

# ARMY NEWS

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PULSE OF OUR ARMY



## THE SIGNIFICANCE OF COLOURS

RECOGNISING OUR BEST UNITS

BEHIND-THE-SCENES: NDP

THE ARMY ABROAD:

- EX KOCHA SINGA
- EX TIGER BALM
- EX SUMAN WARRIOR

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**We would like to thank CPL (NS) Tan Jit Jenn, CPL (NS) Benjamin Lim & CPL (NS) Timothy See for their contributions in ARMY NEWS !**



## Editor Speaks

As we set aside 1st Jul every year to celebrate SAF Day, we also need to take this time to appreciate the contributions and sacrifices made by our soldiers for our country's defence. It is with the dedication of our soldiers that we can continue to enjoy peace and stability in this place we call home.

This SAF Day, to recognise their contributions to the defence of Singapore, we confer the Regimental Colours to Army Intelligence Formation, 8th Battalion, Singapore Infantry Regiment (8 SIR) and 9th Battalion, Singapore Infantry Regiment (9 SIR). We honour the best in Our Army - the winners of the Best Unit Competition 2018, and delve deeper into their daily operations. As part of the continuous effort to enhance our capabilities, Our Army is also constantly introducing innovative systems.

Our Army also conducted overseas exercises such as Exercise TIGER BALM in the United States and Exercise KOCHA SINGA in Thailand. These exercises continue to enhance training realism and strengthen Our Army's operational capabilities while deepening defence relations.

In this issue, we also share with you what are usually some of the measures that Our Army takes to ensure training safety. Lastly, to prepare runners for the Army Half Marathon in August, we included some tips from the Centre of Excellence for Soldier Performance (CESP), which we hope will be helpful.

We would also like to wish every soldier a **Happy SAF Day!** Thank you for your steadfast commitment in defending Singapore.

Clarice Toh  
Editor of Army News



**Cover Photo** LCP Cyril Tang

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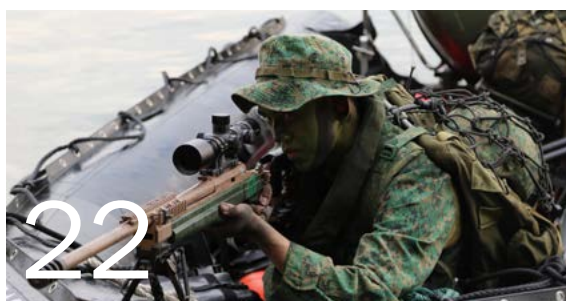
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## CONTINUOUS LEARNING FOR OUR WOSPECS

**||Written By** CPL (NS) Timothy See

**|Photography By** CPL (NS) Tan Jit Jenn

**O**n 8 May, some of our Warrant Officers and Specialists (WOSpecs) graduated with a diploma from Nanyang Polytechnic under the Continuous Learning and Academic Sponsorship Scheme (CLASS). Introduced in 2001, CLASS has enabled WOSpecs to upgrade themselves academically and pursue certificate, diploma and advanced diploma courses in their relevant field of studies.

In this rapidly evolving world, Our Army relies just as much on a soldier's mind as his body. Therefore, it is essential for soldiers to continually educate themselves to upgrade and improve their own skill sets. As recipients of the CLASS Sponsorship, these graduates are the very embodiment of life-long learning within Our Army. ■



## 35/17 SPECIALIST CADET GRADUATION PARADE

**||Written By** REC Gershwin Lim

**|Photography By** LCP Shawn Cheow

**O**n 24 May, 1038 specialist cadets celebrated their graduation from the Specialist Cadet Course as they marched into the Pasir Laba Camp parade square with pride and confidence. With a toss of their peak caps and berets, the specialist cadets concluded an arduous yet meaningful learning journey, readying themselves for the start of another. During the 22-week course, the specialist cadets learned essential leadership and combat skills as they trained to become competent leaders of Our Army. Proud families and friends were present to witness this momentous occasion. Senior Minister of State for Defence, Mr Heng Chee How was present as the Reviewing Officer of the graduation parade. Mr Heng congratulated the newly graduated specialist cadets and reminded them of the importance of taking care of their soldiers.

**WITH PRIDE, WE LEAD! ■**





## 02/18 BASIC MILITARY TRAINING GRADUATION PARADE

**||Written By** REC Joel Tan

**|Photography By** LCP Cyril Tang

On 9 and 10 June, around 3200 recruits passed out from their Basic Military Training (BMT) at a graduation parade held at Pasir Laba Camp. With the traditional BMT Roar and toss of their jockey caps, the recruits celebrated the successful completion of weeks of tough basic military training. Friends and family members were also present to witness the parade and support our soldiers, having witnessed their transformation from boys to men. Chief of Army, BG Goh Si Hou was present as the Reviewing Officer and in his congratulatory speech, he emphasised the importance of National Service and stressed that every soldier had a part to play in ensuring the security and sovereignty of Singapore.

**THROUGH BASICS, WE EXCEL! ■**



## 109/17 OFFICER CADET COMMISSIONING PARADE

**||Written By** REC Teo Hao Yu

**|Photography By** LCP Shawn Cheow

On 17 June, 348 cadets from the Officer Cadet Course marched into the parade square of SAFTI Military Institute, brimming with pride, confidence and readiness as they completed weeks of rigorous training at the Officer Cadet School. During the 38-week course, the cadets sharpened their combat, planning and leadership skills, putting them in good stead for the next phase of their journey as future leaders of Our Army. Families and friends were also present to celebrate this joyous occasion with the cadets. Deputy Prime Minister, Mr Tharman Shanmugaratnam and Chief of Defence Force, LG Melvyn Ong graced this momentous occasion. Mr Tharman congratulated the newly-commissioned cadets and reminded them of their responsibility as leaders and emphasised the need to lead with excellence, care and concern.

**TO LEAD, TO EXCEL, TO OVERCOME! ■**







## ARTILLERY SKILL AT ARMS

**Written By** CPL Ashley Seek

**Photography By** LCP Cyril Tang

On 20 April, various units of the Artillery Formation came together for the Artillery Skill at Arms Challenge. Aimed at forging camaraderie among the units, the challenge saw teams pitting their shooting skills and techniques against each other in the friendly competition. Teams competed across the 3 stations: dry deployment, manual gunnery, as well as calibration and call for fire. The challenge ended off with Artillery Institute as the overall winner.



Scan to watch video

**IN ORIENTE PRIMUS! ■**



Soldiers mounting a mortar



## 2 PDF LION CHALLENGE

**Written By** CPL Ashley Seek

**Photography By** CPL (NS) Benjamin Lim

On 11 May at Clementi Camp, Regulars, NSFs and NSmen from various units of the 2nd People's Defence Force (2 PDF) gathered to participate in the 2 PDF Lion Challenge. The annual fitness challenge started off with a 1.2km cadence run, followed by the sandbag physical training and a casevac run, where teams had to run across the parade square with a stretcher loaded with sandbags. The challenge brought various units together and demonstrated resilience and fighting spirit of all soldiers present. The challenge ended with HQ 2 PDF emerging as the winning team this year.



Scan to watch video

**STEADFAST WE STAND! ■**



Congratulations to HQ 2 PDF for winning this year's challenge!



## ARMOUR ROAD RELAY

**Written By** REC Teo Hao Yu

**Photography By** LCP Shawn Cheow

325 runners, consisting of active and NS commanders, from the Armour Formation gathered at Kranji Camp on 19 May for the start of the 45th Armour Road Relay (ARR). ARR aims to bring the formation closer together by providing soldiers with a platform to train and compete together, demonstrating toughness and strong fighting spirit. Chief Armour Officer, BG Yew Chee Leung, was present to grace the occasion and take part in the race. Amidst the fierce competition, Armour Training Institute (ATI) emerged victorious across the various categories, and was crowned champion for ARR 2018!



Scan to watch video

**SWIFT AND DECISIVE! ■**



*Congratulations to Armour Training Institute for winning the Road Relay!*

## TRUMP - KIM SUMMIT

**Written By** CPL Ashley Seek

**Photography By** CPL Teo Zhi Guang

In the recent Trump-Kim Summit, we witnessed the strong commitment to defence from our soldiers comprising NSFs, NSmen and Regulars who contributed to security operations in support of ensuring a safe and secure Singapore for the summit.

Island Defence Task Force (IDTF) supported the Singapore Police Force in homeland security missions. Chemical, Biological, Radiological and Explosives (CBRE) teams carried out bomb sweeps at the meeting venue and the leaders' residences while the Medical Response Force (MRF) stood by for CBRE incidents. Also, Special Forces were positioned at discreet points on Sentosa, alert and ready to act. Thank you to all our servicemen and women, from the IDTF, CBRE, MRF, Special Operations Task Force, Army Standby Forces as well as all the supporting units for your hard work and dedication in ensuring a smooth summit! ■



Scan to watch video





## ADCs APPOINTMENT CEREMONY

**||Written By** CPL Marcus Teo  
**||Photography By** CPL Marcus Teo

On the evening of 10 May, the annual Aides-de-Camp (ADCs) Appointment Ceremony was officiated by President Halimah Yacob at Istana. These Honorary ADCs were selected to take on this important responsibility, in addition to their existing duties in the respective Services. In her address, President Halimah recognised the importance of their role and thanked the Honorary ADCs for their hard work, "As Honorary ADCs, your responsibility is heavy. You are ambassadors to the office when you interact with foreign dignitaries and local guests. Your bearing, demeanour and proficiency will leave them with an impression of the office."

Honorary ADCs come from the Singapore Armed Forces, the Singapore Police Force and the Singapore Civil Defence Force. This year, 106 Honorary ADCs were appointed, with 27 of them coming from Our Army. ■



President Halimah delivering a speech to thank the Honorary ADCs

## PRESIDENT'S VISIT TO BRUNEI

**||Written By** REC Teo Hao Yu  
**||Photography By** Aloysius Lum

President Halimah Yacob, accompanied by Senior Minister of State for Defence, Dr Mohamad Maliki Bin Osman, Chief of Army, BG Goh Si Hou and other senior SAF commanders, visited the Officer Cadet School training in Temburong, Brunei on 13 May. During her visit, President Halimah witnessed the cadets crossing a water obstacle using a single rope bridge. She also joined the soldiers in a jungle survival lesson where they were trained how to identify and forage for edible food in the jungle, as well as scavenge for materials to build a shelter during rainy conditions.

President Halimah commended the cadets for their commitment towards National Service and encouraged them to remain resilient as they overcome obstacles during the tough and realistic jungle training. Sharing her thoughts on the visit, President Halimah said, "Overseas training, such as this in Brunei, builds the confidence and competence of our soldiers as they are exposed to different stressors as compared to Singapore. This ensures that they will become leaders and role models whom the soldiers can look up to." ■



President Halimah trying out survival food in Temburong, Brunei





## ERPSS' VISIT TO IDTF

**||Written By** REC Goh Gen Sheng

**|Photography By** LCP Cyril Tang

The External Review Panel on SAF Safety (ERPSS) made a visit to Island Defence Task Force (IDTF) on 12 May. They visited the Security Trooper (Combat) Course where they observed a counter-intrusion operations demonstration and were updated on IDTF's safety management system. The ERPSS' primary role is to review the SAF's safety governance, processes and culture. Consisting of external experts from various fields, the committee is able to capture a broad spectrum of views and perspectives of the safety practices in the SAF. ERPSS also endorsed the SAF's recent move to establish an expert panel to review the SAF's policies and processes for managing heat injuries.

**STEADFAST WE STAND! ■**



ERPSS Panel given an orientation on the various equipment used to take care of Military Working Dogs



## EMPLOYERS' VISIT TO 474 SAR

**||Written By** CPL Brandon Kit

**|Photography By** CPL Teo Zhi Guang

Armour Training Institute, jointly with the National Service Directorate, hosted a group of employers at Sungei Gedong Camp on 17 May. During the visit, employers had a chance to familiarise themselves with the platforms utilised by the Armour Formation and got to experience what it was like to be in the Armour Simulation Centre. Director National Service Affairs, COL (NS) Simon Lim, was also present for the visit. After the visit, employers shared that it had helped them to better understand what their employees did as Operationally Ready NSmen during their In-Camp Training (ICT). The employers were also impressed by the high standards of training the NSmen underwent.

**SWIFT AND DECISIVE! ■**



As another fulfilling visit comes to an end, we thank all employers for their continued support!



## NSMEN APPRECIATION DINNER

**Written By** CPL Ashley Seek

**Photography By** LCP Isaac Ong

On the evening of 18 May, Chief of Army, BG Goh Si Hou hosted the annual SAF NSmen Appreciation Dinner to thank NSmen who had gone beyond the call of duty. Despite holding heavy responsibilities in their daily jobs, these Volunteers and Reservists on Voluntary Extended Reserve Service (ROVERS) continued to commit their time and dedication to Singapore's defence. In his speech, BG Goh Si Hou shared the importance of National Service (NS) to the SAF, "As a small nation, we would not be able to have the SAF without NS, and the continued contribution of the NSmen is something that we should never take for granted."

Sharing his inspiration to continue serving, 3WO (NS) Noriman Ali Salam mentioned he voluntarily extended his service as he wanted to take this opportunity to contribute more to the SAF. 3WO (NS) Noriman remarked that serving in the SAF alongside fellow good commanders had also moulded him to be a good leader to those who are under him. ■



## SAFVC PROMOTION CEREMONY

**Written By** REC Goh Gen Sheng

**Photography By** LCP Sean Seah

On 23 June, the SAF Volunteer Corps (SAFVC) held the Tri-Service (Army, Navy and Air Force) Promotion and Formation Patch Presentation Parade at Maju Camp. 67 SAFVC Volunteers (SVs) were promoted to the rank of SV2, and 73 SV (Trainees) were presented the Formation Patch. The Guest of Honour for the parade was Senior Minister of State for Defence, Dr Mohamad Maliki Bin Osman. He was accompanied by Chief of Army, BG Goh Si Hou and Commander SAFVC, COL Ong Kok Wui.

Speaking after the parade, Dr Maliki remarked, "I am heartened to see the good progress by SAFVC since inception. SAFVC continues to sustain positive momentum by launching 15 new roles this year. These new roles enable the SVs to be deployed in a wider range of roles, providing operational value and meaningful contribution to the peace and security of Singapore."

**STEADFAST AND VIGILANT! ■**





## CELEBRATING THE PROMOTION OF OUR PEOPLE

**Written By** CPL Ashley Seek

**Photography By** CPL Teo Zhi Guang

Various promotion ceremonies were held in June as we recognised the hard work put in by our servicemen and celebrate their achievements with them. Congratulations to all promotees and we hope you continue to serve proudly for the years to come! ■



Group photo of MINDEF/SAF Promotees

### **MINDEF/SAF PROMOTION CEREMONY**

The MINDEF/SAF Promotion Ceremony, held at MINDEF on 28 June, saw over 500 personnel being promoted. The promoted personnel include Officers, Military Experts as well as Warrant Officers from Our Army.

This year, a record number of 61 senior NSmen are promoted to the next higher rank. This is a reflection of their strong commitment to National Service. Many of these NSmen have continued to volunteer, beyond their obligations, to serve in senior positions in the SAF. Their promotion is a recognition of their commitment, sacrifice and service to the nation.



Group photo of DXO Promotees

### **DXOS/CIVILIANS PROMOTION CEREMONY**

The Defence Executive Officers (DXOs) and Civilians Promotion Ceremony was held on 21 June at MINDEF auditorium. 310 DXOs and Civilians were promoted, of which 116 of them are serving in Our Army. Although they are not in the field of combat, DXOs and Civilians work alongside their uniformed military counterparts and play an integral role in ensuring the security of our nation. Permanent Secretary (Defence), Mr Chan Yeng Kit and Chief of Defence Force, LG Melvyn Ong graced the occasion as guests-of-honour and congratulated the promotees. Family members of the promotees were also present to witness and celebrate this joyous occasion.



Chief Of Army, BG Goh Si Hou, delivering a congratulatory speech at the Army Promotion Ceremony

### **ARMY PROMOTION CEREMONY**

The Army Promotion Ceremony was held on 26 June at Pasir Laba Camp. It marked a significant milestone for 632 Army servicemen as they received their well-deserved promotions.

The ceremony served as a form of recognition and encouragement for the hard work put in by the servicemen. Chief of Army, BG Goh Si Hou officiated the ceremony. Besides congratulating the promotees, BG Goh also presented the Promotion Certificates to them. Family members also joined the promotees in celebrating this momentous occasion.

Find out more about what some of our promotees had to say about their achievements on page 30!





## CHIEF COMMANDO OFFICER/COMMANDER SOTF CHANGE OF COMMAND PARADE

**[Written By** CPL Marcus Teo

**[Photography By** CPL (NS) Benjamin Lim

The evening of 25 May witnessed the symbolic handing and taking over of command for Chief Commando Officer/Commander Special Operations Task Force (SOTF) from COL Nicholas Ang to COL Kenny Tay. Held at Hendon Camp, home of the Commandos, our Chief of Army, BG Goh Si Hou was present as the Witnessing Officer, accompanied by Sergeant Major of the Army, CWO Teo See Keong and other senior commanders.

In his farewell speech, COL Ang expressed his gratitude to the formation, and remarked that the Commando Formation is only as strong as the members who adopt its culture, "The Commando Formation is a place of deep history, and a strong never-say-die attitude. First, we believe in tough training. Designing and organising training with consistently high standards that push the limits of the Commandos. Second, we trust our people. We trust our commanders to accomplish their tasks, from counter-terrorist operations to Red Lions display jumps to proficiency tests in Army Training Evaluation Centre. Third, we believe that we must take care of our people. This Commando DNA is how we maintain the proud heritage that our seniors have given us."

The Singapore Army salutes COL Nicholas Ang for his steadfast and dedicated service during his command of the Commando Formation, and welcomes COL Kenny Tay as the new Chief Commando Officer/ Commander SOTF.

**FOR HONOUR AND GLORY! ■**



COL Ang thanking the Commando Formation in his farewell speech



BG Goh (left) presenting the Command Plaque to COL Ang (right) for the successful completion of his command



BG Goh (left) presenting the Letter of Appointment to COL Tay (right)



## SAFTI MI ISM CHANGE OF APPOINTMENT CEREMONY

**Written By** REC Goh Gen Sheng

**Photography By** LCP Isaac Ong

On 26 April, at the SAFTI Military Institute (SAFTI MI) main auditorium, servicemen bade farewell to outgoing Institute Sergeant Major (ISM), SWO Ng Chin Teck and welcomed incoming ISM, SWO Ng Puay Hng. Commandant SAFTI MI, BG Chua Boon Keat was present as the Witnessing Officer for this momentous occasion. In his farewell speech, SWO Ng Chin Teck expressed his appreciation for the trust given to the WOSpec Corp by the SAFTI MI Core Group "I am appreciative of the trust, guidance, sincere friendship as well as the strong belief in the Officer and WOSpec partnership." The Singapore Army would like to thank SWO Ng Chin Teck for his sterling leadership and welcome SWO Ng Puay Hng as the new ISM of SAFTI MI.

**TO LEAD, TO EXCEL, TO OVERCOME! ■**



BG Chua (left), presenting the Letter of Appointment to incoming ISM SAFTI MI, SWO Ng Puay Hng (right)

## SM TRADOC CHANGE OF APPOINTMENT CEREMONY

**Written By** REC Teo Hao Yu

**Photography By** LCP Shawn Cheow

On the evening of 27 April, at Pasir Laba Camp, CWO Wan Eng Bee handed over his appointment as Sergeant Major (SM) of The Army and Training Doctrine Command (TRADOC) to CWO Ben Wong. Commander TRADOC, BG Kenneth Liow, was present as the Witnessing Officer for this Change of Appointment Ceremony. In his farewell speech, CWO Wan reflected upon his years of service in the SAF. He shared, "Throughout these years as a Sergeant Major, I have faced a lot of challenges on the ground. With the Commanders' and Sergeant Majors' support, we overcame many challenges and I am appreciative of the camaraderie displayed." The Singapore Army would like to thank CWO Wan for his long and distinguished service to the SAF, and welcome CWO Wong as the new SM TRADOC.

**LEARNING ARMY, THINKING SOLDIERS, COMMITTED WARRIORS! ■**



BG Liow (left) presenting the Letter of Appointment to incoming SM TRADOC, CWO Ben Wong (right)





## EXERCISE KOCHA SINGA

**Written By** CPL Brandon Kit  
**Photos Contributed By** 40 SAR

A platform for the Singapore Army to collaborate and share tactics, techniques and procedures with the Thai Army, the annual bilateral Exercise KOCHA SINGA (XKS), was conducted from 27 April to 9 May. It involved approximately 700 troops from the 40th Battalion, Singapore Armoured Regiment (40 SAR), Headquarters 8th Singapore Armoured Brigade and the Royal Thai Army's (RTA) 3rd Infantry Battalion.

XKS has evolved from training in basic infantry tactics to include urban operations, training with Counter-Improvised Explosive Devices, counter-insurgency, as well as jungle survival; culminating in a combined arms live-firing by the two armies. This year marks the 20th anniversary of XKS since its inauguration in 1997. With the exercise reaffirming and underscoring their long-standing defence relations, the close bilateral defence ties between the two countries are especially evident. Apart from bilateral exercises, both armies also interact regularly through high level visits, professional exchanges and courses. ■



*Our soldier (right) introducing the SAR 21 assault rifle as part of the professional exchange*



*BG Goh (second from left) engaging our soldiers*



*Soldiers from both armies taking part in combined arms live-firing*



*Group photo of the participants from the Singapore Army and RTA*





## EXERCISE TIGER BALM

**Written By** CPL Brandon Kit  
**Photos Contributed By** 6 Div

Further from home, in the United States, Exercise TIGER BALM (XTiB) was conducted from 15 to 27 May. This year's exercise involved 113 servicemen from 6th Singapore Division (6 Div) and 10th Singapore Infantry Brigade, and about 180 servicemen from 25th Infantry Division, 3rd Infantry Brigade Combat Team, and 29th Infantry Brigade Combat Team.

Year on year, the spectrum of trainings conducted by both armies together expands, just as the bonds deepen. This year marked the first time that the Singapore Army's STrike Observer Mission (STORM) team was involved in providing terminal control to cue the US Army Apache Attack Helicopters during the live-firing exercise. This was also the first time that both armies shared their expertise on Counter-Improvised Explosive Device (C-IED) operations during the exercise, including the detection and neutralisation of IEDs. Inaugurated in 1981, XTiB is the longest-running bilateral exercise between the Singapore Army and the US Army, bearing testament to the excellent and long-standing defence ties between both armed forces. Apart from XTiB, both armies also interact extensively through professional exchange programmes, cross-attendance of professional courses, as well as bilateral and multilateral exercises. These regular interactions have fostered and enhanced the professionalism, friendships and mutual understanding among their personnel. ■



*The Singapore Army and US Army soldiers observing their targets in support of an infantry assault during a live-firing exercise*



*Exercise participants sharing the capability of the Light Weight Designator Range Finder (LWDR)*



*Group photo of the participants from both the Singapore Army and US Army*



*COL Leung (right) and Major General Ronald R. Clark (left) exchanging mementos at the closing ceremony*





## EXERCISE SUMAN WARRIOR

**Written By** CPL Brandon Kit

**Photos Contributed By** 3 Gds Bn & GS (Ops)

Hosted by the British Army in Wiltshire, United Kingdom (UK), Exercise SUMAN WARRIOR (XSW), a Five Power Defence Arrangements (FPDA) land exercise, was conducted from 28 May to 8 June. The exercise involved over 150 personnel from Australia, Malaysia, New Zealand, Singapore and the UK.

Formed in 1971, the FPDA was established for the external defence of Singapore and Malaysia during their early days of independence. It has since evolved over the years to become a constructive, transparent and peaceful arrangement that is an integral part of the regional security architecture. Speaking about the interactions with FPDA counterparts, Commanding Officer of 3rd Battalion, Singapore Guards (3 Gds Bn), LTC Lew Tze Soon, who led the SAF delegation, shared how the exercise is a valuable platform for professional military exchange among the FPDA countries, "The exercise offers an excellent opportunity to train together and learn from one another, enhancing interoperability among the FPDA countries. Most importantly, through our interactions with our FPDA counterparts, we have built strong professional networks and lasting friendships." Apart from XSW, the SAF also interacts regularly with FPDA counterparts through other FPDA exercises. ■



Group photo of the participants of XSW 18



## Behind-the-Scenes: NATIONAL DAY PARADE

**Written By** CPL Marcus Teo, REC Joel Tan

**Photography By** CPL (NS) Benjamin Lim, LCP Shawn Cheow



Soldiers from 40 SAR packing the funpacks

### PARADE AND CEREMONY

There is no NDP without a parade. This year, we can expect the largest ever combined military tattoo, consisting of more than 560 participants at The Float @ Marina Bay.

The Parade and Ceremony segment never fails to impress the audience every year during NDP. Behind the spectacular parade is the result of regular practice sessions over many months leading up to 9 August. To put up their best performance for the nation, our soldiers put in over 100 hours of training, sacrificing many weekends. We spoke to 3SG Benjamin Lim Ting Wee from the 30th Battalion, Singapore Combat Engineers (30 SCE) in the marching contingent, and CPL Tian Fu Li, Cyrus, from the 1st Commando Battalion (1 CDO) in the Guard of Honour (GOH) contingent to find out more. While both agree that rehearsing for the NDP is physically and mentally tiring, CPL Tian believes that there is a good system in place to make sure their rehearsal runs smoothly and that the organisers pay close attention to the work-rest cycle. 3SG Lim also commented that there is progressive training being put in place, allowing participants to be acclimated before transitioning to extended hours of training. 3SG Lim and CPL Tian are also proud to be chosen to march in the biggest parade of the year.



3SG Benjamin Lim Ting Wee from 30 SCE



CPL Tian Fu Li, Cyrus from 1 CDO

### MEDICAL SUPPORT

On-site medical support is necessary to ensure a safe practice environment for our participants. Forming the backbone of the medical team are our SAF medics who are trained to recognise, assist and manage any medical issues the participants may face during these rehearsals.

One of the medics, LCP Joshua Kencono Panizales (right), supported the Parade and Ceremony rehearsal and he shared how the training they received prepared them for their roles. "During my basic medic training, we were given scenario-based situations to react to for training realism. It trained us to be able to identify signs and symptoms early and prepared us to be confident and composed when dealing with any situation. Besides that, we also have



LCP Joshua Kencono Panizales supporting the Parade and Ceremony rehearsal

regular revision training to keep us current with our knowledge and skills. Our medical equipments are also inspected frequently to ensure its functionality. With the knowledge that my equipment is ready and that my medic skills are relevant and sharp, I am able to perform my duty with confidence." Before their deployment, the SAF medics go through a comprehensive force preparation programme to make sure they are ready and competent for their tasks.

## WE ARE SINGAPORE!

National Day Parade (NDP) is the biggest national event held annually. Our performing cast of thousands-strong spent weekends practising, in the lead-up to the nation's birthday, to put up an outstanding performance on 9 August. Join us as we head behind the scenes with our servicemen to learn more about the preparatory work they undertake.

### ASSEMBLY OF THE FUNPACK

Ever wondered how your National Day Parade funpacks find their way to you?

This year, about 130 soldiers from 40th Battalion, Singapore Armoured Regiment (40 SAR) took care of packing the 252,000 funpacks for the upcoming rehearsals, previews and of course, the actual parade. Since 26 June, they have clocked about 10 hours per packing day to ensure that the funpacks will be ready for each parade across the 7 weeks. At their peak, each production line packs 7,200 funpacks per day.

Working at the end of the production was 2SG Tong Fu Hong. His role was to make sure that no items were missing in each funpack. Knowing that the process can be taxing, 2SG Tong pays extra attention to the well-being of his men. He said that, "Before we start packing, we briefed the guys on the proper technique if they're required to carry heavy loads. We also monitor proper work-rest cycle so that the guys are comfortable when they pack."



The marching contingent rehearsing for NDP



# THE SIGNIFICANCE OF COLOURS



||Written By CPL Brandon Kit

Colours are the official flag of a country, ship, or military group. In the relentless onslaught of time, one could argue that the only constant to the landscape of our world is change. However, amidst perpetual change, Colours continue to be visible symbols of our world today, especially in the military. They symbolise the spirit of a regiment and embody its identity, bearing battle honours and badges granted to it in commemoration of the gallant deeds performed by its members. Without context, Colours may seem like ordinary pieces of cloth but make no mistake, they carry tremendous significance and are venerated by all in the military.

Colours have their roots traced back to the time when they were used as banners of lords and barons as well as a means of distinction between tribes and armies. On the perennially chaotic battlefield, Colours served as a distinct rallying point and a potent source of morale, carried into battle in the centre front rank where they could easily be seen and recognised. The rise and fall of Colours would determine the state of the soldiers' morale, a critical factor in securing victory. As such, many would die to capture the Colours of their enemy or to defend their own.

Today, Colours are paraded and trooped in various armies around the world. In the SAF, Colours are presented by the President of Republic of Singapore and are awarded to units in commemoration of their achievements in the field of

combat, training, administrative efficiency and service to the community. There are currently 2 kinds of Colours: State Colours and Regimental Colours. Regimental Colours are awarded to formations or units which have attained operational capability or made commendable achievements. They bear the appropriate crests or logos of the respective division, formation or unit. On the other hand, the State Colours are only awarded to the 3 Services of the SAF and SAFTI Military Institute.

Stories of countless soldiers who have been through the gates of each regiment are woven into the very fabric of the Colours they bear. As such, one is thus taken through a journey in time as he examines the Colours of a regiment.

Annually, every unit has a chance of receiving the tremendous honour of being awarded the SAF State Colours, presented to the Best Combat Unit after the Best Unit Competition. This year, we will also witness the presentation of Colours to the Army Intelligence Formation, 8th Battalion, Singapore Infantry Regiment (8 SIR) and 9th Battalion, Singapore Infantry Regiment (9 SIR) in recognition of their contributions to homeland security. Army Intelligence contributes to local high security events, regional humanitarian assistance and disaster relief efforts, as well as overseas deployments. On the other hand, 8 SIR and 9 SIR continue to safeguard our military camps and key installations. Truly, no award could be more fitting to recognise their selfless and steadfast contributions to our nation's defence. ■





## CONFERMENT OF COLOURS: **ARMY INTELLIGENCE**

**||Written By** CPL Brandon Kit

**A**rmy Intelligence is often dubbed as the “eyes and ears” of Our Army. As a key element in Our Army, the formation is entrusted with the responsibility to collect and understand real-time information, providing accurate, timely and relevant Intelligence to Our Army. Armed with skills in Intelligence analysis, surveillance and deployment of tactical Unmanned Aerial Vehicles (UAVs), as well as other specialised Intelligence assets, Army Intelligence Formation provides an edge for Our Army in this modern battlefield.

To ensure that competencies are kept relevant in today's increasing challenge of Intelligence operations, Army Intelligence Formation has continuously been transforming the training of Intelligence professionals in Our Army. The formation has also been supporting both local high security and overseas operations through the deployment of Intelligence Surveillance Teams and Imagery Analysis Teams. Army Intelligence also aided in SAF humanitarian assistance and disaster relief efforts.

We thank the Army Intelligence Formation for their contribution to the defence of Singapore!

**FIRST LINE OF DEFENCE! ■**



*Recon Bike used by troopers to conduct reconnaissance missions*

### **ARMY INTELLIGENCE** THROUGH THE YEARS

**1966**

Department of Military Intelligence (DMI) was set up

**1969**

School of Military Intelligence (SMI) was established to train officers and men in the field of Military Intelligence

**1998**

A Sensor System Wing was established in SMI to provide expertise for the development and training of Intelligence Sensor Systems for Our Army

**2004**

First Military Intelligence Battalion was formed to provide a full spectrum of Intelligence capabilities for Our Army and to spearhead the development and delivery of a 3G Intelligence capability

**2011**

10 and 11 C4I (Command, Control, Communications, Computers and Intelligence) Battalions were formed to provide faster response to support the High Readiness Core (HRC) in security operations and Peace-Time Contingency Operations (PTCO), as well as to support the combined arms brigades

**2013**

Army Intelligence Formation was stood up





CONFERMENT OF COLOURS:

# 8TH BATTALION, SINGAPORE INFANTRY REGIMENT

||Written By CPL Brandon Kit

8th Battalion, Singapore Infantry Regiment (8 SIR) has a vital role to play in deploying and sustaining the currency of Security Troopers at SAF camps. As Security Troopers, they are entrusted with the onerous task to defend against any potential breach and intrusion to the military camps and bases throughout day and night. From access control checks to armed sentries, their presence allows units to focus on their daily operations and training within a protected vicinity.

Since establishment, 8 SIR has been maintaining the highest level of readiness and capabilities in 24/7 operations to safeguard our camps and bases. Security Troopers have been successful in deterring potential threats to our camps and on numerous occasions, have prevented unauthorised entry into our camps. To equip Security Troopers with the relevant proficiencies and ensure their skills are kept up to date, refresher training is held on a regular basis in addition to their daily operations.

We salute 8 SIR for their dedication in defending our SAF camps and bases!

**READY AND VIGILANT! ■**

## 8 SIR THROUGH THE YEARS

**2010**

8 SIR was set up

**2013**

The Sector Response Force (SRF) was set up to enhance security in an integrated SAF camps and bases security concept

**2014**

Inauguration for 8 SIR sector flags. Sectors were recognised as companies within the battalion

**2015**

Commissioning of the Army's Peacekeeper Protected Response Vehicle (PRV) to replace the V200s



Our Security Troopers conducting access control checks





CONFERMENT OF COLOURS:

# 9TH BATTALION, SINGAPORE INFANTRY REGIMENT

**||Written By CPL Brandon Kit**

9th Battalion, Singapore Infantry Regiment (9 SIR) plays a dedicated and vital role in the Protection of Installations (POI), in particular, Key Installations (KINs) such as Changi Airport. As part of the Island Defence Task Force (IDTF), 9 SIR raises, trains and sustains Military Security personnel who are deployed at KINs. The unit also teams up with other homeland security agencies to deal with several security-related incidents and has been successful in deterring potential threats to KINs.

9 SIR has completed over 50 operational deployments to date and continues to maintain the highest level of readiness and capability in 24/7 operations. They play a critical role in safeguarding our military and civilian KINs and undergo specialised training to ensure troopers are equipped with the relevant competencies. Other than training in drills involving baton-torches, soldiers are also taught how to conduct cordon-and-search operations.

We salute 9 SIR for their commitment to the defence of KINs and POI!

**VIGILANT AND RESILIENT! ■**



*Our Military Security personnel deployed at Changi Airport*

## 9 SIR THROUGH THE YEARS

**2010**

9 SIR was set up

**2013**

Participation in first Combat Skills Badge Qualification Test to enhance competencies for conventional infantry operations

**2017**

Establishment of joint SAF-Airport Police Division (SAF-APD) security patrols in Changi Airport

**2018**

Set up of Unmanned Watch Tower in Jurong Island



## FEATURE



### Recognising Our Best Units:

## BEST UNIT COMPETITION 2018

*The annual Best Unit and Best National Service (NS) Unit Competitions were introduced in 1969 and 1993 respectively, to recognise units which have excelled in the areas of combat readiness, operational proficiency and administrative excellence. Units involved are assessed based on a rigorous and comprehensive evaluation process over the past year. This year, we continue to recognise our best units and would like to congratulate them on their achievements!*

#### Best Active Units

Best Combat Unit:	1st Commando Battalion
Best Infantry/Guards Unit:	3rd Battalion, Singapore Guards
Best Armour Unit:	48th Battalion, Singapore Armoured Regiment
Best Artillery Unit:	24th Battalion Singapore Artillery
Best Signal/C4I Unit:	11th Command, Control, Communications, Computers and Intelligence Battalion
Best Combat Support Unit:	38th Battalion, Singapore Combat Engineers
Best Combat Engineers Unit:	38th Battalion, Singapore Combat Engineers
Best Combat Service Support Unit:	6th Army Maintenance Base

#### Best NS Units

Best NS Infantry/Guards Unit:	<ul style="list-style-type: none"> <li>• 746th Battalion, Singapore Infantry Regiment</li> <li>• 772nd Battalion, Singapore Infantry Regiment</li> <li>• 788th Battalion, Singapore Infantry Regiment</li> <li>• 740th Battalion, Singapore Guards</li> <li>• 612th Battalion, Singapore Infantry Regiment</li> </ul>
Best NS Armour Unit:	473rd Battalion, Singapore Armoured Regiment
Best NS Artillery Unit:	288th Battalion, Singapore Artillery
Best NS Combat Engineers Unit:	324th Battalion, Singapore Combat Engineers
Best NS Signals Unit:	9th Signal Battalion
Best NS Combat Service Support Unit:	63rd Combat Service Support Battalion





**||Written By** REC Teo Hao Yu  
**|Photography By** LCP Shawn Cheow

Most commonly recognised by the red berets that they don, the Commandos are an elite team of fighters that specialise in raids, reconnaissance and enemy interdiction via air, land and sea. As the elite combat unit of Our Army, the various operations and missions conducted by the Commandos are crucial in the defence of Singapore. Winning the annual Best Combat Unit award consecutively for the past 15 years since 2004, the 1st Commando Battalion (1 CDO) have once again been recognised as the most outstanding unit in terms of combat readiness and proficiency.

Commandos are always held to the highest standards not just physically, but psychologically, enabling them to push beyond their limits to achieve mission success. Equipped with a diverse set of skills, the Commandos are adept at living off the land, even in enemy territory, drawing on special tactics for reconnaissance, sabotage and survival.

With the increase in prominence of global threats, the importance of national defence cannot be understated. Playing a crucial role in the operations of Our Army, the Commandos of 1 CDO have proven once again that they are indeed deserving of the title of the Best Combat Unit.

**FOR HONOUR AND GLORY! ■**



*Our Commandos in operation*



*CO 1 CDO, LTC Ng Kiang Chuan*



*Detachment Commander 1, LTA Jeremy Soh*



*Ops WO, 1 CDO, 2WO Ng Wei Ming*

Commanding Officer of 1 CDO, LTC Ng Kiang Chuan attributed the unit's success to its culture of distinction and their willingness to push themselves beyond their limits. "Winning the Best Unit Competition is about the willingness to put in more effort and do more than others; to be committed to the task in order to achieve mission success."

Detachment Commander 1, LTA Jeremy Soh also echoed such a sentiment, noting that the Commandos possess a specialised skill set that enables them to be flexible in their operations. "Not only are we trained in boat infiltration, we are also airborne trained, Heli-rapelling trained and fast-rope trained. Hence, for different types of missions, we are able to explore different avenues to infiltrate our objective," he explained further.

2WO Ng Wei Ming, Operations Warrant Officer (Ops WO) shared that, "A culture of excellence, strong camaraderie and high resilience is required for a winning team. Our unit has a team of committed leaders and fighters with strong emphasis on force preparation and soldier fundamentals. We always accomplish tasks concurrently because everyone is clear about the intent and move forward as one family."





## BEST NS INFANTRY/GUARDS UNIT 772ND BATTALION, SINGAPORE INFANTRY REGIMENT

**Written By** CPL Brandon Kit

**Photography By** LCP Sean Seah

For the second time in 3 years, the 772nd Battalion, Singapore Infantry Regiment (772 SIR) clinched the title of best National Service (NS) unit. Trained in urban operations and conventional infantry operations, the men of 772 SIR are not to be trifled with. Steadfast in their commitment amidst their hectic work schedules, they are part of a special breed of men who can traverse long distances across mountains and through jungles by foot. Having a common sense of purpose and standing shoulder to shoulder with their buddies, 772 SIR has once again displayed its indomitable team spirit.

A closely knit family. Commanding Officer, 772 SIR, LTC (NS) Eu Kwang Chin attributed the unit's success to their brotherhood and belief in a shared purpose. "The Best NS Infantry Unit award is a good encouragement for us. It's a good recognition and validation to the men and commander's commitment towards NS. We, the men and commanders of 772 SIR, just want to perform our individual roles well and to deliver the expected outcome collectively as a team. I believe the common sense of purpose and not wanting to fail our buddies have helped us to perform well as a unit."

With NS playing such a fundamental role in our nation's defence, the role of NSmen should never be taken for granted. Forming the cornerstone of Singapore's defence, it is only with soldiers such as those from 772 SIR that deterrence stays effective and our nation, safe. With their selfless service and dedication, they have most certainly earned this award. ■



LTA (NS) Lee Kah Fatt Andy



LTA (NS) Leon Cross Wong



CFC (NS) Lee Wen Xun Enrique

For LTA (NS) Lee Kah Fatt Andy, it is the combination of commitment from the ground and foresight of the commanders that contributes to the culture of excellence in 772 SIR. "The commitment level for every individual, regardless of rank, is really high. Everyone puts in a lot of effort to make it work and this is really evident through their actions, the participation rates and how they push themselves to the limit. The commanders do a lot of prep work beforehand, making sure everything can be in place when the guys come in for NS training."

The bonds forged and brotherhood are some of the main sources of motivation and strength that fuel LTA (NS) Leon Cross Wong when he fulfills his ICT duties. "In camp, though it can be very serious and stressful at times, when I'm with the guys, our team, I laugh so much more as compared to when I'm out of camp. I think as you grow older, the number of friends that you can really count on, that can really understand you get fewer in number. We still remember the times we spent together in camp and there's really a brotherhood here." Indeed, when we spur each other on, we achieve so much more.

Amidst life's many demands, it is the mutual understanding that CFC (NS) Lee Wen Xun Enrique and his commanders share which helps him stay committed to the battalion. "The commanders are very understanding. If they know that you genuinely have something important to attend to and need time off, they really try to make arrangements for you. Knowing that, it really encouraged and gave me the confidence that I can fulfill my In-Camp Training (ICT) yet not neglect the other aspects of my life." Truly, partnership and trust are fundamental and essential to the success of a team.





## BEST SIGNAL/C4I UNIT 11TH COMMAND, CONTROL, COMMUNICATIONS, COMPUTERS AND INTELLIGENCE BATTALION

**Written By** CPL Brandon Kit  
**Photos Contributed By** 11 C4I Bn

The 11th Command, Control, Communications, Computers and Intelligence Battalion (11 C4I Bn) trains Signallers and Intelligence troopers to connect the battlefield and provide comprehensive situational awareness for our commanders. Serving as the information and network experts, they obtain vital information on enemy forces and provides accurate and timely reports. Winning the Best Signals Unit award for the second time since their establishment in 2010, 11 C4I Bn has once again reclaimed its place at the top. Commanding Officer, 11 C4I Bn, LTC Lai Kit Loong is honoured that the unit is awarded the Best Signals Unit this year. "This award attests to the steadfast commitment and dedication of all servicemen and commanders. The unwavering hard work of the support branches is recognised by the awards in Training Safety, Human Resources, and Logistic Readiness which the battalion performed well in the past year."

**SWIFT AND VIGILANT! ■**



CO, 11 C4I Bn, LTC Lai Kit Loong



## BEST COMBAT SERVICE SUPPORT UNIT 6TH ARMY MAINTENANCE BASE

**Written By** CPL Brandon Kit  
**Photos Contributed By** 6 AMB

As part of Combat Service Support, 6th Army Maintenance Base (6 AMB) is one of the maintenance bases entrusted to ensure that Our Army's systems and platforms are in peak condition. Enabling Our Army to maintain high levels of operational readiness consistently, they form an integral part of our forces. They give our forces an edge over our adversaries, and empower us to secure mission success. This year, 6 AMB receives the Best Combat Service Support Unit award for the seventh time. When asked about their keys to success, Commanding Officer, 6 AMB, ME6 Ng Soon highlighted the commitment, cohesiveness and competence of their soldiers. "I would like to thank my people for their dedication and relentless pursuit towards excellence. We believe in the 'We CAN' spirit - perseverance, diligence and teamwork. This attitude has guided us to constantly push our boundaries and achieve higher standards for ourselves."

**WE CAN! ■**



CO, 6 AMB, ME6 Ng Soon



# INNOVATING OUR FUTURE

*Innovation forms an integral part of the SAF. Being a small island nation whose greatest resource is her people, the ability to innovate is ever more pivotal in the wake of new challenges. The Singapore Army has leveraged innovation and brought forth various initiatives to the table. In addition to saving time, effort, and money, these innovations enhance the SAF's effectiveness in tackling new threats.*

## Initiatives by CESP

**Written By** CPL Brandon Kit

**Photography By** CPL Teo Zhi Guang

In its pursuit to develop and realise the full combat potential of every soldier, the Centre of Excellence for Soldier Performance (CESP) has made contributions since its inauguration in December last year. Specifically, CESP has seen progress in the areas of fitness and nutrition, pre-habilitation and rehabilitation, resilience and soldier systems. In this issue, we look into the various initiatives by CESP which aim to further enhance the capabilities of our forces. These include: Vocation Fitness Training (VFT), Rehabilitation at Unit (Rehab@Unit), the hybrid uniform, Task-Specific Resilience Programmes (TSRP) and the employment of wearable devices.

### Vocation Fitness Training (VFT)

VFT is a 4-week training phase introduced after Basic Military Training to provide dedicated time to strengthen soldiers in their vocation-specific combat fitness. It comprises of customised progressive fitness trainings and usage of enhanced fitness equipment. Together with dedicated recovery periods, soldiers are better primed to perform at their best during peak phases of the unit training system.

To date, CESP has completed the implementation of VFT in all Army combat units, while the implementation for combat support units will be completed by the end of the year.

### Rehabilitation at Unit (Rehab@Unit)

In the area of rehabilitation, CESP has implemented Rehab@Unit programmes in 7 units. Under this initiative, unit commanders are equipped with the knowledge to recognise the early signs of an injury and participate in rehabilitation skills training provided by CESP.

This initiative also allows for Unit Medical Officers to have better access to a SAF physiotherapist. Together, these reduce the rate of injuries, promote faster assessments of soldiers' injuries and initiation of treatments, hence providing better support to our injured soldiers.



Soldiers undergoing VFT

### Hybrid Uniform

The hybrid uniform's dual fabric design, made up of both high performance and No. 4 pixelised fabrics, enhances the performance of our soldiers through better comfort and heat dissipation. Worn underneath the Integrated Load Bearing Vest (ILBV), the hybrid uniform will help soldiers to sustain longer and perform better during operations and trainings.

### Task-Specific Resilience Programmes (TSRP)

Over the past six months, CESP worked closely with units to develop TSRP to further strengthen the resilience of soldiers during combat training. These programmes will allow trainers to introduce social, cognitive or emotional stressors into combat training in a controlled manner. Trials for TSRP are currently ongoing.

### Employment of Wearable Devices

Employing wearable devices for training allows access to physiological information on the activity history and physical condition of every soldier. This information could potentially be harnessed to enhance progressive training for each individual soldier. In the coming months, CESP will evaluate a commercial wearable system with the following objectives in mind: To monitor and consolidate individual soldiers' parameters over time, to chart progressiveness in training and to ensure safety in training. ■



Soldiers training their core strength through weighted planks



## Smart ICT Application

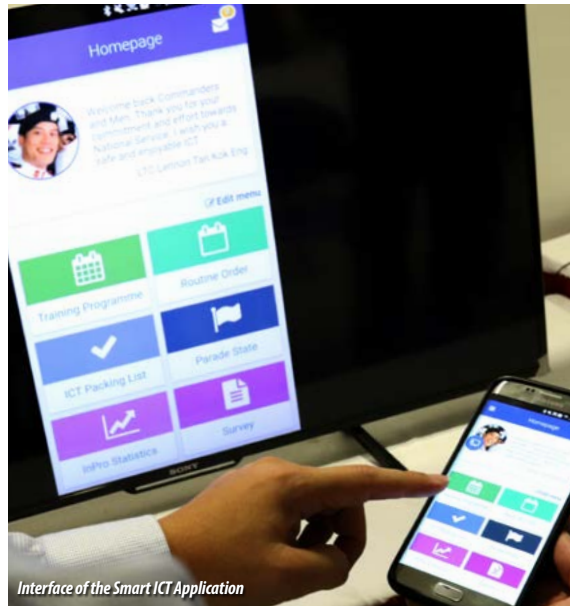
**Written By** CPL Marcus Teo

**Photography By** LCP Shawn Cheow

In line with the SAF's efforts to enhance the National Service (NS) experience for servicemen, the SAF is leveraging on technology to optimise the time spent by NSmen during In-Camp Training (ICT).

The Singapore Army, along with engineers from Defence Science and Technology Agency (DSTA), is currently trialling a Smart ICT Application that NS commanders and NSmen can securely access via their personal mobile devices. The application puts previously fragmented ICT-related information and services on a single digital interface, to enhance the experience of our NSmen and improve administrative efficiency during ICT.

With the application, NS commanders can easily access relevant information of their unit and individual NSmen, allowing them to plan and organise ICT activities more efficiently on the go. NSmen will be able to access useful information such as training programmes, equipment packing lists and Routine Orders. Through the application, they will also receive timely updates of commanders' messages and changes to their training programmes, allowing them to arrange their personal schedules more easily around their ICT commitments.



Interface of the Smart ICT Application

### Some of the initial features of the Smart ICT Application include:

#### 1. Nominal Roll

The application provides NS commanders with a consolidated view of information of the NSmen under their command. This includes second order details such as parade state, Individual Physical Proficiency Test (IPPT) status and training records.

#### 2. Survey

The application allows conduct of surveys to collate feedback, which NSmen can take on the go. NS commanders will also be able to view the consolidated results easily on the application.

#### 3. Training Programme

The application allows NS commanders to upload training programmes and relevant information for the NSmen's awareness before and during ICT.

#### 4. Routine Orders

The application allows creation and publication of Routine Orders that are disseminated to the NSmen via their mobile devices for awareness.



Head Operations & Training, 779 SIR, CPT (NS) Neo Say Wei

CPT (NS) Neo Say Wei, Head Operations & Training, 779th Battalion, Singapore Infantry Regiment (779 SIR), was one of the users of the Smart ICT Application during its trial phase. Sharing his thoughts on the application, he expressed that, "Administratively, it cut short so much time, compared to the past where it was all on paper. This has given us so much more productivity, and allows us to focus on the purpose of ICT, which is training. We are also able to update training schedules on the fly with just a call. That basically reduces the need to 'rush to wait, wait to rush'. Overall, the ICT experience was as purposeful as possible."

To ensure information security, classified information will not be shared on the application and information will only be shared on a need-to-know basis. Our Army and DSTA will continue to engage and gather feedback from users involved in the trials to further strengthen the effectiveness and usefulness of the application. ■



SLTC Lennan Tan Kok Eng, Head General Staff, HQ Signals & Command Systems, introducing the features of the Smart ICT Application





## Parachute Flight Simulator

**Written By** REC Teo Hao Yu

**Photography By** LCP Isaac Ong

For the Commandos who specialise in airborne raids as one of their skillsets, training is crucial to ensure safe and successful operations. To allow soldiers to better train and react to any situation during parachuting, the Parachute Flight Simulator (PFS) was introduced.

Designed and implemented by the Special Operations Tactical Support Centre (SOTSC), Commandos Training Institute, the PFS integrates a series of mechanical, electronic and virtual reality systems to offer users a simulated environment for parachuting. The simulator can mimic several environmental conditions, including various drop zones and altitudes, strong winds and emergency scenarios, allowing trainees to fine-tune their skills in a controlled environment.

The SAF Red Lions Parachute Display Team also utilises the PFS to simulate drop zones to practise and rehearse prior to actual performances at public events, including National Day Parades.

Commanding Officer of SOTSC, MAJ Arnold Low, expressed that the PFS enabled them to improve on training realism, further enhancing the training ability of SOTSC. "It really boosts the confidence of the trainees as they are able to visualise and would know what to expect prior to the actual live tasks," he shared.

This sentiment is also echoed by Static Line Detachment Commander, SOTSC, 1WO Ng Chin Hun. In particular, he felt that the PFS decreased the probability of trainees landing out of designated drop zones. "Compared to trainees who did not go through the simulator, those who did showcase much better canopy control and were better able to orientate themselves to their surroundings," he expressed.

We got a glimpse of the capabilities of PFS by putting one of our photographers, LCP Isaac Ong, through the simulator. Upon his arrival at Pasir Ris Camp, the PFS trainers helped him to put on the parachute harness and attach the various sensors to his four limbs. Once ready, LCP Isaac put on the Virtual Reality (VR) goggles and was immediately transported to a world which became a reality for the next few minutes.

In the virtual world, as LCP Isaac stepped out of the aircraft, he was instantly hoisted up into the air, simulating freefall. A rush of adrenaline coursed through LCP Isaac's body. As his vision slowly focused, the sight of The Float @ Marina Bay and the Singapore city skyline, particularly Marina Bay Sands, were remarkably realistic. When the virtual altimeter attached to his wrist decreased to 3000 feet, LCP Isaac pulled the lanyard to engage the parachute. Immediately, he was jerked into an upright position and began pulling the handles to manoeuvre the canopy towards the drop zone. After a rocky descent, he managed to land safely.

As SCT Harjan Singh Sidhu, a Specialist Cadet Trainee from the 1st Commando Battalion puts it, "To me, the PFS was quite realistic," he explained, "It really helped me with the steering of the canopy and dealing with the different weather conditions during the live jumps."

By simulating reality, a safe and realistic environment can be created such that we can train our soldiers for an uncertain future - and beyond. ■





## Integrated Forward Maintenance Hub

**Written By** CPL Marcus Teo  
**Photography By** LCP Shawn Cheow

As part of the efforts to develop future-focused capabilities and enhance maintenance productivity, the concept of a one-stop Integrated Forward Maintenance Hub (iFMH) that harnesses depot maintenance and repairs capabilities was developed. The first iFMH was established in March this year at Sungei Gedong Camp (SGC) to consolidate tracked maintenance resources. By centralising the vehicle platform fleet, maintenance support for tracked vehicles will be strengthened. A collaboration between Headquarters, Armour (HQ Armour), Headquarters, Maintenance and Engineering Support (HQ MES), as well as ST Engineering Land Systems, the iFMH consists of 3 functional components described below.



### DID YOU KNOW?

**Tracked vehicles** are platforms which run on tracks. For example, the Bionix Infantry Fighting Vehicle and the Bronco Tracked Carrier.

**Spares** are items kept in case another item of the same type is lost, broken or worn out. For example, the clutch of the Leopard 2SG Main Battle Tank.



Our soldier trying out the iSPARES

### Forward Spares Support Warehouse

One of the 3 functional components of the iFMH@SGC, the Forward Spares Support Warehouse allows spares to be more readily available for repairs compared to the previous delivery time of 3 days. There is also an Independent Spares Retrieval and Exchange System (iSPARES), which works like SingPost's POPStation, for selected spares to be deposited. With the iSPARES, SAF technicians can collect the required spares at any time of the day to conduct maintenance work.

### Forward Depot-Level Maintenance Workshop

The Forward Depot-Level Maintenance Workshop, enables ST Engineering Land Systems to perform depot-level tasks such as servicing, repairs and upgrading on-site. This streamlines administration, reduces transport costs and the turnaround time for repairs, compared to sending vehicles for maintenance at an off-site depot.



### Forward Technical Support Office

The Forward Technical Support Office has been set up with the 1st Army Maintenance Base's Maintenance Operations Section, where Tracked System Service Managers can synergise maintenance efforts with ST Engineering Land Systems. This reduces the administrative processing time for handling paperwork such as quotations and warranty claims.

With the introduction of the iFMH@SGC, there has been a 20% reduction in manpower costs for on-site depot-level maintenance tasks. The duration required for repairs has also been drastically reduced by an average of 50%.

As Depot Commander of the Forward Maintenance Depot, ME4 Shaman Suresh witnessed firsthand how the iFMH@SGC has improved vehicle management and increased work productivity. He remarked, "I think the forward deployment of ST Engineering Land Systems' depot capabilities into SGC has made maintenance turnaround time much faster. We want to maintain the operational readiness of our fleet, so the reduced repair time definitely helps. We free up more manpower and we increase our overall efficiency." ■



Depot Commander of Forward Maintenance Depot, ME4 Shaman Suresh



## Recognising Our People:

# A Closer Look At Our Promotees

**||Written By** CPL Ashley Seek

**|Photography By** CPL Teo Zhi Guang

A promotion is not simply the process of rising in rank. A promotion shows the trust that the superiors, colleagues and men have in these individuals. Let us take a look at what some of our promotees have to say about their achievements! ■



### **BG DINESH VASU DASH**

#### ***Commander, 2nd People's Defence Force***

Having been in the SAF for 25 years, Commander 2nd People's Defence Force, BG Dinesh Vasu Dash, has seen his fair share of mobilisations and exercises. He feels that what is important for the Army is to be able to work alongside other services during a crisis or mobilisation in order to complete the mission successfully.

He cites the recent Trump-Kim summit as an example of how, despite the short notice on the event, the Army was able to work well with the Navy, Air Force and also the security teams from the United States and the Democratic People's Republic of Korea to pull off the summit successfully.

"In the Army, it's not about individual effort, it's all about the team," he comments, recalling moments during his service, "I've been blessed to be working with professionals who are motivated and competent. The people I've worked for have taught me humility, sacrifice and what it means to serve the nation. They've always put the service of the nation before themselves."

*BG Dinesh was promoted from COL to BG on 1 July.*

### **CWO JENNIFER TAN**

#### ***Commanding Officer, Armour Combat Training Centre***

CWO Jennifer Tan, Commanding Officer, Armour Combat Training Centre, broke glass ceilings and rose above expectations, becoming the first female Chief Warrant Officer (CWO) in the SAF.

Her desire to join the Army stemmed from her family roots, as her late father served as a 1WO in MP Command as well. In fact, the influence in the family runs strong and her sons are also pursuing military careers. Her sons both described their mother as a role model who taught them that they should lead others by example, and that "Respect must be earned, not just by rank, but through example."

Despite being recognised as the first female CWO, CWO Jennifer feels that the benchmarks and expectations are similar regardless of gender, "What we do is uphold standards. There shouldn't be any difference in expectations between genders, and I remind my female soldiers to expect the same as well. However, with my position, I do hope to inspire more young women, and men, to also have an interest in joining the forces."

*CWO Jennifer was promoted from SWO to CWO on 1 July.*



### **MWO YEO KAI KIAT KELLY**

#### ***Wing Commander, Signal Institute***

MWO Yeo Kai Kiat Kelly's role in the Signal Institute is to train soldiers to be competent Tactical Communications Signal Operators for Our Army so that they can execute their tasks confidently in supporting their unit's mission.

He explained that the secret to his success lies with the people who had supported him continuously and believed in him, "My wife has always supported me and providing me with advice. She is my 24/7 listener. I would also like to thank the Signal Formation for trusting and believing in me."

MWO Yeo concluded by paying tributes to his mentor, "CWO (RET) Quek Ser Hiang who is always there supporting and guiding me since I was a 3SG full-time National Serviceman. He was a great influence in developing me as a leader today with the right values and beliefs."

*MWO Yeo was promoted from 1WO to MWO on 1 July.*



### **ME3 RAMESIH CHANDRA**

#### ***Trainer, 1st Army Maintenance Base***

ME3 Ramesih Chandra is currently a trainer at the 1st Army Maintenance Base. His responsibilities include conducting maintenance courses for trainees and NSmen.

"This job allows me to impart my knowledge in armoured vehicle turret maintenance to others and this contributes to the overall mission of ensuring a robust and reliant turret system for our combatants," he shared.

ME3 Ramesih also shared with us the motivation behind his drive to continually better himself in his job, "The SAF is people-centric and thus dealing with different types of people on a daily basis motivates me to develop my interpersonal skills. It enables me to use different methods of communications to help my trainees to understand concepts easier."

*ME3 Ramesih was promoted from ME2 to ME3 on 1 July.*



### **MAJ (NS) MUHAMMAD MALIK BIN BADARUDDIN**

#### ***Alternate S4, 3rd Singapore Infantry Brigade***

MAJ (NS) Muhammad Malik Bin Badaruddin is currently the alternate S4 in the 3rd Singapore Infantry Brigade. He runs and manages the brigade's Combat Service Support element in operations alongside the Brigade S4.

When asked about his promotion, he exclaimed that he was incredibly honoured to have received it, "I am truly humbled to be given this promotion as I have always set out to do my best in all situations. It was instilled into me from the very first day as a cadet, to lead, to excel and to overcome. I hope to continue to do the organisation proud through my future contributions."

MAJ (NS) Malik would also like to thank his mother for being a pillar of support throughout his service, as well as all of his commanders for their patience and guidance throughout his NS journey.

*MAJ (NS) Malik was promoted from CPT (NS) to MAJ (NS) on 1 July.*

### **DX10 VITHYA SHARMINI**

#### ***Dy S8, HQ Singapore Combat Engineers***

As a Dy S8 in HQ Singapore Combat Engineers, DX10 Vithya Sharmini supports the administration for the NS brigades. Her job scope also includes maintaining continual engagement with the NSmen.

When asked about her motivation to become a DXO, DX10 Vithya explained she has always enjoyed interacting with people and knew that she wanted a career that would allow her to engage people.

She is also incredibly grateful for her promotion, as the previous year had been a challenging one, "I was part of two committees for NDP 17 and managing a national level event posed its own set of obstacles. However, with a strong support system both at home and work, I managed to overcome these obstacles and achieve my desired outcomes."

*DX10 Vithya was promoted from DX9 to DX10 on 1 July.*



### **DX7 MAWI BIN MOHAMAD**

#### ***F & B Manager, Supply Hub West***

DX7 Mawi Bin Mohamad works as an F & B Manager in Supply Hub West. He feels that the job has allowed him to provide a service in keeping the soldiers' spirits high through his work.

Before he embarked on this career, DX7 Mawi Bin Mohamad's peers told him that being a DXO would not be easy. However, he decided to take up the challenge to prove that he was capable for the job.

"A major motivation for me comes from the love I get from my family, the support from my colleagues, and being able to count on them to help me overcome any stressful situations I encounter," he said, "The journey here has not always been smooth, and I would like to offer my appreciation to the people that have helped me to advance in my career."

*DX7 Mawi was promoted from DX6 to DX7 on 1 July.*



# WHEELBARROW MK 8 PLUS II

**||Written By** CPL Ashley Seek

Remote Operating Vehicles (ROVs) are employed to perform remote actions on suspected Improvised Explosive Devices (IEDs), to minimise the exposure of Explosive Ordnance Disposal (EOD) operators to the direct hazard of an IED.

The Wheelbarrow Mark 8 Plus II is one such ROV that has a reputation for reliability, serviceability, and the ability to switch out its equipment and toolset depending on the situation, many of which may be deployed simultaneously. The Wheelbarrow may be operated by cable, fibre-optic link or by radio. Typically, when operated by radio, the Wheelbarrow operates with 1km line-of-sight. It is also able to climb up stairs at around a 45 degree angle. This allows for operations carried out by the ROV to be at a safe distance.

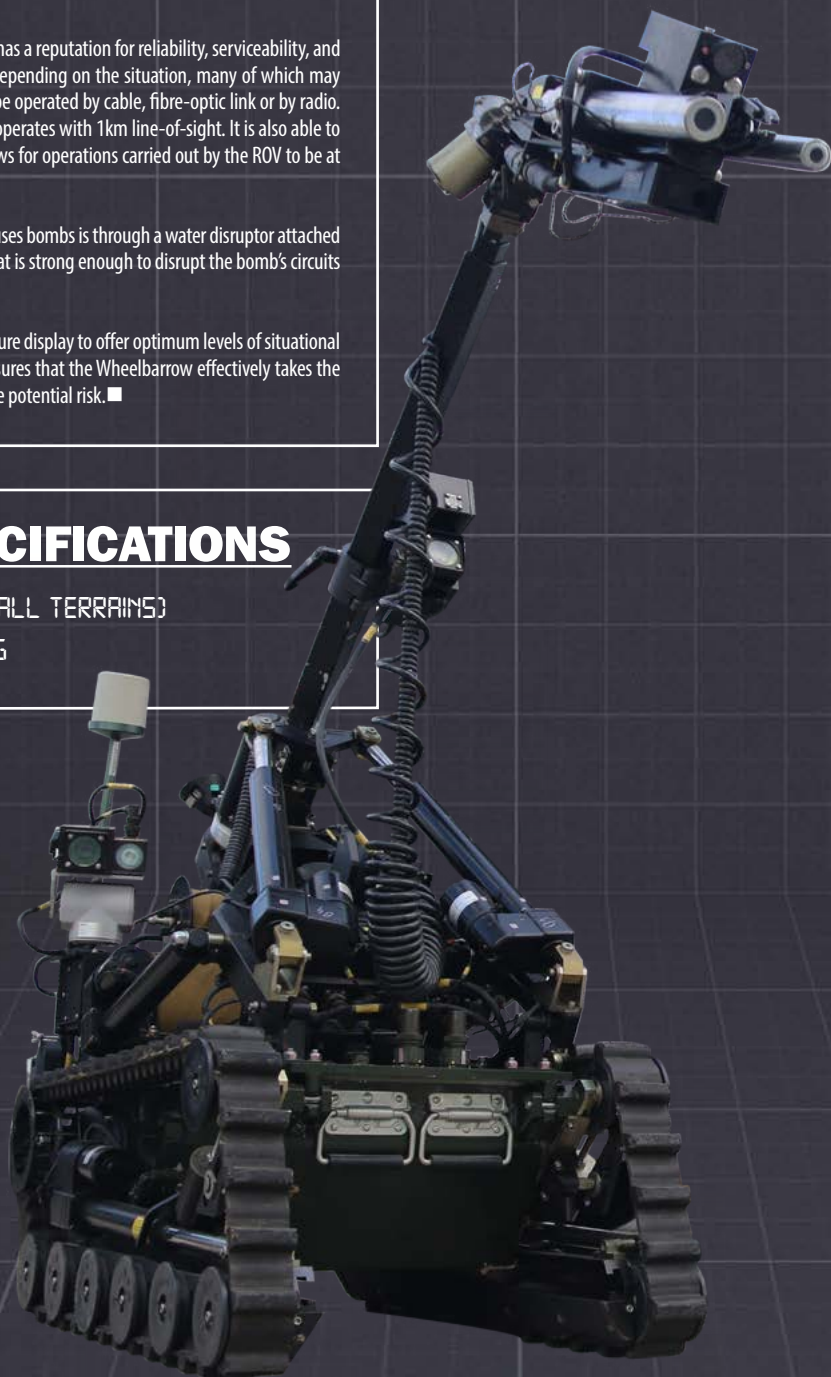
One of the more common ways the Wheelbarrow defuses bombs is through a water disruptor attached to it. The disruptor fires a high-velocity jet of water that is strong enough to disrupt the bomb's circuits to neutralise it.

It is also equipped with 4 cameras and Picture-in-Picture display to offer optimum levels of situational awareness, while its two-way audio transmission ensures that the Wheelbarrow effectively takes the place of the operator in a scenario where there may be potential risk. ■

## TECHNICAL SPECIFICATIONS

MAXIMUM SPEED: 5KM/H (ACROSS ALL TERRAINS)

MAXIMUM CARRIABLE WEIGHT: 150KG





# Safety Measures in the Army

'Mission Success; Safety Always' reflects our Army's belief that while ensuring mission success and maintaining training standards are important, the safety of our soldiers should never be compromised to achieve this. Our Army's Safety Management System (SMS) ensures that safety is systematically integrated into everything we do. At the same time, our Safety Culture is a key driver in ensuring that safe practices and safety measures are consistently and conscientiously carried out by all our commanders and soldiers. We share with you some of the safety measures taken by the Army to ensure training is tough, realistic and safe.

Anyone not feeling well?



## Command Responsibility

Commanders are responsible and accountable for their unit's safety performance. They provide command emphasis to ensure training is tough, realistic and safe.

Safety starts with ME!



We look out for each other!



## The Buddy System

Soldiers are equipped with knowledge on individual safety and the buddy system as safety in training is a team responsibility.



## Vaccination

SAF Biodefence Centre provides the vaccination requirements for all overseas trainings, deployments and missions. Also, all enlistees will receive vaccination to counter various types of diseases.

We are gradually building up our strength everyday!



## Progressive Training

Be it local or overseas, the frequency and intensity of the unit's training programme will be tailored to ensure proper build-up of physical capabilities in soldiers.

Drink Before Training

Drink After Training



## Training Under Hot Weather

Some measures to prevent Heat Injuries include the Temperature Taking regime and Hydration regime, presence of Conducting Staff, and having Risk Management Plan to assess, identify and mitigate risks effectively.

Zzz



## Rest Management

Commanders ensure that their troops have a minimum of 7 hours of uninterrupted rest the night before any strenuous activities.







# IPPT SERIES: THE HUMBLE PUSH-UP

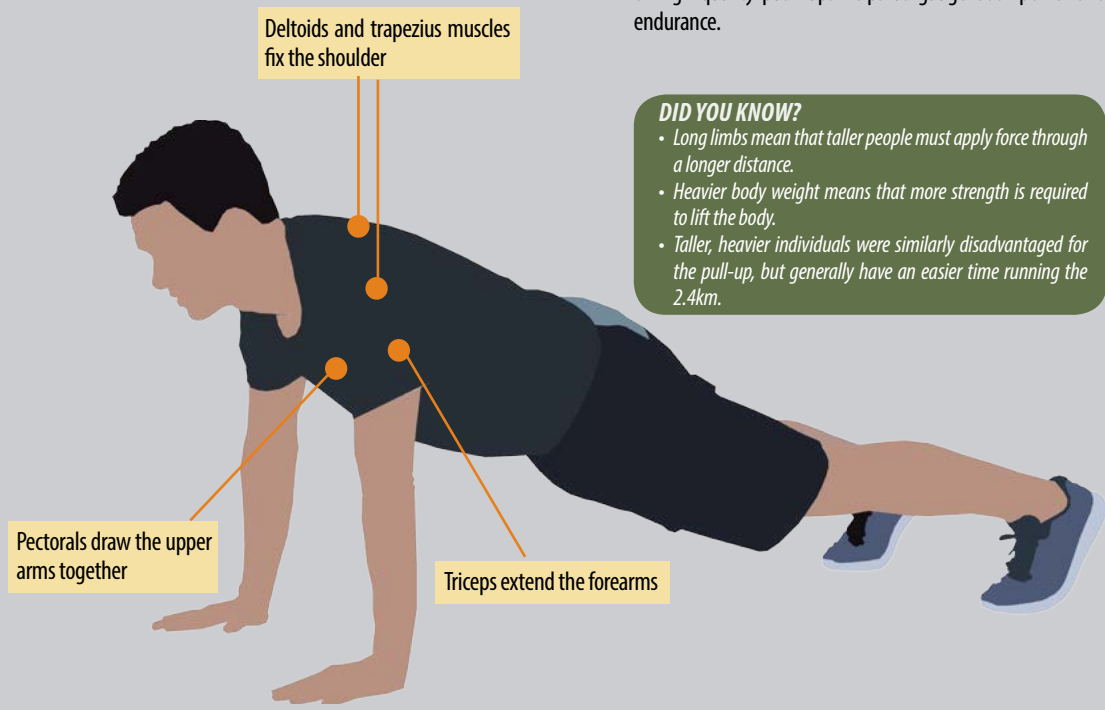
**Contributed By**  
Centre of Excellence for Soldier Performance  
LTC (DR) Alexander Gorny

## IPPT SEASON

Picking up from our March issue where we discussed the science of the 2.4km run, let's take a deeper look at the humble push-up and what it really takes to succeed at this awesome exercise for all ages and levels of fitness.

### BODY WEIGHT EXERCISES

A push-up is a form of calisthenics exercise, where we use our own body weight as a form of resistance. Sit-ups, star-jumps and half-squats are all calisthenics exercises when they are performed rhythmically and with minimal equipment.



### PERFORMANCE TESTING

While the 2.4km run is a generic test that reflects your maximal oxygen uptake capacity, push-ups specifically reflect upper body strength and core muscle activation. When performed over a period of one minute, the absolute number of high quality push-ups helps us gauge both power and endurance.

**DID YOU KNOW?**

- Long limbs mean that taller people must apply force through a longer distance.
- Heavier body weight means that more strength is required to lift the body.
- Taller, heavier individuals were similarly disadvantaged for the pull-up, but generally have an easier time running the 2.4km.

### UPPER BODY STRENGTH AND POWER

The action of pushing your body up and off the ground from a prone position requires three broad muscle groups to work in unison: the deltoids and trapezius, pectorals and the triceps.

The amount of strength required to execute a single push-up is a function of body weight and total height. The work done is a function of force applied over distance and the power required is determined by the number of repetitions delivered within fixed time. The endurance is a function of the core muscles ability to sustain a horizontal posture for requisite time.

### CORE MUSCLE ENDURANCE

The biomechanics of core muscles deserve an entire column on their own. Often, six-pack abs are mistaken as evidence of powerful core muscles.

In a nutshell, core muscle control is reflected in your ability to straighten your torso – from the shoulders down to the pelvis – throughout dynamic movements. Poor core muscle control results in ineffective translation of forces and moments when throwing, jumping and power-lifting. In the context of a push-up, good core muscle control means that you are able to maintain a straight profile and prevent sagging of the hips.

## Resistance Exercise - Suitable for All Ages

The standard push-up is a form of resistance exercise that will sustain or even increase muscle mass to improve overall fitness and function. In its fundamental form, it can be performed safely by youth and adults.

Regressed forms are suitable for persons recovering from injury or persons who are starting from a lower baseline level of upper body strength. The benefits of resistance exercise, other than greater strength, include: improved posture, reduced injury risks and greater mobility, especially in the aged.

### Regressed Push-Up



### Regressed Push-Up



### Standard Push-Up



**Tips for Improving Your Push-up Technique:**

- Slow down during training to avoid bobbing.
- Inhale on descent, exhale sharply with ascent.
- Check your form in the mirror.

## No-count Push-Ups: Common Mistakes When Taking the Test



### The Baby Cobra

*Frequently spotted in adolescents and recruits.*  
Hips are fixed in position meaning that as the upper body is lifted the lower back becomes arched. This technique allows for quick-fire repetitions. Behold the embarrassment when hearing a quick-fire 'No Count!'. The motion pattern evokes the image of a cobra lifting its hood to a vertical position. 'Baby cobras' are usually able to execute standard push-ups without difficulty, albeit at a slower pace and lower overall count.



### The Sleepy Cat

*Usually seen as fatigue sets in.*  
This is a two-step push-up which looks correct in start and finish positions. Nevertheless, it is usually the shoulders which rise first followed by the hips. Most 'sleepy cats' are slow in execution and evoke a sense of a cat rising from an afternoon nap alternately stretching its hind and front legs. The 'No Count' call is ever more excruciating seeing how much effort was put in!



### The Woodpecker

*Commonly seen in persons with insufficient upper body strength.*  
This variant of push-up gives the illusion that the body is moving when in fact, most of the displacement occurs at the head and neck. 'Woodpeckers' deserve an 'A' for effort but will find it hard to convince the onlooker that a yoga pose could count as a push-up.

LTC (DR) Gorny managed to complete 25 high-quality and 8 'sleepy cat' no-count push-ups at this year's IPPT. He will continue to work on his form and core muscle endurance in the year ahead.

Check the next edition of Army News for a discussion on the benefits and pit-falls of abdominal exercises! ■



# Running Hard Running Smart!

||Written By CPL Marcus Teo

For this year's SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM), the Centre of Excellence for Soldier Performance (CESP) designed coaching workshops to help half marathoners in their fitness regime. From the 6 workshops, we've taken down some tips you can use for the last stretch of your preparation. As they say, it's never too late! ■



## NUTRITION & HYDRATION TIPS



For example, 3 to 4 hours before the race, have a regular meal of pasta or rice and make sure to include those vegetables and meats. Have a small meal such as a sandwich 1 to 2 hours before the race. Finally, in the hour leading up to the starting horn, have a light snack such as a banana and make sure to drink up!

The day before the race, you may be wondering what you should eat to help you in your half marathon. As a guide, you should consume sufficient fluids to maintain hydration. For food, consume those low in fat and fibre to facilitate stomach emptying and minimise abdominal discomfort. Your meal should be high in carbohydrates to maintain blood glucose levels and maximise glycogen stores, as well as contain a moderate amount of protein.

Post-race, make sure to consume lots of fluids. A meal high in carbohydrates is also advised to be eaten within 30 minutes to 2 hours after the race so that you can recover properly.

## STRETCHING TIPS

For most of us, our days involve sitting at our desks working away from morning to evening. This can cause our muscles to be tighter and less flexible, which heightens the risk of injury. For anyone participating in this year's SSBR & AHM, incorporating stretching into your training is of utmost importance to ensure your safety. Doing so will counteract the effect of sitting and also give your body a larger range of movement.

As a guide, any stretch should be held for at least 20 seconds for it to be effective. The stretch should also be repeated at least 3 times. To make stretching more effective, breathe in and out deeply. This helps to relax and tense your muscles.

### HIP FLEXOR STRETCH

While standing, keep your shoulders and pelvis square and make sure that your feet are parallel and flat on the floor. Bend down like shown in the photo. Lean forward slightly to feel the stretch. If you can't feel the stretch at this point, try leaning backwards!



### HAMSTRING STRETCH

While standing, make sure that your hip is squared with your shoulders and place one foot in front of the other. Bend down to the point where you can feel the tension in your hamstring.



### QUADRICEPS STRETCH

If you're not very good at balancing, find a wall or chair, etc. for support. Bring up your foot and cradle it in your hand. Keep your knees together and bend your standing leg slightly. Pull back on your leg until you feel the stretch in your quadriceps, and keep your head up!



### ILIOTIBIAL BAND STRETCH

First, find something you can support yourself with. If you want to stretch your right leg's iliotibial band, put your right leg behind your left, and vice versa. Make sure the leg you want to stretch is diagonal to your body. Move your hips forward and back. You should be able to feel the band move along your hip area.



### CALF STRETCHES

To target the whole calf muscle, two stretches are required.

One, keep the knee straight and bend the foot up towards your body. Two, keep the knee bent slightly and bend the foot up.

This stretch can also be done in the push-up position with one foot on top of the other.



## TRAINING TIPS

Preparation for the half marathon need not be limited to running on the pavement everyday. Incorporating other forms of running training can help train more strength and stamina, and ultimately helps you run better.

### FOR BEGINNERS, YOU CAN TRY THIS:

After warming up, run at a comfortable pace. Once ready, increase your pace. To increase your speed, start pumping your arms higher, swinging them back and forth at the shoulder, not the elbow. Your breathing shouldn't be totally out of control, but don't be afraid if it gets heavier. Then, slow your pace to below your normal running pace, until you've fully recovered and your breathing has returned to normal. Then return to running at your comfortable pace, and repeat the same pattern of running until you've completed 4 to 6 sets.

Vary the time of your fast intervals anywhere from about 10 seconds to 90 seconds. As your fitness improves, you can increase the interval time/distance.

### RESISTANCE TRAINING

Resistance training helps to improve running economy, lactate threshold, endurance and running performance. These involve large, multi-joint exercises lasting 60 to 90 minutes per session. To make it effective, you should hold 2 to 4 sessions each week with 3 to 5 exercises.

Here are some examples of exercises you can try to target the major muscle groups for running: Lunges or dumbbell lunges, squats or barbell squats, leg presses, deadlifts, rows, pullups, shoulder presses, etc.

When engaging in these exercises, remember to make sure to keep your back straight. A little bend at your upper back is alright! Keeping your feet shoulder-width apart is also a good guide. Above all, push yourself but make sure to use weights that you can handle!

### INTERVAL/FARTLEK

Interval/Fartlek training requires one to have periods of fast running intermixed with periods of slower running. For example, sprinting for 200 metres and then jogging or walking for 200 metres, then sprinting again for 200 metres and so on.

### TRAIL RUNNING

A good form of training other than road running or track running is trail running. Running along MacRitchie Trails or Tampines Eco Green are some examples of trail running. Running along the uneven ground helps you train your balance. That being said, it heightens the risk of injuring yourself, so be careful as you run! Forget about pace and focus on the effort you put in during this type of training.

### SLOPE TRAINING

Slope training is a form of strength training, where you run along inclines. Not only does it build strength, it also improves your running form. This happens because when you sprint along slopes, you are forced to drive your knees high and are less likely to overstride.

When going down slopes, make sure to take care not to fall! If you want to run down, try to control your pace and lean forward to maintain balance. Walk if you are uncomfortable with running!



## RUNNING TIPS

Motivating yourself during a race is important to improving and maintaining running performance. By encouraging yourself, you would feel better and be more driven to run.



During the race, you should try to increase the use of positive and technical self-talk. Additionally, you can try to improve the awareness that you have of negative talk and reduce it. One way to do this is to distract yourself using neutral self-talk.

To help encourage yourself further, encourage others! You would feel better having helped someone and improve your running performance.

There are four types of self-talk:

- Negative (I can't go on)
- Positive (This is nothing for me!)
- Technical (I should open up my stride and maintain good breathing rhythm)
- Neutral (I wonder what's for lunch later)



# BOOK OUT MAKAN: CENTRAL MANPOWER BASE (CMPB)

**||Written By** CPL Marcus Teo

**|Photography By** LCP Shawn Cheow

For this issue's Book-Out Makan, we went to Alexandra Village Food Centre, an eatery near the Central Manpower Base (CMPB). Located at Block 120, Bukit Merah Lane 1, the hawker centre boasts a variety of dishes from both Western and Eastern cuisines. Not to mention, reasonably priced as well.



## XIAO GANG WESTERN FOOD

Firstly, we have Xiao Gang Western Food's Black Pepper Chicken. Served with a perfect fried egg, baked beans, crispy fries and coleslaw, the tender chicken chop is sure to impress you. The black pepper sauce is also nicely peppery but not overpowering. Costing \$5.80, it's a dish I would buy again.

*\* What's more, in support of SAF Day, from now till 30th September, the store is offering 50 cents off all food on its menu except sides if you make the purchase in uniform or present your 11B.*

**Price:** From \$4.50

**Operating hours:** 11:00am - 2:00pm (Weekdays), 5:00pm - 9:30pm (Weekdays), 11:00am - 9:30pm (Weekends)

**Address:** Blk 120, Bukit Merah Lane 1, #01-29, Alexandra Village Food Centre, S150120

## CHINA SQUARE

Serving for 7 years already, China Square mainly sells Beef Noodles. With a large portion of beef, the dish is very much worth the money. The broth is also nicely light yet flavourful.

*\* Also in support of SAF Day, from now till 30th September, the store offers a larger portion of noodles and beef for free when you present your 11B or are in uniform.*

**Price:** From \$5.00

**Operating hours:** 10:30am - 8:30pm (Daily except Thursday)

**Address:** Blk 120, Bukit Merah Lane 1, #01-45, Alexandra Village Food Centre, S150120

## AJ DELIGHTS

Lastly, AJ Delights is a muffin shop that sells a selection of 12 muffin flavours. Their Streusel Chocolate muffin is their best seller and for good reason. It's soft and fluffy, with a crispy, sweet top, which is well complemented by the slightly bitter chocolate sponge. Other tantalising flavours include their Blueberry Streusel and Green Tea Monster.

*\* Also joining other merchants in supporting SAF Day, from now till 30th September, presenting your 11B or being in uniform allows you to purchase 11 muffins and get 1 free.*

**Price:** From \$1.60

**Operating hours:** 8:30am - 6:30pm (Daily except Sunday)

**Address:** Blk 120, Bukit Merah Lane 1, #01-82/83, Alexandra Village Food Centre, S150120

*In conjunction with SAF Day, various vendors are offering special promotions to show appreciation for our servicemen. Scan the QR code below to find out more about ongoing promotions!*





# IN CASE YOU MISSED OUT...



## The Singapore Army

9 Jun 2018



<< An instinct to help - Our SAF medics >> On 8 June, at around 6.35pm, our SAF medics were heading back to camp while travelling along Tampines Expressway when they witnessed a motorcyclist ahead of them losing his balance and falling over. Instinctively, they stopped their vehicle and went over to help. ME3 Kelvin Soh, Institute Sergeant Major, Military Medicine Institute, said "the casualty was assisted to the side of the road with the help of other motorists. ME1 Lim Jun Yao and I then rendered first aid while ME1 Lim Meng Jac called for an ambulance and directed traffic away while keeping a lookout for the arrival of the ambulance." "We were in a position to offer help, and the motorist needed it, thus we felt that it was our duty to help as trained medics. Being a Military Medical Expert, we are always ready to respond to personnel who requires medical assistance." The injured motorist was subsequently handed over to SCDF ambulance paramedics before our servicemen proceeded with their journey. The Singapore Army would like to wish the injured motorist a speedy recovery and commend our servicemen for being ready to step forward. Seek, Save and Serve!

#ArmyReadySoldierStrong



## The Singapore Army

8 Jul 2018



saying he was fortunate to have a good commander



## The Singapore Army

16 Jun 2018



During Trump-Kim Summit, we witnessed the strong commitment to defence from our soldiers comprising NSFs, NSmen, and regulars who contributed to security operations in support of ensuring a safe and secure Singapore for the summit. As the national responders for threats from explosives and ordnance, the Chemical, Biological, Radiological, and Explosives (CBRE) Defence Group conducts pre-event sweeps and is on duty during every major national event such as National Day Parade. The Medical Response Force (MRF) was also on standby throughout the duration, ready to treat any victims in case of any CBRE attacks. Chief of Defence Force, MG Melvyn Ong, thanked the servicemen for their hard work, saying "In this short notice, we were able to do this because of the commitment, professionalism of our soldiers, sailors and the airmen of the SAF. They understood the importance and significance of this event, they understood the mission that they had to do, and they went to do it." Thank you, soldiers, for your hard work during the summit, your efforts are truly appreciated!

#ArmyReadySoldierStrong

29 June marked the end of a meaningful Full-time National Service journey for 604 soldiers from the SAF Transport Formation as they transit to become Operationally Ready NSmen. Transport warriors from the 1st SAF Transport Battalion/ Transport Hub North, 3rd SAF Transport Battalion/ Transport Hub Central, Transport Hub East, and Transport Hub West celebrated the completion of their Full-time National Service journey with a well-deserved milestone parade at Sembawang Camp. We caught up with their family and friends at the parade. Click on the video to hear what they have to say!

Reliable, Efficient, Professional!

#ArmyReadySoldierStrong



# **SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018**



**TOGETHER WE RUN**  
**26 AUGUST**

**ESPLANADE BRIDGE > PADANG**

- 21km Army Half Marathon
- SAFRA 10km Race
- NS Team Run
- SAFRA 5km Fun Run
- Families for Life  
800m Challenge

**SAFRA**  
BUILDING BONDS • CREATING MEMORIES



Registration opens from April  
Sign up at [www.safra.sg/ssbr\\_ahm](http://www.safra.sg/ssbr_ahm)