

IMPROVED PERFORMANCE SABIT KICK PENCAK SILAT ATHLETES PON XIX REGIONAL YOGYAKARTA APPROACH THROUGH BIOMECHANICS

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ABSTRACT

This study aimed to improve the performance of the crescent kick martial arts athletes PON XIX Special Region of Yogyakarta through biomechanical analysis approach.

The research approach using action research (action research). The subjects used in the study is the third athlete martial arts sparring category DIY follow PON XIX. Instrument used in penelian is a crescent kick and counter attack streak crescent kick. Analysis of data using qualitative descriptive analysis system Prosuite Dartfish software.

Results of research conducted through an approach PTO indicate that: 1) There was a significant improvement over the performance of athletes at the time of the movement counter attack kicks crescent kick sickle streak, 2) analysis of the biomechanics of a positive impact on the effectiveness of the movement counter attack kicks scythe and kicks sickle streak, and 3) Education biomechanical motion analysis approach provides a positive influence on coaches and athletes about the importance of the role of science and technology to improve performance and achieveme

Kata Kunci: *performance, sabit kicks, pencak silat, sports biomechanics*