



MICKEY CHIANG

# FIGHTING FIT

THE SINGAPORE ARMED FORCES

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*There is a Chinese saying, "when a nation is lost, the common man is responsible."*

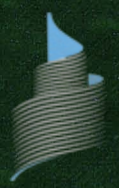
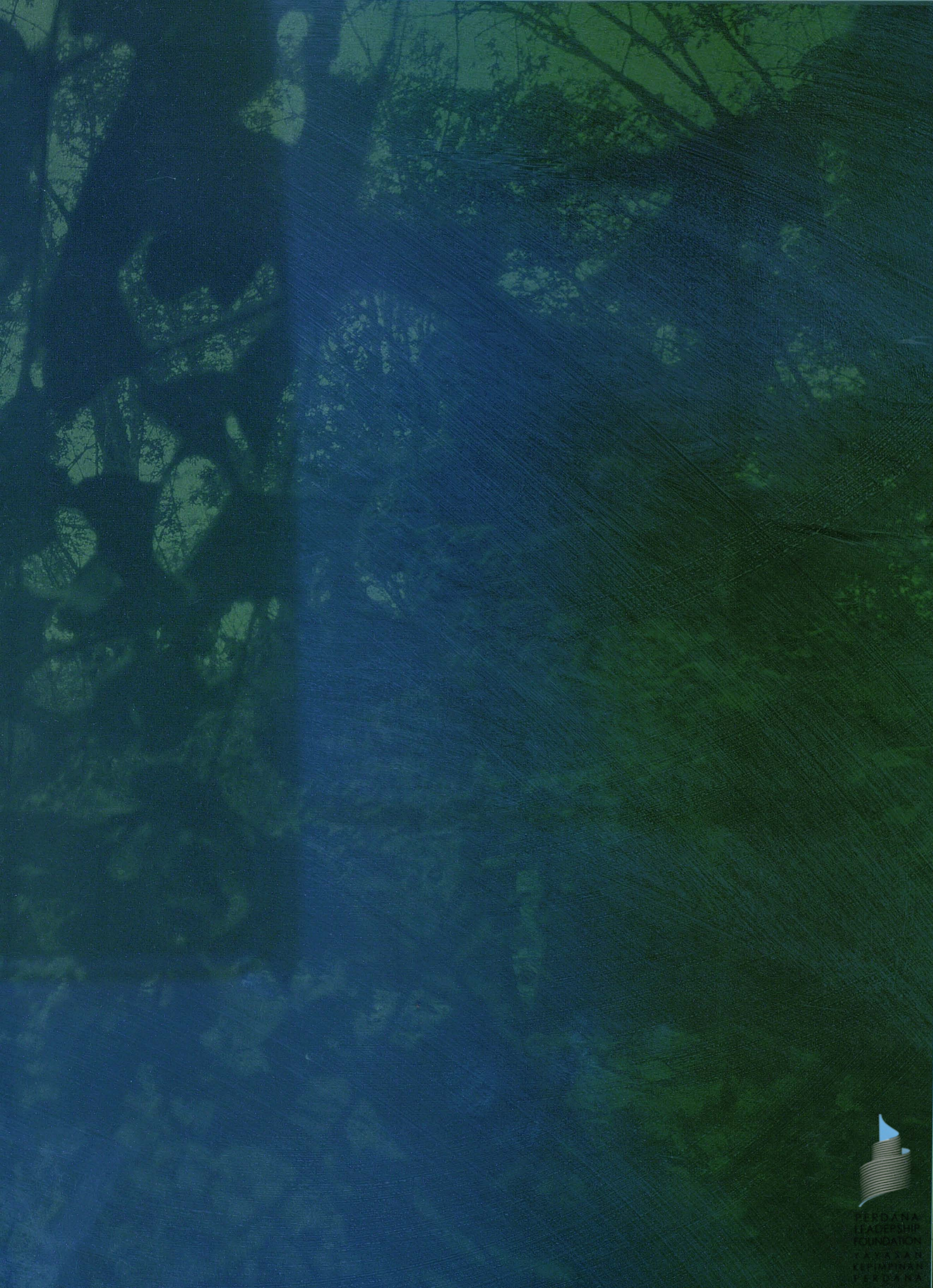
This book does not glorify war and the soldier. It does not glorify the Singapore Armed Forces. It is about how a nation seeks to protect and defend its existence – by keeping its armed forces fighting fit.

The Singapore Armed Forces – the men and women – is a deterrent force. It exists not to fight a war, but to prevent war. To do so, it must at all times be in a state of preparedness. Hence the tremendous emphasis on fitness, discipline and the honing of skills of the soldiers, the impressive array of weapons.

We hope that Singapore will never be at war again, but, in the event of an enemy attack, this book shows how Singapore can mobilize its armed forces to fight a war. It traces the rapid growth of the SAF from Singapore's independence to today. It explains the chains of command of the SAF, shows where the rifleman and the chief of the armed forces fit in in the scheme of things. It takes a look at the men and women who make up the armed forces – the commando, the cook, the fighter pilot, the naval mechanic, the parachute rigger. Highlighted are some of the arms of the SAF, quite a few of which are made here, in Singapore.

The humble rifle, the majestic F-16 Fighting Falcon, the specialist soldier, the infantryman, each is a crucial link in the chain of the nation's armour.





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*Cover:* Fighting men of the Singapore Armed Forces – they have the skills, fitness and discipline that make the difference. Cover photography by Lawrence Lim

*Overleaf:* An exercise of discipline – daily checks are made on the arrestor barrier which helps an aircraft to stop if its brakes fail.

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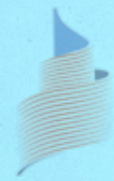
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Dato' Seri Dr. Mahathir Bin Mohamad,  
Prime Minister.

With Best Wishes,

Chetan Choo,  
Lt. Gen.

Chief of Defence Force  
SINGAPORE.





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