

The Development of Karate Talent Scouting Identification Instrument

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The Development of Karate Talent Scouting Identification Instrument

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Abstract. One important factor in presenting sports achievements is the gift of giftedness. To find out whether someone is talented in a particular sport, an instrument is needed that can be used by trainers in finding talent for athletes who can be fostered in certain sports, according to the giftedness test results. This research includes research and development (research and development) or more often abbreviated as R and D. This research took place in 6 months, where this study focused on developing the talent identification tool for karate sports. The population in this study is the Junior Karate Club registered in the Medan City Branch Management. This research has produced talent identification instruments for karate sports, which have gone through stages, preliminary tests, drafting drafts, expert trials, trials of small groups and large groups. The instrument consisted of several items, namely Anthropometric Test (height, sitting height, weight, arm span, leg length), Physiological Test (Aerobic Test, power endurance test of leg muscles, speed, agility, Power), Biomotor Test (Push-ups, Sit Up, back arch test, flexibility, ankle coordination), complete with assessment norms.

Keywords: Instrument, Talent, Karate.

1 Introduction

Sports is a series of motion skill activities or playing objects that are carried out structurally and systematically given to the human body so that humans become stronger, healthier and skilled both physically and spiritually by using a certain set of rules in their implementation. Sports as physical activity or physical activity can give satisfaction to the perpetrators as individual needs. According to the Law of the Republic of Indonesia Number 3 of 2005 concerning the national sports system the scope of sport includes activities: sports education, recreational sports and performance sports.

High achievement is the result of a series of systematic training processes. A systematic training program if it is not supported by talented athletes in certain sports, the achievements that will be achieved by athletes will not be maximized. One obstacle to achieving high achievement is the difficulty of finding talented athletes. Talent itself is one of the supporting factors that are very supportive and needed in sports achievement. One of the efforts to get talented athletes, among them is doing talent scouting from an early age. H Furqon and Sapta (2008) stated that "Sports coaching should begin at an early age so there is no delay and always continuous, but must consider the condition of the child or adapt to the world of

children". Talent scouting must be multiplied and expanded, so that the potential athletes who have to be nurtured continuously and plan to get high performance.

Three important things that must be known by sports coaches and elementary & junior high school physical education teachers in their efforts to find and develop children who have potential in the field of sports include: (1) talent identification, (2) talent selection (talent selection), and (3) talent development (talent development), Winarno (2006) in (Deborah, 1991).

The three phases that have been stated before are a series of activities that have been structured and systematically designed, which must be carried out on an ongoing basis, ranging from talent identification, talent selection, to sports talent development. Efforts to improve achievement need to choose talented athletes by the right approach or method.

The martial arts branch, karate originating from Japan is very rapidly developing in Indonesia. This is marked by the many standing karate college associations that exist in Indonesia and proved to be held many tournaments between regional and international levels. To improve sports performance, especially in the karate sport, training is needed that can improve all components of the physical condition, because the physical condition component, which is prime, determines the level of achievement.

Karate is one of the fastest growing branches of martial arts in Indonesia and in North Sumatra Province. The karate sports branch is one of the flagship sports branches of North Sumatra Province which is able to produce achievements in every sporting event. Lately, the achievement of the karate sport is stagnant and tends to experience a decline in achievement.

The lack of achievement is certainly due to the ineffectiveness of existing coaching models. Based on observations, and interviews with coaches of Karate clubs in Medan's First High School, information was obtained that in conducting training for karate sports clubs the trainers had not conducted talent scouting for prospective students. And the instrument of talent scouting specifically for karate sports is still not standard. Therefore, an instrument of talent scouting is needed for karate sports, which can be used as a tool to attract talented athletes in karate.

Departing from the background of the problems raised above, the problem of this research focuses on developing a model of identification instrument for the gift of Karate sports for junior high school students in Medan.

The essence of Karate

Karate is a martial art from Japan. Karate itself has the meaning of empty hands. According to the Zen-Nippon Karatedo Renmei / Japan Karatedo Federation (JKF) and the World Karatedo Federation (WKF) in bermanhot (2013: 1), there are several major karate streams namely Shotokan, Goju-Ryu, Shito-Ryu, and Wado-Ryu. In addition to these streams there are other schools that have their own characteristics, such as Kyokushin, Shorin-Ryu and Uechi Ryu. Each flow has its own characteristics. Some of these streams have different emphases in karate techniques, some emphasize Kata, other uses of weapons other than bare hands, and full body contact systems.

In studying Karate, there are several levels that indicate how high the Karate martial arts ability is. Starting from a white belt where everyone who wants to learn Karate will get this belt without going through the test phase. The next level gradually is yellow, green, blue brown and the last one is black.

The basic Karate exercises are divided into three parts, as follows:

- Kihon, which is practicing basic Karate techniques such as hitting, kicking and parrying techniques.
- Kata, is technique practice or karate's flower.

• Kumite, which is sparring.

Kihon

Kihon itself is a basic technique which consists of attacking and defending techniques. Kihon is done repeatedly to form a fast and accurate movement response. Kihon training itself consists of various exercises that function to train several aspects of Karate, including Geri (kick), Dachi (foot position), Uke (hand), Tsuki (punch), Uchi (hand shape).

Word

The word is a combination or combination of a series of basic movements of punches, blocks, and kicks into a unified real form (Sujoto J.B. 1996: 137). Each aspect has a movement that varies from low to high level of difficulty. There are also several positions that have similar similarities. Word plays an important role in karate training. Each word has an embusen (pattern and direction) and bunkai (practice) that vary depending on the word being worked on. Words in karate have different meanings and meanings.

Kumite

Kumite literally means "meeting hands". Kumite is carried out by advanced students (blue belts or more). Before doing the free Kumite (Jiyu Kumite) practitioners studied the regulated Kumite (Go Hon Kumite). For kumite sports flow, better known as Kumite Match or Kumite Shiai.

According to Sujoto J.B (1996: 152), kumite is a method of basic techniques of punching, slashing, and kicking. From the two opinions above it can be interpreted that kumite is a training method that aims to train karate techniques both attack techniques and defense techniques that are carried out in pairs. In the kihon kumite training and kihon ippon kumite exercises all attack techniques, defensive techniques, and counter attack techniques have been predetermined. However, the jiyu kumite training has no prior technical settings, this is because each karateka is free to use the technical capabilities possessed. Kumite shiai, which is currently officially competed, is one form of kumite training in the form of free combat training (jiyu kumite).

Kumite matches that prioritize sports aspects, the techniques carried out by athletes who compete not to injure opponents, but to get value. Victory at the Kumite match is not determined by making the opponent fall due to punching techniques, jolt techniques and fast and uncontrolled kicking techniques. Victory in the kumite match is determined by one's ability to show or display the correct techniques, fast but able to be controlled properly, so that he gets the maximum value.

Sports Coaching

Almost all countries in the world have a pyramid-based sports coaching system, which follows the coaching stages which are based on pyramid theory, including: production, nursery, and improvement of achievement which is a series of phased, integrated, directed and continuous activities. The three elements above are interrelated and cannot be separated. The pyramid-based coaching system is a tiered sports coaching from the lower layer which is preparation, then continued continuously to the middle layer, nursery, continues to level up to the top of the pyramid, achievement development.

The direct results of the coaching process are maximum achievements in which all abilities both physical aspects, technical aspects, tactics and mentality work well. The purpose of sports is the development and development of sports is part of efforts to improve the quality of Indonesian people aimed at improving physical and spiritual health throughout the community, fostering character, discipline and sportsmanship, as well as developing sports achievements that can arouse a sense of national pride.

Sports Talent Identification

There are two paradigms that arise in guiding sports talent, according to H Furqon and Sapta (2008). First, that not every child has sporting talent, so that only certain children have the potential to be fostered and further developed. Second, that every child has talent in certain sports. This means that the child will be able to optimally practice in certain sports from the many existing sports.

a. Purpose of Talent Identification

H Furqon and Sapta (2008) stated that the main purpose of identifying talent is to identify and select prospective athletes who have the highest ability in certain sports. The earlier the child shows the suitability of the exercise with the ability to learn, the more successful he is in completing the training program. This will cause him to have more time to practice before reaching the age of peak achievements and will have a positive ending effect on his training. Determination of talent is a process of determining achievement abilities (pre-conditions), where children must have these abilities in order to achieve high levels of achievement and must use appropriate diagnostic techniques.

Three important things that must be known by sports coaches and elementary and junior high school physical education teachers in the effort to find and develop children who have potential in the field of sports include: (1) talent identification, (2) talent selection (talent selection), and (3) talent development (talent development), Winarno (2006) in (Deborah, 1999).

1) Talent Identification

Talent identification is a screening conducted on children and adolescents by using physical, physiological and motor skills as a selection instrument, to identify children who are gifted with sports, so it is estimated that the child will succeed in the training process, and can reach peak achievement. Winarno (2006) in (Menpora, 1998).

Two important components that should not be ignored in identifying sports talent are: Anthropometric Conditions and Motor Ability. Anthropometric conditions include: height, weight, sitting height, and arm span. While motor skills include: throw tennis catch, throw basketball, jump upright, run back and forth, run 40 meters, and run multi-stage.

2) Talent Selection

Talent selection is a screening performed on young athletes who participate in certain sports. The instrument for selecting is to use physical, physiological and motor skills tests. The instrument is used to identify the abilities and skills possessed by athletes, so that the athlete is likely to be successful in pursuing the sport.

This talent selection stage, has begun to lead to certain sports, so that the criteria used in accordance with the characteristics and specifications of each sport, are no longer general in nature such as sports talent identification.

3) Talent Development

Talent development is a follow-up to the identification and selection of athletes' talents. At this stage the intervention takes the form of treatment, to develop the talents of athletes optimally. This talent development is carried out on athletes who have participated in certain sports, and have talent in accordance with the sports that are occupied. Adequate infrastructure support capacity is one of the requirements of talent development, so that with adequate infrastructure support, it will be able to develop the potential of athletes optimally. This sports talent development activity must involve various components in synergy, and be handled professionally, starting from: determining trainers, preparing training programs, and designing competition programs, which are supported by adequate facilities, facilities and infrastructure, and based on sports science.

2 Research methods

2.1 Research methods

The research method used in an effort to answer the problem of this research is research and development, which is often abbreviated as R & D. Borg and Gall (1989: 784-785) describe ten steps in research and development. But in this case, the Borg and Gall development research model was modified into three steps, namely: (1) the preliminary study phase, which included literature studies, field studies, and drafting of the karate sports talent identification draft; (2) model development stage, (3) instrument testing phase. In this case, the research model for the development of Borg and Gall was modified into three steps, namely: (1) preliminary study phase, which included literature study, field study, and drafting of instruments; (2) the development study phase, the distribution of talent instruments in the karate branch to experts related to karate and experts, an evaluation and improvement of the draft development model according to the input provided; presents a draft for improving the guidance model to experts, evaluating and improving the draft instrument.

3 The results achieved

This research has produced talent identification instruments for karate sports, which have gone through stages, preliminary tests, drafting drafts, expert trials, trials of small groups and large groups. The instrument consisted of several items, namely Anthropometric Test (height, sitting height, weight, arm span, leg length), Physiological Test (Acrobic Test, power endurance test of leg muscles, speed, agility, Power), Biomotor Test (Push-ups, Sit Up, back arch test, flexibility, ankle coordination), complete with assessment norms.

4 Conclusion

Identification of giftedness in sports is very much needed as a basis for achievement sports achievements in Indonesia. With the presence of giftedness identification instruments in the karate sport, it is expected to be a tool to find the seeds of talented athletes in the karate sport, which will be fostered later.

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