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Basic Pencak Silat Techniques for Athletes

Imam Suyudi [1A-E*], **Muhammad Ishak** [2B-D]

[1]Study Program of Elementary School Physical Education, Health and Recreation, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, South Sulawesi, Indonesia
[2]Study Program of Sports Coaching Education, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, South Sulawesi, Indonesia

imam.suyudi@unm.ac.id[1], m.ishak@unm.ac.id[2]

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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 study aims to determine the level of basic pencak silat techniques in Bantaeng Regency athletes. This research is a type of descriptive research. The population of this study were all Pencaksilat athletes from Bantaeng Regency with a total research sample of 25 male athletes selected by random sampling. The data analysis technique used is a descriptive percentage analysis technique using the SPSS version 21.00 data processing system. Based on the results of data analysis, this research concludes that the basic techniques for pencak silat athletes in Bantaeng Regency are as follows: the number of pencak silat athletes is 25 people with 24 people in the good category (96.0%) and 1 person in the medium category (4.0 %). And there are no athletes who have the categories very good, poor or very poor. Thus it can be concluded that the basic techniques of pencak silat athletes in Bantaeng Regency are categorized as good.

Keywords : Basic Technique; Martial Arts

INTRODUCTION

Pencak Silat is one of the many types of martial arts in the world. Pencak silat which prioritizes self-defence has existed for a long time because to defend their lives humans have to fight, whether humans against humans or wild animals (Haqiyah et al., 2017). At that time, people who were strong and good at fighting got a good position in society so they could become chiefs of tribes or commanders of kings (Samsudin & Ooi, 2018). Over time the science of fighting became more organized so a martial art emerged called pencak silat. Pencak silat is a cultural heritage of the Indonesian people that has grown and developed abroad (Pomatahu, 2018). Although history cannot show exactly when Pencak Silat was born, Pencak Silat has been born in Indonesia since human civilization. Since prehistoric times, simple martial arts have been born to defend life (Arsyad et al., 2018).

Every region in Indonesia has its unique style of pencak silat. Among them, West Java is famous for the Cimande and Cikalong schools, in DKI Jakarta it has the Betawi silat school, in Minangkabau there is the Minang silat school, and many others. Every four years in Indonesia there is a national level pencak silat competition at the National Sports Week

(Regency & Sinurat, 2020). Pencak Silat has also competed in the SEA Games since 1987, and Pencak Silat is even one of the branches that will be contested at the upcoming 2018 ASIAN GAMES. Pencak silat has developed rapidly abroad, as evidenced by the holding of the 17th World Pencak Silat Championship in Bali in December 2016, attended by hundreds of athletes from 40 countries (Saut, 2016)

Pencak silat, as a martial arts sport, is one of the leading sports in Bantaeng Regency. In the training process and in relation to the training program, ideally the coach knows the skill level of his athletes to prepare the training program that will be implemented (Sudirman et al., 2019). However, in reality, the coach does not have data on the athlete's skill level because the coach does not know about good pencak silat skill tests (Ihsan et al., 2020). This results in coaches being unable to prepare training programs, even though the athlete's skill level is very important for coaches to develop training programs that suit the abilities of their students (Sarwita & Is, 2020). This makes the trainer only spontaneous in providing material at each training session (Syamsudin et al., 2020).

A technique is a movement process that is carried out effectively and efficiently to achieve a purpose by the goal. Techniques can be classified into three, namely: (1) Basic techniques are the basic foundations, where the movements are still simple and easy. So it can be concluded that basic skills are the ability to do simple work that is needed to carry out basic techniques (Syaifullah & Doewes, 2020), (2) Intermediate techniques are techniques where the movement process requires the use of speed, strength, agility, higher coordination than basic techniques (Maulana, 2023). So it can be concluded that intermediate skills are the ability to carry out movements with speed, strength, agility, coordination that are higher than basic skills (Suwirman & Sasmitha, 2020), and (3) high techniques are techniques where the movement process is required with high tempo, coordination, balance, precision and difficult and simultaneous movements (Panjiantariksa et al., 2020; Syaifullah & Lingsir Maghribi, 2023). From the definition above, it can be concluded that high skill is the ability to carry out work at a high tempo, coordination, balance, precision, and difficult and simultaneous movements (Dei, 2020) (Akbar et al., 2023).

Pencak silat is a form of self-defense with some scientific material teaching self-defense systems (Didik Cahyono & Muhammad Abdurrochim, 2022). In essence, the defense taught is in the form of fighting/fighting techniques, both empty-handed and with weapons (Efendi & Welis, 2022). These techniques are divided into several types, including dodges, throws, parries, and attacks (Aldani et al., 2021). These various techniques are still divided into several more types. In this research, the focus is on attack techniques, namely foot/leg attacks.

In pencak silat as an extracurricular activity, achievement is one of the main goals (Saputra & Muzaffar, 2022; Ihsan et al., 2022; Doewes et al., 2022). To achieve achievement, especially in the field of sports, training is the only way that can be taken (Rahmat et al., 2022). So training must be well-programmed to achieve goals (Dharmadi & Spyanawati, 2023).

Various things that become a reference in preparing a training program are one of which must be the abilities or skills of the athlete or athlete (Maulana, 2023). This athlete's skills can be determined with a skills test. So naturally coaches must have data on their athletes' skills (Nia et al., 2023). Meanwhile, training has certain principles that must be implemented (Fuorteino et al., 2023). One of them is FIT (frequency, intensity, time) or frequency, intensity and time. These three principles must be fulfilled properly by their respective provisions.

This research aims to determine the basic pencak silat skills of athletes so that they can be used as a basis for reference and consideration by coaches in deciding all matters

regarding training principles and preparing training programs so that athletes or athletes can improve and develop optimally. Another problem that arises is that pencak silat trainers in Bantaeng Regency do not carry out evaluations at certain periods. Evaluation is very important to carry out to achieve predetermined goals. Evaluation is a systematic process for determining or making decisions to what extent a goal or program has been achieved. Evaluation is a very important thing whose aim is to provide information about the performance of educational products. The trainer also has the responsibility to report the results of activities to the Bantaeng Regency IPSI Management. As stated by Rohinah M. Noor (2012: 81), the results and process of activities are assessed qualitatively and reported to school/madrasah leaders and other stakeholders by the person responsible for the activity. Another problem that the author found was that pencak silat athletes in Bantaeng Regency did this once a week, while the ideal training frequency according to Agung Nugroho (2001:70) is 2-3 times a week. Likewise, according to Sarwono & Ismaryati (1999:43), the recommended frequency of exercise is 2-4 times a week. According to the author, the existing facilities and infrastructure are inadequate, including 1 punching box and one pair of body protectors. Bantaeng Regency was taken as a research location to develop existing pencak silat.

METHODS

This research is descriptive research with the characteristics of no hypothesis and the data obtained will be presented. The method used is a survey method with test and measurement techniques which aims to determine empirical data on the level of basic skills of pencak silat athletes in Bantaeng Regency. The subjects in this study were all 25 Bantaeng Regency pencak silat athletes.

Data collection in this research used a survey method with test and measurement techniques. The method used is a survey research method with a basic pencak silat skills test consisting of 4 test items, namely:

a. The basic technique of straight punches with a samsak is to carry out punches in a straight direction on the samsak, the unit of measurement is the number of straight punches in 20 seconds.
b. The skill of straight kicks with a bag, which in its implementation is preceded by a sideways dodge to the left/right, the unit of measurement is the number of straight kicks in 20 seconds.
c. Side kick (T) skill with a bag, which in its implementation is preceded by a sideways dodge to the left/right. The unit of measurement is the number of T-kicks in 20 seconds.
d. Bow/sickle kick skills with a samsak target which in the implementation is preceded by a sideways dodge to the left/right. The unit of measurement is the number of sickle kicks within 20 seconds.
e. The skill of hitting with clenched fists with the target of a samsak, which was previously implemented was preceded by the technique of kicking forward before hitting the samsak. The unit of measurement is the number of blows with a clenched fist within 20 seconds.

The data analysis technique in this research uses the descriptive percentage analysis method, namely data processing as stated by Sudjana (2001: 129) by dividing the frequency by the total number of respondents multiplied by 100 percent.

RESULTS AND DISCUSSION

Result

Table 1.
Results of descriptive analysis for each variable

Variable	N	Sum	Mean	Stdv	Range	Min.	Max.
Straight punch	25	442,00	17,6800	1,31403	5,00	15,00	20,00
Straight Kick	25	367,00	14,6800	1,51987	5,00	12,00	18,00
Scythe Kick	25	372,00	14,8800	1,58955	6,00	12,00	18,00
"T" Kick	25	344,00	13,7600	1,20000	4,00	12,00	16,00
Basic Pencaksilat Techniques	25	1525,00	61,0000	2,82843	12,00	54,00	66,00

Table 2.
Data tabulation of basic straight punch techniques in pencak silat

No	Value	Category	Frequency	Percent (%)
1.	> 20	Very Good	1	4,0
2.	16 – 19	Good	22	88,0
3.	12 – 15	Medium	2	8,0
4.	08 – 11	Less	0	0,0
5.	< 07	Very Less	0	0,0
Amount			**25**	**100**

Table 3.
Data tabulation of basic straight kick techniques in pencak silat

No	Value	Category	Frequency	Percent (%)
1.	> 20	Very Good	0	0,0
2.	16 – 19	Good	6	24,0
3.	12 – 15	Medium	19	76,0
4.	08 – 11	Less	0	0,0
5.	< 07	Very Less	0	0,0
Amount			**25**	**100**

Table 4.
Data tabulation of basic sickle kick techniques in pencak silat

No	Value	Category	Frequency	Percent (%)
1.	> 20	Very Good	0	0,0
2.	16 – 19	Good	7	28,0
3.	12 – 15	Medium	18	72,0
4.	08 – 11	Less	0	0,0
5.	< 07	Very Less	0	0,0
Amount			**25**	**100**

Table 5.
Tabulation of basic technical data for the "T" kick in pencak silat

No	Value	Category	Frequency	Percent (%)
1.	> 20	Very Good	0	0,0
2.	16 – 19	Good	1	4,0
3.	12 – 15	Medium	24	96,0
4.	08 – 11	Less	0	0,0
5.	< 07	Very Less	0	0,0
Amount			**25**	**100**

Table 6.
Data tabulation of basic straight punch techniques in pencak silat

No	Value	Category	Frequency	Percent (%)
1.	17 – 20	Very Good	0	0,0
2.	13 – 16	Good	24	96,0
3.	09 – 12	Medium	1	4,0
4.	05 – 08	Less	0	0,0
5.	01 – 04	Very Less	0	0,0
Amount			**25**	**100**

Discussion

The results of the research as described above show that the overall level of basic techniques for pencak silat athletes in Bantaeng Regency is as follows: The number of pencak silat athletes is 25 people with 24 people in the good category (96.0%) and 1 person in the medium category (4.0 %). And there are no athletes who have the categories very good, poor or very poor. It can be concluded that the basic technical level of athletes in Pencak Silat in Bantaeng Regency is categorized as Good.

The results obtained can be caused by several factors, including showing that the level of basic pencak silat techniques in Bantaeng Regency athletes is good. This is shown by the condition of the athletes on the field. In general, athletes are average in their movements and often hit the target. His achievements prove that the level of basic pencak silat skills will influence the competition. If the athlete has good basic techniques, it will be easy for the athlete to perform pencak silat techniques as stated by Gordon (1994:55) that skill is the ability to operate work more easily and precisely.

Factors that influence the basic skill level of Bantaeng Regency pencak silat athletes include the following.

1. Coach
   The coach's job is to deliver training material according to the athlete's abilities and is responsible for the entire course of training. Trainers must know the principles and factors of training, especially pencak silat. According to Agung Nugroho (2001:92), several factors that influence success in developing pencak silat so that it can achieve maximum performance are 1) physical development factors, 2) technical development factors, 3) tactical development factors, and 4) mental development factors. Coaches, both in preparing training programs and in delivering them, can influence the motivation of their athletes. So coaches should try to keep their athletes motivated to train.
2. Environment
   Environmental conditions can influence athletes' motivation to participate in training. An unconducive environment can also affect an athlete's concentration. So the results of training can also be influenced by the environment. So the environment should be made enjoyable because one of the principles of extracurricular activities is fun as stated by Rohinah M. Noor (2012: 76) there are 6 principles of extracurricular activities, one of which is fun.
3. Exercise
   A good training process should adapt to the objectives of the training. By understanding the purpose of the training, the training should be programmed and structured well. This will have an impact on the ongoing training process. This is the principle of extracurricular activities put forward by Yudha M. Saputra (1999:13) that one of the principles of extracurricular activities is sustainability. Unlike what is found in

extracurricular pencak silat in Bantaeng Regency, the training material is delivered spontaneously which will affect the continuity between training sessions.

CONCLUSION

Based on the results of research and discussion, the basic techniques for pencak silat athletes in Bantaeng Regency are as follows: The number of pencak silat athletes is 25 people, with 24 people in the good category (96.0%) and 1 person in the medium category (4.0%). And there are no athletes who have the categories very good, poor or very poor. Thus it can be concluded that the basic techniques of pencak silat athletes in Bantaeng Regency are categorized as good.

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