

Analysis of Sabit Kick Agility in Pencak Silat Sports

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Abstract

Background: In the realm of Pencak Silat, the speed of the sabit kick is a critical aspect that distinguishes between an athlete's skill and proficiency. A technical movement must possess an optimal level of effectiveness and efficiency. Pencak Silat is a traditional Indonesian martial art that encompasses a variety of techniques and movements, one of which is the sabit kick. The sabit kick is a crucial technique in Pencak Silat, requiring agility, precision, and strength to be executed effectively. In Pencak Silat competitions, the sabit kick is frequently used to score points or even to defeat an opponent. Therefore, analyzing the agility involved in executing the sabit kick in a competitive context is essential. An athlete's ability to perform the sabit kick quickly and accurately can be a decisive factor in the outcome of a match. Good agility enables athletes to respond swiftly to their opponent's movements and to execute techniques at the right moment. **Method:** This study employs a quantitative descriptive approach. The research subjects consisted of 61 members of Tapak Suci MTS Muhammadiyah Pekalongan City, selected using a total sampling technique. Data collection was carried out through tests and measurements of sabit kick agility. The test procedure involved subjects performing sabit kicks with both the right and left legs, maneuvering over 30 cm high cones within 15 seconds. Subsequently, data analysis was conducted using percentage techniques to understand the frequency distribution of the test results. **Result:** The results of the sabit kick agility test for Tapak Suci MBS KH. Mas Mansyur athletes revealed that 8.19% or 5 athletes were categorized as sufficient, 44.26% or 27 athletes as poor, and 47.54% or 29 athletes as very poor. **Conclusion:** to achieve optimal performance, enhancing the agility of the sabit kick must be a top priority in the development of training programs at Tapak Suci MBS KH. Mas Mansyur.

Keywords: agility, pencak silat, sabit kick

INTRODUCTION

Pencak Silat is a traditional martial art originating from Indonesia. Serving both as a form of self-defense against threats and as an introduction to Indonesia's indigenous culture, Pencak Silat is frequently showcased in sports championships at both national and international levels [1]. Traditional martial arts in Indonesia, particularly Pencak Silat, play a vital role in the country's cultural heritage and sports diversity. Pencak Silat, as a martial art, has seen rapid development in Indonesia [2]. It is recognized as an integral part of the Physical Education curriculum, spanning educational levels from elementary schools to universities [3]. The presence of Pencak Silat in schools contributes to facilitating the development of potential or talented Pencak Silat athletes in Indonesia [4]. Pencak Silat in Indonesia has spread through various channels, forming several axes influenced by enculturation [5]. With significant growth, Pencak Silat has become one of the competitive sports disciplines, participating in the 2018 Asian Games [6]. In Pencak Silat

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competitions, scoring is based on punches and kicks [7]. The basic principles of a Pencak Silat match involve full-body contact, encompassing both offensive and defensive elements. Attacks or defenses can be executed through the application of kicking, punching, and throwing techniques [8]. Kicking has become the dominant technique used in competitions, requiring special attention during training [9]. Approximately 47% of kicking techniques are predominantly used in the martial arts category within Pencak Silat competitions [10]. In the realm of Pencak Silat, the speed of the sabit kick is a critical aspect that distinguishes between an athlete's skill and proficiency. A technical movement must possess an optimal level of effectiveness and efficiency [11].

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Pekalongan City is known as a region with a strong tradition and active participation in Pencak Silat. Tapak Suci martial artists from Pekalongan City may have developed distinctive styles and techniques that warrant further study. Although Pencak Silat has been an integral part of Indonesian culture and sports for many years, research on the agility of the sabit kick may still be limited, especially in specific contexts such as that of Tapak Suci athletes in Pekalongan City.

METHOD

Study design

This study employs a quantitative descriptive approach with the aim of analyzing a single variable, namely the agility of the sabit kick. In this context, the quantitative descriptive method is used to collect data on the frequency, execution speed, precision, accuracy, flexibility, adaptability, and consistency in performing the sabit kick. The analysis of this single variable is expected to provide an in-depth understanding of the characteristics and performance of the subjects in the context of the sabit kick, which can later serve as a basis for developing training strategies or improving techniques in the sport of Pencak Silat. The population of this study consists of 61 Tapak Suci athletes from Muhammadiyah Boarding School (MBS) KH. Mas Mansyur, Pekalongan City. The sample for this study includes 61 individuals selected through a total sampling technique

Statistical analysis

Methods for describing baseline characteristics of the sample: Data collection in this study was conducted using a sabit kick agility test. The test procedure involved the subjects performing sabit kicks with both the right and left legs, navigating over 30 cm high cones within 15

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seconds [12]. The data in this study were then analyzed using the percentage method, where each classification was calculated using the percentage formula.

Table 1. Assessment of Sabit Kick Agility

Category	Women	Men
Excellent	>28	>30
Good	23-27	25-29
Fair	18-22	20-24
Poor	14-17	15-18
Very Poor	<13	<14

RESULTS AND DISCUSSION

Demographic Characteristics of Study Participants

The results of measuring the agility of the crescent kick using the crescent kick agility test, in accordance with the standardized parameters for pencak silat tests [12].

Tabel 2. Recapitulation of the Sabit Kick Agility Test Results

Category	Quantity	Men
Excellent	-	0 %
Good	-	0 %
Fair	5	8,19 %
Poor	27	44,26 %
Very Poor	29	47,54 %
Category	61	100 %

The results of the sabit kick agility test for Tapak Suci MBS KH. Mas Mansyur athletes indicate that 8.19% or 5 athletes fall into the sufficient category, 44.26% or 27 athletes fall into the poor category, and 47.54% or 29 athletes fall into the very poor category. The results of this study indicate that the level of sabit kick agility among Tapak Suci MBS KH. Mas Mansyur athletes is generally unsatisfactory. The majority of athletes, specifically 91.80%, are categorized as having poor or very poor agility, while only 8.19% of athletes show agility in the sufficient category. This suggests that agility, which is a crucial component of the sabit kick technique, has not been optimally developed among these athletes.

The high percentage of athletes in the poor and very poor categories (44.26% and 47.54%) indicates deficiencies in fundamental aspects supporting agility, such as muscle strength, coordination, flexibility, and quick response. Analysis of speed components shows that an athlete's speed is influenced by factors such as muscle strength, running technique, and mental strength [13]. A key finding is that lower limb muscle strength plays a significant role in Pencak Silat

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performance [14]. This ability is crucial in Pencak Silat, especially for the effective execution of the sabit kick in competitive situations.

Several factors that may contribute to the low level of agility include: 1) Lack of Focus on Specific Training: The training conducted may not be sufficient for honing agility specifically. Agility training requires a different approach compared to strength or endurance training; 2) Suboptimal Physical Development: Physical conditions, such as leg muscle strength and flexibility, may not be optimally developed. Agility in the sabit kick heavily depends on the explosive strength of the leg muscles and the flexibility of the hip muscles; 3) Technical Aspects: Imperfect sabit kick technique can also affect agility. Technical errors, such as incorrect body positioning or inefficient movement, can reduce the speed and control of the kick.

These results have significant implications for the training programs that should be implemented by coaches and administrators at Tapak Suci MBS KH. Mas Mansyur. A deep understanding of the factors affecting sabit kick speed is not only relevant for improving athlete performance but can also make a significant contribution to coaches, researchers, and sports practitioners in developing more targeted and effective training programs [15]. More intensive and structured agility training needs to be a primary focus to enhance the performance of the athletes. Some training methods that can be applied include: 1) Plyometric Training: To increase leg muscle strength and explosiveness, which is crucial for the sabit kick. 2) Agility Drills with Cones or Ladder Drills: To improve movement speed and coordination. 3) Repeated Technical Training: To refine kicking technique through focused repetition, making the movement more efficient and faster.

To achieve significant improvements, the development of a long-term strategy is necessary, one that focuses not only on physical aspects but also on mental conditioning and holistic technique mastery. The synergy between physical strength, proper technique, and a strong mental state will produce athletes with optimal agility and performance. In a competitive context, good sabit kick agility offers a significant advantage. Athletes who can execute kicks quickly and accurately have a greater chance of scoring points and controlling the flow of the match. Therefore, enhancing agility impacts not only individual capability but also the overall team performance.

CONCLUSION

To achieve significant improvement, a systematic and ongoing approach in the training program is required. Specific exercises designed to enhance muscle strength, flexibility, coordination, and reaction speed should be integrated into the daily routine of the athletes. The training program should also include regular evaluations to monitor individual progress, allowing for more targeted adjustments to training strategies. Implementing the right training program will have a significant impact not only on individual athletes but also on overall team performance. To achieve optimal performance, enhancing sabit kick agility must be a key agenda in the development of the training program at Tapak Suci MBS KH. Mas Mansyur. Only with dedication, structured

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training, and a holistic approach can the athletes reach their maximum potential and bring pride to Tapak Suci in every competition they participate in.

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