



# KERIS TERBANG

ISSUE 10 | 2022



## ALAP-ALAP IX/2022

MAINTAINING READINESS  
AND PREPAREDNESS

# CONTENTS

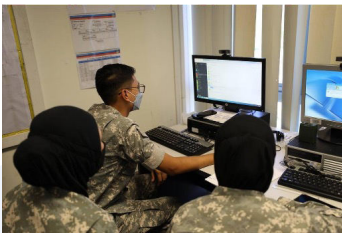
**04**

FTX Alap-Alap IX/2022



**06**

CPX Alap-Alap IX/2022



**08**

Commander RBAF Bukit Agok Visit

**10**

HRH Working Visit to FTX Alap-Alap IX/2022

**12**

RBAF 61<sup>st</sup> Anniversary



**16**

RBAirF 56<sup>th</sup> Anniversary

**18**

Launching of RBAirF Instagram



**19**

The Holy Month of Ramadhan



**24**

Celebrating Eid Aidilfitri

**26**

Naming of Roads in the RBAirF Base

## REGULARS

**28**

OHS - The Endemic Phase



**30**

Flight Safety – A Personal Experience



---

# 34

**Air Power – Air Mobility**

---

---

# 40

**Product Review –  
Compression Pants**

---

---

# 36

**Military Technology –  
Minigun M134D**

---

---

# 38

**Fitness – MST Tips**

---

## FOREMOST



Assalamualaikum.

Welcome to Issue 10 of Keris Terbang.

Our quarterly magazine aims to provide an insight to the daily lives of the men and women of the Royal Brunei Air Force. A collection from varying backgrounds within our unit, granting a perspective of the expertise and professionalism we have to showcase.

In this edition of Keris Terbang we have provided a depiction throughout our second quarter of 2022, which includes our various activities, engagements and many more exciting articles to read through. As a highlight for this edition, whilst we have all been busy with the recent Royal Brunei Armed Forces day in celebrating its 61st Anniversary. In addition to that, the Royal Brunei Air Force proudly celebrates its 56<sup>th</sup> Anniversary alongside.

With so many key moments in 2022 which include the fasting month and Hari Raya, we would also like to share the highlights of the Royal Brunei Air Force Exercise Alap-Alap IX/2022.

I hope that you enjoy the amazing work done by the KT editors and the articles the team has prepared, let us take this opportunity to reflect on our organisation and appreciate the hard work put in. Please continue to support us with any articles, stories or images you would like to include in future editions.

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# FTX ALAP-ALAP IX/2022

By Cpt (U) Arieef

The RBAirF began its annual Field Training Exercise, FTX Alap-Alap IX/2022 with a bang, literally. On Saturday, 18 June 2022, RBAirF's Air Defence personnel from No. 2 Wing conducted the Mistral live firing at Bukit Agok firing range which marks the start of the exercise training demonstrating the defence capability of our nation's airspace in dealing with air threats. FTX Alap-Alap IX/2022 is the finale of the previously conducted exercise series of Table Top Exercise (TTX) and Command Post Exercise (CPX) series since early January, which is the culmination of months of detailed planning and preparation to produce exercise training specifications to test units' combat readiness, planning and procedure validity.

This time around, the conduct of the exercise differs from previous training exercises. From Base security threats, counter-insurgency operations, jungle rescues and national level joint operations, the combination of non-traditional security threats to joint operations between RBAF units and other government agencies requires cooperation and support in order to ensure the success missions. Interoperability with other stakeholders such as the Special Forces Regiment, Gurkha K9 Unit, RBLF and CBRE Unit, who also participated was also tested and this played an important role throughout the exercise.

The overall six days field training exercise consist of a total of 32 Injects, 09 intelligence reports and 12 intelligence summaries that were purposely designed to overstretch our units, but for a good cause. The primary objective of this exercise is to provide an opportunity for improvements and validation of current standing of procedure process in relation to the contemporary threats, which vary from the traditional conventional threats.

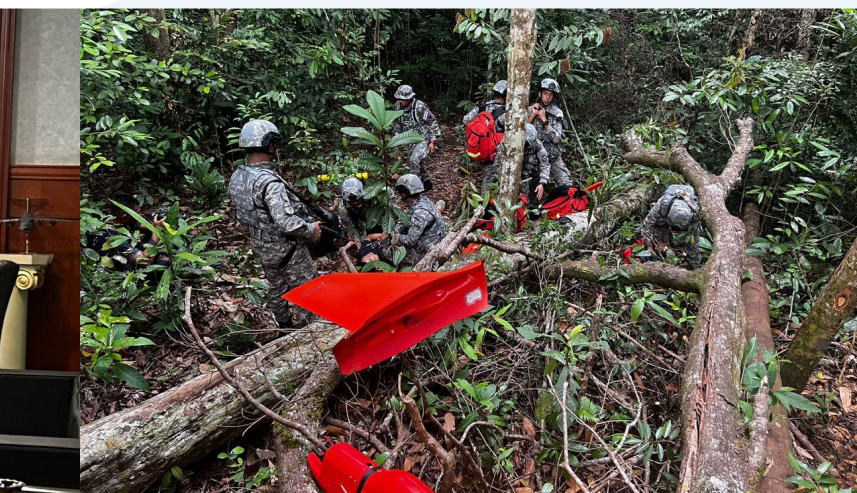
It is inevitable that current high risk military threats are now shifting towards new era of unconventional crisis thus it is vital that we are able to adapt to such changes in dealing with the security risks and challenges it portrays, understanding the complexity of the current security outlook, men and women of our armed forces need to be adaptable with changes. In addition, most scenarios given requires relevant players to think outside the box with guidance of current SOP which challenges the adaptability of our forces in dealing such given situation.



## *“Maintaining operational competency”*

All in all, the successful conduct of the FTX Alap-Alap IX/2022 marked another milestone and achievement for RBAirF. Personally, being chosen to be part of the Subject Matter Experts (SME) writing team and Exercise Controller is another stepping stone in my progressing career. It was an eye opener and good platform in understanding different levels of operation planning while working together with other SME of different Wings.

The stress, pressure, and sleepless nights in conducting the exercise and ensuring its smooth coordination of every scenario worth the experience and knowledge gained. One important takeaway that worth sharing is always have a contingency plan, because you will never know when it might come in handy. Overall, it is safe to say that the objective of the exercise training has been achieved as the key lessons identified from the exercise are currently being assessed respectively.



### **BOTTOM LEFT**

The Black Hawk dropping water to extinguish fire during exercise

### **BOTTOM MIDDLE**

Commander of RBAirF meeting unsatisfied father regarding the inject at Bukit Agok

### **BOTTOM RIGHT**

JRT team arriving at on site to rescue crashed UAS

### **TOP**

Riot in front of the Rimba Air Force Base main gate

# CPX ALAP-ALAP IX/2022

By Lt (U) Hidayatullah

The COVID-19 Pandemic has definitely disrupted the daily operations of the Royal Brunei Armed Forces and the RBAirF. The use of technology in executing operations have increased immensely over the past couple of years as tight restrictions were imposed by the Ministry of Health on physical interactions. However proper administration and management have allowed RBAirF to continue to conduct their operations smoothly.

The COVID-19 outbreak emerged without any warning and it is these types of occurrences that will test the level of preparedness of countries around the world. New challenges will undoubtedly continue to emerge and appear in this rapidly changing world, especially in terms of technological advancements. This was also stated in the Defence White Paper 2021 in which it was stated that one of the challenges that the defence organisation was facing is technological development in the cyber domain.

In order to ensure that RBAirF stays relevant within the contemporary environment, RBAirF are continuously reviewing their Standard Operating Procedures (SOPs) as well as doctrines and one way to do this is through conducting exercises. One of the exercises that RBAirF conducted recently was Command Post Exercise (CPX) Alap-Alap IX/2022. CPX Alap-Alap IX/2022 was held for 5 days, from Monday, 18 April 2022 until Friday, 22 April 2022. The concept of Exercise Alap-Alap IX/2022 as a whole focused on two areas which were non-traditional security threats and joint operations.

The scenario of this CPX was revolved around 'High Level Climate Change Summit 2022', where 14 countries, including 10 SEA nations will be participating in the summit, with Blueland having chairmanship of the summit. The first day of CPX focused on MEDEVAC and SAR Ops, the second day on ISR Ops and the final day was a 'Safe Haven' scenario. The CPX finished with a total of 31 injects for the players.

Through this CPX, it has allowed RBAirF to recognise and identify gaps and weaknesses of the current SOPs of each squadron as well as identify any required development and advancement of RBAirF assets especially in terms of Information and Communications Technology (ICT).

In addition to that, CPX Alap-Alap IX/2022 enables RBAirF personnel to practice the leadership of every squadron through the use of chain of command. This would ensure the flow of information is being relayed smoothly, using the correct ICT through the correct chain of command.

It is essential that RBAirF continue moving forward in order to consistently execute their role in defence and security for the country as well as their role in supporting other RBAF units in performing their duties.



## TOP

One of the briefing sessions held prior to the Exercise

## TOP RIGHT

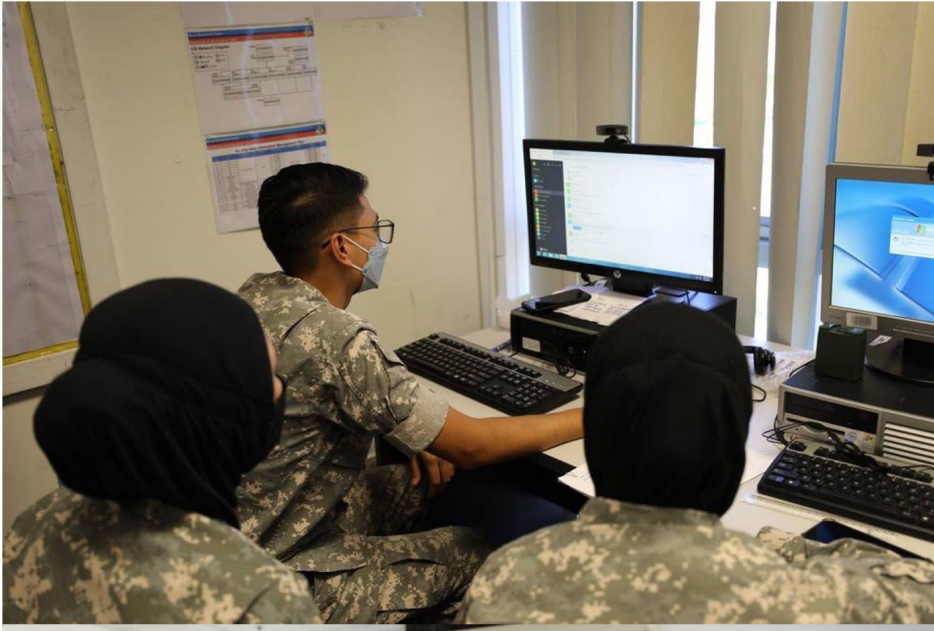
The ExCon team during the Exercise

## MIDDLE RIGHT

Execution of tasks during the Exercise

## BOTTOM RIGHT

Operational planning during the Exercise



# COMMANDER RBAF BUKIT AGOK VISIT

By Lt (U) Iz'aan

Seven years have passed since the last Mistral Live Firing was conducted and now with a new fresh batch of Air Defence officers, technicians and personnel, once again we were able to conduct another Mistral Live Firing in 2022. The task was challenging to fulfill due to the lack of experience, yet it resulted in a wonderful and fruitful experience for those who were involved in the Live Firing. The objective of the Mistral Live Firing is to test the capability and competency of the personnel and the system towards defending the airspace of Brunei Darussalam. Before conducting the Mistral Live Firing, everyone must participate in three different phases. The first phase is the Tabletop Exercise, during this stage we are required to conduct planning, meetings, understanding and analysing of any consequences and scenarios which might occur during the Mistral Live Firing as well as outcomes from such events.



On the other hand, the second phase is mainly administration and preparation at Bukit Agok Firing Range, Simulator Training and Technical Training Week. Finally, the third phase is the Mistral Live Firing day itself, consisting of safety checks between the Control Building and Firing Point, dry runs and the actual run.

The Technical Training Week started on Wednesday, 01 June until Tuesday, 14 June 2022, where the appointed Firing Point personnel (Firing Point Safety Officer, Sergeant Major Instructor Gunner, Detachment Commander and Gunner) practiced their procedures to track down Banshee which is the flying target in order to familiarise themselves with the aircraft for the Mistral Live Firing. The remaining personnel from 238 Squadron which were not involved with Mistral Live Firing were tasked with administrative tasks such as filling up sand bags for Firing Points A and B as well as the preparation of the demonstration site.

**TOP**  
Commander RBAF visiting the Troop Command Post

**LEFT**  
Running the safety checks to ensure safe firing

The highlight of Mistral Live Firing was the Working Visit by Commander of the Royal Brunei Armed Forces, Major General Dato Paduka Seri Haji Muhammad Haszaimi bin Bol Hassan on Thursday, 16 June 2022. The Commander of RBAF visit was not only to witness Mistral Live Firing but also to witness All Arms Air Defence (AAAD) and Minigun M134D Live Firing from Bukit Agok Firing Range as well as to visit the demonstration of the Mistral deployment site.

The arrival of RBAF Commander was greeted by Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim, the Commander of RBAirF. This was followed by an introduction to the Bukit Agok Firing Range and the visit programme which was presented by Major (U) Amierul Halpi bin Talip, Commanding Officer of No. 2 Wing RBAirF. The Mistral and AAAD Live Firing Sequence was then briefed by Major (U) Muhd Adif bin Hj Zaman, Officer Commanding of 238 Squadron, No. 2 Wing RBAirF and Mini Gun Live Firing Sequence was presented by Sergeant (U) Stephen bin Job, an Aircrew from 11 Squadron, No. 1 Wing RBAirF. Subsequently, the Commander of RBAF was ushered to the Bukit Agok Range Control Room to see the conduct and execution of Mistral Live Firing. After The Mistral Live Firing was conducted successfully, it was time for the All Arms Air Defence Firing station which was briefed by Lieutenant (U) Mohd Hazwan bin Hasnan. The RBAF Commander was able to witness the different types of weapons integrated to suppress enemy aircraft. Additionally, the RBAF Commander was also ushered to the static display of the Troop Command Post and Mistral Deployment site that was presented in detail by Lieutenant (U) Iz'aan Na'im Ilyia' bin Awang Julaihi.

It is safe to say that all of the hard work finally paid off, where the event itself will not succeed without teamwork and communication with great understanding along with cooperation from different stakeholders. As part of the Mistral Live Firing committee, we are proud that we are able to accomplish the firing with success. On top of that, we also gained new knowledge and experience throughout the exercise. It taught us to be aware of our surroundings in terms of safety of personnel, cooperation between one committee with another and also ensuring tasks given are completed in a proper sequence and accordingly.

**TOP RIGHT**

The launching of live missile

**UPPER MIDDLE RIGHT**

Witnessing the firing at the Control Building



**LOWER MIDDLE RIGHT**

Mistral deployment site demonstration

**BOTTOM**

Group photo session with the missile used during firing



## HRH WORKING VISIT TO FTX ALAP-ALAP IX/2022

by Lt (U) Ammar

I have been in No. 2 Wing for 5 years but I have never experienced any Mistral Live Firing, from when I was a Troop Commander until my new appointment as a Squadron Operations Officer. The last live firing Mistral was in 2016, but this year I was very excited due as a live firing was being conducted for the working visit of Commander of Royal Brunei Armed Forces on Thursday, 16 June 2022 and followed by the working visit of His Royal Highness 920 Major (U) Prince 'Abdul Mateen on Saturday, 18 June 2022.

The visit on the 18 June 2022 consists of Mistral Live Firing and All Arms Air Defence (AAAD) and also deployment site demonstration and its Troop Command Post (TCP) which was prepared by No. 2 Wing, Live Firing of the Minigun M134D from the Black Hawk S70i which prepared by No. 1 Wing, and lastly the launching/recovery of the Unmanned Aerial System (UAS) which was prepared by No. 3 Wing.

The visit was in conjunction with the ongoing RBAirF Exercise Alap-Alap IX/2022 at the Bukit Agok Firing Range. The exercise commenced one day before the visit, but the preparation especially for No. 2 Wing had already started on Wednesday, 01 June until Tuesday, 14 June 2022 for the Technical Training Week. My role as a floor manager during the visit is to make sure everything goes smoothly for No. 2 Wing.

So the exercise visit began when HRH arrived at Bukit Agok Range and was welcome by our Commander RBAirF, Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim, leading His Royal Highness to the Bukit Agok Control Room for overview briefing by the Exercise Director, Lieutenant Colonel (U) Pg Mohd Zulhusmi bin Pg Mohd Roslan. This was followed by an Exercise Special Idea briefing from Lieutenant Colonel (U) Muhd Walee bin Hj Roslie, AAAD Live Firing Sequence briefing by Major (U) Adif bin Haji Zaman and a Minigun Live Firing Briefing presented by Sergeant (U) Stephen bin Job.

After the briefing His Royal Highness was escorted to the first floor of the Control Building to view the Live Firing Mistral but unfortunately the Banshee cannot be launched during that time due to technical error so I was a bit disappointed that HRH was unable to witness the Live Firing Mistral when it was successful just two days ago during the CDF visit. But the show must go on, so our Commanding Officer (CO) escorted His Royal Highness to the TCP and Mistral Deployment Site which included a briefing on the Air Defence Deployment from CO No. 2 Wing, Major (U) Amierul Halpi bin Talip.



**LEFT**  
HRH participating in the AAAD Live Firing

**TOP**  
Group photo during the visit

**TOP RIGHT**  
HRH witnessing the launch of the UAS

**MIDDLE RIGHT**  
HRH firing the Minigun M134D

**BOTTOM RIGHT**  
HRH witnessing the AAAD Live Firing



The visit then proceeded to the AAAD Firing station for a brief on the conduct of the AAAD Live Firing. HRH was invited to participate in the Live Firing exercise of AAAD. Next, the visit continued with a Live Firing of a Minigun M134D weapon system with HRH on board the Black Hawk S70i which was meant to provide rapid air-to-ground fire suppression.

HRH also participated in the launching and recovery of the UAS, and visited the Ground Control Station for a briefing on usage of the UAS in Intelligence, Surveillance and Reconnaissance (ISR) operations by members of No. 39 Squadron, No. 3 Wing of the RBAirF.

The visit concluded with a group photo session with all the officers and personnel participating in the exercise deployment. Overall, the visit was a success despite the unsuccessful demo of Live Firing Mistral. I was very happy and this will be one of the very memorable experience for me as I have watched the success of the Live Firing Mistral during the pre-visit of His Royal Highness and also the teamwork that everyone has shown in giving their best in making the visit a success and memorable.

# ROYAL BRUNEI ARMED FORCES 61ST ANNIVERSARY

By Cpt (U) Hamizan



The 31<sup>st</sup> of May 2022 marked the 61<sup>st</sup> Anniversary of the armed forces since its inception in 1961. The armed forces were established in order to protect the sovereignty and territorial integrity of the state. The main highlight of this year's celebration was the grand parade, held at the Royal Brunei Navy's parade square followed by the static display hosted by the Royal Brunei Navy. A venue with a sight, overlooking the water ways of Brunei Bay of ships transiting through and the massive industrial development at Pulau Muara Besar. The view alone suggests how Brunei had undergone intense development since its independence, coinciding with its armed forces, where there are now 4 flags hoisted under the umbrella of the armed forces, namely, the Royal Brunei Land Force (RBLF), the Royal Brunei Navy (RBN), the Royal Brunei Air Force (RBAirF) and Joint Force Headquarters (JFHQ).

I had the opportunity to have an up close encounter to spectate in the build up to the main event. The opportunity came about when I was one of the few tasked as a Liaison Officer (LO) for the veterans and former commanders within the RBAF in welcoming them back to commemorate the armed forces anniversary. The task involved running through the sequence in order to prepare and brief the veterans, therefore, had a sneak peek towards every part of the program that was going to be carried out and presented to His Majesty.

Following up on the LO duties, the task was simple enough, i) engage with your principal via phone, ii) arrange a meeting and iii) brief them. The idea seemed simple enough, up until I made the first phone call, the moment hearing a firm and rugged voice on the other side of the line drain a gush of blood through my body. The realisation I was addressing someone of status, extensive experience and caliber tells my body to stand to attention whilst on the phone without regards to my surroundings. For a second there, my wife thought I was in trouble seeing my reaction from afar and just kept quiet. After the phone call was done, she asked me, "did you get into trouble?" and I took a moment and replied, "no... I just got off the phone with a former commander and just stood to attention when I heard his voice". My wife just laughed at me for having to witness how I went from being relaxed to tensing up. From there, I knew that I had to be more prepared before meeting my principal in person.

A couple of things went through my mind, these veterans are those individuals who played a major role once before in shaping and enabling the growth of the armed forces to what it is today. They are the men who were the leader, mentor and power house that led the way for the men and women in the service today. Countless sacrifice of their dedication, time and sweat during their time in the armed forces which has earned them the utmost respect. With that in mind, I came prepared when it was time for the meet and brief, full of confidence and hoping my 8 years service experience is sufficient to brace for a millions things that could happen. And so the moment came to meet them at their residence, as soon as I was invited in, I was escorted to a proper room together with tea was set on the table. My heart was pounding and kept on checking my uniform to be checked, the moment my principal entered the room, to my surprise I was greeted with a wide smile and got the permission to carry on with the briefing. The mood immediately turned from nerves to relaxed as my principal started off by reminiscing about his past and time in the service. It lasted for about an hour and at the end of the session it was nice to see how enthusiastic and looked forward to attending and celebrate the anniversary. This experience had shown me that the officership has stood by him even after his service, the standards of how to receive a guest at home was enough to show and teach me a lesson of how such a meeting or conduct should have been.

The celebration this year was a closed event due to the Covid-19 restrictions, right before the Endemic Phase was declared for Brunei Darussalam. It was becoming a close affair and the static display was kept to showcase the newest assets acquired by RBAF across all services for the continuous effort in keeping the RBAF up to date with armed forces of other nations to better defend the country's sovereignty.

On D-day, the veterans were all invited to enjoy welcoming drinks, each LO were on their feet to greet and welcome their principal together with their accompanying officers. The veterans came handsomely with each of their own uniform with long service bars and service beret and it was fascinating to see how they are very closely knitted to each other as during their time in the service, there are only a countable number of personnel. Each of them gave their fair share of their experience and memories as they went through the hanging pictures on the wall and remembered vividly as if it was just yesterday.



#### LEFT

His Majesty Sultan and Yang Di-Pertuan of Negara Brunei Darussalam inspecting the parade

#### TOP

His Majesty Sultan and Yang Di-Pertuan of Negara Brunei Darussalam and members of the royal family at the cake cutting ceremony

## FEATURE

The parade sparked off upon the arrival of His Majesty and gave the Titah where His Majesty praised the professionalism shown by every personnel during the parade and how RBAF is continuously managing the development of the armed forces whilst embedding Islamic teachings in the process of modernisation. The parade concluded with a sail past and fly past in synchronization as a display of precision and professionalism held by its current personnel.

During the static display, RBAirF also achieved another milestone as His Majesty had officiated the establishment of the Unmanned Aerial System (UAS) of the 39 Squadron, No. 3 Wing as well as the introduction of the new Minigun M134D for the Black Hawk S70i, 11 Squadron, No. 1 Wing. Whilst the static display was going on, the veterans were transported to the holding area at the RBN Officer's Mess. All the LOs rushed to attend to their respective principle to be on the transport, however, again to our surprise, some of the veterans especially the former commanders refused to hop on and chose to walk and took a detour to appreciate the buildings and infrastructure around the camp as they expressed it as nostalgic and have a significant sentimental feeling after leaving the service and being back there as a retiree.

As soon as they were at the holding area, it was a different scenery where old colleagues united with one another and a lot of picture taking was involved. As a Brunei community, we enjoy the advantage of being a small knitted harmonious community, this is further reflected with the RBAF where in the past, personnel from each service knew each other and had worked closely together.

They were brothers in arms and had the moment of their life whilst serving in the service. Numerous events were constantly organized to appreciate family and friends after being away most of the time from home. It was true enough as their kids, which some had joined in their father's footsteps to be in the service and had grown up together.

On this celebration, we salute and cherish the courage, loyalty and patriotism and solemnly honour who had served and who are still serving. I continuously pray to Allah Almighty to grant us the protection and continuous success of the RBAF in order to maintain the security, stability and prosperity of Brunei Darussalam to ensure and maintain the harmonious living conditions that we Bruneians enjoy today.





**LEFT**

His Majesty Sultan and Yang Di-Pertuan of Negara Brunei Darussalam and His Royal Highness The Crown Prince during the UAS Booth visit

**TOP**

The RBAirF contingent during the parade

**BOTTOM**

HRH Prince 'Abdul Malik and HRH 920 Major (U) Prince 'Abdul Mateen on the Light Tactical All-Terrain Vehicle

# ROYAL BRUNEI AIR FORCE 56TH ANNIVERSARY

By Lt (U) Hafiy



June 24 is a very special date for the the RBAirF. It marks the birth of the RBAirF and is a testament to the growth of the organisation from inception until today. This year, the anniversary celebration is a bit different from the usual, where the event was consolidated with the Closing Ceremony event of Exercise FTX Alap-Alap IX/2022 and was celebrated at the Punai Hall, Rimba Air Force Base.

The event series began with a thanksgiving ceremony to commemorate the RBAirF's 56th Anniversary. It was held on Thursday, 23 June 2022 at Surau Al-Barakah, Rimba Air Force Base. The event commenced with a mass Maghrib Prayer, Sunat Hajat Prayer, the recital of Surah Yassin and Tahlil, Doa Kesyukuran to commemorate the 56th Anniversary of the RBAirF and concluded with Isya' Prayer.

The main event was held on the 24th of June 2022 at the Punai Hall, after FTX Alap-Alap IX/2022 Closing Ceremony. The Guest of Honour was Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim, the Commander of RBAirF. The Ceremony was also attended by the Senior Officers, Officers, Sergeant Majors and RBAirF personnel of all ranks including all invited RBAirF Officers from other units.



The event commenced with the recitation of Surah Al-Fatihah to bless the event, followed by a speech from the Guest of Honour himself. In the speech, the Commander touched the ongoing commitment and support of national requirements towards the nation's challenges due to COVID-19 as well as emphasising the RBAirF to maintain its operational readiness and preparedness levels. The latest capabilities and planned acquisitions for RBAirF was also highlighted during the Commander's speech.

The event also saw the official launching of the Royal Brunei Air force (RBAirF) official Instagram account in conjunction with this year's anniversary. This launching could be another way for RBAirF's to share any latest RBAirF event and engaging with the ever increasing Instagram users around the country. The RBAirF Instagram account could be accessed publicly via Instagram application.

The event was also concluded with a cake cutting ceremony in conjunction with RBAirF 56<sup>th</sup> Anniversary. The event was blessed with a *Doa Selamat* recited by the RBAirF Religious Teacher.

**LEFT**  
RBAirF Senior Officers' group photo during the celebration

**TOP LEFT**  
Recital of prayers

**TOP RIGHT**  
Commander RBAirF delivering his speech

**RIGHT**  
The cake cutting ceremony



# LAUNCHING OF RBAirF INSTAGRAM

By Lt (U) Rabiatul

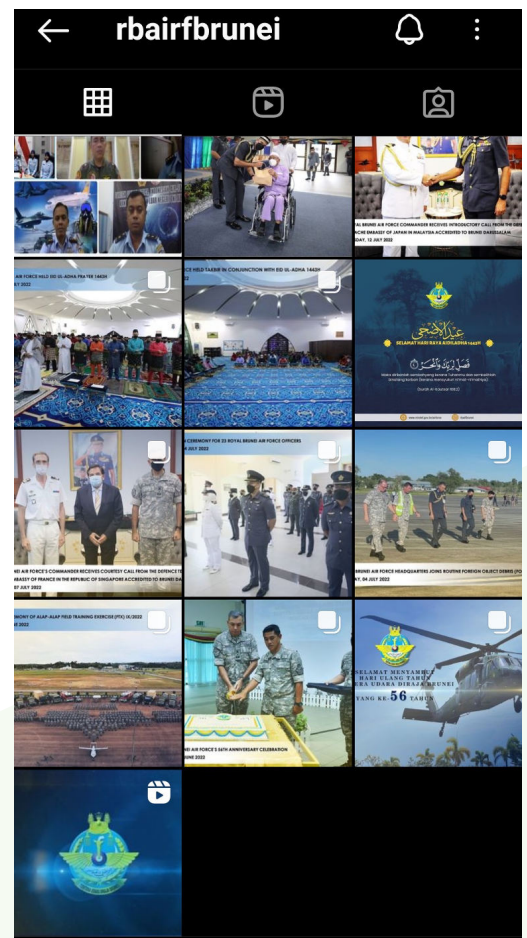


In conjunction with the 56th Anniversary of the RBAirF, Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim, Commander of RBAirF, officially launched the RBAirF Instagram page during the ceremony held at the Punai Hall, Rimba Air Base.

The official RBAirF account @rbairfbrunei enables the RBAirF to share news and updates on RBAirF events and activities. The Instagram account will also allow the RBAirF to reach and engage a broader audience. The Commander officiated the launch by uploading the first post.

The RBAirF Instagram team consists of the A2 office who manages the social media contents, and the A6 office who looks after the technical aspects. The journey towards the launch and the planning of the posts were carefully crafted, considering all aspects of security, photos, creativity and standardisation of the captions.

This launch has created a new milestone for the RBAirF in line with the rapid growth of technology and the modern approach capable of reaching a broader set of audiences especially youth.



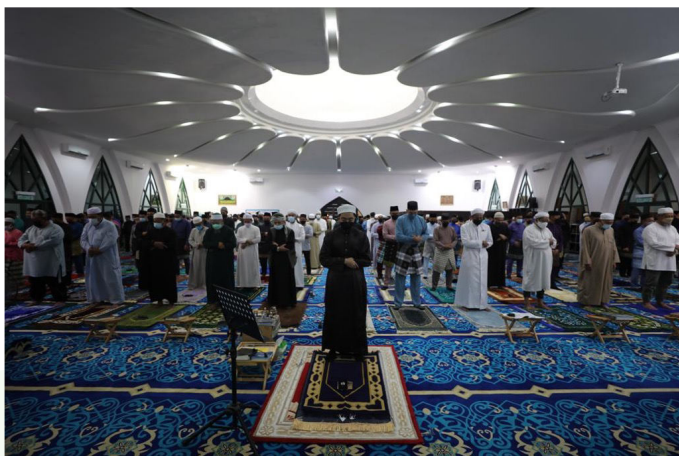
# THE HOLY MONTH OF RAMADHAN

By Cpt (U) Wafiy

## THE HOLY MONTH OF RAMADHAN

The month of Ramadhan is a special month for all Muslims. It provides a lot of benefits and blessings that can be only be achieved during those 30 days. The RBAirF is no exception and this year the organisation took this opportunity to conduct several charity events to garner these benefits. The RBAirF also encouraged its personnel to practice and inculcate the culture of Quran recitation especially within this holy month. This is also in response to His Majesty the Sultan and Yang Di-Pertuan of Negara Brunei Darussalam's vision to produce an Al-Quran literate nation.

Prior to the start of Ramadhan, the RBAirF's preparation to welcome it was already in full swing. Cleaning campaigns focusing on Surau Al-Barakah, Rimba Air Base was conducted, planning and coordination sessions were also made all to maximise the benefits of Ramadhan for the organisation. Every personnel was in high spirits considering that they can now perform Tarawih prayers in mosques.



### TOP

Performing the Tarawih Prayers

### TOP RIGHT

One of the organised mosque cleaning campaigns

### BOTTOM RIGHT

Cleaning of the mosque compound area



## FIRST NIGHT OF RAMADHAN 1443H

The Commander of the RBAirF, Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim as the Guest of Honour attended the opening ceremony which started off with a mass Isya prayer followed by Tarawih and Witr. Also in attendance were Senior Officers, Officers, airmen and civilian congregants. The event then continued with the recitation of Sayyidul Istighfar, recitation of Surah Al-Fatihah by the Commander of the RBAirF, a short tazkirah on "Al-Quran and Ramadhan", a mass recital of Surah Al-Baraqah verses 1-25 as well as Doa Peliharakan Sultan.

## KULIAH ZUHUR AT SURAU AL - BARAKAH, RIMBA AIR FORCE BASE

On Tuesday, 05 April 22, a religious talk with the title "Mencari Semangat Ramadhan" was delivered by a guest speaker, Yang Mulia Ustaz Haji Zulhazmi bin Haji Mahmud, religious teacher from Surau Ad-Difa', Bolkliah Garrison. The event started with a Zuhur Prayer and was attended by the Commander of RBAirF.



**CELEBRATING NUZUL AL-QURAN AT SURAU AL-BARAKAH, RIMBA AIR FORCE BASE**

A special religious lecture in conjunction with Nuzul Al-Quran was also delivered by Yang Mulia Imam Haji Asmat bin Haji Tuah with the title of “Bertemankan Al-Quran Sepanjang Zaman”. The event began with the recital of Surah Al-Isra’, verse 9-14 by Private (U) Muhammad Za’eem bin Haji Mat Yassin and followed by mass Zuhur Prayer. Present at the event was Colonel (U) Haji Haszahaidi bin Haji Ahmad Daud, Deputy Commander of RBAirF.

**RBAIRF BAKTI HOLDS TAHLIL AND IFTAR FOR RBAirF’S ORPHANS AT SURAU AL - BARAKAH, RIMBA AIR FORCE BASE**

The BAKTI organization of RBAirF also did not want to miss the benefits of Ramadhan. On Thursday, 21 April 2022, Yang Mulia Datin Noraidah binti Haji Ibrahim, Head of RBAirF BAKTI along with other members of the team successfully conducted a Tahlil and Iftar Ceremony for 15 orphans. The ceremony started off with a mass recitation of Surah Yassin and Tahlil led by Captain Fahzilleana Emey binti Ahmad then followed by the Doa Arwah read by Lieutenant Dayangku Nur Syadiah Hafizah binti Pengiran Haji Hasan, who both are RBAF Religious Officers. The ceremony continued with the presentation of donations to the children by the Head of RBAirF BAKTI. This religious ceremony held by the BAKTI was one of the community initiatives aimed to instill benefits of giving sadaqah and contributing to the welfare of our RBAirF’s orphans.

**TOP**

The Nuzul Al-Quran celebration

**BOTTOM**

Group photo during the BAKTI Tahlil and Iftar ceremony

**TOP RIGHT**

Commander RBAirF and spouse during the sahur gathering

**MIDDLE RIGHT**

Khatam Al-Quran ceremony

**BOTTOM RIGHT**

Commander RBAirF presenting donation



### CAF SAHUR WITH RBAirF OFFICERS

It became somewhat of a tradition to have a CAF Sahur Outing during the Holy Month of Ramadhan. This year, due to the increasing number of the RBAirF, the outing was split into two nights, on Friday, 22 and Sunday, 24 April 2022 respectively. Commander RBAirF attended both events at the Dynasty Restaurant, Gadong. The first night was for Operations Group and No. 7 Wing, and the other night was for Support Group and Headquarters. This is one of the platforms to strengthen the camaraderie amongst the RBAirF Officers and their spouses.



### KHATAM AL-QURAN 1443H AT SURAU AL - BARAKAH, RIMBA AIR FORCE BASE

On Wednesday morning, 27 April 2022, the RBAirF held a Khatam Al-Quran ceremony in conjunction with the Holy Month of Ramadhan. The event was attended by Colonel (U) Haji Haszahaidi bin Haji Ahmad Daud, the Deputy Commander of RBAirF. The event was led by both Warrant Officer 2 (U) Haji Shaipin bin Haji Abu Bakar, Imam of Surau Al-Barakah and Ustaz Fakhru bin Pengiran Haji Zainuddin, RBAirF Religious Teacher. The Khatam Al-Quran ceremony was participated by a total of 32 Airmen and 6 representatives from Jemaah Takmir Surau who have been performing daily recitals of the Al-Quran since the beginning of Ramadhan.



### RELIGIOUS ACTIVITIES UNDER THE OUTREACH RAMADHAN PROGRAMME 1443H

The RBAirF also held a religious activity as part of the RBAirF Outreach Ramadhan Programme at various locations. This outreach activity is part of the Ministry of Defence and RBAF's 'Jangkaun Ramadhan' Program to strengthen relations with the community and mosque committees outside of military camps and installations.



Kampong Salambigar Mosque, Friday, 15 April 2022

Pengiran Muda Abdul Malik Mosque, Sunday, 17 April 2022

Kampong Lambak Kanan Mosque, Monday, 18 April 2022

STKRJ Kpg Lambak Kiri Mosque, Wednesday, 20 April 2022

Universiti Brunei Darussalam Mosque, Thursday, 21 April 2022

Ash - Shaliheen Mosque, Friday, 22 April 2022

Raja Isteri Pengiran Anak Saleha Mosque, Monday, 25 April 2022

Kianggeh Muslim Cemetery, Monday, 25 April 2022

Sufri Bolkihah Mosque, Tuesday 26 April 2022

Perpindahan Kpg Mata - Mata Mosque, 27 April 2022





**STAYING VIGILANT**

# CELEBRATING EID AIDILFITRI

By Lt (U) Nabil



Eid Aidilfitri is truly a joyous celebration of forgiveness, fellowship and food. It is the time to unify and bring about camaraderie in the community, a time of serenity and reflection. After a period of sober repentance during which adherents of the faith worship, engaging in acts of compassion and fast from dawn to dusk, such an individual, who has succeeded against hunger and temptations, should now have the strength to combat the trials of life during the rest of the year. The tools of willpower, insight, and feelings of proximity to the omniscient, which were earned while fasting, should rejuvenate the believer.

Alhamdulillah, we have reached another year of Eid Aidilfitri marking the end of Ramadhan, the holy month of fasting. Despite the ongoing pandemic of COVID-19, we are blessed once again to celebrate Eid Aidilfitri 1443H/2022M with the same excitement and gratitude. In the spirit of celebrating Eid Aidilfitri, the RBAirF held a Takbir event on the eve of 01 Syawal 1443H. In line with the recent guidelines from the Ministry of Health, Brunei, Muslims throughout the country welcomed Eid Aidilfitri with mass prayers held at mosques and suraus nationwide to ensure the joyous celebration during Eid morning.



Both events were held at Surau Al-Barakah, Rimba AFB and the guest of honour for both events were the commander of RBAirF, Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim. Also present were the RBAirF Board of Executives, Senior Officers, Officers and RBAirF personnel as well as citizens that are living nearby.

Open offices were also held in conjunction to celebrate Eid Aidilfitri amongst the personnel. This is where they brought home cooked meals, snacks and light refreshments which are served to guests visiting their offices. With most restrictions finally being lifted since the pandemic has occurred, the eid celebrations are fully appreciated this year. The personnel were excited and decorated their respective offices which added the Eid Aidilfitri atmosphere. InshaAllah we will see and celebrate Eid Aidilfitri in the near future again.

#### **LEFT**

A group photo of the celebration at RBAirF HQ

#### **TOP RIGHT**

Performing mass Eid Aidilfitri prayer

#### **BOTTOM RIGHT**

Commander RBAirF at the takbir ceremony

# NAMING OF ROADS IN THE ROYAL BRUNEI AIR FORCE BASE

by Lt (U) Qawiemah



The RBAirF held the road naming event for roads within the air force base on Friday, 22 April 2022. The event also included the Iftar with former Commanders of RBAirF.

The event began with a speech by the current RBAirF Commander, Brigadier General (U) Dato Seri Pahlawan Mohammad Sharif bin Dato Paduka Haji Ibrahim. This was followed by a short clip of the road naming event including the location of roads.

The roads were named based on the names of former RBAirF Commanders. There was also a VTC session for former Commanders who were unable to attend the event.

Among those who were unable to attend were Air Chief Marshal Sir John Cheshire with the road named Cheshire Lane, Brigadier General (R) Dato Paduka Haji Mahmud with the road named Mahmud Avenue, Brigadier General (R) Dato Seri Pahlawan Haji Wardi with the road named Wardi Drive and the family of the late Brigadier General (R) Dato Seri Pahlawan Shahril Anwar with the road named Shahril Anwar Loop.

There was also a certificate presentation for the road name recipients. This was followed by a tour around the RBAirF base to view the newly named roads. After the tour, all the guests were invited to the Surau Al-Barakah for the recitation of Yassin and Tahliil, Maghrib prayers and lastly the breaking of fast at the Air Movement Centre.



All the Commanders expressed their gratitude and appreciation towards the event and they felt the sense of lasting camaraderie shown by all members of the RBAirF.

**LEFT**

Commander RBAirF, Former RBAirF Commanders, RBAirF Board of Executives and Commanding Officers present at the event

**TOP**

Commander RBAirF during the VTC session with recipients who were unable to attend the event

**TOP RIGHT**

Major General (R) Pengiran Dato Paduka Seri Haji Abidin at the Abidin Boulevard

**UPPER RIGHT**

Colonel (R) Dato Seri Laila Jasa Jocklin at the Jocklin Drive

**MIDDLE RIGHT**

Brigadier General (R) Dato Paduka Seri Haji Ibrahim at the Ibrahim Avenue

**LOWER RIGHT**

Brigadier General (R) Dato Seri Pahlawan Haji Jofri at the Jofri Route

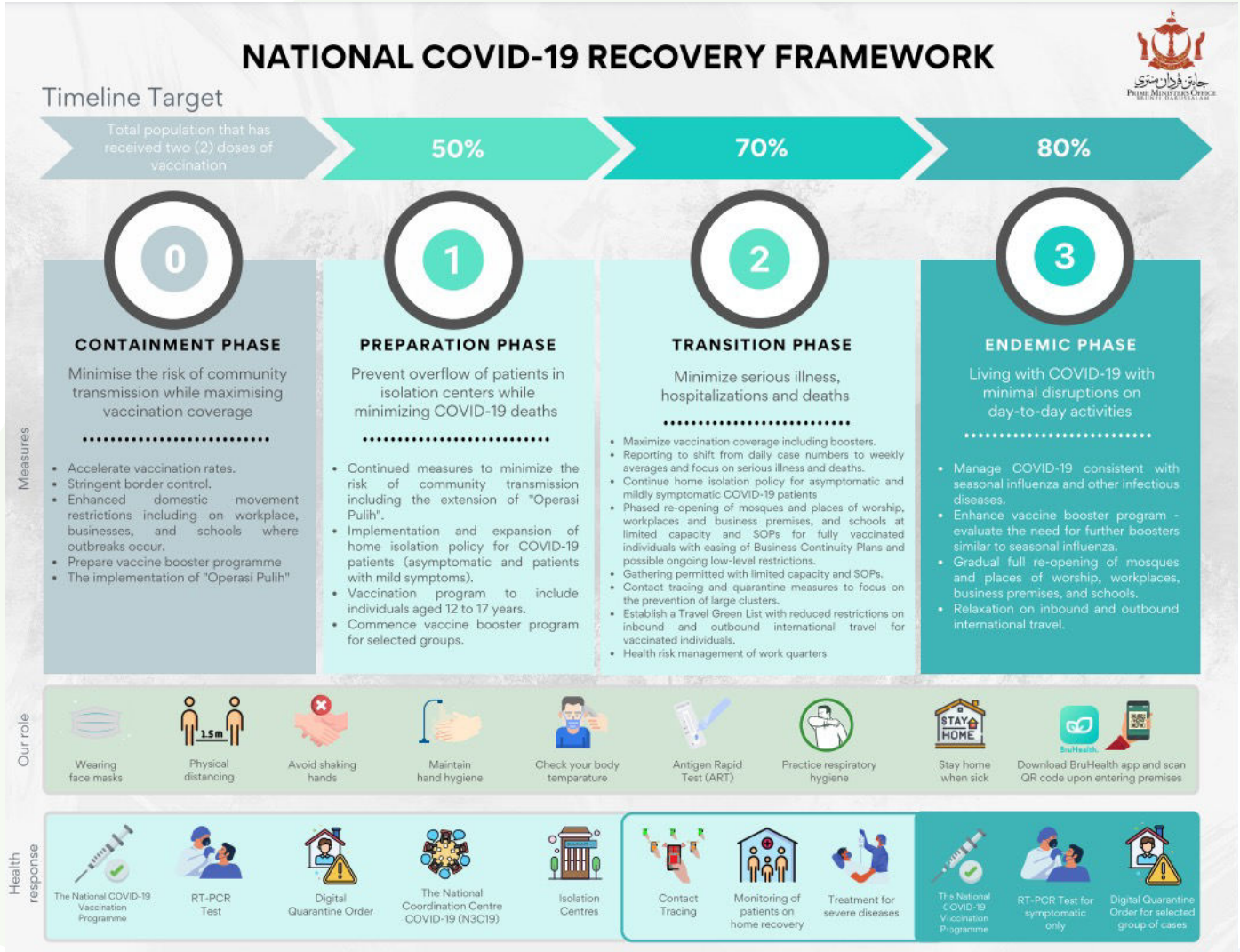
**BOTTOM RIGHT**

Major General (R) Dato Seri Pahlawan Haji Hamzah at the Hamzah Loop



# THE ENDEMIC PHASE

By Cpt (U) Hifdzullah



With the announcement of the enforcement of the New Norm on 01 June 2022, majority of the restrictions were uplifted and allowed greater freedom for the RBAirF to operate like before Covid. Prior to the start of the endemic phase, many physical activities were restricted, social gatherings were limited which only allowed meetings or presentations to be made virtually. Temperature screening and BruHealth scanning were made compulsory when entering buildings or premises. Masks were also compulsory to be worn inside and outside of a building with exception when doing outdoor sports such as morning or afternoon sports with minimal crowd. Any refreshments or food preparation during a meeting or an event needs to be individually packed by the Mess Staff and no food buffet allowed.

## NO LIMIT ON MASS GATHERINGS

One of the early activities conducted by RBAirF after the announcement of the New Norm was the Exercise Alap-Alap IV. This was held between 17 June to 24 June 2022 and involved the participation of the whole of RBAirF. It was also quite some time ago since the conduct of the Exercise Alap-Alap IX/2022 so the easing of restrictions was a welcoming news to all. The exercise provided an opportunity for the RBAirF to redevelop and enhance its operational capacity and capability through a realistic training approach.



## RETURN OF SPORTS ACTIVITIES

The lifting of restrictions is also a welcoming news to fitness enthusiasts within the RBAirF. Morning group runs can now be conducted, team sports are permitted and sports facilities have been opened. The resumption of these activities provides opportunities for RBAirF personnel to improve their fitness and participate in sporting events across the country.

Despite all the lifting of safety measures and the commencement of the Endemic phase, COVID-19 still exists. All individuals including RBAirF personnel should remain vigilant and not be too complacent with the surroundings. COVID-19 variants have proven to be constantly evolving and thus, all personnel should be responsible to maintain the wellbeing and to conduct their own periodical health checkup. Those who feel unwell should take their own initiatives to do the Antigen Rapid Tests (ART) and report any positive case encountered. Social distancing measures still exist and the requirement to wear masks indoors remain and should still be followed.



### LEFT

National COVID-19 Recovery Framework

### TOP

Return of sports events

### MIDDLE

Parades and gatherings will now be allowed

### BOTTOM

Social gatherings will permit the serving of food





# FLIGHT SAFETY - CASE STUDY

by Cpt (U) Nazmi Shahminan

## INTRODUCTION

Greetings, Aviators!... and everyone else. I'm Cpt (U) Nazmi "IGNITE" Shahminan, your Flight Safety expert (ish).

On this edition of Keris Terbang's Flight Safety piece, I will be sharing my take & personal experiences on said topic, as well as two case studies relating to Flight Safety, one from my flying training days as a Student Pilot, and another during my experience as an Operational Pilot.

"Flight Safety" – This term didn't give me much to be worried about/concern of, as I struggle to see the importance of it? Let alone to give my full attention to.. The earlier days of being a "Maverick" wannabe whilst doing my Basic Flying Training was when I first got exposed to Flight Safety, where Human Factors (HF) Training, including Crew Resource Management (CRM) were mandatory as part of the flying training package. It is then where I started to realise how important Flight Safety is not only to me personally, but to the men and women that I work and fly with everyday, along with other aviators.

## STUDENT PILOT EXPERIENCE

On my first Navigation sortie in a helicopter, I experienced my first bird strike on the very first leg of my navigation route.

Still getting used to the handling a helicopter, working hard on trying to fly accurately for the navigation, it took up my spare mental capacity in doing the work. Struggling to maintain the work cycle, my instructor then gave me a helping hand by holding my map up for me. As both my QHI and I were looking inside the cockpit, discussing on the navigation route, suddenly two birds hit the windscreen and the chin bubble on my side and my instructor went "What was that?" After realising that we had a multiple birdstrike, we went on to land on a field and shut down until another helicopter carrying an engineer came to diagnose our aircraft. That wasn't a fun thing to do on a Friday afternoon!

Lessons learnt on this incident was the proper application of CRM, where communication was a bit lacking as we were both trying to share the workload and failed to announce who had "eyes in" or "eyes out" and ended up having both sets of eyes looking into the cockpit and reducing our Situational Awareness of what's happening outside.

## OPERATIONAL PILOT EXPERIENCE

Fast forward to four years of being an Operational Black Hawk Pilot, I was given the honour of being appointed (not by choice) as the Flight Safety Officer of the Work Horse Squadron of RBAirF, I am able to play a part in a bigger role in monitoring and bla bla in Flight Safety. The demand from the Squadron to perform at a high standard on a daily basis, SAFELY, is very high and can possibly take a toll on the aircrew, if not managed properly. The risk the aircrew bear begins as soon as the APU is turned on, only to keep rising as the aircraft gets off the ground and “ride into the **Danger Zone**”.

The recent trend on the Black Hawk S-70i shows a sensor issue on the engine & APU fire detection system. In the past two months, ENGINE FIRE caption came on on two separate occasions in the span of within a week, whilst APU FIRE caption came on twice in the span of a few days.

Of those four occasions, I have experienced half of it, the first being ENGINE FIRE caption that came on during taxiing back to the Apron after returning back from a troop lift task. When it first came on, I couldn't believe what I was seeing, I'd thought I moved the fire detection test switch somehow.. When I looked up to it, it was in the normal position, of which I then turned my attention to the Instruments and monitor the TGT (Engine Temperature) whilst telling the rear crew to check for signs of fire or smoke, which he had said none were present. Not wanting to shut the engine down immediately, I chose to delay the shutdown process and put the Power Control Lever to IDLE instead. Not long after, the rear crew went “TUAN, ENGINE NO 1 BERASAP!” – Upon receiving confirmation from the rear crew I then carried out the emergency engine shutdown sequence and deployed the fire extinguisher, probably being the first one to actually pull it on the Black Hawk S-70i! Although, after investigations made by the engineers, there were actually no indications of any fire being there in the first place and deemed it to be a sensor issue. The second time I experienced a false fire sensor was an APU FIRE whilst on the final approach of a VIP lift sortie, luckily, no actual fire nor indications of it being there. There were definitely some cold sweats going down my forehead on what was a hair-raising experience that day. Phew!

## SO HOW DOES THIS AFFECT FLIGHT SAFETY?

Complacency/Too relaxed?. It delays the pilot's reaction time in carrying out the Immediate Actions/IA Drills the next time these captions comes on. Granted, it should be dealt/handled with as if it comes one for the first time. However, when Human Factors including fatigue and external pressure are added into the equation, the tendency for the next pilots to come across it would be to assume the emergency to be a sensor issue due to the recent trend, rather than an actual fire would endanger the whole crew and the souls on board the aircraft.



ROYAL BRUNEI AIR FORCE  
**FLIGHT SAFETY  
POSTER COMPETITION**

**SUBMISSION  
DEADLINE  
18 DECEMBER  
2022**

SUBMIT POSTER TO:

[RBAIRF.FLIGHTSAFETY@GMAIL.COM](mailto:RBAIRF.FLIGHTSAFETY@GMAIL.COM)

FOR FURTHER INQUIRIES, CONTACT  
CPT (U) HIFDZULLAH AT  
+6738751022

HOW TO ENTER:

- Produce a Poster to illustrate any flight safety related matter and of any theme
- Poster must be in ENGLISH
- Entries must be submitted in PDF format
- A3 Printable
- No limit for submission per person
- Open to RBAirF personnel



**PRIZES TO  
BE WON!**



**HOW MUCH  
DO YOU CARE  
ABOUT SAFETY?**



# PHOTO OF THE QUARTER

Have you ever taken photos that you have always wanted to share with everyone? Send us your best photographs and we will showcase the best one every quarter of Keris Terbang!

## How to Enter: ?

Please submit photographs via email to: [abdqawiy.yakub@mindef.gov.bn](mailto:abdqawiy.yakub@mindef.gov.bn) along with a simple declaration in the email that you are the sole creator and copyright owner of the submitted photograph/s.

You may submit up to 3 photographs. In order to be judged by the editorial committee without being stretched or distorted, each photograph must be submitted in .jpeg, or .jpg format and no larger than 10 MB.

## Who may enter: ?

All RBAirF personnel, TEMD and Civilian staff may enter.

## What to enter: ?

- ✔ Picture submissions must be RBAirF-related.
- ✔ Any photograph taken with a mobile device (phone or tablet) is accepted. The contestant certifies that he/she is the sole creator and copyright owner of the submitted photograph.
- ✔ Cropped photos are eligible. We will not accept digitally or otherwise enhanced or altered photos. Minor adjustments of pictures, including sharpening, contrast, toning, slight color adjustment and conversion to grayscale are acceptable.
- ✔ For a photo in which a person is recognisable, you must be prepared to provide a model release from the subject in the form of permission, whether written or verbal. Photos that violate or infringe upon another person's rights, including but not limited to copyright, are not eligible.

# ROLES OF AIR POWER – AIR MOBILITY

by Maj (U) Alli Farid



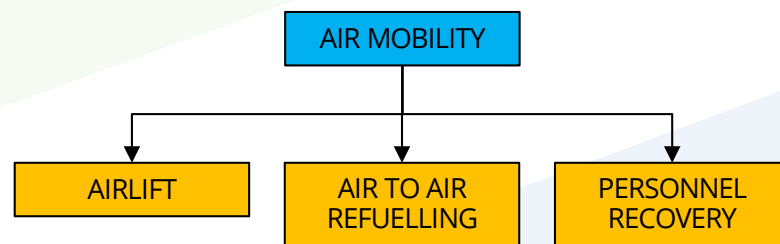
Air power is a collection of a number of fundamental roles. These roles differentiate air power from other powers and includes roles such as control of the air, intelligence, surveillance and reconnaissance, attack and air mobility.

In this edition, we will be looking closely at the air mobility role. The RBAirF is widely known for its air mobility capabilities. From its inception to transport medical doctors right up to the current state of providing medical care to rural areas, the development have been steadily progressive.

Air mobility grants the ability to deploy, redeploy, sustain and recover personnel and equipment over long distances in very short period of time.

Couple with the attributes of height, speed and reach, air mobility enables the RBAirF to conduct its missions and tactical tasks such as troop insertion and humanitarian aids.

Air mobility can generally be divided into three types of missions.



Airlift is the ability to transport personnel, equipment and materiel throughout the air across the operating area. The range of missions differ right from tactical drops, to tactical insertions.



The RBAirF have always worked closely with the SFR to conduct missions and play a critical in the success of those missions.

Additionally, previously RBAirF has used its flying assets to transport weapon systems over long distances. For example, previously the Rapier system of No. 2 Wing can be transported by helicopters through underslung. Personnel have also been deployed on hilltops by helicopters.

Air to Air Refuelling is also a key mission under mobility. Although the system is not yet available in Brunei, the advantage it can provide especially in battles cannot be underwritten. Through air to air refuelling, the range of air assets can be extended and this can prove critical in battles. One such example was the use in the Falklands War.

**LEFT**  
Military tactical insertion

**MIDDLE**  
Personnel airlift

**RIGHT**  
Air to air refueling



## MINIGUN M134D

by Cpt (U) Aizat

The Minigun project is one of the projects introduced within RBAirF. It was initiated back in 2019 and after approximately 2 years, it finally arrived in March 2022. The process was quite challenging and it is satisfying to see the project come into fruition with the delivery of the system.

The first training Air-to-Ground firing sessions for the Minigun was conducted by 11 and 14 Squadrons of No. 1 Wing at the Field Firing Area (FFA), Binturan, Penanjong Garrison. The objectives were to qualify, train and enhance proficiency on the weapon system for the pilots as well as crewmen in conducting Air-to-Ground Firing.

The week-long training session utilised the Minigun M134D from the rear gunner window position. The Minigun M134D has a simple design being belt-fed, electrically-operated and fires the standard 7.62 mm round. This training tested the coordination between pilots and crewmen in engaging a target from a hovering position and moving aircraft. This is when the crew then barrages bullets onto a target on the ground, firing until the weapon has expanded its supply of ammunition. The rattling sound of the gunfire echoing throughout the FFA was so loud that it drowned the sound of the Black Hawk S-70i.

The role of the Minigun M134D firing is the same as General Purpose Machine Gun (GPMG) where both provide direct and accurate suppression of fire for ground troops by engaging ground targets such as enemy infantry and military vehicles.

WEAPON	GPMG	MINIGUN
FIRING RATE	650-900 RPM	3000 RPM
OPERATED	GAS (RECOIL)	ELECTRICAL (RECOILLESS)
ACCURACY	LESSER ACCURACY	HIGHER ACCURACY
CAPABILITY	DAY	DAY
	NIGHT (NAKED EYE)	NIGHT WITH IR LASER POINTER (NVG COMPATIBLE)



**LEFT**  
His Majesty Sultan and Yang Di-Pertuan of Negara Brunei Darussalam trying out the Minigun M134D

**TOP**  
His Majesty Sultan and Yang Di-Pertuan of Negara Brunei Darussalam during the unveiling

**MIDDLE**  
HRH 920 Major (U) Prince 'Abdul Mateen firing the Minigun M134D

**BOTTOM**  
Deputy Minister of Defence being briefed on the Minigun M134D

# MST TIPS AND TRICKS

by Lt (U) Saifullah



Military Swimming Test (MST) is a swimming test designed for military personnel that is conducted once every fiscal year. MST is made up of two phases which are 2 mins floating in water and 100 Meter swim either using Breast stroke or Freestyle. It may sound easy for some especially strong swimmers but for non-swimmers such as myself it can be quite a challenge but even so, it is not an excuse to fail and Alhamdulillah I have never failed my MST even though I have always considered myself as a weak swimmer. I am going to share several tips on how to survive or pass your MST.

To start, always stick with the basics. One thing I learned from OCS is the importance of 'bubbling' as it helps making swimming easier. It helps with breathing and keeping yourself calm while swimming. Before MST starts, PTIs will give you time to do Bubbling so make the most out of the time given to repeatedly do bubbling until you feel comfortable being in the water.

At least try to do 15 times of bubbling and at the same time try to relax yourself and be comfortable in the water. Another tip is to try to stick with one swimming style either breaststroke or freestyle. Often, I see people change their swimming style thus causing them to not swim comfortably because they are still unsure which stroke they are most suited to and still don't understand the anatomy of swimming. So, choose one style that is easy for you and don't change it. You will get used to it and you will improve your swimming posture as time goes by.

Having the right breathing tempo also helps in swimming. Either its breast stroke or freestyle, the tempo of when to breathe and move your arms and legs matters in order focus and swim smoothly. For me I like to catch my breath every 2 strokes and then exhale inside the water. Whatever tempo that suits you and feel comfortable for you. Lastly, it's all about your mindset.

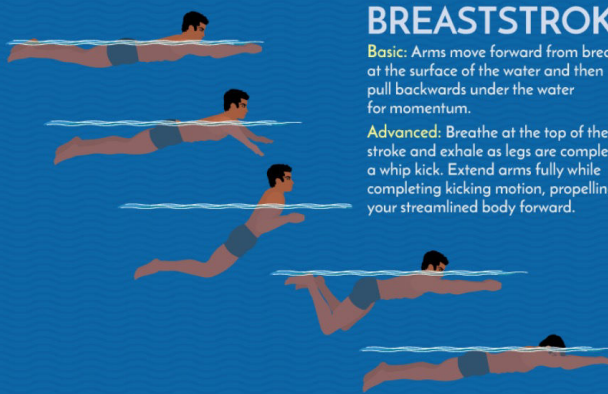


## » SWIMMING TECHNIQUES «

### BREASTSTROKE

**Basic:** Arms move forward from breast at the surface of the water and then pull backwards under the water for momentum.

**Advanced:** Breathe at the top of the stroke and exhale as legs are completing a whip kick. Extend arms fully while completing kicking motion, propelling your streamlined body forward.



You may feel like drowning anytime but don't let your mind get in the way, try to push yourself and keep going until you finish. Even if you don't finish, what is important is that you keep trying and don't give up. MST is not a race because it is not being timed so take as much time as you want, as long you do not stop and do not break any rules given, as long as you reach the finishing line, you will pass. The only competition is yourself.

Some people say weak swimmers shouldn't swim on the side lanes as they will have the tendency to touch the sides and get disqualified. For me, I have to be on the side lanes otherwise I would panic and lose my tempo and swimming rhythm. So you have to choose what is best for you and what is most comfortable for you.

So that is all the tips I can share to you, I hope it helps because it helped me to pass. If you follow all the tips I have shared to you and implement in your swimming routine, surely you can get comfortable in swimming and able to pass your next MST.



# COMPRESSION PANTS

by Lt (U) Norfariz

## WHAT IS IT?

Compression pants are designed to support the muscles and boost runners' performance and as strange as it may seem, it may actually work as advertised, as suggested by a study. Known as compression tights, the apparel is marketed to primarily long distance runners as a way to make their muscles work more efficiently – expending less energy to do a given amount of work.

In the new study, French researchers found that the high-tech pants allowed 12 male runners to expend less effort during their runs compared with shorts or traditional low-tech tights. This implies that the gear could delay muscle fatigue and permit runners to go farther or burn less energy to reach their usual performance level, according to study co-author Dr Stephane Perrey, of the University of Montpellier's Motor Efficiency and Deficiency Laboratory in France. The findings are published in the International Journal of Sports Medicine.

Compression tights have strategically placed bands of sturdier fabric that are supposed to support the leg's major muscles and limit excess muscle motion as a runner strides along. This protection against muscle "oscillation" may be what allowed runners in the study to move more efficiently, according to the researchers.

In addition, they note, the extra-supportive tights may facilitate blood circulation back to the heart. The study included trained male runners who volunteered to test the performance effects of three types of sportswear clothes – compression tights, standard shorts and conventional elastic tights. The researchers measured the runners' efficiency using portable monitors that gauged their oxygen needs during the run.

In the initial experiment, in which the men were asked to run a short distance, both compression and conventional tights helped the runners to move more efficiently compared with when they wore ordinary shorts. During more intense, 15-minute runs, the compression tights performed best, trimming the runners' oxygen use.



# COMPRESSION PANTS

Design for indoor and Outdoor exercise

Perrey estimated that, for a marathoner who normally clocks in at 3.5 hours, compression tights could shave about 6 minutes off that time. But, he told Reuters Health, the average jogger could also get a performance boost from the apparel – as long as the size is right.

## PERSONAL EXPERIENCE

Being an avid footballer before joining the military, I have always used compression pants. I used to play for a local football club, and the training have always been very rigorous. I have always felt that I recover better when using compression pants. Now, I use compression pants when I run for my IFA and I feel better using it compared to traditional wears. I don't know if it's just the psychological effect but wearing them definitely helps!

## TOP COMPRESSION PANTS BRANDS:

Under Armour  
2XU  
Nike  
Gymshark  
Lululemon





**ALWAYS READY**



**KERIS TERBANG**