



## Analysis of Application of Pencak Silat Techniques and Tactics in the National Sports Week in Papua in 2021

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<https://doi.org/10.47814/ijssrr.v5i8.374>

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### **Abstract**

This study aims to analyze the application of pencak silat techniques and tactics in the competition category at the National Sports Week (PON) fighters in Papua in 2021. The research method used in this study is a quantitative method. The data source was obtained from video recordings of matches taken by PB IPSI at the 2021 National Sports Week. The sampling technique used is probability sampling, namely the population comes from pencak silat athletes participating in the National Sports Week. The samples were all the silat fighters who passed the final of the National Sports Week for the competition category of pencak silat. Data collection techniques using structured observation. The data obtained then were analyzed using descriptive data analysis techniques. The results of this research were as follows (1) the most frequently used technique was the punch technique, which was 18.59%; (2) the second highest percentage technique used was the sickle kick, which was 17.59%; (3) block technique had a percentage of 12.75%; (4) the front kick occupied the fourth percentage after the block, which was 10.53%; (5) side kicks/ T got a percentage of 9.66%; (6) Scissors technique, namely 8.97%; (7) the catch technique was 5.26%; (8) leverage technique had a percentage of 4.47%; (9) edge technique was 4.20%; (10) the sweep technique was 1.27% and (11) the back kick technique was 0.43%. Based on the results of the research that had been carried out, it can be concluded that the research is; (1) the most frequently used technique was the punch technique

**Keywords:** *Analysis; Pencak Silat; Techniques and Tactics*

### **Introduction**

Pencak silat is a type of traditional martial arts from Indonesia. Pencak silat is a sport that aims to equip individuals in self-defense when someone is in danger (Iskandar, 1992). Lesmana (2013) pencak silat is a sport that is useful in maintaining physical fitness, health and improving individual achievement.

As one of the most popular sports in Indonesia, pencak silat can be easily found in various places; such as in schools, fields, sports halls, some districts and so on. The existence of pencak silat has a great influence on efforts to preserve local cultures so that many universities in Indonesia open recruitment for members who are interested in joining as pencak silat members (Januarno, 1989).

Pencak silat has the meaning of individual skill in the game to defend ourselves from the opponent's attack using attack and defense techniques with the help of weapons or not. There are elements of action and beauty in the martial art of pencak silat. In addition, pencak silat is also a finding derived from human mind and is obtained from the activity of contemplating, learning, and observing something (Kriswanto, 2015). There are four patterns in the pencak silat match that make this martial sport has its own uniqueness when compared to other martial sports, such as (1) tide attitude, (2) stride pattern, (3) attack-defense, (4) return to tide attitude. There are certain patterns of motion as a result of a series of movements in the four patterns above. Falling technique skills, avoidance techniques, blocking techniques, punching techniques, and kicking techniques are movement technique skills that must be mastered in this sport. There are separate functions and uses for each of the above movement techniques.

Ihsan (2018) pencak silat has several aspects of various techniques that have different goals. These various techniques are needed and mastered so that fighter can win the match. However, a coach must understand which technique has an important impact on a fighter winning the match because not all of these techniques can be used in competition. Coach guidance is needed so that fighters can undergo and win pencak silat matches in national competitions.

By identifying the percentage value of each technique, the coach must have good analytical skills so that the students can use the most effective technique to win matches. Thus, the analyzed techniques become the main focus of the coaches so that fighters can continue to train them based on the regulations in official competitions. On the other hand, the coach must understand the various types of faults that can cancel the of their students' victor and also know how to avoid the point deduciton in matches. In addition to the right technique, the application of tactics is very important to achieve a victory. Wardoyo (2015) stated that various aspects that support fighters to achieve victory and good achievements are 1) Technical Aspects; 2) Physical Aspects; 3) Tactical Aspects; 4) Strategy Aspect; and 5) Mental Aspect. For this reason, proper data analysis is needed to create a fighter training program. The sport of pencak silat requires consideration and reference to determine an exercise program to achieve achievement. However, at this time, the data related to the application of techniques, physical, tactics, strategies and mental conditions have not been found, even though these are hugely needed in pencak silat matches which will be the reference for coaches to train. In order to achieve maximum performance, it is necessary to evaluate the training pattern. To determine the right priorities in carrying out training patterns in performance development, coaches need to understand various analyzes of the application of pencak silat techniques and tactics in the sparring category. So far, there has been no analysis of appropriate technical and tactical techniques in pencak silat for the sparring category. There is no precise tactic in collecting points in a pencak silat match for the sparring category. The author has an interest in writing a study based on the explanation above so that the topic to be studied is "Analysis of the Application of Pencak Silat Techniques and Tactics in the Competing Category at the National Sports Week Pesilat in Papua in 2021".

### ***Research Methods***

The research method used in this study was a quantitative method. Quantitative methods were used in this study to analyze the average use of pencak silat techniques and tactics in the competition category of the pencak silat sport at the 2021 National Sports Week. The data source was the subject from which the data was obtained by the observer. The data source was obtained from video recordings of

matches taken by PB IPSI at the 2021 National Sports Week. The sampling technique used was *probability sampling*, which is a sampling technique that provides equal opportunities for each element (member) of the population to be selected as sample members (Sugiyono , 2015). The population was pencak silat athletes participating in the National Sports Week for the competition category of pencak silat. The samples were all the silat fighters who passed the final of the National Sports Week for the competition category of pencak silat. The data collection technique was carried out by structured observations. The data obtained were then analyzed using descriptive data analysis techniques.

### Results and Discussion

This research was carried out at the IPSI PB Office, Taman Mini Indonesia Indah, Jakarta and Boyolali Regency. The data which were taken in this study were: 1. Technical analysis includes: punches, front kicks, sickle kicks, t kicks (sides), back kicks, slamming catches, scissor kick, sweeps, leverages, evasions, blocks, and edges. 2. Analysis of tactics, among others: direct attack, indirect attack, attack ending slam, direct attack, waiting for hook, waiting for down attack, defending counterattack, defending kick, and kicking. After taking data from video recordings, the data was then grouped, and analyzed as in the description attachment to be able to find out the average use of techniques and the average use of tactics at the 2021 National Sports Week.

Based on the results of data collection and analysis, it was obtained that the total number of techniques used from all fighting classes played by the two fighters who passed to the final round from the preliminary round to the final round was 7,187.

Table 1. Technical Analysis Results

No	Dominant Category (%)	Technique
1	Very Often (28 – 35)	
2	Often (21 – 28)	
3	Quite (14 – 21)	1. Punch (18,59%) 2. Sickle Kick (17,59%)
4	Less (7 – 14)	1. Block (12,75%) 2. Front Kick (10,53%) 3. Side Kick /T (9,66%) 4. Scissor Kick (8,97%)
5	Very Less (0 – 7)	1. Envasion (6,29%) 2. Slamming (5,26%) 3. Leverage (4,47%) 4. Edge (4,20%) 5. Sweep (1,27%) 6. Back Kicks (0,43%)

The most frequently used technique was the punch technique, although the punch technique has a low point namely 1 point but the usage percentage is 18.59%. This happens because this technique is easy to do and has minimal risks such as being caught and dropped by an opponent, whether at close range or in a clean position, it is very useful to use. In addition, this technique can be used as a prefix to break the opponent's stance, to break the opponent's concentration, to launch a core attack or to launch the next attack. And if this technique is used using strong power, it can weaken the opponent's condition.

The second highest percentage technique was the sickle kick, which had a percentage of 17.59%. This sickle kick technique is an attack, this technique is easy to use and there is no bouncing effect. The sickle kick technique also has a fairly high value, namely 2 points. The sickle kick technique does not require a very large amount of energy when compared to other kick techniques, so the sickle technique is the most dominant kick technique and it really has character.

The Block technique had a usage percentage of 12.75%. This technique has a defensive and attacking character. The attack's character occurs when it hits the opponent with the knee. The next attack, the defend character, is used to cover the opponent's attack. Although this technique has no points, this technique is very useful for defending and being able to break the opponent's defense. This technique is often used by fighters who have a defensive character in competition. This technique is used by fighters as a support technique to carry out attacks.

The front kick has a bouncing effect on the opponent, even if the opponent is not ready to knock the opponent down. The front kick is a kick attack that is difficult to catch and then drop. However, the front kick requires a lot of power. Front kicks occupied the fourth percentage after the block, which was 10.53%.

Side kick /T is an attack technique but this technique can be used for fighters who have defensive or waiting type. This technique is very effective to use when defending and can be used to get points. Side kicks are very difficult to catch and if used with the right power and timing, this kick can knock down opponent. This side kick/T was the main weapon for the Women's Class B Champion from East Nusa Tenggara. This technique got a percentage of 9.66%.

The scissor technique is a technique that is not easy for a fighter to do. If the distance and timing are not right, the scissor attack can fail. However, if this attack fails, it will not harm the fighters because if it fails to do so, the opponent cannot attack back. This technique can be used either to attack or defend. The score of the scissor technique if it succeeds in bringing down the opponent, the fighter will get a score of 3. This technique can be done with a direct attack or can be used after making a sickle kick, it can also be used to defend when the opponent attacks or when the opponent clings to a clean move, we can also do the scissor technique. This technique can also be used for a strategy to buy time if you have won points. Even though, you will get a warning if the technique doesn't hit the target at all. This makes its use quite dominant, which is 8.97%.

Dodge Technique aims to dodge the opponent's attack. This technique can be classified as a defensive technique, because it waits for the opponent to attack. This technique has +1 points. However, the +1 points will not be obtained if you can't counterattack after dodging. If the fighter deliberately waits to dodge but the avoidance fails, the opponent will get points from his attack.

The catch-slam technique must be mastered by all fighters in each fighting class. This technique has a value of 1 + 3 because it makes a catch and can bring down the opponent as well as dodge. The catch also gets a value of +1 if it can bring down the opponent. It has a disadvantage if it fails to slam because the opponent will get a kick value, and the one who will slam will not get a point for failing to knock the opponent down. The use of this technique was less dominant, namely 5.26%.

Leverage technique had a percentage of 4.47%. Leverage technique is an attack that uses feet and makes the opponent's foot as the target. The leverage technique can be used to dismantle the opponent's defense or break the opponent's concentration. Besides, this technique can be used to bring down the opponent and get 3 points if the opponent is successfully dropped. This technique can be used by an aggressive type of fighter to start with, This can be started by damaging the opponent's balance and then continuing with a kick attack. This technique can be used to defend.

When the opponent strikes or kicks, the fighter can attack the opponent's feet using the leverage technique. It can also be used when the opponent does a clean technique.

The edge technique is used to ward off or deflect the opponent's attack or opponent's kick. This technique is to defend so that we can deflect the opponent's kick so that the fighter is not hit by the opponent's kick. This technique uses one palm or both. By using this technique, a fighter can get a +1 value if it can be followed by a counterattack and hits the target, for example, a fighter is able to ward off an opponent's attack and then can follow with a sickle kick on target getting a value of 1+2. If there is no backlash, then it doesn't get any value at all. The percentage of the edge technique was 4.20%.

Sweep technique is a technique which can be used to attack or defend. The points a fighter gets if he succeeds in dropping his opponent are 3. If a fighter fails to knock his opponent down, he will get a risk of a counterattack from the opponent. This technique is very risky if a fighter fails to use it because it will be difficult to avoid a counterattack from the opponent while lying down. This technique is rarely used because it is risky. When compared with the same cutting technique, it has the principle of dropping the opponent using the legs. Fighters prefer the cutting technique because they don't risk a backlash from the opponent. The usage percentage of this technique was very low. The Block Technique had a usage percentage of 12.75%. The front kick occupied the fourth percentage after the block, which was 10.53%. Side kicks / T got a percentage of 9.66%. Scissors technique was 8.97%. The catch technique was 5.26%. Leverage technique had a percentage of 4.47%. The edge technique was 4.20%. That is 1.27%, very less dominant.

Back kick is a difficult technique to perform and only few fighters can master this technique. Although this technique is difficult to do, but this can make the opponent surprised since it is very rarely used. Back kick can be used for defending or attacking. The amount point of this technique is the same as the point of other kicking techniques, which is 2 points. However, this technique is a bit risky because fighters have to turn their back to the opponent and they can lose their balance. It can be risky if fighters fail to use. The usage percentage was very low, namely 0.43%. This can be classified as very less dominant use.

Based on the technical description above, in the competitive category of pencak silat competition at the National Sports Week, the most frequently used technique is a technique that aims to attack and get points but has minimal risk if it is done. Punch and sickle kick technique are at the top percentage. Furthermore, techniques that have defensive characteristics but can also be used to attack. Like block technique, it can be used both to defend and to dismantle the opponent's defense. Defensive techniques can also get high points, for example, front kick techniques, T/Side kick techniques and scissor techniques. On the other hand, the least used techniques are evasion, catch, slamming, leverage, edge, sweep and back kick. Even though those techniques are barely used, this does not mean that these techniques are useless because these techniques can also be used for defensive tactics, except for leverages, sweeps and back kicks. These techniques are rarely favored by fighters because sweeping and back kicks are very risky. Slamming and catches are rarely used because these techniques can only be done in certain situations, namely when the opponent launches a kick. Fighters prefer the block technique because it has minimum risk and can be used when defending and attacking, depending on the type and character of each fighter.

## **Conclusion**

Based on the results of the research, it can be concluded that (1) the most frequently used technique was the punch technique, although the punch technique had a low point of 1 point the usage percentage was 18.59%; (2) the second highest usage was the sickle kick, which was 17.59%;

(3) the block technique had usage percentage of 12.75%; (4) the front kick occupied the fourth percentage after the block, which was 10.53%; (5) side kicks/T got a percentage of 9.66%; (6) Scissors technique was namely 8.97%; (7) the catch technique was 5.26%; (8) leverage technique, had a percentage of 4.47%; (9) edge technique was 4.20%; (10) the sweep technique was 1.27%; (11) the back kick technique was 0.43%.

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