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The crescent kick (tendangan sabit) skills of pencak silat athlete khandara khatulistiwa

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ABSTRACT

Problems: This Self-defense martial arts is sport native to Indonesia. In the event there are noor kembang kembang and fight. In fight martial artist must control various techniques for get points. One of the deadly techniques is a kick sickle. This technique besides turning off also not easy studied. **Purpose:** Study aimed to get an overview of kicking technique capabilities sickle on one Silat in Pontianak club, West Kalimantan. **Method:** Survey research, the instruments used by ovservation ceck list. Which consist of 8 items, with range score 1-4. Each athlete get three times chance. Data analyzed with using descriptive statistics by exel and SPSS IBM 22. **Results:** Research results shows, it turns out ability kick sickle martial artist is in the category good and Mostly very good. Conclusion study This convincing that martial artists in perguruan Pencak Silat Khandara Khatulistiwa Pontianak West Bornea, the ability kick in pencak silat was good and very good levels. **Conclusion:** Based on the data that has been obtained can concluded that ability kick sickle at college Khandara Equatorial Pencak Silat is very good. Based on this data, trainers can increase the efficiency and effectiveness of sickle kicks by improving biomotor abilities. In this way, coaches can improve the efficiency of the sickle kick by developing the athlete's biomotor skills. Furthermore, a structured training program tailored to the athlete's needs can help improve the athlete's sickle kick performance.

Keywords: pencak silat , kick , kick sickle.

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Introduction

Based on results research , there are a number of problems that affect effectiveness movement kick in martial arts silat , especially kicks sickle and T kick . Attack movements kick sickle will effective in the match if done at the right time and appropriately good move (Bakhtiar and Irawan 2023) Explosive power weak muscles in athletes martial arts Can influence ability kick sickle (Nofendri et al. 2023) . Lack speed in kick sickle influenced by conditions weak physique and strength weak muscles . Overcoming matter This with do Agility ladder exercise (Khosim 2022) . Difficulty do crescent kick at the time match influenced Because balance , speed and flexibility in athletes not enough Good (Ali Mardius, Eri Barlian, and Nurul Ihsan 2023; Alvio and Suwirman 2024; Novri and Kamarudin 2023) . Having fitness good physical condition Can increase speed kick sickle compared to fitness his physical bad (Trisyono et al. 2023) .

Various study results study give instructions Efforts to increase ability do kick regards martial arts Silat . Standing jump and interval sprint exercises have an effect increase strength and speed T kick (Bahtiar Hari Hardovi, Rizki Apriliyanto, and Ahmad Bahriyanto 2022) . According to study This it turns out muscle power legs and balance are very influential to speed T kick (Zaqi Arief Firmanto et al. 2023) exercise using ladder drill and dot drill has an effect significant to agility T kick (Rahayu, Nugraheni, and Saleh 2022) according to study This hurdle drills have an effect significant to improvement skills T kick (Agustina, Mulyana, and Mulyana 2022) . Both T kicks and sickle own component the same biomotor For improved for performance increase .

Ability kick in sport martial arts martial arts influenced strength , agility , balance and power explosion muscle legs in athletes . Especially in study relevant with kick in martial arts martial arts need

speed and power stand (Munzir, Irfandi, and Rahmat 2022) For increase his abilities with drills (Saraswati and Hariyanto 2021) , plyometrics (Arif, Negeri, and Taliabu 2021; Dewi Lengo et al. 2023) , (Dewi, Nugroho, and Syafei 2022) and exercises This done in several sets.

Overall, these studies suggest that kicking performance is significantly influenced by good technique and an appropriate training program. Furthermore, several studies have shown that sickle kick ability is influenced by important factors such as eye-foot coordination, speed, leg length-to-height ratio (Subekti et al. 2020), leg muscle explosiveness, agility, and self-confidence (Ihsan, Hidayat, and Neldi 2022). Plyometric training has been shown to be more effective than strength training (Sudirman, Samodra, and Arini 2024).

Relevant studies gives an idea that performance (kick) is influenced by appropriate training . Kick This become study interesting Because in the match is very necessary For get points. Before athlete get exercises of a nature development biomotor in form exercise physical , especially formerly mastery to the kick in question must Already good . Research study This aim For get information initial performance status kick as basic data For give recommendation exercise .

Method

This study uses a quantitative descriptive research method conducted to determine the value of independent variables (Jayusman and Shavab 2020) survey (Sudaryo et al. 2019) The number of research samples was 20 martial artists who are members of the Khandara Khatulistiwa pencak silat school. The research instrument used an observation sheet. Lubric observation of the assessment of crescent kick skills is shown in Table 1 below.

Table 1. Blank indicator for analysis of suitability of pencak silat crescent kick movement

No	Indicator	Description Evaluation	Score 1	Score 2	Score 3	Score 4
1	Movement Speed	Speed athlete in do kick	Not enough	Enough	Good	Very good
2	Strength Kick	The power of the foot strike when hit the target	Not enough	Enough	Good	Very good
3	Accuracy Target	Accuracy level kick hit the target	Not enough	Enough	Good	Very good
4	Balance Body	Ability guard stability moment kick	Not enough	Enough	Good	Very good
5	Flexibility of Movement	Flexibility in swing kick	Not enough	Enough	Good	Very good
6	Movement Coordination	Synchronization movement body and legs	Not enough	Enough	Good	Very good
7	Technical Consistency	Ability repeat kick with quality The same	Not enough	Enough	Good	Very good
8	Kicking Endurance	Ability do kick repetitive	Not enough	Enough	Good	Very good

In the research This used scale 1–4 because assessed more objective and not give choice neutral, so the validator is expected give more assessment firm.

Table 2. Likert Scale Assessment for kick sickle

Average Score	Category	Frequency
3.26 – 4.00	Very good	2
2.51 – 3.25	Good	18
1.76 – 2.50	Enough	0
1.00 – 1.75	Not enough	0

The data was analyzed using quantitative descriptive analysis with the help of Excel and SPSS IBM 22 series.

Results

Research Research result further analysis in form descriptive statistics (table 1, and graph 1) and so on arranged percentage performance in form criteria (table 4). Observation instrument sheet observation consists of from 8 observation items with range value 1-4 so that possibility score The maximum is 32 and the minimum is 8.

Table 3. Description results study

Mean	23.90
Median	23.50
Mode	21.00
Standard Dev.	2.29
Minimum	21.00
Maximum	28.00

Table 4. achievement status kick sickle

Average Score	Category	Frequency	Percentage
3.26 – 4.00	Very good	2	10%
2.51 – 3.25	Good	18	90%
1.76 – 2.50	Enough	0	0
1.00 – 1.75	Not enough	0	0

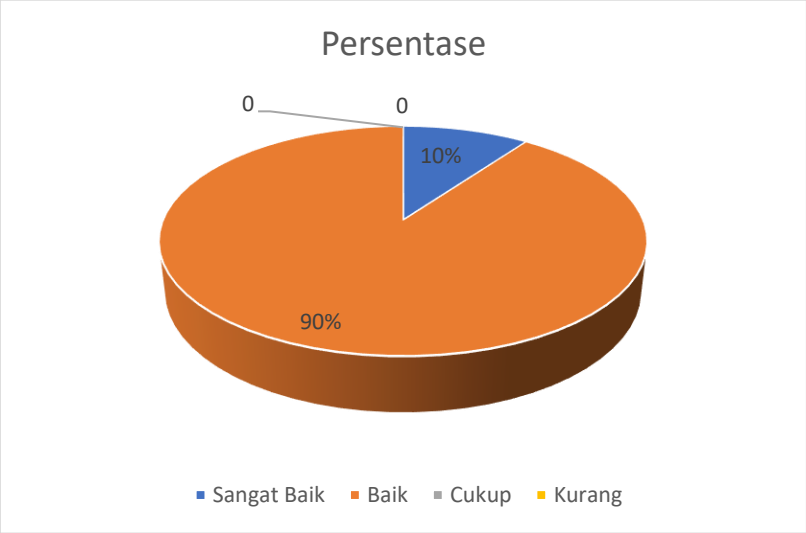

Figure1. Percentage performance kick sickle

Based on tables 3 and 4 and graph 1 Achievement kick sickle is in the category good and very good with percentage of 10% (very good) and 90% (good).

Discussion

The Connection with results kick sickle, described performance athletes in college pencak silat khandara khatulistiwa, which is clearly in the good category (90%). In line with that , research This produce tool help exercise accuracy kick martial arts efficient silat and is considered very worthy with validity tall (Purwandari, Putro, and Astuti 2023) . Other research results state that that variation g erak basics of T and front kicks influential to results Study skills movement base and kick (Amroin and Indahwati 2021) . Has been tested There are 13 training model results kick sickle that can used as variation training for athletes (Herdiman, Lubis, and Yusmawati 2022) . If technique base kick sickle done with good stages so will produce good move (Baun, Pendi, and Navie 2022) . Ability level athlete in skills base and speed kick sickle classified as in category (Nuryastuti and Upara 2023; Pratama, Perdima, and Febrianti 2022) . Other studies show that athlete own ability T kick which is classified as Good (Reza, Supriyadi, and Syafutra 2023) .

Further studies related with improvement kick (technique) with approach learning. Peer teaching and water pipe media have an influence significant to improvement ability kick sickle and t- kick in athletes martial arts martial arts (Moh Sabilillah, Dinangsit, and Susilawati 2022; Muzaqi 2023) . Learning media internet -based on kick sickle (Julianto, Chaerul, and Sumarno 2022) . Resistance band exercises are very effective and suitable For increase kick sickle (Zainul Ikhwan, M. Taheri Akhbar 2023) . Zig-zag run training and split squad jump training can be done increase ability kick sickle (Zulfani and Rahayu 2022) .

Quality kicks also depend from quality biomotor , results studies explain leg power and balance relate significant on T kick in athletes martial arts SMI silat (Noviana 2023) and it turns out intelligence intelligence is very influential significant to accuracy T kick (Permatasari, Nurdin, and Chesa Arianto 2023) . Research next , there is significant relationship Power explosion muscle legs and flexibility joints pelvis , so that happen improvement speed kick sickle (Yasin Ilmansyah Hakim 2023) (Ichtiyanto, Candra, and Pasaribu 2022; Saripudin and Kamarudin 2023) .

Speed kick sickle based on study study prove has Lots done , more circuit training exercises Good than plyometric training (Ali Mardius, Eri Barlian, and Nurul Ihsan 2023; ARIVAN and Suwirman 2024) with single leg bound (Kodir, Mulyana, and Mulyana 2023; Teguh Wibowo and Achmad Fandi Nur 2022; Wibowo et al. 2023) , method tabata and weight training rubber (Physical 2022; Ruler 2022) . Half squat jump exercise (Priyanto 2023) , variations exercise such as footwork and ladder drills (Hikmatullah, Triprayogo, and Zubaida 2023; Yusradinafi et al. 2022) . Jumping and running exercises (Soni, Rohmad Apriyanto, and Mohammad Da'i 2022) .

Practice agility in athletes martial arts it turns out can affect speed kick sickle (Adnadia, Purnomo, and Haetami 2022; Sayfullah et al. 2023; Sheda, Septiadi, and Maulana 2022) With agility ladder training can increase speed kick sickle in athletes martial arts (Khosim 2022) discussion focuses on linking the data and the results of its analysis with the problem or research objectives and the broader theoretical context

Conclusion

Based on the data that has been obtained can concluded that ability kick sickle at college Khandara Equatorial Pencak Silat is very good. Based on this data, trainers can increase the efficiency and effectiveness of sickle kicks by improving biomotor abilities. In this way, coaches can improve the efficiency of the sickle kick by developing the athlete's biomotor skills. Furthermore, a structured training program tailored to the athlete's needs can help improve the athlete's sickle kick performance.

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