

DEVELOPMENT OF ENGINEERING EXERCISE MODELS OF PENCAK SILAT TANDING CATEGORIES FOR BEGINNERS (Study of Sports Biomechanics Analysis)

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ABSTRACT

Abstract

Most of the pencak silat trainers in the tanding category used the demonstration method to practice kicking techniques on beginner. This situation is due to the limitations of science-based media that can be used as a reference in the training process, especially for beginner. For this reason, the objectives of this research are: 1) Developing a training model for the pencak silat kick category of the tanding category for beginner based on biomechanics studies of sports, and 2) Testing the effectiveness level of the training model developed for the training of matched pencak silat kick techniques for beginner.

This type of research is Research and Development (R & D), with the steps of the R & D model from Borg and Gall. Trying subjects were differentiated according to the design of the trial, namely: as many as 3 athletes who had participated in the national pencak silat training category in the initial trials, as many as 10 martial arts athletes in the match category who participated in the DIY regional training in small-scale trials, and as many as 20 athletes in the Puslatda in DIY in large-scale trials. Data sources are martial arts athletes, pencak silat coaching experts, sports biomechanics experts and media experts. Data analysis techniques used qualitative and quantitative descriptive analysis

The results of the study are: 1) A guidebook is composed of training models for the pencak silat kick technique in the tanding category through an analysis of the biomechanics perspective of sports that includes front kick, sickle kick, side kick (T), and back kick, and 2) kick technique training model pencak silat is effective to improve the skill of the pencak silat kick in the tanding category for beginner.

Kata Kunci: *models, kicks, pesilat, beginners*