

Development of Egosan Engineering Extension Models with Straight Sticking in Pencak Silat

William Filipus¹

Departement of Sport Education
Post Graduate Student School State
University of Medan
North Sumatra, Indonesia
gwiliamfilipus@yahoo.com

Amir Supriadi²

Lecturer of Postgraduate Sports
Education State University of Medan
North Sumatra, Indonesia

Tarsyad Nugraha³

Lecturer of Postgraduate Sports
Education State University of Medan
North Sumatra, Indonesia

Abstract-- This research is aimed to develop a model design of egosan technique with pencil silat straight kick and to get empirical data about effectiveness and efficiency result of technique development of egosan technique with pencak silat straight kick. The method used in this research is research and development method (Research and Development) from Borg and Gall which consists of ten steps. The subjects of this research are Sinar Husni Foundation of Deli Serdang, Smp I Muhammadiyah Medan, club of Pesantren Darul Arafah Deli Serdang. The final result of this research and development is in the form of guidebook model of egosan technique with straight kick to pencak silat of 14 models which will be implemented through expert evaluation, test and revision, and will be tested its effectiveness. The effectiveness of applying the technique of egosan with a straight kick on pencak silat at a member of Sinar Husni Foundation Deli Serdang, Smp I Muhammadiyah Medan, the club achievement of Pesantren Darul Arafah Deli Serdang is used one group pre-test post-test. Thus it may be stated that the model of egosan technique with a straight kick on pencak silat is effectively used to improve the skill result of egosan technique with a pencil silat straight kick.

Keywords: Development, Egosan, Kick Straight

I. INTRODUCTION

Pencak silat is a traditional martial arts originating from Indonesia and martial arts that require a lot of concentration. At the national level, sports through the playing and sports of pencak silat become one of the unifying tools of the archipelago, even to make the name of the nation proud, and become a national identity. Pencak silat sports have been competed on an international scale. In Indonesia there are a lot of schools in pencak silat, with many of these streams showing the cultural richness of the people in Indonesia with the values that are in them.

The development of martial arts in Indonesia has experienced a rapid increase. As an indication, there are many championships held in single events and multi events, the emergence of new martial arts colleges in the regions. The basic principle of the pencak silat match is to get the points as

much as possible into the target field and not be obstructed by the opponent's defense.

In terms of achievements that lead to sea games 2015, Indonesia's martial arts achievements in the international arena are fairly good, but if seen from the achievement side, Indonesia's achievement category still lags behind one step compared to Vietnam. Results from pencak silat sea games on June 14 2015 in Singapore (TEMPO / Gunawan wicaksono) some time ago, in sea games 2015 Indonesia won the Iiumum title with 3emas medals (3 Gold, 3 Silver, 5 Bronze) GOLD (3) : Hendy / Yolla Primadona Jampil (art / men's doubles), Tri Juanda Samsul Bahar (match class H / 80-85kg), Ni Kadek Ratna Dewi / Ida AyuPutu Chandra Martiadi / Luh Putu Eka Pratiwi (art team). The first place was occupied by Vietnam with 3 gold medals, 5 silver medals and 3 bronze medals in the match category, when compared to Vietnam Indonesia is still lagging behind. Pencak silat Indonesia still relies on medals from the art category, if observed in the 2015 pencak silat sea games match, it can be seen that Vietnamese and Thai athletes are very mature in using egosan techniques with leg attacks, where the initial attitude of form and position of ego is not right because the front legs are still too close with the back foot so that the straight kick is not separated, when doing ego Indonesian fighter still avoids with one foot which is still within the range of attack from the opponent, the final attitude after committing ego with a straight kick is not right, because of the open tide caused by the position the hand is next to the waist, making it easier for the opponent's kick to enter the target.

In the pencak silat match category, one of the biggest points is if a fighter manages to perform a move in the form of avoidance or avoid being followed by a further kick attack, if the kick starts with a avoidance / avoidance then the kick is worth 1 + 2, compared far with the value of punches and kicks that are carried out only directly to make a punch or kick which is only worth 1 and 2. Many cases occur in the martial

arts match, many fighters do the egosan process with a straight kick attack, besides the egosan technique with a kick attack straight commonly used in the martial arts competition in Indonesia is not yet varied, there are still many who use excessive energy and are susceptible to the risk of injury to the fighter who performs the egosan technique with a straight kick attack or for the fighter affected from the movement egosan with limb attacks

Researchers often find athletes who have problems with ego techniques are greeted with a straight kick. For example, athletes are facing each other and attack each other. Because the athlete is doing the egosan technique with the position and shape of the foot shift which is not right and is greeted with a straight kick. As a result of that it will be very easy for the opponent to counter the excess techniques carried out.

From this experience researchers conducted observations on several matches, from these observations the researchers concluded that there was still a lack of egosan technique with a straight kick on pencak silat performed

II. METHOD

Model Development Steps The next step is the steps taken in developing the model. Research and development research on this model uses steps to develop the model developed by Borg and Gall, the steps of developing the model include:

1. The first time specified is a problem or potential that is the basis for the development of the model
2. Furthermore, information collection is carried out as a rationale for making concepts
3. Making a training model (product design), the design form is an egosan technique model with a straight kick of pencak silat
4. Validate the design, carried out by the experts concerned,
5. Revision, from expert test results (design validation)
6. Product testing, carried out by practicing the egosan technique model with a straight kick of pencak silat.
7. Revise the results of product trials
8. Test the use or test of a larger group, 30 children
9. Revision of the second product, the revision is carried out by experts, in order to obtain perfect results
10. Models can be produced

The target of the research was the target users in the development of the egosan technique model with a straight kick of the Pencak Silat Foundation at the SMK Sinar Husni Deli Serdang, Junior High School I Muhammadiyah Medan, the club achievement Darul Arafah Raya Pesantren Deli

Serdang at the members of the Pencak Silat achievement sports club with characteristics as following:

A male fighter who is a member of the Sports Club Achievement of martial arts and Pesilat college who has competed.

The subject of the research is the subject retrieval technique applied in this study is saturated sampling / census, which is also known as all members of the population used as samples.

The research on the development of the egosan technique model with the pencak silat straight kick uses the Research and Development model of Borg and Gall which consists of ten steps including:

- (1) Potential and problems (preliminary study)
- (2) Conducting research and gathering information (literature review, observation of subjects, preparation of main issue reports)
- (3) Developing initial product design forms (preparation of teaching materials, preparation of handbooks and evaluation tools)
- (4) Design validation (initial stage evaluation)
- (5) Design Revision (in accordance with field results in the trial phase
- (6) Product Trial (6-12 subjects)
- (7) Revise the product (based on suggestions and results of the main field trial).
- (8) Test of usage with 30-100 subjects
- (9) Revision of the final product
- (10) Mass production (Making a report on the product in a journal, working with publishers who can conduct commercial distribution.)

III. RESULT AND DISCUSSION

The results of the development of the pencak silat ego technique model are written in a manuscript form that can be presented in the form of egosan technique models on pencak silat.

Results of Needs Analysis, Overall there are two general objectives to be revealed in preliminary studies or needs analysis, namely.

1. Improve the skills of athletes with the technique model of the egosan technique training model with a straight kick on the martial arts that has been developed.
2. The effectiveness of the technique of the egosan technique training model with a straight kick on pencak silat martial arts through the development of the pencak silat technique

Seeing the shortcomings and strengths of the products made there are inputs that the researchers will convey in order

to achieve this product improvement, while the input is as follows:

- a. Because the egosan technique training model with straight kicks in pencak silat is a new model, it takes time to be understood and learned by the subject.
- b. Frequent repetitions will greatly help athletes in mastering the technique of the egosan technique training model with a straight kick on pencak silat. Physical readiness must be considered in carrying out egos because it is a very complex movement technique

This product after reviewing some weaknesses that need improvement, it can be said that some of the advantages of this product include.

- a. Improve egosan technique skills with a straight kick on pencak silat
- b. Adding insight into athletes about the variety of attacks and ways of ego besides existing techniques.
- c. Egosan technique model with a straight kick on pencak silat effective and efficient
- d. As a new reference in egosan technique training with a straight kick on pencak silat
- e. Contribution to science, especially the training of Pencak Silat
- f. Athletes are also required to think quickly and accurately.
- g. his model is intended for experts.

IV. CONCLUSIONS AND RECOMMENDATIONS

Explanation of the results of field trials and discussion of research results can be summarized as follows:

Based on the results of the expert evaluation and the trials that have been carried out, the final model or 14 egosan techniques with straight kicks on pencak silat are obtained.

Based on expert validation and testing, an egosan technique model has been produced with a straight kick on pencak silat which turns out to be entirely suitable to be used to improve egosan engineering skills.

Based on the results of the model effectiveness test, it was empirically proven that the product results in the form of an egosan technique model with a straight kick on pencak silat were effective and efficient.

V. SUGGESTION

A. Utilization Suggestions

This development product is a development of the egosan technique model with a straight kick on pencak silat. If the model for developing the egosan technique model with a straight kick on pencak silat will be used in training activities at various universities, it is expected to provide facilities that are suitable for the needs in the activity. Provision of facilities needed, among others related to financing, sufficient facilities and infrastructure activities.

B. Dissemination Advice

The product development model for pencak silat egotistical techniques for this guide book has been empirically proven to have very good effectiveness to improve the results of egosan technical skills with a This development product is a development of the egosan technique model with a straight kick on pencak silat. If the model for developing the egosan technique model with a straight kick on pencak silat will be used in training activities at various universities, it is expected to provide facilities that are suitable for the needs in the activity. Provision of facilities needed, among others related to financing, sufficient facilities and infrastructure activities straight kick on pencak silat, so this development product can be disseminated to wider targets, especially to teachers or pencak silat trainer. But before dissemination the researchers gave suggestions, so that the egosan technique model manual with straight kicks on pencak silat needs to be produced more, so that later more teachers or pencak silat trainers can understand and be able to master the egosan technique with a straight kick on pencak silat this martial art is perfect

C. Further Development Advice

In developing egosan engineering model products with a straight kick on the pencak silat martial arts further, the researcher has several suggestions, namely: (a) Product development of the egosan technique model with a straight kick on pencak silat still requires intensive assessment and testing and continuous, and applied to a wider scope that has more diverse (heterogeneous) characteristics, as an effort to obtain feedback in order to improve products; (b) The subjects involved in the evaluation and trial activities need to be further expanded by involving more experts or expert experts as well as teachers or trainers of martial arts as users and athletes as subjects; (c) It is necessary to conduct an assessment in further development at the level of variation and suitability with different conditions and situations; (d) It is expected that in the future there will be researchers who can develop the basic

Pencak Silat technique model as a whole, not just egosan technique with a straight kick on pencak silat.

REFERENCES

- [1] Borg. W. R & Gall, M. D, *Education Research An Introduction*, New York: Longman 1983.
- [2] Johansyah Lubis. (ed.1) (2004) **Panduan Praktis Belajar Pencak Silat**. Jakarta.PT. Raja Grafindo Persada.
- [3] Johansyah Lubis & Hendro Wardoyo (2014) Pencak Silat, **Panduan Praktis Belajar Pencak Silat**. Jakarta. PT. Raja Grafindo Persada
- [4] Johansyah Lubis & Hendro Wardoyo (2016) Pencak Silat, **Panduan Praktis Belajar Pencak Silat**. Jakarta. PT. Raja Grafindo Persada.
- [5] Joko. Penelitian Pengembangan. 2008 (online) <http://www.geocities.com/dwijoeas/penelitianpengembangan.html>. (diakses 05/03/2015).
- [6] Kemenegpora R.I. 2005. **Undang-undang Nomor 3 Tahun 2005 Tentang Sistem Keolahragaan Nasional**. Jakarta: Kemenegpora R.I, Biro Humas dan Hukum.

