

Use of fight category pencak silat techniques at the national student sports week

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ABSTRACT

The pencak silat techniques used in pencak silat competitions in the sparring category are very diverse, until now there has been no research that provides evidence of which techniques are often used in matches, from punches, kicks to slams. This study aims to determine the percentage of the use of fighting category pencak silat techniques in one of the prestigious pencak silat competitions, namely the National Student Sports Week. The method used is descriptive quantitative, the results of the research data are in the form of percentage figures for the use of techniques. The selected subjects were all athletes who competed in the championship, starting from the preliminary to the final with a total of 180 matches. Data collection used a laptop media device to view match recordings, then filled in the tally form was carried out by 4 people, 2 people to calculate the acquisition of the blue corner athletes, 2 people to calculate the acquisition of the red corner athletes. This calculation is done carefully, it takes 2 months. After all calculation forms have been collected, enter the data obtained for the formula into Microsoft Excel to determine the percentage of the technique used. Conclusion: Ranking techniques that are often used in the 2017 National Student Sports Week are 1. Crescent Kick (26.66%), 2. Punch (14.52%), 3. Front Kick (14.16%), 4. Side Kick (12.07%), 5. Cut (9.97%), 6. Throwback (9.55%), 7. Block (7.50%), 8. Avoidance (4.20%) 9. Sweep (1.00%), and 10. Back kick (0.37%). Techniques that have an attacking type are techniques that are often used, including sickle kicks, followed by punches, then front kicks and side kicks. Even so, defensive techniques also have a fairly high percentage too, though not as high as attacking techniques. So it is also important for coaches to prepare both techniques, both attack techniques and defensive techniques.

Keywords: martial art techniques, kicks, punches, slams.

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INTRODUCTION

POPNAS (National Student Sports Week) Pencak Silat is the most prestigious pencak silat competition in Indonesia at the student level, because in participating in the championship an athlete must pass a very strict selection in each province. Not only that, to compete at the provincial level, each athlete must also pass the regional selection for the regency/city/residency area (Sarief and Nuryadi 2019). So to be able to participate in POPNAS, they are student-athletes who have gone through a long selection process. Don't be surprised if

POPNAS athletes eventually become adult national athletes who win PON, Sea Games and Asian Games.

Pencak silat competitions are divided into two categories, namely: (1) TGR Category (Singles, Doubles, Teams), (2) Fight Category (PB IPSI 2012). The pencak silat category of sparring is a match featuring two fighters from different camps and both of them face each other by using elements of defense and attack, namely parrying, evading, and attacking at the targets specified in the pencak silat competition regulations (Dongoran, Muhammad Fadlih, and Riyanto 2020), as well as knocking out opponents using fighting techniques and tactics, using rules and patterns of steps by utilizing a wealth of stance techniques to get the most points (Nugroho, Agung 2005; Yuliana and Wahyudi 2022).

Pencak silat competition category is full body contact, each technique used in the match has a different point value, 1 points for punch, 2 point for kick, 3 point for drop, and 4 points for slam using catch. Even though throws have the biggest points, throws are not always successful, the risk is that the opponent gets kick points, fighters who intend to throw and fail don't get any points at all (Rosad and Hidayah 2015).

Previous research on pencak silat is about the analysis of crescent kick speed in teenage athletes (Guntur Sutopo and Misno 2021), another study is the increase in sickle kick agility (Hartati, Destriana, and Junior 2019), other research is the effectiveness of interval training and eye-foot coordination on sickle kick speed (Syaifullah 2021), other research is increasing the ability of slam techniques (Arimbi and Monita 2022). Each athlete in the sparring category has complex technical characteristics where the movement must be carried out at high speed and use the right moment (Mujahid and Subekti 2021).

There are many basic techniques of pencak silat, each university has its own basic technical characteristics (Lubis and Wardoyo 2014; Mujahid and Subekti 2021). However, in fighter category matches, the techniques that can be used are limited, because of the rules regarding the limits of attacking the opponent, which is only allowed to attack the body protector, and the assessment is only made when a punch or kick attacks the body protector (Nugroho 2020; Nuraisyah, Purnomo, and Supriatna 2019). Attacking outside of that doesn't get points, instead you can get a warning or a reduction in points (Hausal, Lubis, and Puspitorini 2018; PB IPSI 2012). Therefore the basic techniques of pencak silat that can be used in matches include 1. Punches; 2. Sickle Kick; 3. Front Kick; 4. Side Kick; 5. Back Kick; 6. Slam; 7.

Cutouts; 8. Sweep; 9. Blocks; and 10. Evasion (Aisyah, Mulyana, and Erawan 2022; Lubis and Wardoyo 2014).

The pencak silat techniques used in pencak silat competitions in the sparring category are very diverse, until now there has been no research that provides evidence of which techniques are often used in matches, from punches, and kicks to slams, even though with the percentage of using these techniques the coach can make them as one of the backgrounds for making a training program for pencak silat athletes in the fight category.

METHODS

This research is a type of quantitative descriptive research by collecting data using tests and measurements. The method used is quantitative, the results of the research data are in the form of numbers and analysis using statistics.

Research Subject

The subjects used were all Athletes of the 2017 National Student Sports Week who qualified in the round eight final matches, both male and female. Athletes who compete in POPNAS are athletes who are selected in their respective provinces, so it can be said that the athletes competing are the superior athletes of each province. Amount of matches is 180, 97 matches for male, and 82 matches for female.

Table 1. Distribution Subject

No.	Fight Class	Amount of Athletes	Provincial Distribution
1.	A Male	12	Aceh, West Sumatra, North Sumatra, South Sumatra,
2.	A Female	12	Banten, DKI Jakarta, West Java, Central Java, East
3.	B Male	12	Java, D.I. Yogyakarta, Bengkulu, Papua, West Papua,
4.	B Female	12	Jambi, North Maluku, West Nusa Tenggara, East Nusa
5.	C Male	12	Tenggara, Riau, the Islands Riau, Bangka Belitung,
6.	C Female	12	East Kalimantan, West Kalimantan, South
7.	D Male	12	Kalimantan, Central Kalimantan, Central Sulawesi,
8.	D Female	11	South Sulawesi, and North Sulawesi,
9.	E Male	12	
10.	E Female	12	
11.	F Male	12	
12.	F Female	11	
13.	G Male	12	

14.	G Female	10	
15.	H Male	11	
16.	H Female	10	
17.	I Male	12	
Amount		197	27 Province

Instruments and Procedures

This research was conducted by recording all matches, after obtaining video recordings, analysis was carried out with laptop media to calculate the use of techniques in matches using the score on the blanks that had been made. The technique that is analyzed is the technique: 1. Punch; 2. Sickle Kick; 3. Front Kick; 4. Side Kick; 5. Back Kick; 6. Slam; 7. Cutouts; 8. Sweep; 9. Blocks; and 10. Evasion.

Tally Calculation Form for Using Pencak Silat Techniques In The Fight Category					
Athlete Name/ Class :					
Team :					
Match Number :					
No.	Technique	Round I	Round II	Round III	Amount
1	Punch				
2	Sickle Kick				
3	Front Kick				
4	Side Kick				
5	Back Kick				
6	Slam				
7	Cutouts				
8	Sweep				
9	Bloks				
10	Evasion				

Picture 1. Tally Calculation Form

Data collection used a laptop media device to view match recordings, then filled in the tally form was carried out by 4 people, 2 people to calculate the acquisition of the blue corner athletes, 2 people to calculate the acquisition of the red corner athletes. One form sheet for one

athlete in one match, because there are 180 matches, the total tally form sheet is 360. This calculation is done carefully, it takes 2 months. The calculations obtained are accumulated for each class category competing, after each class match is finished, data for all class matches is collected to become one. After all calculation forms have been collected, enter the data obtained for the formula into Microsoft Excel to determine the percentage of the technique used.

Data Analysis

Data analysis begins by calculating all the acquisition techniques that were successfully carried out, then to find out the percentage technique used, enter the data into the following formula:

$$\text{Technique (X)} = \frac{\text{Technique X}}{\text{Total Technique (N)}} \times 100\%$$

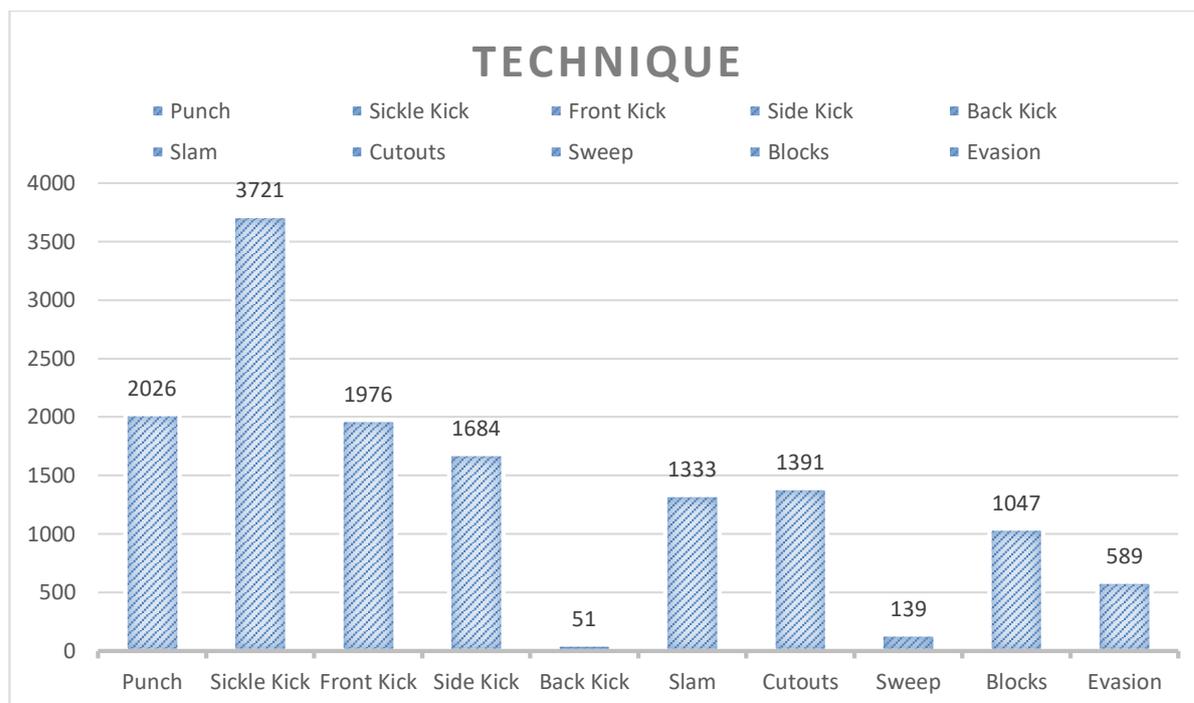
RESULT AND DISCUSSION

Result

Table 2. Calculation Results and Percentages of Using Pencak Silat Techniques in the Fight Category in the 2017 POPNAS Competition

No	Technique	Amount	Percentage
1.	Puch	2026	14.52%
2.	Sickle Kick	3721	26.66%
3.	Front Kick	1976	14.16%
4.	Side Kick	1684	12.07%
5.	Back Kick	51	0.37%
6.	Slam	1333	9.55%
7.	Cutouts	1391	9.97%
8.	Sweep	139	1.00%
9.	Bloks	1047	7.50%
10.	Evasion	589	4.20%
	Amount	13957	100%

Based on the results of the analysis, the highest order to the lowest technique is as follows: 1. Sickle Kick (26.66%), 2. Punch (14.52%), 3. Front Kick (14.16%), 4. Side Kick (12.07%), 5. Cutouts (9.97%), 6. Slam (9.55%), 7. Block (7.50%), 8. Evasion (4.20%) 9. Sweep (1.00%), and 10. Back Kick (0.37%).



Picture 2. Chart of Calculation Results for the use of pencak silat techniques in the Fight Category at the 2017 POPNAS competition

Discussion

The sickle kick technique, when compared to other techniques, has the highest proportion of 26.66%, the sickle kick is an attack, and this kick is easy to do, in use in matches there is no effect of bouncing or falling from the main opponent. The sickle kick technique also has a large enough value, namely two points, apart from that the sickle kick does not require too much energy to use when compared to other techniques (Guntur Sutopo and Misno 2021; Kamarudin and Zulrafla 2020).

Punch technique, a technique that has a low point of one, but occupies the second highest percentage, that is 14.52%. This happens because this technique is easy to do, at close range or nearby with opponent or in a clean position it will be very useful if used. Apart from that, this technique can be used as an inducement for slamming techniques, this technique can also be used as an unloading opponent's stance, and this technique can be used to initiate various variations of attacks on opponents (Fariz BSA and Iqbal Doewes 2015).

Front kick (14.16%), occupying the third highest percentage after punches, makes a bounce effect on the opponent, even if the opponent is not ready, this front kick can take the opponent down or fall (Ginanjar and Ramadhan 2021; Lungit Wicaksono, Totok Sardianto, and Dimas Duta Putra Utama 2020). Front kick is a kick that is difficult to catch, has great

bounce power, appeals to large users, and uses the soles of the feet which makes it difficult for opponents to catch it.

Cutout technique (9.97%), can be used for attack tactics or defensive tactics, used for attack tactics because this technique can be done directly when the athlete is facing an opponent, has 3 points if it is successfully done, if the timing and distance of using this technique is right, can make the opponent fall (Puteri Nuzul Mazida Rahma 2020; Syamsudin et al. 2021). This technique can be used after a sickle kick, punch, or clean position, it can be done when the athlete is in close proximity to the opponent. Cutting technique for defensive tactics is often done, this is because after cutting even though it fails the opponent is prohibited from counterattacking, in contrast to the sweep technique (Faizi Ramadhan Efendi and Arif Ali 2021). This can be used by athletes as a strategy to wasting time if they have already won points (Wardoyo and Fitranto 2020).

Slam technique (9.55%), a technique that must be mastered by all fighter class athletes, has points 1 + 3, because it catches the leg and then proceeds with the drop technique. The slam technique has various variations, such as an inside throw, an outside throw, a top catch, a bottom catch, a one-handed catch, a two-handed catch, back forward, up, backward and down. This technique is included in the category of defensive tactics, because to do so requires an attack in the form of a kick from the opponent (Rosad and Hidayah 2015). It has a disadvantage if it fails to slam the opponent, because the opponent will get 2 points from the kick, while those who will slam don't get any points when they only catch the leg. On the other hand, if the athlete succeeds in slamming, he will get 1 + 3 full points and the opponent will not get any points at all or will get 2 points, depending on the referee's perception.

Block technique (7.50%), there are two types of blocks, namely active blocks and passive blocks. Active block has an attacking character because it hits the opponent with a knee first, passive block can be said to be defensive because it is used to close the opponent's attack. Even though this technique has no points, this technique is very useful for starting attack tactics and defensive tactics. Active blocks are often used when the opponent uses the side kick technique as a counter-attack, because this technique can dismantle the opponent's defensive tactics. Besides that, active block techniques can also be used to lie to your opponent. Passive blocking is a pure technique for defending, any attack from the opponent can be covered with this technique, this technique is often used by fighters who have a defensive character in matches. This technique is used by athletes as a supporting technique for carrying out attack tactics.

Next is the evasion technique (4.20%), the right side evasion, the back evasion and the left side evasion. In principle, this technique has the same purpose and use, namely to evasion the opponent's attack ([Bhakti Wiyata Muhammad 2022](#); [Hanas 2013](#)). This technique includes defensive techniques, because waiting for the opponent to attack, then this technique can be used. This technique has +1 points, but +1 points will not be obtained if you don't continue to counterattack after evasion. If the athlete intends to perform an evasion technique, and fails to evasion the opponent's attack, the opponent will automatically get points. Based on the direction of evasionance, it returns to the character of the athletes' stances themselves. If the athlete uses the front left stance, then the athlete will do a right side dodge. If the athlete uses the right front stance, then the athlete will do a left side dodge. In addition, the right front and left front stances can be used for rear evasion.

Sweep technique (1.00%), this technique can be used for attack tactics and defensive tactics aimed at dropping the opponent by kicking the calf or heel leg ([Agustia and Adi 2019](#)). The points you get if this technique is successful are 3, but if you fail to make your opponent fall, you will get the risk of a counterattack from your opponent. Due to the athlete's body position lying down, it becomes easy for the opponent to counterattack, this technique is rarely used, because this technique has a high level of risk. When the sweep fails, or the opponent is still in a standing position, the opponent has the right to counterattack, usually in the form of a sickle kick. When compared with the cutout technique, the same has the principle of dropping the opponent using the foot. So almost all athletes choose the cutout technique, because there is no risk of getting a counterattack from the opponent ([Listiana and Isdaryono 2019](#)).

The back kick (0.37%) is a difficult technique to execute, and few athletes have mastered it. Even though it is difficult to do, actually this technique can surprise the opponent, because this technique is rarely used ([Hanas 2013](#)). This technique can be used for both offensive and defensive tactics. The value of this point is 2, the same as other kick techniques. However, if its use fails, then the risk of this technique is the imbalance of the athlete's body during stances or tidal postures. This will put the athlete in an unprepared position making it easy to attack. The percentage of use is very low, that is 0.37%.

Based on the description of the discussion of the techniques above, in the pencak silat competitions in the contest category at the 2017 National Student Sports Week the technique that is often used is a technique that aims to attack and get a lot of points. This is why the sickle kick, punches, front kicks, and side kicks are ranked in the top 4. Furthermore, techniques that

have a defensive character but can also attack, such as cutting, slamming and blocking are in the order of 5-7, this is because this technique has a character that can only be done at certain times. Other than that, his use of evasion, sweeps, and back kicks ranks at 8-10.

CONCLUSION AND SUGGESTION

Techniques that have an attacking type are techniques that are often used, including sickle kicks, followed by punches, then front kicks and side kicks. Even so, defensive techniques also have a fairly high percentage too, though not as high as attacking techniques. So it is also important for coaches to prepare both techniques, both attack techniques and defensive techniques. This research is still general in nature, detailed research is still needed for each technique in order to find out the gaps that can later create an innovation and be effective in using the technique, besides that it is necessary to carry out technical analysis research based on the 2022 IPSI regulations.

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