

Basic Skills of Straight Kicks for Pencak Silat Athletes of PPLP South Sulawesi

¹Hasbi Asyhari*, ²Nurliani

* Corresponding Author: **Hasbi Asyhari**, e-mail: hasbi.asyhari@unm.ac.id

^{1,2} Faculty of Sports Science, Makassar State University, Makassar, Indonesia

Abstract
<p>Objectives. The fundamental movements of pencak silat are characterized by coordination, planning, direction, and control. Proficiency in fundamental techniques is essential, as technique is a crucial component in every sequence of martial arts motions. This study seeks to assess the proficiency of fundamental straight kick techniques among PPLP South Sulawesi pencak silat athletes.</p> <p>Materials and Methods. The research methodology employed is quantitative descriptive. The methodology employed in the study This is a survey method utilizing data collection techniques to assess Pencak Silat skill performance. Study Population These are all 12 pencak silat athletes from PPLP South Sulawesi. The sampling technique employed is Purposive Sampling, resulting in a sample size of six male participants. The instrument utilized in this study is the pencak silat skills performance test.</p> <p>Results. Utilize descriptive quantitative analysis for data examination. Which was expressed as a percentage. The percentage of South Sulawesi PPLP pencak silat athletes' proficiency in basic straight kick skills using the right foot is categorized as follows: "Very Good" at 100% (6 athletes), "Good" at 0% (0 athletes), "Enough" at 0% (0 athletes), "Less" at 0% (0 athletes), and "Very Less" at 0% (0 athletes). The fundamental straight kick proficiency of PPLP South Sulawesi pencak silat athletes utilizing the left foot is classified as "Very Good" at 66.67% (4 athletes), "Good" at 33.33% (2 athletes), with no athletes in the "Enough," "Less," or "Very Less" categories, each at 0% (0 athletes). The analysis indicates that the basic straight kick proficiency of the PPLP South Sulawesi pencak silat athletes utilizing their dominant left foot is classified as Very Good.</p> <p>Conclusion. The analysis indicates that the basic straight kick talents of the PPLP South Sulawesi pencak silat competitors are primarily classified in the Very Good group.</p>
Keywords : straight kick, pencak silat

Introduction

(Hartoyo, 2015) Discuss martial arts, specifically the significance of pencak silat. The precise origin of the term pencak silat remains uncertain; however, it is widely believed that this martial art, along with others, originated from the vernacular of specific Indonesian communities and subsequently evolved to be recognized as a distinctive form of self-defense among the Malay populace. Pencak silat. (Alfi & Niam, 2022) is an indigenous cultural practice of Indonesia, claimed by its practitioners and experts to have been developed and utilized by the Malay people since prehistoric times. During that period, mankind confronted

a formidable natural environment, striving for existence through the combat of fierce animals and hunting, which ultimately led to the development of martial arts techniques. (Hausal et al., 2018).

Martial arts is a self-defense method characterized by four core principles: ethical, technical, artistic, and athletic characteristics. The values articulated below extend beyond the principles of Pencak Silat martial arts. The design is typical of martial arts, which are derived from the culture of the Malay community. (Lubis, 2016) Silat is an essential discipline within martial arts, characterized by techniques for life-or-death combat that must remain concealed from public view. In general, free martial arts encompass skills in various body movements for self-defense, while martial arts refer to the use of these talents in battle. (Islamiyah, 2021) Silat cannot exist without pencak, and pencak is meaningless without martial arts. Pencak silat is an indigenous cultural practice characterized by martial arts that encompass attack movements and dances governed by specific regulations, intended for public performance or self-defense against adversaries. (Hartoyo, 2015).

Pencak silat (Andika et al., 2024) practitioners must possess exceptional motor abilities. Competence is described as the skills and abilities obtained through systematic and ongoing attempts to proficiently and accurately execute difficult tasks, encompassing cognitive, technical, and interpersonal skills. The different degrees of an individual's capability to execute a task are referred to as competence. Skill is the capacity to perform a task with ease and precision. (Alfi & Niam, 2022). Appearance is form image self Which radiate from self somebody And is a means of communication between self Alone with other people. The basic movements of pencak silat are planned, directed, coordinated and controlled movements, which have four aspects as one unit, namely the mental spiritual aspect, the self-defense aspect, the sports aspect and the arts and culture aspect (Lubis, 2016).

Appearance pertains to how an individual perceives and treats himself, whereas talents are attributes that might enhance one's quality of life. In the study of pencak silat, it is crucial to focus on the horse stance, posture, movements, and stepping techniques. Attitude initiates movement; a positive attitude fosters consistent and effective movement. Attitude and movement serve as principles in executing technical talents and pencak silat maneuvers. (mulyana, 2014). Based on many definitions of appearance and abilities, we can conclude that appearance skills are integral to martial arts. Silat is the capacity to execute techniques that are fundamental to martial arts, with an artistic aspect that enhances the aesthetic quality

of each action. In the evolution of martial arts This prioritizes the aesthetic aspect of martial arts in the execution of each technique. Pencak silat encompasses various fundamental skills, including kicking methods. One of the fundamental techniques in the martial art of pencak silat is the straight kick, which employs the tip of the foot with a fully extended leg. The point of contact during a straight kick is the inside base of the toes. (Gustama et al., 2021). This study concentrated on the fundamental qualities of straight kick execution among PPLP South Sulawesi pencak silat athletes.

Materials and Methods

Study Participants.

The study was performed at the Pencak Silat Sports Hall within the PPLP South Sulawesi athlete dormitory situated on Jalan Arung Teko, Makassar, South Sulawesi. This study examines the fundamental techniques of straight kicks utilized by PPLP South Sulawesi pencak silat athletes. Study Population These are all 12 athletes from South Sulawesi PPLP in pencak silat. Utilization of technique sampling Purposive sampling is a technique for selecting samples based on the researcher's judgment of their appropriateness and representativeness, resulting in a sample size of six male athletes. Suharsimi asserted that the sample accurately represented the population under investigation. (Kuswoyo et al., 2020).

Study organization.

This research is descriptive in nature and employs the survey approach. According to Robert Groves, a prominent survey expert, "surveys yield information that is inherently statistical." Surveys are a fundamental method of quantitative analysis. (Adiyanta, 2019). Data collecting technique utilizing fundamental straight kick capabilities (Lubis & Wardoyo, 2014). This study presents an assessment of the fundamental straight kick proficiency of PPLP South Sulawesi pencak silat athletes.

Statistical analysis.

The fundamental straight kick talents of the PPLP South Sulawesi pencak silat athletes were evaluated using statistical methods, including total value, mean, standard deviation, range, maximum, minimum, and study hypothesis. The statistics data are anticipated to offer a comprehensive overview of the fundamental straight kick skills of the PPLP South Sulawesi pencak silat competitors. This study employed a test to assess Pencak Silat skill performance.

Results

Descriptive data analysis aims to provide a comprehensive picture of the research data. Descriptive analysis encompasses total value, mean, standard deviation, range,

maximum, and minimum. This statistical data is anticipated to offer a summary of the fundamental straight kick abilities of PPLP South Sulawesi pencak silat competitors.

Descriptive results of basic straight kick skills data

Table 1. Descriptive Results basic straight kick skills

	N	MEAN	MEDIAN	RANGE	MIN	MAX
Straight Kick (Right Foot)	6	90.39	89.50	10	85.6	95.6
Straight Kick (Left Foot)	6	86.08	87.15	14	78.3	92.3

The aforementioned table delineates the fundamental competencies in straight kicks exhibited by PPLP South Sulawesi pencak silat competitors. The average value for implementation using the right foot, based on a survey of six individuals, was 90.39. The median value is 89,500. The data range is 10, with a minimum value of 85.6 and a maximum value of 95.6. The mean value for implementation using the left foot is 86.08. The median value is 87.15. The data range is 14, with a minimum value of 78.3 and a maximum value of 92.3.

Hypothesis Analysis Results

Descriptive data analysis aims to provide a comprehensive picture of the research data. Descriptive analysis encompasses total value, mean, standard deviation, range, maximum, and minimum. This statistics data aims to offer an overview of the fundamental straight kick talents of PPLP South Sulawesi pencak silat competitors.

Table 2. Basic skill results for straight kicks (right foot)

No	Category	Mark	Frequency	Percentage %
1	Good Very	85-100	6	100%
2	Good	74-84	-	-
3	Enough	68-73	-	-
4	Not enough	61-67	-	-
5	Not enough Very	>60	-	-
Amount			6	100%

The table indicates that the basic straight kick proficiency of the South Sulawesi PPLP pencak silat athletes (right foot) falls within the "Very Good" category, achieving a percentage of 100% (6 athletes). There are no athletes in the "Good," "Enough," "Less," or "Very Less" categories, each registering a percentage of 0% (0 athletes). The analysis

indicates that the basic straight kick talents of the PPLP South Sulawesi pencak silat athletes, utilizing their dominant right foot, are classified as Very Good.

Table 3. Basic skill results for straight kicks (left foot)

No	Category	Mark	Frequency	Percentage %
1	Good Very	85-100	4	66.67%
2	Good	74-84	2	33.33%
3	Enough	68-73	-	-
4	Not enough	61-67	-	-
5	Not enough Very	>60	-	-
Amount			6	100%

The data presented in the table indicates that the basic straight kick proficiency of the South Sulawesi PPLP pencak silat athletes (left foot) falls into the "Very Good" category, comprising 66.67% (4 athletes), the "Good" category at 33.33% (2 athletes), while the "Enough," "Less," and "Very Less" categories each register at 0% (0 athletes). The analysis indicates that the basic straight kick proficiency of the PPLP South Sulawesi pencak silat athletes utilizing their dominant left foot is classified as Very Good.

Discussion

The outcomes of data analysis conducted via statistics necessitate a robust and organized theoretical framework to substantiate the final results and conclusions of a study. The hypothesis test results indicate that the basic straight kick talents of PPLP South Sulawesi pencak silat athletes are primarily classified as very good. The phases of executing fundamental straight kick techniques include the basic stance phase, the execution phase, and the advanced movement phase, with the outcomes of the basic straight kick skill assessment aligning with the implementation procedure and evaluation criteria. The predominantly high proficiency in the basic straight kick skill among pencak silat athletes indicates that this discipline, particularly the foundational kicking abilities of PPLP South Sulawesi athletes, is a key sport warranting increased focus to enhance athletic performance quality. Proficiencies in performance The straight kick is a crucial technique in pencak silat, as it is highly successful while battling against opponents. To accumulate points by the mastery of the skill Proficient in effort regulation during gameplay. To execute an effective straight kick, it is essential to possess the requisite physical conditioning factors necessary for the movement and the utilization of support. Execution of movements accurately and appropriately. At the point of impact, the kick was executed immediately prior to the foot's swing. The knees are elevated and flexed. This is crucial for attaining velocity. optimal kick, particularly when positioned at a considerable distance. Subsequently In executing a kick, position the body straight forward to maintain balance and evade assaults from opponents.

Conclusions

The research findings indicate that the fundamental straight kick proficiency of PPLP South Sulawesi pencak silat athletes is primarily classified inside the Very Good group.

Recognition

The researcher wishes to convey his appreciation to all participants in this study, including the UPT Balai Pengembangan Atlet PPLP South Sulawesi and the pencak silat athletes from PPLP South Sulawesi who served as subjects in this research.

Conflict of interest

This study's data is devoid of any conflicts of interest with any entity, and the author accepts full responsibility for all data presented herein.

References

- Adiyanta, F. C. S. (2019). Hukum dan Studi Penelitian Empiris: Penggunaan Metode Survey sebagai Instrumen Penelitian Hukum Empiris. *Administrative Law and Governance Journal*, 2(4), 697–709. <https://doi.org/10.14710/alj.v2i4.697-709>
- Alfi, M., & Niam, B. (2022). *TINGKAT KETERAMPILAN TEKNIK DASAR PENCAK SILAT DI PSHT RAYON NGABAR SIMAN PONOROGO* Mohamad Alfi Baadiun Niam Pendidikan Jasmani Kesehatan dan Rekreasi , Pencak silat merupakan salah satu olahraga tradisional bangsa Indonesia dan oleh karena itu harus dili. November, 2238–2244.
- Andika, I. M. B., Nita, P., Fahritsani, H., & Sugarwanto, S. (2024). Adaptive Sports Learning in Physical Education: Theory and Practice for Physical Education (PE) Students. *Musamus Journal of Physical Education and Sport (MJPES)*, 6(2), Article 2. <https://doi.org/10.35724/mjpes.v6i2.6098>
- Gustama, K., Firlando, R., & Syafutra, W. (2021). Hubungan Daya Ledak Otot Tungkai dengan Keterampilan Tendangan Lurus Atlet Pencak Silat. *Gelanggang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)*, 5(1), 29–39. <https://doi.org/10.31539/jpjo.v5i1.2860>
- Hartoyo, A. R. E. (2015). Survei Pembinaan Pencak Silat Di Perguruan Pencak Silat Se-Kabupaten Wonogiri Tahun 2013/2014. *Journal of Physical Education, Sport, Health and Recreations*, 4(12), 2246–2250.
- Hausal, H., Lubis, J., & Puspitorini, W. (2018). Model Latihan Teknik Dasar Serangan Tungkai. *Jurnal Pendidikan Jasmani Dan Adaptif*, 1(02), 59–63.
- Islamiyah, R. (2021). Pengembangan Bahan Ajar Pencak Silat untuk Materi Seni Jurus Tunggal Bagi Ekstrakurikuler. *Sport Science and Health*, 3(1), 1–7. <https://doi.org/10.17977/um062v3i12021p1-7>
- Kuswoyo, D. D., Wasa, C., & Dongoran, M. F. (2020). Pengaruh latihan back-up terhadap kemampuan menyundul bola. *Edu Sportivo: Indonesian Journal of Physical Education*, 1(1), 33–41. [https://doi.org/10.25299/es:ijope.2020.vol1\(1\).5190](https://doi.org/10.25299/es:ijope.2020.vol1(1).5190)
- Lubis, J. (2016). *PENCAK SILAT* (edisi keti). PT.RAJA GRAFINDO PERSADA.
- Lubis, J., & Wardoyo, H. (2014). Pencak silat. In *TA - TT - (Edisi kedu)*. RajaGrafindo Persada. <https://doi.org/LK> - <https://worldcat.org/title/971886979>
- mulyana. (2014). *Pencak Silat: Membangun Jati Diri dan Karakter Bangsa*. Remaja Rosdakarya.