eISSN: 2548-4613

Traditional Sport Of *Silek Tuo* In Minangkabau Community

(a study of *Silek tuo* advice)

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***Abstract- Silek tuo* traditional sport is a positive activity and provides benefits to the young generation both from the elements of body fitness, elements of cultural values, as well as religious elements embedded in the traditional sport of *silek tuo*. The purpose of writing is to provide understanding to the younger generation about the advice of the traditional *silek tuo* movement. The advice in the Minangkabau study has a variety of elements, values, and meanings in the Tuo Silek movement which contains messages from a teacher for the formation of human beings with noble character. *Silek tuo* traditional sport does not escape the teachings and demands of the Islamic religion can be called by referring to the Islamic Religion in accordance with the Minangkabau philosophy "adaik basandi syarak, syarak basandi Kitabullah". The advice given by the teacher to the silek guards did not escape the commands and teachings of Islam. The teachers advice on traditional silo tuo sports is given in the form of messages before doing the exercises and after doing the exercises. The advice given by the teacher must always be obeyed and always adhered to by the guiding principle.**

Keywords : *Silek tuo* advice, Traditional sports *silek tuo*, Pandeka Silek Minang

I. INTRODUCTION

Indonesia has various ethnic and local cultures in each region. Local culture is a legacy of the ancestors to the next generation. Davidson (1991:2) Cultural heritage is defined as 'the product or the result of physical culture from different traditions and spiritual achievements in the form of values from the past which are the main elements in the identity of a group or nation. Cultural heritage includes folklore, language, art, architecture, community social activities.

West Sumatra is a province that is rich in culture and traditions and customs of its region. Culture and traditions which are inherited from previous ancestors, one of them is traditional sports activities, namely martial arts activities called silek. Silek traditional sport is an applied activity of cultural values in the treasures of local wisdom of Minangkabau people. In traditional silek sports have many religious values, social values, physical values that are very beneficial for the development of children's characteristics. By doing traditional sports in addition to getting benefits for the body as well as an effort to preserve the Indonesian sports culture.

Traditional *silek tuo* sports have a variety of motions with goals and motion commands that vary from each motion. A silek guard to be able to apply the silek movement must understand the command or advice on the motion that is done so that the movement can be perfectly done. Every movement and movement and equipment to be able to join in learning the *silek tuo* movement has commands and advice that must exist and can be understood by a silek guard. A silek warrior must obey and be guided by the command and the advice of silek.

But at this time there are not a few people and silek guards who understand the advice of movement and the command of the movement in the traditional sport of *silek tuo*. So that it can reduce the values of motion and beauty of motion in the traditional sport of silo tuo it self. This is a bad phenomenon and will lead to obliteration in the traditional sport of silo tuo. A silek teacher in providing a form of silek training does not provide an understanding of the commands and advice of traditional *silek tuo* sports movements. The advice and command of motion in the traditional sport of *silek tuo* has a strong contribution to the perfection and beauty of motion in the traditional sport of *silek tuo*.

Therefore traditional *silek tuo* sport is an activity that can improve biomotor ability and can improve physical fitness. To strengthen and improve the ability of silek wandering in traditional *silek tuo* sports activities, it is highly required to understand the advice and motion commands for the perfection and beauty of the silek movement. So there needs to be an effort to provide knowledge about traditional *silek tuo* sports gestures to the younger generation.

In the discussion of this paper the author will discuss about the advice of siluo tuo movement. For this reason the author sets the title of the paper, namely "Traditional Sport Of *Silek tuo* In Minangkabau Community" (a study of *Silek tuo* advice)

II. METHOD

The method used in this research is descriptive method. The data obtained is presented in the form of descriptions. In collecting data, techniques for recording, recording, interviewing, and literature study are used. Literature study is used to capture as much written data as possible through books or writings that are relevant to this paper. The interview technique is intended to get the information needed from the informant by asking open questions according to the situation during the interview. This is done to obtain data verbally while learning the teacher's advice on *silek tuo*.

III. DISCUSSION

A. *Local Wisdom*

Local wisdom is a positive value in a particular area which is indeed a guideline or habit of the community in an area. Local wisdom is also called *lokal wisdom,* Ridwan (2007: 27-38) convey the term *wisdom* often interpreted as wisdom or wisdom. Rasid Yunus (2012:37) said local wisdom is a culture that is owned by certain people and in certain places that are considered able to survive in the face of globalization, because local wisdom contains values that can be used as a means of nation character building. Local wisdom or local wisdom includes rules, norms, values, advice, activities, habits and activities as a means for certain regional communities to build community identity which symbolizes the characteristics and characteristics of a region. Tia Oktaviani Sumarna Aulia dan Arya Hadi Dharmawan (2010:347) conveying these various forms resulted in various functions of local wisdom. These functions include:

1. Local wisdom serves to conserve and conserve natural resources..
2. Local wisdom serves to develop human resources.
3. Functioning as a development of culture and science.
4. Serves as advice, trust, literature and abstinence.

The functions of local wisdom include the preservation of the natural environment, developing human resources, developing traditions and culture as well as science, providing insight into rules, creeds, prohibitions, works of art and literature to be passed on to the public. This is in line with the opinion Joko Tri Haryanto (2014:202) namely local wisdom can be found in songs, proverbs, offerings, advice, slogans, and ancient books that are inherent in the behavior of everyday life.

B. *Traditional Sports Silek tuo*

The martial arts sport is an authentic Indonesian sport in Minangkabau to Maryono(1998:40) conveying silek in Minangkabau has been owned and developed by one of the advisors of Sultan Sri Maharajo Dirajo, a king in the Kingdom of Pariangan. Efrida (2013:140) said *silek tuo* was the oldest silat and gave rise to new silat schools afterwards. *Silek tuo* is a traditional sport of the Minangkabau community, which has the terms of motion based on the *Al-Qur'an and Hadis* which are projected to be static and dynamic. *Silek tuo* is the oldest martial arts sport among other martial arts in West Sumatra. *Silek tuo* has a typical characteristic but is difficult to be attacked by an opponent. The martial arts after the *silek tuo* martial arts are *Silek Kumango, Silek Lintau, Silek Sungai Patai, Silek Pangian, Silek Sitaralak, Silek Sugiridiek, Silek Luncua, Silek Koto Anau, Silek River Pagu, Silek Sunua, Silek Pasisia, Silek Bayang, Silek Sunang, Silek Pauh, Silek Gunuang* and others.

Silek is a skill to defend yourself without using weapons or other toolsIn an effort to defend themselves from enemy attacks*, silek* is taught without using tools, but fully adheres to the skills to defend themselves from all attacks. Learning silek is not to look for enemies, but to find friends. This is in accordance with the proverb that is sought, the abstinence is avoided. That is, the enemy is not sought, meets abstinence. This sentence is the first sentence spoken by guru gadang (professor) of his student who is held firmly by his student. Traditional sport is a movement for young people to fill their spare time and also as a basis for the community to defend themselves. Of the many schools of silek in Minangkabau society *silek tuo* have characteristics that is not using *"balabeh".* Efrida (2013: 140) explains that it is not used *"balabeh",* that is, if the fighters are already dealing with their partner, they directly attack. So in silo tuo has a direct feature of attack after doing the opening playing movement.

Silek tuo is a community activity to fulfill their needs. The goal of traditional *silek tuo* sports activities is to make friendship, to get closer to Allah S.W.T, martial arts and to exercise. Silek tuo is included in sports activities which also have basic silek movement techniques that must be mastered by silek players . Suharno HP (1993: 43) argues that "the basic technique is a technique where the process of motion in doing so is fundamental, the movement is simple and easy". Technique in sports is a procedure or design for the implementation of the movement of a sport. In traditional *silek tuo* sports also have the techniques and procedures for implementation. Apart from the technique of punching, kicks, kicks, silo tuo has several terms of techniques that must be mastered by silek players.

Admar Jas (15/05/2018), Musra Dahrizal (17/05/2018), Efrida (2013) The technical term in silo tuo includes, among others, that a silek player must master the step technique in *silek tuo*. The basic step in *silek tuo* consists of lajua, papek, satangah lajua, kepoh then in its development enter two step techniques which are given the name bali motion and satangah bali motion. Then the silek player must master the technique of the position in the *silek tuo*, the technique of the position in *silek tuo* is three, namely the incomplete position, the loose position, the breadfruit position.

The easel technique in siluo tuo is called pitunggua, which is an easel technique that does not show the firmness of the legs in supporting the body, with the aim of facilitating the legs to move or move freely. in its implementation the horses in silo tuo were not so strong and sturdy the horses tended to be ordinary and were known by the Minahasa term "guyah-guyah garaman". The next technique that must be mastered by silek players is the tangkok technique which consists of four types, namely tangkok mati, tangkok broken, tangkok gag, tangkok ibo or lapeh. The above technique is an attack technique in *silek tuo* and has the purpose of each of each type of technique according to their needs. *Silek tuo has four basic techniques that must be mastered, namely step technique, silek position, horses and pitunggua, sticking techniques which each item has a variety of variations in each technique..*

C. *Silek tuo* Advice

The word of advice can be referred to as the advice of a teacher or the messages of a teacher in the teaching of motion to the teacher of silek with the aim of perfecting the understanding of the techniques carried out in accordance with the demands and expectations of the teacher to their students. Every movement or technique in traditional *silek tuo* sports

has a suggestion for the formation of characteristics according to the expectations of the Islamic religion. *Silek tuo* traditional sport does not escape the teachings and demands of the Islamic religion can be called by referring to the Islamic Religion in accordance with the Minangkabau philosophy *"adaik basandi sarak, sarak basandi Kitabullah"*. Admar Jas (2007:133) The teacher's advice on the Sunur paninjau silek flow is that I spur, namely:

Petuah Guru
Cawang dilangik tando kapaneh
Gabak dihulu tando kahujan
Kilek baliung alah ka kaki
Kilek camin alah ka muko
Takilek ikan di aia tantu jantan jo batinonyo
Alun takilek alah takalam

Bulan disangko tigo puluah
Alun diresek alah mangasan
Alah kameh dalam tubuh
Garak garik, kunei, pitunggua pandang
Garak diurang, garik diawak
Alun mangarik alah bagarak
Kasimpulan silek tangkok
Habih pandang indak mamandang salain nan panjang
Habih Raso tak maraso salain nan dirasokan

Pariaman ba paga jirak
Jinak dipaga jo daun paku
Didalam garik jo garak
Angin bakisa badan pun tahu

In the panoramic stream of review, teachers have advice to their students, as well as *silek tuo* which is the oldest silek and still cannot be revealed theoretically to the public. Musra Dahrizal (17/04/2018) a teacher's advice must be held firmly by the silek guards and must always remember every suggestion of the movement. Tips that contain advice and orders by the teacher, as a method of a teacher in shaping the character of students or silek pupils to always behave well. The teacher's advice on traditional silo tuo sports is given in the form of messages before doing the exercises and after doing the exercises. The advice given by the teacher must always be obeyed and always be held firmly by the guiding principle.

A fighter must be disciplined and obey the commands and advice of a teacher. A teacher's advice has a variety of objectives according to the type of *silek or silek* players' movements as well as advice for moral formation and character for *silek* guides.

IV. CONCLUSION

Advice is the advice and command of a teacher to students with the aim of forming the character of students in accordance with the expectations of the Islamic Religion. The advice given must always be held firmly and always be remembered so that students or pandeka are able to think clearly and are not careless in setting an attack without thinking of the risk received by the opponent. Many meanings and elements of the philosophy of life that exist in a teacher's advice that has not been revealed theoretically.

ACKNOWLEDGMENT

With all humility all praise and gratitude the authors offer the presence of Allah on His mercy and guidance so that the writer can complete the writing of this paper. The author realizes, the existence of this paper is like a drop of water in the sea that has nothing, but in its completion it is very much getting help and encouragement from various parties. Furthermore, the author realizes that as an ordinary human being does not escape the error "There is no ivory that is not cracked, if not cracked, not ivory. There is no human being who has no fault, if he does not have a mistake it is not a human being. In particular, I would like to express my deepest gratitude to:

1. Prof. Dr. H Syawal Gultom, M.Pd as Chancellor of Medan State University and all of his staff.
2. Prof. Dr. Bornok Sinaga, M.Pd as Director of the Medan State University Postgraduate and staff.
3. Dr. Budi Valianto,M.Pd, as Dean of the Faculty of Sport Sciences. Medan State University and its staff.
4. Dr. Albadi Sinulingga, M.Pd as chairman of the Study Program. Sports Education. Postgraduate Program of Medan State University and its Staff.
5. Dr.Sabaruddin Yunis Bangun, M.Kes which always helps me in and directs so that this paper can be completed.
6. Prof.Dr.Agung Sunarno, M.Pd who is not bored giving me support and motivation.

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