

# MOTION ANALYSIS PENCAK SILAT INDONESIA-MALAYSIA THROUGH SPORTS BIOMECHANICS APPROACH

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## ABSTRACT

Martial arts is a sport that is growing in the grove wither. Pencak silat as a result of a thought of society, which was originally intended to defend the life of a violent nature, then developed for performing arts, accompanied by traditional music, and akhirnya developed into one of the sports that competed achievement. Currently martial arts has evolved in various countries around the world, both devoted to the arts, martial arts and achievements. For martial arts achievement is already developing quite well, but the study of various martial arts techniques used have not been fully explained scientifically. Starting from this, the investigations in this field will be excavated and analyzed the motion pencak silat Indonesia-Malaysia through biomechanical approach to the sport. This research uses descriptive quantitative research approaches, by measuring the digital Pro Motion Analysis, by using the camera of the four corners. The population used are fighter Indonesia and Malaysia, the sample used is selected by purposive sampling with criteria for male fighters, had been a champion on the national or international event. Data collected by the test and measurement, and analysis of the motion pro. Selanjunya the data were analyzed with descriptive quantitative and qualitative analysis in accordance with the applicable procedures. Diharapkan results of this research is the discovery of martial arts motion analysis described with biomechanical approach to effective and efficient.

Kata Kunci: *motion, pencak silat, Indonesia-Malaysia, biomechanics, sports*