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Analysis of Kicking Technique Skills of Extracurricular Pencak Silat SMP Negeri 7 Muaro Jambi

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Abstract. The purpose of this study is to determine the condition of basic pencak silat kicking skills in extracurricular students of SMP Negeri 7 Muara Jambi. The method used is a quantitative method with a descriptive research form. The population in this study were all extracurricular pencak silat students of SMP Negeri 7 Muara Jambi totaling 8 students so this study used the total sampling method. The test instrument consisted of 17 items consisting of straight kicks, crescent kicks, T kicks, and back kicks, where each skill will be tested starting from the stance, leg lift, whip and pull. During the study, the researcher accompanied by a competent partner. The results of the study obtained were 2 students in the "very good" category (88-94%), 4 students in the "good" category (76-82%) and 2 students in the "sufficient" category (64-70%). It can be concluded that the average overall ability of students is at 79% in the "good" category. It is hoped that through this study, trainers can measure the training program to participate in O2SN.

Keywords: Pencak Silat, Skills, Extracurricular

1 Introduction

Extracurricular activities are an internal part of the learning process that emphasizes meeting student needs. Extracurricular activities can be a means to channel talents or encourage the development of students' potential to reach maximum levels (Yudha, 2014). With extracurricular activities at school, students can channel and hone their potential. The existing extracurricular program is the field of sports, one of which is pencak silat. Pencak silat comes from the words "pencak" and "silat". Pencak, a type of martial arts that requires rules Unlike silat, martial arts depend on faith with the aim of saving oneself and others from danger (Aldino et al., 2023). Pencak silat has elements of beauty because it is a martial art, Pencak silat can be defined as a type of sport that emphasizes dexterity in defending oneself or fighting (Aldino et al., 2023). Currently, pencak silat has become a sport that focuses on achievement, one of the matches that will be faced is the 2025 National Student Sports Olympiad which is carried out by selecting athletes starting from the sub-district, district/city, regional levels to entering the

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national agenda on 19-25 August 2025 in DKI Jakarta by the Indonesian Talent Development Center. Mastery of pencak silat skills must be emphasized properly. Basic movements are the most important pencak silat skills. According to Lubis, basic pencak silat movements are movements that are planned, directed, coordinated and controlled. All advanced pencak silat movements consist of basic movements, which are assets for athletes to attack and defend. Horse stances, stances, step patterns, defenses, evasions, and attacks are basic pencak silat movements (Aldino et al., 2023). Based on previous research, of the three basic techniques, namely punches, kicks and catches that can be used to obtain points, approximately 47% of the most dominant ones used in matches are kicking techniques (Azizi, 2013). Kicks have several advantages, including kicks getting a fairly high score of two points. The range is longer and has greater power compared to other attacks, namely punches only get a score of one. Kicks are one of the attack techniques in pencak silat using the legs and are used to carry out long-range attacks consisting of straight kicks, crescent kicks, T kicks and back kicks (Candra, 2021). Kicking movements must be done in an orderly manner, starting with a solid stance, lifting the legs, whipping the legs towards the target, then pulling the legs back. If this movement is not done correctly, it will be less effective. To maximize kicks, it is necessary to master the right technique, including balance, accuracy, and kicking movements, as well as finding the right trajectory to increase the speed and accuracy of the kicking movement, which increases your chances of getting points (Aldino et al., 2023). As explained above, it is known that kicking is the most dominant attack used in pencak silat matches, also for extracurricular pencak silat students at SMP Negeri 7 Muaro Jambi, to what extent are their kicking skills during training. This is considered important to see the opportunity to participate in the O2SN competition which will be held in 2025. The preparation of the analysis that will be carried out as explained above includes a solid stance, lifting the legs, whipping the legs towards the target, then pulling the legs back. Because pencak silat requires mastery of qualified techniques by holding a test, the ability to master the kicking movement from the study will be clearly known. After knowing the kicking technique skills, the results of the existing research findings can be used as evaluation material for extracurricular coaches in compiling training programs.

2 Metode

The method used in this study is quantitative descriptive. Winarno (2013:57), states that descriptive research aims to describe events that occur in the present, these events are carried out systematically which emphasizes the disclosure of data based on facts obtained from the field. Arikunto (2006:12), states that research that uses a lot of numbers, starting from collecting data, interpreting the data obtained, and presenting the results. In determining the sample size, if the number of subjects is less than 100 people, then all subjects must be included, which means that the research is a population study or total sampling (Arikunto 2010). Thus, the entire population will be drawn into a sample of 8 students consisting of 6 girls and 2 boys. The series of data collection is obtained through a series (Janur, 2022:26): a. Preparing assistants to facilitate the research process, b. Scheduling, c. Preparation of tools to facilitate and expedite activities d. Preparation of data entry formats e. Documentation. The instrument used is displayed in the form of a dichotomous scale consisting only of true or false. The dichotomous scale is a fairly objective assessment method. Anyone who corrects the objective test answers will get the same results because the answer key is clear, or not ambiguous (Yusup, 2018:17). The indicators of the kicking movement come from Aldino, et al. (2023), namely: a solid stance, lifting the leg, whipping the leg towards the target, then pulling the leg back. Furthermore, the

reference for the basic silat kicking movement series comes from the book by Candra (2021) which consists of a straight kick, a crescent kick, a T kick and a back kick. This study uses a descriptive percentage technique that if the data has been collected so that a conclusion can be drawn from the data, so that the following formula is used to calculate the percentage of respondents:

$$(P = F/N \times 100\%)$$

Description:

P: Calculating the percentage or called relative frequency

F: Frequency whose percentage is being sought

N: Number of cases (number of frequencies/number of individuals)

After calculating the percentage, the processing of the research results of the data is interpreted into five categories.

Table 1. Percentage Interval

Interval	Assessment criteria
88-100	Very Good
71-87	Good
54-70	Enough
37-53	Poor
20-36	Very Poor

Source: Arikunto, Anam & Hidayah (2014:21)

3 Result

Basic kicking skills of pencak silat in extracurricular students of SMP Negeri 7 Muaro Jambi. The techniques consist of a set position, straight kick, crescent kick, T kick, and back kick consisting of 17 test items tested by research partners who are experts in the field of pencak silat with national trainer certificates. The data from the skills test results that have been obtained will be presented in a table. The following are the results of the skills test in the research field:

Table 2. Data from the Results of the Pencak Silat Skills Test at SMPN 7 Muaro Jambi

Name	Inst all	Straight Kick				Crescent Kick				T Kick				Back Kick				Amount	%	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			17
X1	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	16	94
X2	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	14	82
X3	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	14	82

X4	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	15	8	
X5	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	12	7	
X6	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	11	6	
X7	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	13	7	
X8	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	v	13	7	
Amount	8	8	8	7	6	8	5	6	7	8	4	5	5	8	3	5	7	108	7

From the table data, it can be seen that the extracurricular activities were attended by 8 students consisting of 2 male students and 2 female students. Of the 17 test items, none of the students achieved perfect results, the best was Gaby with 16 points and the lowest was Adzra with 11 points. The interval of the lowest percentage of student skills was from 64% to the highest 94%. The following is a table of biodata and a diagram of the criteria for the skills of extracurricular students of SMPN 7 Muaro Jambi.

Table 3. Profile data and criteria for the Pencak Silat Skills Test for SMPN 7 Muaro Jambi students

No.	Name	Gender	Age	TB	BB	Training Duration	Kriteria
1	X1	Women	14	160	48	7 Month	Very Good
2	X2	Women	13	143	43	6 Month	Good
3	X3	Women	13	145	40	7 Month	Good
4	X4	Man	13	150	39	6 Month	Very Good
5	X5	Man	14	150	37	6 Month	Fair
6	X6	Women	13	138	30	6 Month	Fair
7	X6	Women	12	147	38	6 Month	Good
8	X7	Women	13	148	40	7 Month	Good
Average Basic Kicking Ability of Pencak Silat Junior High School 7 Ma. Jambi							Baik

From the table above, we can see the identity of the students and the length of training which has only been running for 6-7 months, height, weight and skill criteria possessed by each student. The results of the study from 8 samples studied and tested for skills showed that 2 students had the criteria of "very good", 4 students had the criteria of "good", and 2 students had the criteria of only "sufficient". Based on the search, the average student had only been practicing for 6 months. Students are also between 12-14 years old.

4 Discussion

The basic skills of the pencak silat kicking technique itself are an important component that is a characteristic and characteristic of the pencak silat sport, therefore it must be prepared carefully how to train the basic skills of the pencak silat kicking technique because good kicking

results will provide a great opportunity to get points considering that leg attacks are attacks with a long reach.

Kicking is one of the movement techniques in the sport ² pencak silat that has a high value and is one of the techniques that is often used in matches. The use of kicking techniques in matches tends to be more effective in collecting points and achieving attack targets (Dailami & Jatmiko, 2019). In pencak silat matches, the use of leg attacks (kicks) has several advantages. The advantages of kicking include having a higher value than punching, which is 2 points, while punching is 1 point, the legs have a longer and stronger reach than the hands. Kicking occupies a special position in pencak silat. In every match, almost 100% of silat athletes use kicks with various variations to achieve victory, although the throwing technique has the highest value, which is 3 (three).

Looking at the data on basic pencak silat kicking technique skills consisting of ² straight kicks, crescent kicks, T kicks, and back kicks (Candra, 2021). Of the 8 students who were registered as extracurricular students, the distribution of skill abilities consisted of 2 (two) students having the "very good" category (88-94%), 4 (four) students having the "good" category (76-82%), and 2 (two) students who had the "sufficient" category (64-70%). The values recorded were the best values from 5 demonstration opportunities from each student. However, these results are still very difficult to achieve where when the match takes place by making minimal mistakes, even perfect skills will be able to win the match. The difficulty that students often experience is in performing the basic technique of the back kick where almost all students have difficulty doing it. Looking at the results of the study, students do not yet have their best basic pencak silat kicking technique conditions. Achieving athletes need a very long process and time, as stated by Yesis and Turbo in Santosa & Sidik (2012: 322) that mastering the skills of a sport to reach its peak requires a very long time. The more movement learning that must be done, the more time is needed to reach peak skill mastery. This is an important concern for extracurricular coaches considering that based on the agenda of the Indonesian Talent Development Agency, O2SN will be held in August 2025 so that SMPN 7 Muaro Jambi students can participate in the pencak silat sport.

⁸ 5 Conclusion

Based on the results of the study and the data that has been obtained, it can be concluded that the basic technique skills of the pencak silat kicks of extracurricular students at SMPN 7 Muaro Jambi are in the average category of "Good" ¹⁵ 79% with a distribution of 2 students having the category "very good", 4 students having the category "good", and 2 students having the category "sufficient". As for the difficulties of students in doing back kicks and T kicks.

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