

# **BASIC LEVEL TRAINING FOR PENCAK SILAT TRAINER SPECIAL REGION OF YOGYAKARTA**

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## **ABSTRACT**

The aim of PPM activities in general is to conduct Pencak Silat Trainer Training in Basic Levels in Yogyakarta Special Region. The specific objectives are: (1) Improving the understanding of DIY pencak silat trainers on the importance of technological development to improve athlete achievement, (2) Increasing the knowledge and skills of DIY pencak silat trainers in utilizing sports science and technology to support increased athlete achievement, (3) Improving trainer understanding DIY pencak silat on the application of training methodology based on the study of sports science and technology, and (4) Improving the qualifications of DIY pencak silat trainers in accordance with the criteria set by PB IPSI.

The results of the activities are as follows: (1) Activities take place smoothly without experiencing significant obstacles; (2) A total of 10 participants graduated with excellent categories, 17 participants graduated with good categories and 5 participants in the mentoring process, and (3) There were requests from participants to hold further training. The suggestion for the activity is the need for a follow-up of the Pencak Silat Trainer Training at a higher level and the need for cooperation with the Regional Government of IPSI DIY and Regency / City Government of IPSI in each training implementation.

Kata Kunci: *training, trainers, pencak silat*