

# TRAINING EXERCISE AND RECOVERY PROGRAM FOR HAPKIDO NATIONAL TRAINERS

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## ABSTRACT

Hapkido is a branch of martial arts that originates from Korea and has recently become popular in Indonesia. At the last PON (XX) in Papua, Hapkido was still an exhibition branch, and would only be officially competed at XXI PON Aceh-North Sumatra. As in other martial arts, the risk of injury can occur during hapkido practice or competition. The most common injuries are injuries to the head and lower limbs. In an exhibition match in Papua, 2 athletes broke bones, more than 20 athletes experienced sprains and strains. This condition must be of concern to all sports people, as stated by the General Chair of the Central KONI at the Inauguration of the Indonesian Hapkido Central Management in Yogyakarta December 2022. It is recommended to find ways so that athletes can train and compete safely, but still achieve. Therefore, it is necessary to provide training to National Hapkido Trainers regarding appropriate Training Programs and Recovery Programs, especially from a physiological perspective to improve athlete performance. This training was carried out because there was close collaboration with the Indonesian Hapkido Central Leadership, and there was a gathering of National Hapkido Trainers and Athletes at the XXI PON Qualification Round event in Solo. The results of the training that has been carried out are that participants are aware and will apply soft tissue strengthening exercises around the joints which are integrated with physical exercise programs, participants feel very enlightened about injury prevention efforts with conscious joint exercise and recovery programs, and in general the training is easy to understand and apply.

Kata Kunci: *Exercise, Exercise program, Injury Recovery, HAPKIDO*