

Analysis of the Use of Dominant Techniques in Pencak Silat in the Competition Category After the New Regulations of 2023

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Abstract: Pencak silat is a branch of martial arts sport which consists of 2 categories, namely the sparring category and the art category. Kicks are one technique movement in the sport of pencak silat has high value and is one of the Techniques that are often used in matches. Use of kicking techniques in competition tend to be more effective at collection numbers and achievement of attack targets. The aim of this research is to find out the dominant techniques used by athletes in the new regulations, so that in the future the results of this research can be used to prepare specific training programs according to their needs. This research is a quantitative descriptive research, the form of research carried out is by recapping 10 pencak silat matches, then the data is summarized by analyzing the number of kicks in each match. The result showed that the use of the front kick technique is 12%, for the sabit kick technique it is 59%, the t kick technique is 24%, and finally the back kick technique is 5%. From the results of the statistical calculations above, it is concluded that the sabit kick is the attack technique most frequently used by athletes with a percentage of 59%.

Keywords: pencak silat, sabit kick, dominant technique

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INTRODUCTION

Achievement sports are an opportunity to maximize the potential that exists within each individual (Wafiroh et al., 2022). Each sport has its own unique competition rules (Rino Lusiyono Lucius & Daryanto, 2022). As time goes by, regulations also develop using technologies designed to support match results (Mulyadi & Rubiono, 2021). In the martial arts sport of pencak silat, the competition rules have been changed several times (Nopitasari AD, 2016). These changes include the match system, determining winners, penalties and violations, earning points, and so on (Rope et al., 2023). This makes all pencak silat personnel have to adapt to the new regulations.

Pencak silat is a branch of martial arts sport which consists of 2 categories, namely the sparring category and the art category (ALFIN ADAM et al., 2022). In the sparring category, the techniques used in the match cannot be separated from punches, kicks and falls (Y.P & Sugiyoto, 2017). The dominant techniques used due to the reform of pencak silat competition regulations have become new problems for finding training program formulations, determining competition tactics and athlete safety. (Susiana & Wahyudi, 2023). Kicks are one technique movement in the sport of pencak silat has high value and is one of the Techniques that are often used in matches. Use of kicking techniques in competition tend to be more effective at collection numbers and achievement of attack targets.

Training programs must change and develop in line with existing competition regulations (Handayani, 2019), That way it will be easier for athletes to follow developments in competition regulations. The aim of this research is to find out the dominant techniques used by athletes in the new regulations, so that in the future the results of this research can be used to prepare specific training programs according to their needs.

METHOD

This research uses quantitative descriptive research methods. According to (Jayusman & Shavab, 2020) descriptive research is carried out by searching for information related to existing symptoms, clearly explaining the goals to be achieved, planning how to approach it, and collecting various kinds of data as material for making reports.

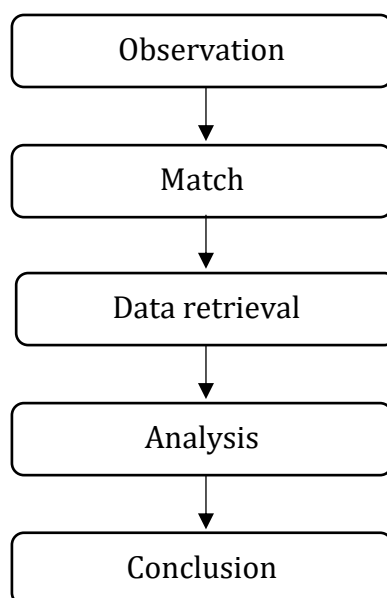
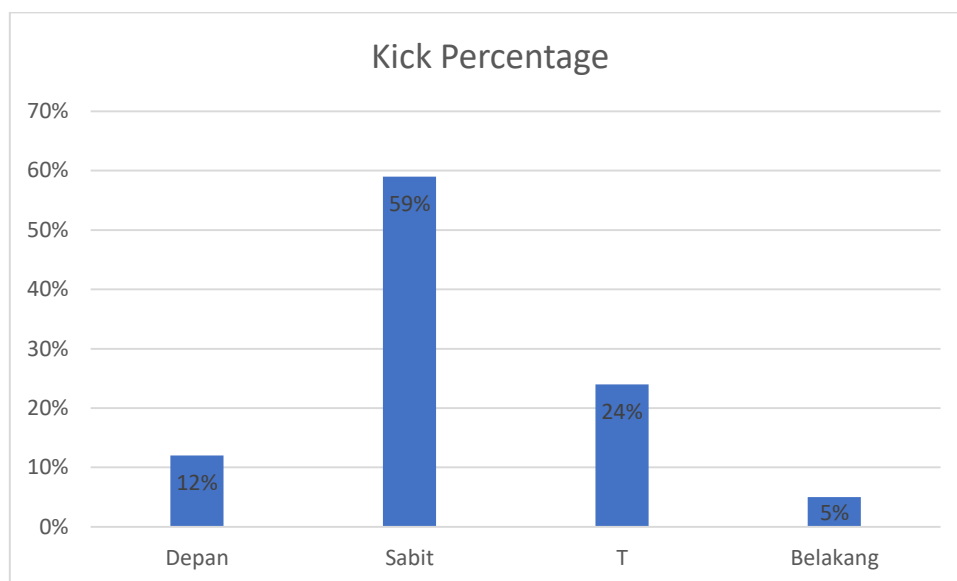


Figure 1. Research Design

The population in this study were UKM Pencak Silat UNNES athletes in 2024, while the sample in this study was 10 UKM Pencak Silat UNNES athletes. Data collection is carried out by recording the athlete's kicks during competition. Kicks are counted if the attack technique is considered valid and hits the target

RESULTS

Based on the results of statistical calculations, the following results were obtained:



Picture 1. Kick percentage result table

Based on the table of statistical calculation results above, it can be seen that the use of the front kick technique is 12%, for the sabit kick technique it is 59%, the t kick technique is 24%, and finally the back kick technique is 5%. From the results of the statistical calculations above, it is concluded that the sabit kick is the attack technique most frequently used by athletes with a percentage of 59%.

DISCUSSION

This research is a quantitative descriptive research, the form of research carried out is by recapping 10 pencak silat matches, then the data is summarized by analyzing the number of kicks in each match. The results of the data recap are then analyzed using statistics. The attack technique was chosen as a research target because it can be used as a reference for a training program. This is because attack techniques are techniques that aim to seize the opponent's initiative or make the opponent unable to attack or defend, and are all carried out tactically. (Ediyono & Widodo, 2019). In general, attack techniques in pencak silat are divided into 3, namely: punches, kicks and falls (Moch. Miftachurrohman et al., 2023).

The kick attack technique is an attack with a large number of points, namely 2 points (Yuredha Aji Setyoko et al., 2022). Kicks are a method of attack that is often used by martial artists, because apart from getting high points, kicks also have greater power and a longer attack range. (Harahap & Mahfud, 2023). Based on the results of the analysis above, the sabit kick is the attack most frequently used by silat fighters. The sabit kick is often done because it is easy to hit the target, therefore the sabit kick is quite effective for attacking the opponent (Mahardhika & Sutapa, 2021). The sabit kick has advantages including; has maximum speed, easy to do both when defending and attacking. According to their function, sabit kicks are divided into sabit kicks for attacking and sabit kicks for defense. The sabit kick for attack is a sabit kick that is used to deliver an attack first towards the opponent's target area. Meanwhile, the defensive sabit kick is a kick that is used to respond or provide an attack after the opponent has attacked. The sabit kick technique for attacking has various ways of doing it, such as crescent kicks using the leg behind, sabit kicks using the leg in front using steps.

CONCLUSION

Based on the results of research and discussion, it can be concluded that the most dominant kick attack technique used by UKM Pencak Silat fighters at Semarang State University is the sabit kick with a percentage of 59%.

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