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Abstract

Objectives. This research focuses on evaluating the proficiency of pencak silat T kick techniques among the students of Tapak Suci Putera College, Muhammadiyah branch Makassar 02. The study aims to provide a comprehensive analysis of the level of performance achieved by the students in executing these skills, taking into account various technical nuances and factors that affect the outcome. The results of this study will be useful for both instructors and students in improving the quality of training and enhancing their overall performance in this martial art.

Materials and methods. The research conducted was survey-based descriptive research, aimed ¹at studying 15 active male martial artists. The sample was selected using **purposive sampling, which is a non-random sampling** technique **where** the researcher selects participants based on specific characteristics relevant to the study.

Results. The study evaluated the T-kick performance of collegiate athletes at Tapak Suci branch Makassar 02 using their right and left feet. The results showed that using the right foot, 53% of the athletes demonstrated good skill, 27% had fair skill, 20% had less skill, and none of the athletes had very good or very less skill. Similarly, using the left foot, 47% of the athletes demonstrated good skill, 20% had enough skill, 33% had less skill, and none of the athletes had very good or very less skill.

Conclusion. Based on the research findings, it can be inferred that the athletes from Tapak Suci Putera Muhammadiyah Branch Makassar 02 exhibited commendable performance in executing the T-kick technique of pencak silat, irrespective of their dominant foot (right or left). The level of performance was classified as 'Good'.

Keywords: Performance, Pencak Silat, T-Kick Skills

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Introduction

Pencak Silat is a martial art form that has been strongly influenced by the personality philosophy of the Indonesian people. It is not just a sport, but also a reflection of Indonesian culture that aims to defend itself from dangers that threaten the safety and survival of the Indonesian people as a whole. Pencak Silat is a cultural work of Indonesia. Warriors and martial arts experts believe that the Malay people created and used this martial art form since prehistoric times, as they had to face the harshness of nature and defend themselves from animal savagery. Eventually, they developed defensive movements for self-protection (Lubis & Wardoyo, 2014). Pencak silat, which prioritizes self-defense, has existed for a long time because to defend their lives, humans have to fight, whether humans fight humans or wild animals. At that time, people who were strong and good at fighting got a good position in society so they could become chiefs of tribes or commanders of kings. Over time, fighting became more organized, so a martial art emerged called Pencak silat (MULYANA, 2014).

Every martial artist needs to master basic techniques, including kicking techniques. These techniques are important for both fighting and demonstration purposes. Pencak Silat kicking technique is particularly efficient at scoring points because the target is highly focused. By mastering this technique, fighters can improve their performance and achieve maximum results. Additionally, scientific coaching methods can be used to further develop the ability to perform these kicks. The kicks included in the Pencak Silat martial arts are: straight kicks, crescent kicks, T-kicks, and back kicks.

The T kick is very effective when attacking an opponent by relying on maximum strength, balance and speed and also the skill to hit the target precisely, elements are needed Good skills to be able to collaborate between strength, speed and the balance in question, because basically the T kick does not provide influence if kicking skills Not yet appropriate. The main factor for success in executing the T kick movement is strength, speed, coordination and balance in the body. The T kick is an attack that uses one leg in a straight forward trajectory, striking the heel, sole of the foot and the outside of the sole of the foot, targeting all parts of the opponent's body (Arif et al., 2021) . The problem that often occurs in some pencak silat athletes is that they only have strength in pencak silat T-kicks but lack speed. Pencak silat T-kicks are a very important factor in supporting success in carrying out attacks on the opponent's body, thus it is necessary to provide special training for pencak silat athletes to improve T-kick skills.

The T kick is advantageous due to its greater range of reach towards the opponent's target. This is especially true for fighters who have adequate leg length, as the distance between the body and the opponent is greater. Moreover, the T kick is safer and allows for the release

of energy to be maximized due to the wider angle of contact with the sole of the foot and a longer leg stretch to produce maximum power. This type of kick is also quite characteristic of the fighting style of several martial artists, especially those with long posture and long legs. It is very effective in both attacking and defensive strategies. However, fewer martial artists use the T kick technique when compared to other kick techniques. This is due to the fact that the T kick is difficult to execute for short distance combat and it is easier to drop with a bottom attack. Furthermore, the kicking position is sideways to the opponent, which can block the fighter's view when executing the kick.

In various regional and national pencak silat championships, it has been observed that a fighter's ability to master various kicking techniques is crucial in both attacking and defending. The T kick, in particular, is a powerful and effective technique that can surprise opponents when executed correctly. With its longer reach and potential to score points, it is a valuable weapon for any fighter. This is in line with various studies that have been published in national journals to support T kick skills, for example a study of motion analysis of pencak silat T kick skills in Tapak Suci college athletes by analyzing basic movements starting from the initial stance phase, body position phase and the trajectory of the foot movement, the balance movement phase, the *impact* phase on the target and the final phase of the kick in terms of suitability (Pratama & Candra, 2021) .

The Tapak Suci Putera College of Muhammadiyah is a historically significant institution that has produced numerous outstanding silat athletes on both national and international levels. Especially at the Tapak Suci Putera Muhammadiyah Makassar 02 College, athletes are trained to achieve their maximum potential. One of the techniques used is the T-kick, which can be a viable alternative if executed correctly and according to the proper sequence of movements. Athletes must have good physical condition, proper anthropometry, and well-honed kicking skills. Researchers have examined the level of skill performance in T-kick at Tapak Suci Putera College of Muhammadiyah branch Makassar 02.

Materials and Methods

Study participants.

For this research, T kick skills were employed as a singular variable, with male silat fighters who have an active training status at the Tapak Suci Putera College of Muhammadiyah Branch Makassar 02 serving as research subjects. The research sample is a crucial factor that requires careful consideration in the scope of our study. It reflects and determines the extent to which the sample can be deemed useful. Therefore, it is imperative to ensure that the sample

selected is representative and relevant to the research objectives (DR. SUDARYONO, 2016) . The study included 15 male martial artists selected through purposive sampling.

Study organization.

This is a survey-based quantitative descriptive research that collects statistical data. (Dr. H. Fajri Ismail, 2018) . The data collection technique uses a pencak silat kick skills performance test instrument (Johansyah Lubis 2014).

Statistical analysis .

The research data analysis technique used is descriptive statistics with percentages, which is a crucial step in the research process as it reveals the research results (Hatmoko, 2015). Descriptive statistics in this study aim to describe the results of the T-kick skill level of the Tapak Suci Putera College of Muhammadiyah Makassar 02 branch.

Results

Performance of pencak silat T-kick skills at Tapak Suci Putera College of Muhammadiyah, Branch Makassar 02 analyzed through basic movements starting from the initial stance phase (mounting stance), the body position phase and leg movement trajectory, the balance movement phase, the impact phase on the target and the final phase of the kick in the T kick technique which is in accordance with the performance instrument for pencak kick skills silat (Johansyah Lubis 2014).

Table 1 . Descriptive Data of T kick skill performance

	N	SUM	MEAN S	RANGE	MIN	MAX
T kick (Right foot)	15	1113.1	74.20	6.96	63.3	83.3
T kick (Left Foot)	15	1066.6	71.10	5.57	62.3	80.3

Table 2. T-kick skills (Right Foot)

No	Category	Mark	Frequenc y	Percentage %
1	Excellent	85-100	-	-
2	Good	74-84	8	53%
3	Enough	68-73	4	27%
4	Less	61-67	3	20%
5	Poor	>60	-	-
	Amount		15	100%

Data from research on the performance of T-kick skills using the right foot shows that out of the total participants, none fall under the excellent category, which is 0% of the total. 8 people, accounting for 53% of the total, fall under the good category. 4 people, or 27% of the total, fall under the Fair category. The Less Than category consists of 3 people or 20% of the total. Lastly, the poor Than category has 0 people, accounting for 0% of the total.

Table 3. T-kick skills (Left Foot)

No	Category	Mark	Frequenc y	Percentage %
1	Excellent	85-100	-	-
2	Good	74-84	7	47%
3	Enough	68-73	3	20%
4	Less	61-67	5	33%
5	Poor	>60	-	-
Amount			15	100%

Data from research on the performance of T kick skills using the left foot, Very Good category of 0 with a percentage of (0%), good category 7 people with a percentage (47%), fair category 3 people with a percentage (20%), the less than 5 categories with a percentage (33%), and the poor than 0 category with a percentage (0%).

Discussion

The results of the research indicate that the performance of T-kick Pencak Silat skills by the students of Tapak Suci Putera Muhammadiyah College Makassar branch 02, using their dominant right and left foot, has been categorized as good. However, the research process revealed that some of the samples did not perform the kick skills optimally and correctly, indicating a need for corrective measures and guidance on the proper implementation of these skills. It is recommended that these corrective measures and guidance be provided to ensure that T-kick fighters in the future can adhere to the basic technical rules and regulations while executing the skill correctly. Mastering the T kick skill is crucial in pencak silat competitions, as it can effectively earn points with proper technique. Performing a good T kick requires adequate physical conditioning to execute the movement correctly and effectively. The T kick is a form of kick in pencak silat martial arts, the T kick is a kick to the side controlling the hips using the pads of the feet, to perform the T kick technique requires speed, strength and especially stable balance (Arif et al., 2021). In order to achieve good physical condition, especially speed, strength and balance, martial artists

must train diligently and with discipline to improve their abilities and skills. When performing a T kick, before the leg is lifted to the side, start with the knees bent, this is very important in maximizing the kick, especially if the opponent is at a long distance. Then, during the kicking process, position your body sideways and look forward to maintain balance and attack your opponent.

Silat fighters face a significant challenge in applying the T kick due to active movement of their lower limbs, which slows down the kicking process, making it difficult to achieve the desired kick timing. Additionally, the suboptimal flexibility of the fighters further complicates their execution of the T kick. Differences in body postures and leg lengths also affect the success rate of the T kick, which requires long legs to maximize the attack. The research indicates that coaches need to focus on the main and supporting elements involved in implementing the T kick to achieve maximum results. By paying attention to the necessary factors and elements, coaches can help martial artists overcome the obstacles they face when performing the T kick.

Conclusions

The findings of the research suggest that the use of both right and left foot in T kick skills of pencak silat at Tapak Suci Putera College of Muhammadiyah, Makassar 02 results in a largely favorable performance categorized as good. In conclusion, this study highlights the challenges associated with executing the T kick in silat and emphasizes the importance of coaches' guidance in the process. Coaches must be knowledgeable and attentive to the various factors that influence the success of the T kick to help martial artists achieve optimal results.

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Conflict of interest

The research data does not contain conflicts of interest and the author takes full responsibility for all data.

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