



## The Average Needs of Pencak Silat Basic Technique from Sparring Category

Hanik Liskustyawati; Agus Mukholid; Waluyo

Faculty of Sport, Sebelas Maret University Surakarta, Indonesia

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### **Abstract**

The art of self-defense PencakSilat as integral part of Indonesian culture society, in its intact and original substance, has two dimensions which cannot be distinguished, that are psychiatric dimension and physicality dimension. Physicality dimension is related to various PencakSilat techniques, each techniques has different character and way of performance. The manifestation of the value is a unity, such as mental-spiritual aspect, art and culture, self-defense, and sport. The aim of this research is to identify how much the average needs of PencakSilat basic technique in all sparring category in age 8 to 12 years old of female athlete.

This research is descriptive research with survey technique. The sample of the research was all female athlete from sparring class A to J, who joined UNS OPEN 2019, which is amounts 70 persons. The qualitative data analysis technique used percentage technique.

The result of this research shows that the average needs of PencakSilat basic technique from sparring class A, B, C, D, E, F, G, H, I, J were different. The results of this research shows that the average needs of PencakSilat basic technique from female sparring category are as follows: blow technique 26,2%, front kick 44,5%, side kick 3,6%, back kick 0%, sickle kick 18,3%, slamming 2,3%, cutouts 0,6%, sweep 0%, and defense 4,5%.

**Keywords:** Sparring Category; Basic Technique Needs; Pencaksilat

### **Introduction**

Pencaksilat according to Pengurus Besar IPSI in AgusMukholid (2009) is Indonesian cultural results in defending and in maintaining the existence (independence and integrity) toward environment/natural surroundings to achieve life harmony in enhancing faith and piety to the One Almighty God. While according to JohansyahLubis (2004) pencaksilat is a set of some self-defense movement which spreads to various regions of Indonesia.

Pencaksilat self-defense movement has many kinds of movements that adjusted for each pencaksilat college. Generally basic movement of pencaksilat is a planned, directed, coordinated, and under controlled movement which is an intact unity and cannot be separated. Pencaksilat match is

grouped as four categories, such as: (1) match category, (2) single category, (3) double up category, and (4) team category. Besides, there are grouping based on age, for male and female early childhood aged 6-12 years old group, for male and female teenager aged 14-17 years old group, and male and female adult aged 17-35 years old group. According to Johansyah and Hendro (2014) Class division for sparring category based on weight with age and gender classification, early childhood group, for male and female, aged 9-12 years old. Preadolescent group for male and female, aged 12-14 years old. Teenager group for male and female, aged 14-17 years old. Adult group for male and female, aged 17-35 years old and match level of Master/Pendekar group for male and female, aged above 35 years old.

This research was focused on early age fighter (pesilat) that is 8-12 years old and on sparring category that is pencak silat match which displays two fighters from different stronghold, two of them are face to face using elements of defense and attack such as parrying, dodging, and attacking to the target and fell the opponent, use of tactics and fighting technique, stamina endurance and fighting spirit, using rule and step pattern which to take advantage of wealth of stance technique, for getting many scores. (Awan Hariono: 2011)

Pencak silat in sparring category is individual match. Pencak silat match in sparring category is different from others self-defense. Pencak silat must be started with brace gesture. There is a rule in pencak silat that should be done, consists of brace gesture, step pattern, attack-defend and then back to brace gesture. In every matches, fighters have to master the techniques well for getting higher score. According Johansyah Lubis & Hendro Wardoyo (2014) many techniques that must be mastered by fighters in sparring category are the element of attack and defense, attack the opponent and drop the opponent with the use tactics and match technique and step pattern which are used to get higher score.

Pencak silat has many kinds of movement either attack or defense. Attack uses legs and wrist, as well as defense. Before learning advanced pencak silat, a fighter has to master the basic techniques such as : 1) Easel, maintain body posture from the two legs in static and dynamic position. Easel is the basic of a fighter to perform the movement of pencak silat. 2) Step pattern is a harmony between the legs movement and wrist in back and forth movement to approach and to avoid the opponent. 3) Brace gesture in common way is taught together with easel, including wrist gesture, body gesture and eyes sight, along with legs gesture in order to fight the opponent. Brace gesture could be used to hide or fool the opponent. 4) Defense is an effort to mess up the attack by switching the target of the opponent's attack. 5) Attack is a series of movement in order to touch opponent's parts of body. 6) Hit in pencak silat is one of attacks which uses arm or wrist. 7) Kick is attack which used the legs. As for the parts of legs that is used to kick are: instep, foot, toe, heel, side of the leg, and ankle.

In the aspect of pencak silat, the development of sport technique is according to the role of the pencak silat match and the elements of sport. Therefore, a coach should know the techniques of pencak silat in sparring category which could be applied in pencak silat matches. By identifying the amount of score percentage in every technique, it can be expected that a coach could know the score achievement which is often used in a match, next a coach could focus on the techniques that is appropriate with the rules of the match. The fouls which are often done by fighters is to avoid score reduction in from gaining the win in every match.

During the match, the time accumulation could be calculated as follows: 1) the used of time in two rounds is 120 seconds, 2) doing the recovery in every rounds is about 300 seconds, 3) the interval between rounds is 30 seconds. The rhythm of the movement during doing hitting, kicking, parrying and dropping in pencak silat sparring category is fast and sudden.

Dominant energy system that is used in pencak silat is anaerobic energy system. Moreover, in the process of catching become dropping is given time in five seconds, so that if in five seconds there is no

dropping, it will be stopped by the referee. Based on the observation result, the average of working time during fight in pencak silat match needs approximately in 3-5 seconds. If in the last attack (each of fighters did four kinds of attack) the legs could be captured by the opponent and there was no dropping happened, so the time accumulation needed during that process is approximately 10 seconds maximum. Therefore, the required energy system is alaktik anaerobic energy system (ATP-PC), because the working time needs time in 10 seconds maximum. This matter is appropriate in the characteristics of alaktik anaerobic energy system (ATP-PC) that are: (1) maximum work intensity, (2) working time is about 10 seconds, (3) explosive working time (suddenly fast), and activities that produce the AdhenosinDiphosphat (ADP) and energy (Awan Hariono, 2005).

Other observation towards type and rhythm of movement is one of basic consideration in determining predominant in energy system of pencak silat sparring category. Pencak silat needs good power ability. The use of kicking technique, hitting during the match have to done fast and strong so that it can complicate the opponent to do the dodgery, avoidance, defense, and catch.

### **Research Method**

The research method used in this research was descriptive method using survey technique related to how use of basic technique while pencak silat match in sparring category taken place. In this research, described about the average needs in using basic technique in sparring category. Basic techniques which are taken from pencak silat match in sparring category covers: 1) Hit, 2) Front Kick, 3) Side Kick, 4) Back Kick, 5) Sickle Kick, 6) Slam, 7) Clipping, 8) Wipe, 9) Defense.

1. The research sample is female fighter from class A to J, who were observed from semifinals to finals. In sparring category that consist of 8 -12 years old, the thing to differ each sparring class is the fighters' weight.
2. The Data Collection Techniques were done by participatory observation toward pencak silat basic techniques while the match taken place. Every successful kicks will get one score and every failed kicks will get zero score.
3. The Data Analysis Technique used the quantitative descriptive technique by percentage. Watching recording about the match and carried out the analysis and noted down every technique in 2 forms provided for the blue corner and filling form for the red corner. The filling data in every techniques was written down with careful calculation. All movements done by fighters were observed and scored by pencak silat experts. The data from the experts were analyzed in every basic technique used so later could calculate the average needs of the fighters. The collected data were analyzed by using formulas as follows:
4. The collected data were analyzed, the technique used is percentage, with formulas as follows:

- a. The one of basic techniques of average needs in one sparring class  
Ex: Sickle Kick Technique

$$\text{Class A Sickle Kick Technique} = \frac{\text{Class A Sickle Kick Technique}}{\text{Class A Total Technique}} \times 100\%$$

- b. The one of basic techniques of average needs in one sparring class  
Ex: Sickle Kick Technique

$$\text{Class A-I Sickle Kick Technique} = \frac{\text{Class A-I Sickle Kick Technique}}{\text{Class A-I Total Technique}} \times 100\%$$

## Research Result

**Table 1. Overall Results of Basic Technique Average Needs Class A-J Female**

No	Basic Technique	Amount	Percentage
1.	Hit	499	26.2
2.	Sickle Kick	846	44.5
3.	Front kick	68	3.6
4.	Side Kick	0	0
5.	Back Kick	346	18.3
6.	Slam	42	2.3
7.	Clipping	11	0.6
8.	Wipe	0	0
9.	Defense	86	4.5
<b>Total Amount</b>		<b>1898</b>	<b>100%</b>

The overall result analysis of pencak silat basic technique needs showed that the average needs of pencak silat basic technique class A – J in female sparring category from the highest score, were obtained the results as follows: front kick 44,5%, hit technique 26,2%, sickle kick 18,3%, defense 4,5%, side kick 3,6%, slam 2,3%, clipping 0,6%, wipe and side kick 0%.

In the table below, showed the overall research result of female fighters from class A – J, in detail as follows:

**Table 2 Details of the Result of the Average Basic Technique Needs from Each Class A –J Female**

No	Basic Technique	Percentage									
		A 26-28	B 28-30	C 30-32	D 32-34	E 34-36	F 36-38	G 38-40	H 40-42	I 42-44	J 44-46
	<b>Class and Weight (kg)</b>										
1.	Hit	28.94	36.60	26.78	18.34	17.82	14.04	21.35	39.66	8.33	2.17
2.	Sickle Kick	18.75	17.55	18.43	40.23	20.79	11.57	15.53	9.91	9.52	6.52
3.	Front Kick	39.96	40.77	55.02	26.62	30.69	52.89	58.25	47.93	66.66	80.43
4.	Side Kick	2.63	1.48	0.95	4.14	17.82	12.39	1.94	2.47	0.00	0.00
5.	Back Kick	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6.	Slam	1.31	2.08	2.39	2.95	2.97	9.09	2.91	0.00	0.00	0.00
7.	Clipping	1.15	0.29	0.00	0.00	2.97	0.00	0.00	0.00	0.00	0.00
8.	Wipe	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9.	Active Block (defense)	7.40	0.89	0.00	7.69	6.93	0.00	0.00	0.00	15.47	10.86
<b>Amount</b>		<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

Based on table 2, obtained the overall result analysis from each sparring class A-J, three highest order in basic technique often used in every class is are as follows:

Class A: basic technique of front kick (39,96%), hit (28,94%), and sickle kick (18,75%), defense (7,40%).

Class B: basic technique of front kick (40,77%), hit (26,78%), and sickle kick (17,55%).

Class C: basic technique of front kick (40,77%), hit (28,94%), and sickle kick (18,43%).

Class D, F, G, H: from the percentage result, the arrangement that the fighters got was not different from previous class, that the basic technique was dominated with front kick, hit, and sickle kick.

Meanwhile in class F, I, J there were little difference results of gained basic technique that was in the defense (*active block*). Wipe kick and back kick in every classes were not implemented by the fighters. While in the basic technique of clipping and slam, only in certain class which implement it.

Class G, H, I, J had a tendency of the basic technique usage in hit, sickle kick, front kick, and defense. This matter is caused by children had a tendency of having weight heavier than in the previous class.

## Conclusion

- a) Sparring Class A and B: had quite good defense. The weakness was in back kick technique, wipe. The function of the technique was to defeat the opponent that was done with wiped limbs in upright position to opponent's legs and the technique of bringing down the opponent which was done by clamp the both legs to the parts of body for being attacked.

Master the defense technique (right side, left side and back). Due to female sparring class B was very often using front kick and hit in the beginning attack, it could be anticipated by using avoidance technique which was directly followed by counter-attack. By doing that, the opponent could not get scores, but we got score 1 + 2.

- b) Sparring Class C: same with sparring class A and B, the trained anticipation was back kick, clipping, wipe, and defense. Since back kick was done first by countering the body and the body position was back to back the opponent with the estimation of the heels.
- c) Sparring Class D: same with sparring class A, taking action to immediately defense for an athlete compete was an absolute thing to master, deciding action in matter of seconds was a mandatory. Although the opponent was very shrewd in slam technique, it did not mean as an athlete did make back hit attack, clipping, wipe at all. Keep doing the kicks but know the right timing. Moreover, before doing the hit attack, use the quick steps first or use the upright wipe technique in order to startled the opponent.
- d) Sparring Class E: the variation of hit and kick were sickle kick, front kick, side kick, slam, clipping, and defense were mastered, but back kick technique and wipe were less mastered. It could be anticipated by using avoidance technique followed by direct counter-attack. Therefore, opponent could not get score.
- e) Sparring Class F and G: the ability of doing the technique was not equally, the front kick technique was high but back kick, clipping, wipe, and defense were very less, each were 0%. Therefore, exercise technique and close range attack tactics were needed which done first by catching one of the opponent's body components to push or to pull, released looked from the weight point support. Slam could be done by at least 4 kinds of technique such as: limb slamming, hip slamming, back slamming, and legs slamming.

- f) Sparring Class H: because the front kick was in first rank in the amount of 47,93%, so the anticipation for the front kick technique was should be the slam. Because the opponent was trying to hit and we used the side kick technique with the right timing. However, slam, wipe, clipping, defense, and back kick were very low, so it could be predicted that the opponent got the scores because the kick did not touch to the body protector.
- g) Sparring Class I, J: master the defense technique (right side, left side, and back) due to female sparring class I was very often using the front kick and hit in the beginning of attack. It could be anticipated bu using avoidance technique followed by direct counter-attack do the opponent could not get scores but we could get scores 1 + 2.

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