

# 14- Program for Supporting Self-Defense Martial Arts Athletes by the International Pencak Silat Federation (IPSF)

<https://drive.google.com/drive/folders/1JXsoOGWxoEtsfgLVmY-8Fuhi6jtthtKh4?usp=sharing>

**Program Title:** IPSF Athlete Development Support Program

**Overview:** The International Pencak Silat Federation (IPSF) is committed to enhancing the skills and performance of self-defense martial arts athletes. This program focuses on helping athletes master the techniques of attack and defense in Pencak Silat, understand competition rules and regulations, and maintain peak performance through proper nutrition and sports science. Additionally, the program emphasizes the importance of education to prevent doping.

## I. Support Objectives

1. **Mastering Techniques** : Assist athletes in mastering the essential techniques of attack and defense required to excel in Pencak Silat competitions.
2. **Understanding Competition Rules** : Ensure athletes have comprehensive knowledge of the competition rules and regulations governing Pencak Silat.
3. **Promoting Health and Performance** : Support athletes in maintaining the best diet and applying sports science to optimize their training and performance.
4. **Doping Prevention** : Educate athletes about the dangers of doping and promote fair play within the sport.

## II. Current Support Initiatives

1. **Technique Mastery Workshops** :
  - **Program Details** : The IPSF organizes technique mastery workshops led by experienced trainers and former champions. These workshops provide hands-on training in both attack and defense techniques specific to Pencak Silat.
  - **Outcomes** : Athletes will develop the skills and confidence needed to apply techniques effectively in competition.
2. **Rules and Regulations Education** :
  - **Informational Sessions** : Conduct sessions to educate athletes on the comprehensive rules and regulations of Pencak Silat, helping them understand scoring systems, fouls, and proper conduct during competitions.
  - **Resource Materials** : Provide access to written guides and videos that clearly explain the rules to reinforce learning.
3. **Nutrition and Sports Science Support** :

- **Nutrition Workshops** : Host workshops on nutrition tailored to martial artists, focusing on meal planning, hydration, and recovery strategies that enhance performance.
- **Sports Science Consultations** : Collaborate with sports scientists to offer consultations that provide athletes with personalized training regimens based on performance metrics and physiological assessments.

#### 4. **Doping Prevention Education** :

- **Seminars on Anti-Doping** : Organize seminars that cover anti-doping regulations, the risks associated with performance-enhancing drugs, and how to ensure compliance with WADA guidelines.
- **Informational Resources** : Distribute brochures and online resources about prohibited substances, testing protocols, and the importance of maintaining integrity in sport.

### III. **Future Support Initiatives**

#### 1. **Comprehensive Athlete Development Program** :

- Create a structured athlete development program that combines technique training, rules education, nutrition counseling, and psychological support into a cohesive training framework.

#### 2. **Online Educational Platform** :

- Develop an online platform where athletes can access training videos, nutritional guides, and anti-doping education materials at any time.

#### 3. **Mentorship Programs** :

- Establish mentorship initiatives pairing experienced athletes with newcomers to provide guidance and share best practices for training, competition preparation, and healthy lifestyle habits.

#### 4. **Regular Assessments and Feedback** :

- Implement a system for regular assessments of athlete performance, dietary habits, and understanding of competition rules, using feedback to tailor ongoing support.

### IV. **Conclusion**

The IPSF is dedicated to providing comprehensive support to self-defense martial arts athletes in their journey to master the essential techniques of Pencak Silat, achieve optimal performance, and maintain the integrity of the sport. Through ongoing training, educational initiatives, and health resources, the IPSF aims to empower athletes to succeed in competitions while adhering to the highest standards of sportsmanship.

### **Contact Information**

For more information about the IPSF support program for athletes, please contact [IPSF Contact Information] or visit our website at [IPSF Website URL].