

## Straight Punch Technique on Sasana Lipang Bajeng Boxing Athletes

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**A.** Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

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### ABSTRACT

This research is a descriptive study, which aims to determine jab and straight punch techniques in Sasana Lipang Bajeng boxing athletes. Data retrieval is the skill level of jab and straight punches. Populasi is a boxing athlete from Sasana Lipang Bajeng while the determination of samples using the total sampling method is the number of samples in the study equal to the existing population of 15 athletes. The results showed that the straight hitting technique of 15 athletes, was categorized as good as 1 athlete or (6.67%), the good category as many as 10 athletes or (66.67%), the medium category as many as 4 athletes or (26.67%), and for the less and less categories there was nothing. Thus, it can be concluded that the straight punch technique of Sasana Lipang Bajeng boxing athletes is in the Good category.

**Keyword:** Technique; Blow; Straight; Fist

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### INTRODUCTION

The development of sports in Indonesia began to have a positive impact on society, not only on fitness, freshness and physical health but on the economic growth of a sport. Sports are packaged in the form of matches and championships. But this cannot be separated from a sporting achievement. Activities carried out in everyday life are unwittingly a form of exercise movement, such as walking up and down stairs, carrying bags, lifting gallons, and many others. But it is not enough to make the body physically and spiritually healthy. To make the body physically and spiritually healthy the body must always be trained or often do movements, in the sense of more active movements with sufficient intensity. Apart from being a form of making humans physically and spiritually healthy, sports also have a more special role, namely sports as a form of achievement. In other words, the role of exercise in everyday life is very important.



Boxing is a sport and martial art that pits two people of the same weight and predetermined (Edy. D.P. Duhe, 2012), attacking each other using their fists in a series of 3-minute interval matches called "rounds" (Muis, 2016). In each round, the boxer who delivers more clean punches or whose attacks are considered more effective and can dodge attacks from opponents is declared to win the round by winning points (M. E. Latuheru, 2018). If you can knock down your opponent or (knockdown) then one point will be deducted. Boxing is a martial sport in which there are two participants with the same weight, according to their fighting class. how to do boxing using gloves specifically boxing (professional fight gloves) used to hit or box within a period (3 minutes x 12 rounds) called rounds (Amahoru, 2020). Both boxers will punch, parry and dodge each other until within 1 round ends or one of the two boxers is hit by a lucky punch which results in a knockout or TKO by the referee (Abdurrojak & Imanuddin, 2016). In the sport of boxing, punching has a very important role. Unlike other martial sports, boxing only relies on punches to kill opponents, among the punches there are 4 namely jab, straight, hook, and upper-cut (Ina et al., 2020).

The basic position of boxing is a technique that plays a very important role, in addition to other techniques. The basic position of boxing is the most advantageous position to carry out techniques and expertise in shaping or composing boxing (Sumarjo, 2022). The secret to correct basic positioning is to keep both feet under the body, meaning that both feet can be set with a medium distance, weight balanced on both feet/legs (Dolphin, 2018) and can be moved forward or bent, can lower the body by bending both knees, flex the body to quickly react or move easily and lightly and get high strength (Seta & Wijono, 2021).

Willingness is the attitude of how a boxer takes an attitude to face his opponent so that with that attitude he can hit, attack or defend, and move anywhere according to the circumstances he wants (R. V. Latuheru & Rizal, 2020). The position of the willing attitude is in a standing posture, where the two feet, namely the left and right feet are approximately 20 cm apart, then the right foot is pushed back straight approximately 20 cm with the heel slightly raised (Bagaskara & Wijono, 2021). The knee of the left leg is bent approximately 170 degrees and the knee of the right leg is also bent approximately 150-160 degrees. Body weight is at the balance of both feet or slightly at the foot in front. The left hand is raised upwards flexed at the elbow joint where the elbow is not raised and is approximately one fist away from the left hull. The left-hand grip is approximately 15-20 cm away from the left shoulder and towards the left As far as possible (Putra & Anggraini, 2023).

Similarly, the right hand is raised to the right level without lifting the elbow of the bent right arm as much as possible. While the position of the right palm is open towards the opponent, the position of the right hand also serves to protect the right jaw (Kusuma et al., 2022). The elbow of the right arm is slightly docked to the right hull/rib. The fundamentals of footwork are the basic skills of a boxer to move both feet or coordinate the movements of both feet and legs to carry his body easily and efficiently, without damaging his body balance both when attacking and defending during the game (Marisa & Umar, 2020). So footwork includes offensive or defensive skills during combat. Hitting is done by starting with the rotation of the body, while the arm is only a bridge for the energy of the body. Power is obtained from the direct rotation of the waist where the shoulders and hips follow by pivoting on the midline of the body (Dvikaryani & Jannah, 2020).

The principle of a straight punch is a punch that is performed directly from the shoulder spin, using a rapid waist spin as a pushing force. The straight punch is the foundation of boxing skills, and this punch in the history of boxing has developed most recently (R. V. Latuheru & Rizal, 2020). This punch is a good thought because it can be executed better and more effectively when compared to other punches. This punch can be used with an



arm's length in all directions, either by the right hand or the left hand (Lahinda et al., 2020). If you want to throw a straight right punch, transfer your weight to the left leg, and waist and rotate your shoulders forward by pivoting the midline of the body and straightening the right arm towards the target as far as the reach of the arm, the right leg supports hip movement but do not go beyond the position of the left foot but still in the original position by only lifting the heel (Ayu Nabillah et al., 2022). There will be a slight shift but will return to its original position after making the straight shot. When the grip hits the target, the knuckles face up and the thumb side of the grip is turned inward. Do not change the grasp plane. The punch is moved through a straight line and back on that line. All forces are thrown in shock and away from the body and return to their original position with weakness/relaxation. The left arm remains folded at the elbow and pressed against the body in a possibility-preserving position (M. E. Latuheru et al., 2021).

The straight punch is the foundation of boxing skills, and this punch in the history of boxing has developed most recently. This punch is a good thought because it can be executed better and more effectively when compared to other punches (Loda, 2017). This punch can be used with an arm's length in all directions, either by the right hand or the left hand (Mu'minah et al., 2021). If you want to throw a straight right punch, transfer your weight to the left leg, and waist and rotate your shoulders forward by pivoting the midline of the body and straightening the right arm towards the target as far as the reach of the arm, the right leg supports hip movement but do not go beyond the position of the left foot but still in the original position by only lifting the heel (Abizar & Fahrizqi, 2022). There will be a slight shift but will return to its original position after making the straight shot. When the grip hits the target, the knuckles face up and the thumb side of the grip is rotated inward (Ngoalo et al., 2020). Do not change the grasp plane. The punch is moved through a straight line and back on that line. All forces are thrown in shock and away from the body and return to their original position with weakness/relaxation (Berrezokhy et al., 2020). The left arm remains folded at the elbow and pressed against the body in a possibility-preserving position (Mahfud et al., 2022). The straight punch is the basis of boxing skills because this punch in the history of review has undergone the most recent development. This punch is the result of thinking that can be carried out more effectively than other punches. This punch can be directed at arm's length in all directions by both the right and left hands (Juliati Br Sinuraya, 2023). When throwing with the right hand, transfer the body weight to the left leg, and waist and turn the shoulders forward by axing the midline of the body and straightening the right arm towards the target as far as the reach of the arm. the right leg supports hip movement but does not go beyond the position of the left foot but is still in the original position by only lifting the heel (Dharma et al., 2023).

## **METHODS**

To answer a study, it is necessary to know and design how to answer the research and also depends on the type of research and the purpose of the research and also depends on the type of research using the type of comparative descriptive research, which explains the facts and phenomena that now occur in the field. The research design or research design used in this study is regression. In simple terms, the research design used in this study was 15 Batek gym boxing athletes with a sampling technique of total sampling or selected according to criteria determined by the researcher. The instruments used to obtain data in this study were jab and straight tests. Data collection techniques are absolute requirements that must be met in carrying out scientific work. The data collection technique in this study was to use tests and measurements of jab and straight punch skills in Sasana Lipang Bajeng Boxing Athletes. Inferential statistics to test research hypotheses, namely by using the T-

Test, also tested analytical requirements, namely the normality test and data homogeneity test with *Kolmogorov Smirnov*.

## RESULTS AND DISCUSSION

### Result

Descriptive data analysis is intended to get an overview of research data. Descriptive analysis was carried out on the analysis straight punch technique in athletes Boxing Sasana Lipang Bajeng Descriptive analysis includes; Total value, average, standard deviation, range, maximum and minimum. These statistical values, it is expected to give a general idea of Jab and Straight punch skills in boxing games. The results of descriptive analysis of each research variable can be seen in **Table 1**.

**Table 1.**  
 Results of descriptive analysis of straight punch technique

| Variable                 | N  | Sum     | Mean  | STdv  | Variance | Range | Min.  | Max.   |
|--------------------------|----|---------|-------|-------|----------|-------|-------|--------|
| Straight Punch Technique | 15 | 1263,00 | 84,20 | 11,32 | 128,314  | 30,00 | 70,00 | 100,00 |

The results of **Table 1** above, which is an overview of straight punch techniques in Sasana Lipang Bajeng Boxing athletes, can be stated as follows: For straight punch technique data on Sasana Lipang Bajeng Boxing Athletes from 15 total samples, a total value of 1263.00 was obtained and the average obtained was 84.20 with a standard deviation result of 11.32 and a variance value of 128.314 from the data range 30.00 between the minimum value of 70.00 and 100.00 for the maximum value. The results of the descriptive data analysis mentioned above are an illustration of straight punch techniques in Sasana Lipang Bajeng Boxing Athletes.

One assumption that must be met for parametric statistics to be used in research is that the data must follow a normal distribution. To determine the distribution of straight punch techniques in Sasana Lipang Bajeng Boxing Athletes, a data normality test was carried out using the Kolmogorov Smirnov Test (K-S-Z). The results of the data normality analysis can be seen in the following summary of **Table 2**:

**Table 2.**  
 Straight punch technique normality test results

| Variable                 | K-SZ  | P     | Information |
|--------------------------|-------|-------|-------------|
| Straight Punch Technique | 0,185 | 0,180 | 0,05 Usual  |

Based on **Table 2** above, shows that from the results of testing the normality of the straight punch technique in boxing athletes, Sasana Lipang Bajeng boxing using the Test Kolmogorov-Smirnov showed the following results: testing the normality of straight punch technique In Boxing Athletes Sasana Lipang Bajeng obtained a Kolmogorov-Smirnov Test value of 0.185 with a probability level (P) of 0.180 greater than the value of 0.05. Thus, the straight punch technique in Sasana Lipang Bajeng Boxing Athletes follows a normal spread or normal distribution. Because the research data is normally distributed, hypothesis testing will use parametric statistical tests.

**Table 3.**  
 Recapitulation of the percentage result of the straight punch technique

| No.        | Interval      | Frequency | Percent     | Classification |
|------------|---------------|-----------|-------------|----------------|
| 1          | 99- and above | 1         | 6,67%       | Very Good      |
| 2          | 73 - 98       | 10        | 66,66%      | Good           |
| 3          | 47 - 72       | 4         | 26,67%      | Keep           |
| 4          | 46-down       | 0         | 0%          | Less Than Once |
| <b>Sum</b> |               | <b>15</b> | <b>100%</b> | <b>-</b>       |

Based on **Table 3** above, it appears that the percentage of straight punch technique data results from 15 players or (100%), the Very Good category is 1 person or (6.67%), the Good category is 10 people or (66.66%), the Medium category is 4 people or (26.67%), and the less as if category is 0 people or (0%), Thus, it can be concluded that the percentage of the final data results of straight punch techniques in the Lipang Bajeng Sasana Boxing Athletes is in the Good category.

## Discussion

Boxing is a sport and martial art that pits two people of the same weight and predetermined, attacking each other using their fists in a series of 3-minute interval matches called "rounds" In each round, boxers who give more clean punches or attacks are considered more effective and can avoid attacks from opponents, It was declared the winner of the round by winning points. If you can knock down your opponent or (knockdown) then one point will be deducted. Boxing matches are depicted on Sumerian relief carvings in Iraq from 3000 BC, while carvings from ancient Egypt from 3000 BC depict boxers as well as spectators. Other depictions can be seen in Assyria, Babylon, Minoan Crete (1500-900 BC), and Sardinia. Also considered the first boxing statues came from the Prama mountains (2,000-1,000 BC). Before the 20th century Broughton's Rules (1743), many records of ancient boxing were lost after the fall of the Roman empire. However, there are detailed records found in various cities and provinces in Italy between the 12th and 17th centuries. As sword-wearing became common, there was a renewed public interest in boxing. The sport again became popular in England during the early 16th century, sometimes referred to as prizefighting.

Boxing originally had no written rules. There are no heavyweights or referees. The first official boxing rules, called Broughton's Rules were introduced by champion Jack Broughton in 1743 for the safety of boxers, after many fighters died in battle. Under this rule, if a boxer falls (knockdown) and cannot continue after a count of 30 seconds, a fight after hitting a boxer who falls and hits below the waist is prohibited. Broughton also introduced the use of gloves. Marquess of Queensberry Rules (1867), John Graham Chambers introduced the Marquess of Queensberry Rules in 1867 which are used today. Things introduced were rounds, tumbling time reduced from 30 seconds to 10 seconds, the introduction of heavyweights, and other rules.

The focus of the problem in this study is amateur boxing. Indonesian Amateur Boxing Association (Pertina), was officially registered on October 30, 1959. Before Pertina was born, there used to be a boxing organization called the Boxing and Wrestling Union (Pertigu). At that time boxing and wrestling were inseparable because of their simultaneous coaching. Perrigo is considered to play more of a role in developing the sport of paid boxing. At that time boxing matches took place at the night market and the athletes received payment from the organizers. In the body, there is no clear separation between amateur boxing and paid boxing. Because of this uncertainty, boxing cannot be competed in national activities including PON (National Sports Week).

Hitting is done by starting with the rotation of the body, while the arm is only a bridge for the energy of the body. Power is obtained from the direct rotation of the waist where the shoulders and hips follow by pivoting on the midline of the body. The principle of jab and straight punches is a punch that is performed directly from the shoulder rotation, using rapid waist rotation as a pushing force. The jab and straight are the foundation of boxing, and this punch in the history of boxing has developed most recently. This punch is a good thought because it can be executed better and more effectively when compared to other punches.



This punch can be used at arm's length in all directions, both by the right hand and the left hand. If you want to throw a straight right punch, transfer your weight to your left leg, and waist and rotate your shoulders forward by pivoting the midline of the body and straightening your right arm towards the target as far as the arm's reach, the right leg supports hip movement but do not go beyond the position of the left foot but still in its original position by only lifting the heel. There will be a slight shift but will return to its original position after making the jab straight.

When the grip hits the target, the knuckles face up and the thumb side of the grip is turned inward. Do not change the grasp plane. The punch is moved through a straight line and back on that line. All forces are thrown in shock and away from the body and return to their original position with weakness/relaxation. The left arm remains folded at the elbow and pressed against the body in a position to keep the possibility.

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1. Straight punch technique athletes in the Lipang Bajeng Gyms Boxing Athletes are categorized as "Good as if" with a percentage of 1 person or (6.67%), in the Jab and Straight punch skills can understand the combination of basic attitudes, willing attitudes, basic foot movements and Jab and Straight punch skill techniques, so that the Lipang Bajeng gym boxing athletes can perform Jab and Straight punch movements very well and stable.
2. Athletes Straight punch techniques In Sasana Lipang Bajeng Boxing Athletes get the "Good" category as many as 10 people or (66.66%) because Sasana Lipang Bajeng boxing athletes can practice a combination of specific movements basic stances, basic willing attitudes and jab and straight punch skill techniques, which are good at jab and straight punches can be mastered by the athlete so that when doing jab and straight punches no longer make mistakes,
3. Straight punch technique athletes In Sasana Lipang Bajeng boxing athletes get the "medium" category percentage of 4 people or (26.67%) because Sasana Lipang Bajeng boxing athletes have not been able to perform Jab and Straight punch skills correctly as proven when performing Jab and Straight punch skills the athlete makes mistakes when the basic stance, willing attitude, basic footwork and Jab and Straight punch skill techniques are still wrong.



Jab and Straight Punch Skill Techniques in Sasana Lipang Bajeng Boxing Athletes are good at every stage. These stages consist of basic attitude stages, willing attitudes, basic footwork and good Jab and Straight punch skill techniques, so athletes will easily win because they have been able to master Jab and Straight punch skills techniques that exist in the sport of Boxing and can then be applied in matches to achieve victory.

## CONCLUSION

Based on the results of the research and discussion that has been presented, a conclusion can be drawn as follows: Jab and straight punch techniques in Sasana Lipang Bajeng Boxing athletes are categorized as Good.

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