

TEKS UCAPAN LT. KOL. PROF. DATO' DR. KAMARUDIN HUSSIN, REKTOR KUKUM DI MAJLIS SENAMROBIK KUKUM BERSAMA DYMM TUANKU SYED FAIZUDDIN PUTRA IBNI TUANKU SYED SIRAJUDDIN JAMALULLAIL, CANSOLOR KUKUM DI ISTANA ARAU, PERLIS PADA 30 APRIL 2005.

BISMILLAH HIRRAHMAN NIRRAHIM

ASSALAMUALAIKUM WARAHMATULLAHI TAALA WABARAKATUH DAN SALAM SEJAHTERA.

MENGADAP DULI YANG MAHA MULIA TUANKU SYED FAIZUDDIN PUTRA IBNI TUANKU SYED SIRAJUDDIN JAMALULLAIL, TUANKU CANSOLOR KUKUM DAN DULI YANG TERAMAT MULIA TUANKU HAJJAH LAILATUL SHAHREEN AKASHAH, RAJA PUAN MUDA PERLIS.

AMPUN TUANKU, SEMBAH PATIK MOHON DIAMPUN,

BUKAN LEBAH SEBARANG LEBAH,
LEBAH BERSARANG DI POKOK NANGKA,
BUKAN SEMBAH SEBARANG SEMBAH,
SEMBAH SEADAT DENGAN PUSAKA.

TERLEBIH DAHULU, PATIK BAGI SELURUH WARGA KOLEJ UNIVERSITI KEJURUTERAAN UTARA MALAYSIA (KUKUM) INGIN MERAFAK SEMBAH, MENJUNJUNG KASIH YANG TIDAK TERHINGGA, DI ATAS PERKENAN DULI TUANKU BERDUA MENCEMAR DULI BERANGKAT KE MAJLIS SENAMROBIK BERSAMA WARGA KOLEJ UNIVERSITI KEJURUTERAAN UTARA MALAYSIA (KUKUM) DI ISTANA ARAU, YANG INDAH LAGI MENGASYIKAN INI.

SESUNGGUHNYA, KAMI WARGA KUKUM BERASA AMAT BANGGA DAPAT BERSAMA-SAMA DENGAN RAJA YANG SENTIASA MENGAMBIL BERAT DAN PRIHATIN TERHADAP PERKEMBANGAN DAN PEMBANGUNAN UNIVERSITI INI. UNJURAN JEMPUTAN UNTUK BERIADAH DI DALAM PROGRAM SENAMROBIK INI JUGA MERUPAKAN SATU PENGHORMATAN YANG CUKUP BESAR BUAT KAMI DI KUKUM INI DAN LANGSUNG MENJADI KENANGAN ABADI YANG MELANKOLIK NAN MAHSYUK.

AMPUN TUANKU,

IZINKAN PATIK MENYAMPAIKAN UCAPAN KEPADA BARISAN TETAMU YANG HADIR.

YANG BERBAHAGIA PROF. DR. ALI YEON MD. SHAKAFF, KUKUM'S DEPUTY RECTOR OF ACADEMIC,

YANG BERUSAHA TUAN HAJI RUSLI BIN ABD HAMID, KUKUM'S REGISTRAR,

YANG BERUSAHA TUAN HAJI AYOB ISMAIL, KUKUM'S TREASURER,

YANG BERUSAHA PUAN HAJJAH FOYZIAH AHMAD NASURUDIN, KUKUM'S HEAD OF LIBRARIAN,

KUKUM'S DEANS OF SCHOOL OF ENGINEERING,

KUKUM' S HEAD OF DEPARTMENTS,

OUR DISTINGUISHED GUEST, MR. YAW FROM WAI TAN KUNG GI GONG AND MEMBERS OF KRAV MAGA SELF DEFENSE ASSOCIATION FROM SWITZERLAND.

MOST RESPECTED MEMBERS OF THE PRESS,

AND TO ALL KUKUM'S STAFF.

FIRST AND FOREMOST, GRATEFUL TO ALLAH, PRAISE TO HIM, THE MOST GRACIOUS AND MERCIFUL FOR HIS BLESSINGS IN GIVING US THIS PRECIOUS OPPORTUNITY AND MOMENTS TO GATHER AT THIS BEAUTIFUL AND MEMORABLE MORNING IN CONJUNCTION WITH 'PROGRAM SENAMROBIK BERSAMA TUANKU 2005.

ON BEHALF OF KOLEJ UNIVERSITI KEJURUTERAAN UTARA MALAYSIA OR NORTHERN MALAYSIA UNIVERSITY COLLEGE OF ENGINEERING, WE WOULD LIKE TO EXTEND OUR WARM WELCOME OR 'SELAMAT DATANG' TO MR. YAW FROM WAI TAN KUNG QI GONG AND MEMBERS OF KRAV MAGA SELF DEFENSE ASSOCIATION FROM SWITZERLAND TO THIS PROGRAM.

I WAS TOLD BY HIS ROYAL HIGHNESS TUANKU SYED FAIZUDDIN, MR. YAW AND MEMBERS OF THE KRAV MAGA SELF DEFENSE HAVE KINDLY CONSENTED TO DEMONSTRATE TO US WAI TAN KUNG GI QONG AND KRAV MAGA'S CONTACT COMBAT SELF DEFENSE METHODS.

WITHOUT FURTHER ADO, I WOULD LIKE TO EXTEND MY SINCERE CONGRATULATION TO THE ORGANISING COMMITTEE OF THIS EVENT FOR THEIR SUPERB ORGANISATION IN MAKING THIS EVENT A SUCCESSFUL ONE.

LADIES AND GENTLEMEN,

THE MAIN OBJECTIVE OF THIS YEARLY EVENT IS TO NOURISH THE GOOD RELATIONSHIPS AND TIES AMONG KUKUM'S STAFF MEMBER AND HIS ROYAL HIGHNESS TUANKU SYED FAIZUDDIN PUTRA IBNI TUANKU SYED SIRAJUDDIN JAMALULLAIL, KUKUM'S CHANCELLOR. THIS STRONG TIES IS A SYMBOL TO THE UNIQUE MALAYSIA, A COUNTRY WHERE DEMOCRACY PARLIAMENT IS PRACTISED BUT NEVER ONCE THE ROYAL INSTITUTION WERE LEFT BEHIND.

THIS EVENT IS ALSO KUKUM TOP MANAGEMENT'S WAY TO STRENGTHEN THE TIES AMONG THE INCREASING NUMBER OF KUKUM STAFFS. WE REALISED AS KUKUM IS GROWING AND DEVELOPING, IT IS IMPERIL IF WE FAIL TO GET THE STAFFS IN AMICABLE AND HOSPITABLE SPIRITS BECAUSE TO STRIVE FOR SUCCESS, EACH AND EVERYONE OF US NEED TO WORK HAND-IN-HAND AND IN MAKING OUR ACADEMIC INSTITUTION THE MOST EXCELLENT IN THIS REGION.

THE GRASS ROOT OF SUCCESS IS VERY SUBJECTIVE. BE IT FOR INDIVIDUAL, GROUPS OR ORGANISATION BUT AFFIRMATIVE YET TRUTH, THE CONSCIOUS MINDS OF A HEALTHY BODY IS CRUCIAL AND A KEY FACTOR TO ANYONE SEEKING AND VENTURING INTO ANY DISCIPLINES OF LIFE.

I WOULD LOVE TO SEE EVERY KUKUM'S STAFF IN THE PINK OF HEALTH. DON'T AND NEVER TAKE FOR GRANTED ABOUT YOUR STATE OF HEALTHINESS. TRY TO LEAD A HEALTHY LIFESTYLE BY EXERCISING AT LEAST THREE TIMES A WEEK.

LADIES AND GENTLEMEN

QI GONG IS ONE OF TRADITIONAL CHINESE MEDICINE'S PRINCIPAL METHODS OF TREATMENT. THE MIND, BODY, AND SPIRIT ENERGIES CAN BE REGULATED AND CULTIVATED THROUGH THE RELAXATION AND CONCENTRATION OF MENTAL AND PHYSICAL EXERCISES. IT IS ALSO BRINGING THE BODY INTO STATE OF MAXIMUM REPOSE AND SELF-REGULATION CAN HELP REALIZE FULL PHYSICAL POTENTIAL, RESIST ILLNESS, RECOVER DAMAGE CAUSED BY DISEASES, AND BALANCE THE BODY'S RELATION WITH THE MIND.

QIGONG RESEARCHERS MAINTAIN THAT THE HUMAN BODY AND NATURE EXIST AS AN INTERRELATED AND INSEPARABLE UNITY. IMBALANCES IN THIS UNITY ARE A KEY CAUSE OF ILLNESS. THEREFORE, HUMANKIND SHOULD STRIVE FOR THE CONSCIOUS AWARENESS OF OUR INHERENT COORDINATION WITH NATURE.

QIGONG IS A DISCIPLINE ANYONE CAN LEARN. MANY PEOPLE PRACTICE QIGONG SIMPLY BECAUSE IT MAKES THEM FEEL GOOD, PERFORM BETTER, EXPERIENCE HIGHER LEVELS OF ENERGY AND STAMINA, AND REACH THEIR LEVEL OF OPTIMAL HEALTH.

QIGONG CAN IMPROVE SPORTS PERFORMANCE, PREVENT JET LAG, AND SUPERCHARGE THE IMMUNE SYSTEM. QIGONG PRACTICE HAS BEEN SHOWN TO SUPER-OXYGENATE THE CELLS OF THE BODY. IT CAN REDUCE STRESS, IMPROVE BOWEL FUNCTION, AND RELIEVE THE SYMPTOMS OF INSOMNIA AND OTHER SLEEP DISORDERS.

IN THE AREA OF PAIN CONTROL, QIGONG PRACTICE CAN RELIEVE ACUTE AND CHRONIC PAIN, REDUCES THE PAIN OF CHILDBIRTH, AND SPEED RECOVERY FROM SPORTS OR OTHER INJURIES. IN ADDITION, QIGONG CAN INCREASE THE EFFECTIVENESS OF WESTERN MEDICATIONS, MAY REDUCE THE SIDE EFFECTS, AND EVEN ALLOW THE USE OF SMALLER DOSES.

LADIES AND GENTLEMEN,

ON THE OTHER HAND, KRAV MAGA WHICH DERIVED FROM HEBREW LANGUAGE FOR 'CONTACT COMBAT' IS THE OFFICIAL SELF-DEFENSE AND HAND-TO-HAND COMBAT SYSTEM OF ISRAEL. KRAV MAGA IS A VERY MODERN AND PRACTICAL STYLE OF SELF-DEFENSE THAT IS THE ONLY STYLE WORLDWIDE KNOWN AS AN ART OF SELF-DEFENSE AND NOT AS A MARTIAL ART.

KRAV MAGA ISN'T ABOUT BEING A TOUGH GUY, IT'S NOT ABOUT LEARNING HOW TO FIGHT IN A RING, IT'S ABOUT GOING HOME ALIVE NO MATTER WHAT THE SITUATION. KRAV MAGA IS A SURVIVAL SYSTEM DEALING WITH PERSONAL SAFETY ISSUES IN THE CONTEXT OF DEFENDING AGAINST BOTH ARMED AND UNARMED ATTACKERS.

KRAV MAGA INTEGRATES INSTINCT BASED SELF-DEFENSE TACTICS, WITH A STRONG CURRICULUM THAT TRAINS AGGRESSIVENESS, FIGHTING SPIRIT, SITUATIONAL AWARENESS, AND VERBAL DE-ESCALATION OF CONFLICT. IT ANTI-TERRORIST ROOTS MAKE IT AGGRESSIVE BY DESIGN, WITH ONLY ONE OBJECTIVE, TO ELIMINATE THE THREAT IN THE FASTEST WAY POSSIBLE. IT IS CONSIDERED A HIGHLY REFINED, STREET FIGHTING SYSTEM, DESIGNED TO BE UTILIZED AGAINST STREET ATTACKS, MUGGINGS, AND SEXUAL ASSAULTS.

KRAV MAGA WAS DEVELOPED FOR USE IN THE STREET. WHEN AN INDIVIDUAL IS ATTACKED IN THE STREET THERE IS NO WAY TO KNOW HOW MANY OPPONENTS OR WEAPONS YOU MIGHT ENCOUNTER, THEREFORE KRAV MAGA TRAINING IS BASED ON A SYSTEM WITHOUT RULES. THE KRAV MAGA HAS RECEIVED INTERNATIONAL RECOGNITION FOR ITS UNIQUE APPROACH IN BRINGING SELF DEFENSE TO CIVILIAN, MILITARY, AND LAW ENFORCEMENT ALIKE.

LAST BUT NOT LEAST, I WOULD LIKE TO SAY THANK YOU SO MUCH AGAIN TO MR. YAW AND MEMBERS OF THE KRAV MAGA SELF DEFENSE FOR THEIR KINDNESS TO SHARE THEIR SKILLS AND EXPERIENCE IN THIS MOMENTOUS MOMENTS. HOPE, THIS MEETING WILL NOT END HERE AND IF GOD WILLING WE CAN SURELY MEET AGAIN IN ANOTHER TIME.

AMPUN TUANKU,

SEKIAN SAHAJA UCAPAN PATIK. AKHIR KATA, PATIK MEWAKILI SELURUH WARGA KUKUM INGIN MERAFAK SEMBAH, MENJUNJUNG KASIH YANG TIDAK TERHINGGA SEKALI LAGI KEPADA KE BAWAH DULI TUANKU BERDUA KERANA TELAH SUDI MENERIMA KEHADIRAN KAMI SEMUA BERTANDANG DAN BERIADAH DI ISTANA ARAU INI. PATIK SUDAH DENGAN WABILLAH TAUFIK WALHIDAYAH WASSALAMUALAIKUM WARAHMATULLAHI TAALA WABARAKATUH.

