Date of Birth Age Gender M/F

Weight Class Weight in KG Height in CM

Glove Size T-Shirt Size Pants Size

CONTACT DETAILS (Please fill in ALL Sections Clearly in CAPITAL LETTERS)

Mobile Number Email

Mailing Address

Postcode City State

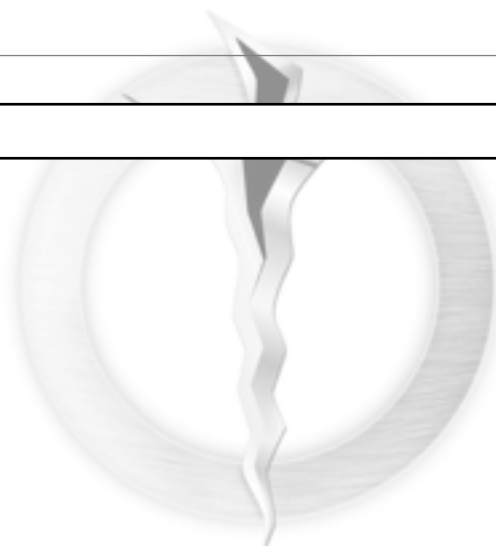
EMERGENCY CONTACT: NEXT OF KIN

Name

Contact
Number

Relationship
To You

Facebook
Profile



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MARTIAL ARTS KNOWLEDGE (Please Fill In ALL SECTIONS CLEARLY)

Silat Disciplines & Styles

Years of Involvement

Achievement in Silat
**Top 5 Achievement*

Name of Competition	Year	Result
1.		
2.		
3.		
4.		
5.		

Do You Know Any Other Martial Arts Other than Silat?
Please Specify.

Name of Art	Years of Involvement

Achievements out of Silat

Name of Competition	Year	Result
1. CHAMPIONSHIP		
2.		
3. National Series		
4.		
5.		
6.		
7.		
8.		

CRITERIA FOR ELIGIBILITY

Are You Above **17** Years Old?

YES

NO

I DECLARE THE ABOVE INFORMATION IS CORRECT

Signature of Fighter



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ISCLOSURE OF MEDICAL CONDITION

1. KO - TKO - INJURY SUSPENSIONS

- Have you ever suffered any knockouts (KO's), technical knockout's (TKO's), or any kind of loss of consciousness in the last 30 DAYS prior to the date of registration in the Event during a bout, sparring or in any other activity?
- YES / NO (*Delete where Applicable*)
- If YES, please list and give dates and details:

- I am not under any medical suspension by any medical supervisor of any kind.
- I am not under any Disciplinary Suspension by any Sanctioning body, Muay Thai or Athletic Commission or Medical supervisor of any kind.
- I have not been knocked out and / or had my fight stopped due to excessive blows or sustained any head injuries that may have caused loss of consciousness within the last 30 days.

* *Tick where applicable*

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SAVING PROVISION

A. DISCLAIMER AND WAIVER OF RIGHTS

The Participant recognizes that there are risks of injury that may arise and are common to any performing arts program such as in the Event. The Participant hereby waives and releases the Promoters from and against any and all claims which shall include but are not limited to any type of direct or indirect injury (whether emotionally, physically or otherwise), casualty, death, punitive, special, consequential damages or loss, howsoever arising due to the Participant preparation for the said Event including during and/or after participating in the Event.

B. INDEMNITY

Participant agrees to indemnify the Promoters against any damages, actions, proceedings, claims, losses, costs and expenses (including legal fees) that the Promoters may suffer as a result of the Promoters' non-adherence or breach of the representations, covenants, warranties and terms and conditions contained in this document.

C. BINDING DOCUMENT

This document is the contract between you as the Participant and the Promoters, and shall be legally binding in accordance with the applicable laws of Singapore and interpreted and construed in accordance with the terms and conditions set by the Promoters.

I, (Full Name as in NRIC) _____,
hereby understand, accept and agree to all Terms & Conditions contained in this form and shall be bounded by the same. I further confirm that I am at least seventeen (17) years old and that the information I have provided herein is true, correct and complete. Further, I understand that any misrepresentation of information or misconduct on my part will result in my disqualification from the event.

Participant's Signature:

Name:

NRIC:

Date: