



Wushu Sanda Athletes' Accomplishment Profile at PON XII Aceh-Sumut 2024

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Abstract

Sport is activity that contributes greatly to physical and mental health, as well as the achievement of achievement at national and international levels. One of the fastest growing sport that is growing rapidly in Indonesia is wushu, especially sanda number. This research aims to document the journey of Central Java wushu athletes in achieving their athletes in achieving achievements in PON XXI Aceh-Sumut 2024. The method research method used is phenomenology with a qualitative approach, where data is collected through the author's personal experience as a writer. Where data is collected through the author's personal experience as an athlete, interviews with coaches, and analysis of supporting documents. The result of the research showed that achievement in wushu sanda is inseparable from a systematic training program, including regional training camps (Pelatda), systematic training program, including regional training camps (Pelatda), match trials, and Training Center (TC) in Vietnam. Evaluation of physical condition physical condition, technique, strategy, and mental aspects are the main factors in improving athlete performance. The results of the trials and fitness monitoring showed significant improvements in strength, agility, and endurance, although there are some aspects that still need improvement. This research is expected to be a reference for athletes and coaches in developing more optimal training strategies to achieve maximum performance. a more optimal training strategy in order to achieve maximum performance.

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INTRODUCTION

Sport is an activity that is widely practiced by the community and has become an integral part of everyday life (Firman et al., 2022; Wicaksono & Amin, 2024). In addition to contributing to maintaining physical fitness and mental health, sport also serves as a platform to achieve achievements and make the nation proud at the national and international levels (Hanief et al., 2016; Pratama & Setyawati, 2021). As public interest in sports increases, this activity is no longer underestimated, but has become an important element in the lives of various age groups, ranging from young people to the elderly (Lituhayu et al., 2023).

A fundamental aspect of sport is physical fitness, which is divided into two main categories, namely health-related fitness and fitness related to movement skills (Gunawan et al., 2019; Rudiansyah et al., 2017). In addition, the goals of exercising also vary, ranging from achievement, health maintenance, recreational activities, to the rehabilitation process (Al Fakhi & Barlian, 2019; Arsyandi et al., 2024). Therefore, sports coaching and development need to be carried out systematically at various levels, both at the community, national and international levels, in order to improve the quality of athletes and overall sports achievements.

In the world of sports, there are various branches that have fans and talented athletes, one of which is wushu (Gunawan et al., 2019; Soan, 2017). Wushu is a traditional Chinese martial art that has developed into a competitive sport (Nurwanda, 2021; Winarko & Sakti, 2023). The sport includes several official competition numbers, such as Taolu (stance demonstration), Tuida (combat demonstration), and Sanshou/Sanda (free combat) (Candra & Rumini, 2016; Rudiansyah et al., 2017). In the Sanshou/Sanda category, wushu has similarities with kickboxing and muay thai, but with additional slamming techniques

and stricter rules to protect athletes (Lindianawati et al., 2022; Zawawi, 2018).

In Indonesia, wushu is growing and becoming one of the sports that has the potential to make great achievements (Prasetyo et al., 2018). One of the regions with great potential in this sport is Central Java. Although the number of enthusiasts is not as much as other sports, the opportunity to achieve achievements in wushu is quite open for athletes who have high discipline and dedication. This is proven by the achievements of Central Java wushu athletes who successfully won six gold medals, one silver medal, and two bronze medals in the XXI Aceh-Sumut 2024 National Sports Week (PON).

As an athlete who initially pursued Jeet Kun Do Shaolin Kung-Fu, the author finally decided to switch to wushu because he saw greater achievement opportunities. The journey from 2017 to 2024 in the world of wushu has brought the author to win a gold medal at PON XXI Aceh-North Sumatra 2024. This success is inseparable from discipline in training and the application of a structured and well-planned training program.

The achievements of Central Java wushu athletes at PON XXI Aceh-North Sumatra are proof that systematic and efficient sports coaching can produce proud achievements. This success also provides motivation for other athletes to continue practicing and developing their potential to achieve higher achievements in the future. Based on this background, the author is interested in documenting the journey and achievements of Central Java wushu with the aim of being a reference and source of inspiration for readers, especially for those who want to make a career in the world of wushu sports.

METHODS

This research uses a phenomenological method with a qualitative approach to understand the subjective experiences of Central Java wushu sanda

athletes in achieving achievements in PON XXI Aceh-North Sumatra 2024. Data were collected through the author's personal experience and interviews with coaches, then presented narratively. The research location focused on the Central Java wushu training center, with the research population consisting of Central Java wushu athletes who participated in PON XXI. The purposive sampling technique was used to determine the sample, namely athletes who won gold medals in the wushu sanda category, which in this case is the author herself. Data sources include primary data from personal experience and secondary data from interviews and supporting documents such as journals, articles, and KONI reports. The research instrument includes aspects of training programs, techniques, skills,

mentality, and strategies. Data analysis is done descriptively to describe the factors that contribute to the achievement of Central Java wushu sanda athletes.

RESULTS AND DISCUSSION

In achieving achievements in the sport of wushu sanda at the PON XXI Aceh-Sumut 2024 event, the author underwent a regional training camp program (Pelatda) which lasted from February to September. During this period, the author followed a series of intensive training programs designed to improve physical abilities, techniques, strategies, and mental competition. In participating in the Pelatda, the author followed the following series:

Table 1. Pelatda Training Program Schedule

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		05.00 - 07.00	05.00 - 07.00	05.00 - Selesai	05.00 - finish	05.00 - finish	REST
Afternoon		10.00 - 12.00	10.00 - 12.00	10.00 - 12.00	10.00 - 12.00	10.00 - 12.00	REST
Afternoon	16.00 - 18.00	16.00 - 18.00	16.00 - 18.00	16.00 - 18.00	16.00 - 18.00		REST

The author undergoes training according to the schedule and program designed by the coach, covering technical, tactical, and physical aspects in order to maximize performance in wushu sanda. In addition to following the predetermined program, the author was also given the responsibility to develop a personal training program based on an analysis of his own strengths and weaknesses. This aims to tailor training to individual needs in order to achieve optimal improvement. In the early stages of the regional training camp (Pelatda), the author and other athletes underwent a series of physical

condition tests which were carried out regularly to monitor the development of fitness and readiness to compete. In addition, special load tests were also carried out for Central Java wushu sanda athletes to measure endurance, muscle strength, and flexibility, which are important factors in facing matches at the PON XXI Aceh-Sumut 2024 event. Evaluation of the results of this test is used as a basis for adjusting the intensity and focus of training, so that each athlete can optimize their performance ahead of competition. Below are the results of the author's weight test:

Table 2. Athlete Load Test Results

Back Squat	Bench Press	Deadlift	Standing Press	Barbel Row	Pull Up	Hangging Leg Raise	Barbel Tricep	Backup
135	60	100	35	95	5	15	37	76

The initial physical test was carried out in February as an initial stage to measure the fitness level and readiness of athletes before entering an intensive training program at the regional training camp (Pelatda). In April, a second physical condition test was conducted to evaluate the development of training results and adjust the ongoing program. This test covers various aspects of fitness such as strength, endurance, speed,

agility, and flexibility. The results of the author's physical condition tests are summarized in the following table as a form of documentation of progress during the Pelatda process and as a basis for improvement and performance enhancement in preparation for PON XXI Aceh-Sumut 2024.

Table 3. Physical Condition Test Results Day 1

No	Item Test Day 1	Result	
		Friday, 12/2/2024	Saturday, 6/4/2024
1	Sprint 30 Meter	04''.4	04''.81
2	Standing Broad Jump	200 cm	212 cm
3	Agility T- Test	12''.27	10''.75
4	300 YARD (12 X25 yard)	53''.28	52''.61
5	Core Streght/Stability	2'.59	03'.40
6	Single Leg Squat	Left: 1 Right: 12	Left : 3 Right :17
7	Cooper Test	10'.35	08'.49

Based on the results of the physical condition tests conducted with an interval of two months, there were improvements in five of the seven indicators tested. Test items that showed positive development included the standing broad jump, agility T-Test, 300 YARD (12 x 25 yards), single-leg squat, and Cooper Test. The improvement in these aspects indicates the development in the author's explosive strength, agility, anaerobic endurance, leg stability, and aerobic capacity during the training program at Pelatda.

However, two of the seven indicators experienced a slight decrease, namely the 30-meter Sprint and Core Strength/Stability. The decrease in sprints is likely due to a change in training focus which focuses more on endurance and competition techniques (Kusuma & Farida, 2021; Nababan et al., 2018). While a slight decrease in core strength could be related to an increase in training volume that causes muscle fatigue (Usmany et al., 2024; Widoyoko, 2019). To overcome this, adjustments in the training program will be made by adding specific exercises to increase speed and core strength again, so that

the balance of physical performance is maintained ahead of PON XXI Aceh-Sumut 2024.

Table 4. Physical Condition Test Results Day 2

No	Item Test Day 2	Result	
		Friday, 12/2/2024	Sunday, 7/4/2024
1	Barbel Back Squat	75 Kg	135 Kg
2	Barbel Bench Pffress	45 Kg	65 Kg
3	Barbel Deadlift	80 Kg	100 Kg
4	Standing Barbel Pffress	35 Kg	35 Kg
5	Barbel Row	70 Kg	95 Kg
6	Pull Up / Cin Up	-	5x
7	Hangging Leg Raise	11X	15x
8	Dumbbel/ Barbel Tricep	25X (3 kg)	37x
9	Back Up With Dumbell	75X (2,5 kg)	76x

Based on the results of the physical condition tests conducted over a two-month period, there were improvements in eight of the nine indicators tested. Meanwhile, one indicator, the Standing Barbell Press, showed stable results with no significant changes. This improvement reflects the effectiveness of the training program in improving various aspects of physical fitness, including strength, endurance, agility, and flexibility.

In addition to the nine key indicators, other aspects of physical condition are also regularly monitored and measured to ensure optimal development. This involves evaluating cardiovascular endurance, balance, and muscle recovery after intense training. Below are the results of the author's physical condition tests conducted in April and May as part of the preparation for PON XXI Aceh-Sumut 2024

Table 5. Results of the Athlete's Physical Condition Test

Name: Gita Ariesta

Height/Weight :159 cm / 56kg

No	Item Test	Wednesday, 24 April 2024		unit
		Result 1	Result 2	
1	Vertical Jump			Centimeter
	a. Hand Reach Height	:60	:60	
	b. Springboard Height 1	:104	:105	
	c. Springboard Height 2			

	d. Springboard Height 3	:102	:105	
		:100	:105	
2	Standing broad jump			Meter
	a. Test 1	:2.00	:2.01	
	b. Test 2			
	c. Test 3	:2.00	:2.00	
		:2.09	:2.00	
3	Two hand medicine ball put	:1.32	:1.40	Meter
4	Punch speed (10'')			Times
	a. Test 1	:32	:36	
	b. Test 2	:36	:36	
	c. Test 3			
		:35	:37	
5	Kicking speed (10')			Times
	a. Test 1	:23	:25	
	b. Test 2	:25	:24	
	c. Test 3			
		:23	:24	
6	Sprint akseleration			Sekon
	a. 5 meter	:1.38	:0.97	
	b. 10 meter			
		:2.13	:1.92	
7	Agility			Sekon
	a. Squat thrust(20'')	:10X	:11X	
	b. Semo agility			
		:13.38	:12.76	
8	Power sit up & push up (30'')			Times
	a. Sit up	:30	:36	
	b. Push up			
		:29	:38	
9	Run aerobic speed test 35 M			Sekon
	a. Run 1	:6.06	:6.25	
	b. Run 2			
	c. Run 3	:5.88	:5.78	
	d. Run 4	:6.16	:5.97	
	e. Run 5	:5.94	:5.81	
	f. Run 6			
		:6.41	:6.06	

:5.88 :6.00

As part of the preparation for PON XXI Aceh-Sumut 2024, the author participated in a series of trial matches in the Central Java wushu sanda regional training camp (Pelatda) at the special preparation stage. This trial aims to evaluate technical readiness, tactical, and physical and mental conditions before entering the main competition.

In addition, this trial match also serves to identify weaknesses that still need to be

improved, hone competitive strategies, and improve adaptation to the competition atmosphere. The results of this game trial are presented in the following table as material for analysis and evaluation in order to improve performance ahead of the PON XXI Aceh-Sumut 2024 event. The results of the game trials are presented in the following table:

Table 6. Results of Game Trials at the Special Preparation Stage

Play	Win	Highest number of points	Lower number of points	Notes
7	2	22	2	Need to enjoy “matches” and “games” more.

Based on the results of the trial matches, the author managed to win 2 out of 7 matches. Although these results show progress, there are still some aspects that need to be improved. One of the main notes given is the importance of enjoying the match and playing with more confidence, so that you can perform more freely and optimally in every match. The evaluation from this trial is the basis for making improvements to strategy, technique, and mental readiness ahead of the main competition. As part of the intensive preparation for PON XXI Aceh-North Sumatra 2024, from July to August, the author attended a Training Center (TC) in Vietnam with other wushu sanda athletes. The TC program aims to improve technique, tactics, and physical condition with higher training standards. During their time in Vietnam, the athletes underwent high-intensity training, adjusted to a different style of competition, and

developed discipline and a stronger work ethic. In addition, this TC was also an opportunity for the authors to adapt to a variety of more competitive game patterns, so that they are better prepared to face opponents at PON XXI Aceh-North Sumatra 2024.



Figure 1. Training Center in Vietnam
(Source: Research, 2024)

In September 2024, the author officially left to compete in PON XXI Aceh-North Sumatra, representing Central Java in the wushu sanda sport in the women's 56 kg class. This participation is the result of long preparation through regional training camps (Pelatda) and

Training Centers (TC) in Vietnam, which have prepared the author physically, technically, and mentally to face competition at the national level.

Prior to the main event, qualifying rounds were held through BKPON Wushu Sanda in three different regions. The results of these qualifying rounds provide an overview of the opponents to be faced and the strategies that need

to be prepared further. The following is a recapitulation of the BKPON Wushu Sanda Region I, II, and III results, which form the basis for mapping the strength of athletes from various regions before competing in the main event of PON XXI Aceh-Sumut 2024.

Table 7. Recap of BKPON Wushu Sanda Region I, II, and III Results

NO	NAME	ORIGIN	DESCRIPTION
1	MELISA TRY ANDANI	JAMBI, KOTA JAMBI	REGION I
2	NURJANNAH	LAMPUNG, BANDAR LAMPUNG	
3	DILLA GUSTIANINGSIH	SUMBAR, SUMATRA BARAT	
4	TARISA AMANDA	SUMSEL, PALEMBANG	
5	EBINA SAPUTRI S.	JABAR, BANDUNG	REGION II
6	SHELLY CAHYANI D.	KALTARA, KALTARA	
7	ACUT SYAHRINAWIYAH	DKI JAKARTA, JAKARTA PUSAT	
8	GITA ARIESTA	JATENG, SEMARANG	REGION III
9	NI MADE DEWIK K.	BALI, BALI	
10	CITRA PURNAMSARI K N	JATIM, SURABAYA	

In the PON XXI Aceh-Sumut 2024 event, the author won a gold medal and became the first winner in the 56 kg women's wushu sanda category, representing Central Java. In the final match, the author managed to defeat representatives from Jambi through mature competition strategies and optimal technique execution.

Meanwhile, bronze medals in this category were won by athletes from West Java and East Java, which showed the tight competition among the best athletes from various provinces. This achievement is an important milestone in the author's career, as well as proving the effectiveness of the training program that has been undertaken since the beginning of the

preparation. This success is also a motivation for other young athletes to continue practicing and developing their abilities in the wushu sanda sport.



Documentation of PON XXI Aceh-North Sumatra

(Source: Research, 2024)

At PON XXI Aceh-Sumut 2024, the Central Java wushu sanda team managed to

record a brilliant achievement with the acquisition of 6 gold medals, 1 silver medal, and 2 bronze medals. This success is proof of the dedication and hard work that has been done by athletes, including the author, as well as the full support of coaches, parents, support teams, and various parties who contribute to the career journey of Central Java wushu sanda athletes.

This achievement is not only a pride for the Central Java contingent, but also a motivation for the author to continue to develop and achieve higher achievements in future competitions. In addition, this success is expected to inspire young Central Java athletes to train harder, improve the quality of their techniques and mentality, and make greater achievements in the future, both at the national and international levels.

CONCLUSION

The achievement of a gold medal at PON XXI Aceh-North Sumatra 2024 in the 56 kg women's wushu sanda category is the result of careful preparation through regional training camps (Pelatda) and Training Centers (TC) in Vietnam. During this process, the author underwent intensive training that included physical aspects, techniques, strategies, and mental competition. Regular evaluation through physical condition tests and trial matches helped to improve performance to achieve optimal results in the main event. This success is not only a personal pride and for the Central Java contingent, but also a motivation for young athletes to continue practicing and improving their achievements at the national and international levels. The achievement of the Central Java wushu sanda team which won 6 gold, 1 silver, and 2 bronze medals shows the

success of the coaching program and the dedication of all parties involved.

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