Development of Media Training Videos Tutorials on Basic Techniques of Karate Martial Arts for Early Ages at Dojo Gaperta

Ayu Putri Handayani Harefa, Zen Fadli, Khairul Usman

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Street Alumnium Raya, Medan, Indonesia
Universitas Negeri Medan, Street Willem Iskandar, Medan, Indonesia
Email: ayuputrihandayani@gmail.com

Abstract
The problem that occurs in the training process is the need for an interesting and fun media so that it can build student motivation and make it easier for students to introduce basic karate techniques. This study aims to produce a product in the form of a CD of video tutorial training media for basic martial arts techniques for early childhood. This research method is research and development that uses ten steps in development research. The development of learning media and video tutorial exercises on basic martial arts techniques were validated by one material expert, one media expert and 10 students for small group trials, 20 students for field trials. The subjects in this study were in the Dojo Gaperta data with a qualitative descriptive approach and a quantitative descriptive approach. Results of research and development: Overall, this karate tutorial video training media with the subject matter (blocking technique) is categorized as suitable for use in karate training for an early age. Based on the trial, the feasibility of the video tutorial training media for basic karate defense techniques for elementary school students grades 1-6 includes: 97.6% in terms of material, 88.25% in terms of media. Small group trial of 88.5% feasibility, field trial of 91.41% feasibility. Overall, the video tutorial training media for basic martial arts techniques for early childhood is appropriate to be used in the introduction and practice of basic karate techniques after going through several trial stages.

Keywords: Video Training Media, Karate, Parry Technique, Early Age.

Introduction
Good learning media must meet several criteria, including: suitability with learning materials, ease of use, and attractiveness to students, so that optimal learning objectives are achieved (Iadarola et al., 2021). In a movement learning, giving examples of movements is needed by students, because by giving examples students can know the correct sequence and movement. The difference between teachers or other trainers is that the movements given will be different. A teacher has a skill or skill in giving examples in a movement learning as well as in the material for basic techniques of karate defense. However, if a teacher has an obstacle such as old age, being sick, or a female teacher who is pregnant, then in this case a solution is needed that can replace the role of giving examples of movement by the teacher (Hendrawan, 2020), Ermalinda, D., Usman, K., & Sari, L. P. (2022).

The solution given for a successful learning is the existence of a medium in which there is a complete example from the beginning to the end of the movement. In the previous learning, a medium was given a teacher or trainer is only limited to the movement that is exemplified by a trainer, only pictures or not even given (Sasmita et al., 2022). For learning today, learning media is very important to be given because it can help a smooth and successful learning. With learning media students are also better able to understand the movements that will be carried out other than those exemplified by a teacher or trainer. The media created must be really
interesting and easy to understand by students. The solution or media is the creation of media in the form of video tutorials on basic karate martial arts techniques for early childhood.

The making of video media tutorials on the basic techniques of karate defense is expected to help students learn these movements. The video media made in it must contain stages of easy to difficult movements in parrying movements, such as the first way of taking hand movements to the time of parrying movements. And the video is made in a simple but interesting way for students to learn. The advantages of this video tutorial, for example, can be played over and over again at home, the movement or form of exercise is always the same because it is in the form of a video. From the description above, researchers are very interested in developing video tutorials on basic techniques of karate defense (study of karate techniques). Through this research and development, it will produce a media in the form of video tutorials on the basic techniques of karate martial arts for early childhood. This media is expected to help students in the practice process.

Learning is a very important process in education which includes the goals that have been set and will be achieved. In the learning process, media is also needed to facilitate the delivery of material, because learning media and the process have a close relationship (Abdurrahman Yusuf Anjani Pjt, 2022). The development and use of this video tutorial exercise media can help in the training process as a learning media for early childhood exercises that will make children more active in training according to their respective abilities.

The relevant research as a reference in this study is the research with the title Development of Smart Card Learning Media in Introducing Basic Karate Techniques for Early Childhood (Sari et al., 2021). The result is that the results of this study are categorized as suitable for use in learning basic karate techniques for an early age. The development of smart card learning media is emphasized on 4 elements, namely the material aspect, the workbook design and evaluation aspect, the stamp design aspect, and the bag design aspect which is considered good by the test subjects, according to the assessment aspects. This learning media is suitable to be used to introduce the basic techniques of karate for an early age. Another researcher entitled “Development of Multimedia CD (compact disk) Learning of Lay-Up Techniques in Basketball Game Course for PJKR Students. This study discusses learning media that can help improve the quality of the learning process in basketball game courses, especially in terms of lay up techniques.

Seeing and considering the characteristics of early childhood, one of which is fond of playing, requires a professional coach or teacher to be extra in learning. The trainer or teacher must be able to make learning media into something fun and interesting (Fahmi, N. A., Sari, I. E. P., & Keliat, P. (2022), Ginting, A., & Sari, D. M. (2021), Ginting, E., & Sari, L. P. (2020), Hulu, A., & Raharjo, F. M. (2020), namely by using methods or a learning strategy or training strategy that is more varied, precise and interesting so that students or students are able to understand and be able to do a good and effective technique. Thus, the authors are interested in developing a method by developing video tutorials for basic martial arts techniques for early childhood (study of karate techniques) so that they are expected to assist the process of learning and practice. The purpose of this research is to produce a learning CD in the form of a video tutorial on the basic techniques of karate for an early age.

**Methods**

This type of research is research and development (Research and Development). Research and development methods are research methods used to produce certain products, and test the effectiveness of these products (Mitha Frilia et al., 2020). Research and development is a type of research that is oriented towards the product being developed. In this development research, the product developed is a video tutorial on basic martial arts techniques.
for early childhood (Kajik karate studies). The training media will be packaged into a Compact Disc (CD).

The data collection in this development research used an open questionnaire and a closed questionnaire, which on the next page was accompanied by a suggestion column. The questionnaire or questionnaire was given to expert lecturers of learning media, trainers or material expert teachers, and students. The questionnaire or questionnaire aims to obtain data on the feasibility level of the media in the form of numbers as a basis for revising the product.

The data obtained through trial activities are classified into two, namely quantitative data and qualitative data. Quantitative data in the form of an assessment, collected through a questionnaire or questionnaire. While qualitative data in the form of suggestions put forward by media experts and students and then compiled to improve this tutorial video. The qualitative data analysis technique in this study uses descriptive statistics, in the form of statements Not feasible, not feasible, quite feasible, feasible, which is converted into quantitative data with a scale of 4, namely by scoring from numbers 1 to 4.

Result and Discussion

Result

Developer of Exercise Media "Video Tutorial on Basic Defensive Techniques for Early Childhood (Kajian Techniques Karate) 1. Preliminary study of the product in this study is a video tutorial on basic parrying techniques for early age, especially the age group 6-12 years. This video tutorial is 7.55 long. minutes with a capacity of 1.15 GB. Users can use video tutorials on basic defense techniques through electronic media, such as computers, laptops, and televisions that are equipped with DVD players. The video tutorial products for basic defense techniques for an early age are compiled covering basic defense techniques, namely Gedang defense, Age uke, Ude uke, Uchi Uke and Shuto Uke which were taken from training in the basic techniques of taekwondo parry for early childhood. This video tutorial for basic parrying techniques for early childhood is structured with the concept that early childhood can practice basic techniques of parry in karate independently. Thus, it is hoped that video tutorials on basic parry techniques for early childhood can be used as a source of training, as well as alternative media in learning basic karate parry techniques for early childhood.

The material expert who became the validator in this study was Rahmat M Saragih, SH, MM. He is a lecturer. The researcher chose him as a material expert because his competence in the field of karate was very adequate. The assessment from the material expert is carried out in two stages, namely stage I which is carried out on June 5, 2021 and stage II is carried out on July 6, 2021. The assessment process is carried out by filling out the evaluation sheet that has been included during the validation process. Phase I validation from the material aspect is declared production-worthy with revisions according to suggestions, and validation at stage II is declared production-worthy without revision and the product may be tested.

![Figure 1. Product Quality of Training Media Results of Material Expert Validation](image)
Based on the results of data analysis shows that the quality assessment product "Video Tutorial on Basic Martial Arts Techniques for Early Age" from the initial stage to the final stage is included in the "Eligible" criteria. Rating stage The initial stage is in the form of validation of material experts and media experts. In the validation stage I experts the material gave a 96.8% rating included in the "Eligible" criteria and experts the media gave an assessment with an assessment score of 81.2% included in the "Eligible" criteria. While in the second stage of validation, the material expert provides an assessment with an assessment score of 98.4% is included in the "Eligible" criteria and media experts gave an assessment with an average score of 95.3% included in the “Eligible” criteria. Overall material expert and media expert 56 stated that the product "Video Tutorial on Basic Defense Techniques" for Early Age” compiled is included in the “Eligible” criteria for tested.

Discussion
This research produces a CD product in the form of technical video tutorial media This martial arts defense for early childhood has a duration of 7.55 minutes, a capacity of 1.15 GB. This video tutorial covers the basic technique of blocking, including defense Gedang, Age uke, Ude uke, Uchi Uke and Shuto Uke taken from training basic techniques of karate parry for early childhood. This product can be used as a source of exercise for children at an early age, especially the age group 6-12 years, remembering basic technical training defense for an early age is very good and effectively trained in the age group 6- 12 years old. This age group is the age to learn basic parrying techniques. This age is the easiest to learn and absorb new blocking techniques, through videos tutorial on basic techniques of parry for an early age, along with development technology. Technological advances will support the effectiveness and efficiency of every activities carried out, including the process in training. This will make it easier for students to practice independently, through the help of media other electronics that are already widely used, such as DVD players, computers, laptops, and smartphones with sufficient memory

Conclusion
This research has produced the product "Basic Engineering Video Tutorial" Defensive Martial Arts for Early Ages”. Product feasibility assessment prepared validated by material experts and media experts through two stages. After being considered worthy to be tested, video tutorial product of basic defense techniques for ages This early stage received an assessment from students through several trials. In the first stage of validation, material experts and media experts provide assessment with the "Eligible" criteria. In the second stage of validation, material experts and experts the media gave an assessment with the criteria of "Eligible". On product appraisal in small group trials and field trials are included in the criteria "Worthy". Overall, the product quality rating “Technical Video Tutorials This Basic Defensive Martial Arts for Early Ages” is “Worth”. Thus it can be concluded that this research has produced a "Video Tutorial" Basic Defensive Martial Techniques for Early Ages” with "Eligible" criteria for used.

References


