



Pathways to Excellence: Analyzing Accomplishment of Tarung Derajat Athletes in POMNAS XIX 2025

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Abstract

Tarung derajat is an indigenous Indonesian martial art, with achievements that are inseparable from the process of continuous training, competition experience, and the personal journey of athletes throughout their careers. This study aims to analyze the achievements of Central Java's tarung derajat at the 2025 POMNAS XIX event through an auto-ethnographic approach, placing the subjective experiences of athletes as the main source. The research method used was qualitative autoethnography. Data was obtained from the athletes' experiences, documentation of their achievements, interviews with coaches, and analysis of supporting documents. The results of the study showed that Central Java's tarung derajat athletes won 8 medals, including 3 gold medals, 3 silver medals, and 2 bronze medals at the 2025 POMNAS XIX event. This study provides a deeper understanding of the dynamics of combat sports performance, not only in terms of competition results but also in terms of the training process and athletes' life experiences. Further research recommendations suggest combining an auto-ethnographic approach with quantitative analysis of physical performance in order to produce a comprehensive picture of combat sports performance and support the development of athlete training at the regional and national levels.

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INTRODUCTION

Sports are very important in supporting a healthy and active lifestyle. In addition, sports are a means of character building, discipline, and improving the quality of human resources. Through sports, one can improve physical fitness, muscle strength, endurance, and strengthen mental and social health. (Hariyanto, Kusuma and Pramono, 2023).

The development of sports in Indonesia today is not only oriented towards health and fitness, but also towards achieving sporting excellence. Based on Law No. 11 of 2022 concerning Sports, sports are divided into three main categories: educational sports, recreational sports, and competitive sports.

Based on Law No. 3 of 2005 concerning the National Sports System, Chapter 1, Article (Indonesia, 2005). Competitive sports are sports that nurture and develop athletes in a planned, gradual, and sustainable manner through competition to achieve excellence with the support of sports science and technology. Before athletes reach their peak performance, they undergo training and coaching to support their gradual and sustainable success. (Rohendi and Rustiawan, 2020).

Sports classification based on activity characteristics is divided into several major groups, including: games, aquatic sports, measured sports, precision sports, traditional sports, and martial arts. (Fenanlampir, 2020). Martial arts in Indonesia have become an arena that tests not only physical and technical aspects, but also cultural aspects, identity, and social values. (KUSUMASTUTI, 2018). For example, research on martial arts in Indonesia suggests that martial arts are linked to politics, nationalism, and local traditions. In this context, Tarung Derajat, as an indigenous Indonesian martial art, embodies unique values that can influence athletes' profiles, from philosophy to daily training practices.

(Rusman, 2014). The need for planned and continuous talent development allows athletes' potential to develop optimally (Islahuzzaman, 1999). Tarung derajat can be utilized as a local culture based sport to develop the physical, mental, and character abilities of students (Syafuddin *et al.*, 2022).

Tarung Derajat was declared to have been founded in Bandung on July 18th, 1972, by Achmad Dradjat, commonly known as Aa Boxer, who now holds the title of Sang Guru Tarung Derajat (Master of Tarung Derajat). (Ardi, 2018). "Box" is a greeting of brotherhood among Tarung Derajat members (Surya, 2023). Tarung Derajat emphasizes aggressive attacks in punching and kicking (Nata and Tirtayasa, 2019). However, not limited to that technique alone, throws, locks, and sweeps are also included in the training method (Givana, 2022). Tarung Derajat is nicknamed "Boxer". Tarung Derajat practitioners are called "Fighters". (Chairad and Derajat, 2014). Tarung Derajat has specifications combining five elements of movement consisting of strength, speed, accuracy, courage, and tenacity (Aliadin, 2022).

Martial arts in Central Java have great potential to achieve success at the national level. Although the number of fans may not be as high as other sports, this sport has the potential to achieve success. This is evidenced by the achievements of Central Java's tarung derajat athletes, who successfully won three gold medals, three silver medals, and two bronze medals at National University Games (POMNAS) XIX 2025.

This study aims to analyze the achievements of Central Java's tarung derajat athletes at POMNAS XIX 2025 event through an auto-ethnographic approach, placing the athletes' subjective experiences as the main source.

METHODS

This study uses a phenomenological method with a qualitative approach to understand the subjective experiences of Central Java martial arts athletes in achieving success at the 2025 POMNAS XIX. It is presented narratively with data collected through the author's personal experiences and interviews with coaches (Arif, 2016). The research location was at the Central Java tarung derajat training center, with the research population consisting of Central Java tarung derajat athletes who participated in POMNAS XIX. The sampling technique used purposive sampling to determine the sample, in this case the author himself, who won a gold medal in the free fighting category. Data sources included primary data obtained directly from athletes and secondary data obtained through interviews and other supporting documents such as journals, articles, social media, and data from BAPOMI.

Data collection techniques through the personal experiences of athletes in achieving national achievements. Using research instruments, namely training programs, techniques, mental and strategic indicators. The data collected is presented with descriptions and analyzed, which contributes to the success of athletes in achieving national achievements.

RESULTS AND DISCUSSION

The athletes joined the combat sports branch in April and became combat athletes in Semarang City. In preparation for POMPROV, the athletes from UNNES prepared themselves with training from April to June, which amounted to 11 weeks of preparation and trial matches.

The Invitational Grappling Championship on May 31th, 2025, will be held at the FIK UNNES Indoor Tennis Court, with athletes competing in the 58.1–62 kg class. There will be 3 participants using a round robin system. A round robin is a

form of competition in which all participants face each other at least once (Johannes, 2002).

Table 1. List of Invitational Championship Participants

NO	NAME	ORIGIN
1.	Fauziah Nisa	SLEMAN – DIY
2.	Dominica Anditerian	KOTA SEMARANG – JAWA TEGAH
3.	Marshella Dwi P	UNNES – JAWA TENGAH

The following is a chart showing the final results of the round robin system:

Table 2. Round Robin Scheme

PARTICIPANT	GAME	WIN	LOSE	POINT
A	2	2	0	6
B	2	1	1	3
C	2	0	2	0

From the results of the match, the athlete lost twice in two matches, which means that the athlete came in third place.

The martial arts branch held POMPROV, which is the Provincial Sports Week. POMPROV was held by BAPOMI (Indonesian Student Sports Development Agency) and was also one of the selection events for students who became provincial coaches and trainers for athletes who would compete in higher level championships. The POMPROV will be held at Graha Widyatama Prof. Rubijanto Misman Unsoed (BANYUMAS) from June 27-29th, 2025. At the championship, athletes competed in the 58.1–62 kg weight class, with a knockout tournament system consisting of five participants from various universities in Central Java.

The following is the championship match schedule for the Banyumas Provincial Student Sports Week (POMPROV) Championship:



Figure 1. Central Java Provincial Sports Week Competition Chart

Based on the results of the standings or chart, athletes competed in 3 matches out of 5 participants. During the preliminary round, the athlete competed against fellow UNNES athletes. In the semifinals, they faced Karuna from UMK Kudus, and in the finals, they faced Dea Aji from UNIMUS. The athlete won the competition, placing first. The selection process conducted by POMPROV will serve as a bridge for athletes to compete in higher-level events, namely National Student Sports Week (POMNAS) XIX 2025.



Figure 2. Medal Ceremony POMPROV

On August 29-31th 2025, the Central Java Provincial Martial Arts Association will

hold an equally exciting competition, namely the Central Java Provincial Martial Arts Championship (BK PORPROV), at the Soeroto Akmil Sports Hall in Magelang City, Central Java. This competition serves as a field test to assess athletes' abilities in a real match atmosphere, and athletes must fight for this ticket to the 2026 Central Java Provincial Games (PORPROV) as well as to evaluate their training progress. The athletes are in the 58.1–62 kg class with 8 participants from various regions in Central Java. The following is a list of participants who took part in the BK PORPROV in Magelang.

Table 3. List of Participants in BK PORPROV 2025 Central Java

NO	NAME	ORIGIN
1.	Dwi Anggi	Salatiga
2.	Dwi	Pemalang
3.	Indah	Pati
4.	Evita	Jepara
5.	Zaskia	Banjarnegara
6.	Marshella Dwi P	Kota Semarang
7.	Natasya	Kabupaten Magelang
8.	Firda	Boyolali

The following is the scheme or match chart for the BK PORPROV Central Java 2025 as follows:



Figure 3. BK PORPROV Central Java 2025 Competition Scheme

Based on the match scheme above, the athlete competed three times: in the preliminary round, the athlete faced Zakia Anggun (Banjarnegara), in the quarterfinals, faced Firda (Boyolali), and the final round, faced Indah (Pati). The athlete successfully secured victory on the top podium.



Figure 4. Medal Ceremony BK PORPROV

These various series of competitions hold significant value in the evaluation process of training programs that have been undertaken over the past several months. Athletes can review the effectiveness of their techniques, tactics, strategies, as well as their mental readiness. In the context of performance development, the mental aspect becomes a key factor in fostering self-confidence, composure under pressure, and trust in the quality of training that has been completed (Jamalong, 2014).

Competitive sports refer to sports activities that are carried out systematically and structurally with the aim of achieving maximum results in competitions, both at the national and international levels (Argantos, 2019).

To achieve success in the sport of tarung derajat at the 2025 POMNAS XIX event, the athletes participated in a series of training programs that took place from July to September at the regional training center (pelatda) located at Joglo Putra Pandanaran, Jl. MT. Haryono No.823, Camdi, Candisari District, Semarang City, Central Java. The program aims to enhance physical fitness,

technique, tactics, and competition strategies. The athletes are participating in the following activities:

Table 4. Pelatda Training Program Schedule

Time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Morning		05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	-
	-	07.00		07.00	-	07.00	Rest
Noon		08.30 - 11.00	08.30 - 11.00	08.30 - 11.00	08.30 - 11.00	08.30 - 11.00	-
	-	11.00		11.00	-	11.00	Rest
Afternoon	15.30 - 18.00	15.30 - 18.00	15.30 - 18.00	15.30 - 18.00	15.30 - 18.00		
	18.00	18.00		18.00	-	Rest	Rest

The author underwent training according to the schedule and training program designed by the coach, covering physical, technical, tactical, and strategic aspects to maximize performance in his specific category of free fighting. High-level athletic achievement depends not only on technical and tactical aspects, but is also greatly determined by the physiological readiness of the athlete. Sports physiology plays an important role in understanding the body's response and adaptation to training, so that it can be used as a scientific basis for developing effective and efficient training programs to achieve peak performance (Saputra *et al.*, 2018).

After a week of training, the Bali Province martial arts team collaborated with the Central Java martial arts team to share techniques, tactics, and strategies. The aim was to share techniques and strategies and provide athletes with the opportunity to experience the intensity and variety of techniques from sparring partners from a wide range of backgrounds. This experience provided lessons on the readiness of athletes in the process. This process also serves as an important foundation in supporting the

improvement of athletes' performance ahead of the championship.



Figure 5. Joint Exercise (LATGAB) With Bali Province

Athletes undergo a structured training program in accordance with a predetermined periodization plan (KUSUMASTUTI, 2018). Optimal physical condition is a key requirement for combat athletes to perform at their best (Mukhtar and Azwar, 2023). Central Java will host the 19th National Student Sports Week (POMNAS) in 2025, the largest sporting event for Indonesian students, featuring various sports. Specifically for the tarung derajat branch, this competition was held from September 19 to 27 at Sebelas Maret University (UNS) in Solo, which was a strategic location to attract participants from all over the archipelago. On this occasion, athletes competing in the women's 58.1 to 62 kg weight class represented Central Java, showing their fighting spirit and readiness as hosts. The event was attended by a total of nine participants from various provinces in Indonesia, with support from local governments, universities, and the local community. POMNAS XIX 2025 is not only a platform for athletes to prove their abilities but also a venue to promote student sports and strengthen national solidarity. Below is the list of participants in POMNAS XIX 2025, among others.

Table 5. List of Participants POMNAS XIX 2025

NO	NAME	PROVINCE OF ORIGIN
1.	Sinta Rahma	Provinsi Aceh
2.	Putu Ajna Iswari Dana	Provinsi Bali
3.	Fauziah Khoirunnisa	Provinsi DI Yogyakarta
4.	Putri Dzakiyya Lisdina	Provinsi Jawa Barat
5.	Marshella Dwi Patrisia	Provinsi Jawa Tengah
6.	Lidiya Karina Mayasari	Provinsi Jawa Timur
7.	Vera Eka Agustina	Provinsi Kalimantan Timur
8.	Nabila Yunitasari	Provinsi Nusa Tenggara Barat
9.	Syahara Septia Mulia	Provinsi Sumatera Barat

The following is the schedule for the 2025 POMNAS XIX competition.



Figure 6. POMNAS XIX 2025 Match Schedule

Based on the match scheme above, the athlete competed 3 times. The athlete was in the upper pool, where they faced Bali Province, then in the semi-final the athlete met Aceh Province, and in the final the athlete faced East Java Province. The final result of the match was that the athlete achieved the highest achievement by reaching the first podium at POMNAS XIX 2025.



Figure 7. Medals Ceremony POMNAS Tarung Derajat XIX 2025

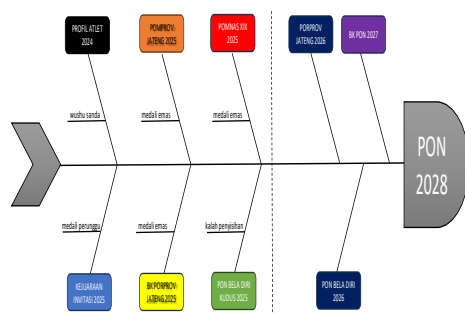


Figure 8. Fishbone Diagram

Fishbone is an analysis tool that identifies and analyzes various factors causing a problem (Ardianto, Hidayat and Eviyuliwati, 2020). Based on the fishbone diagram above, the athlete is a transfer from a wushu sanda athlete from South Sumatra who originally comes from OKU Regency. His last career as a wushu sanda athlete was at the 2024 Aceh-Sumatra Utara National Sports Week (PON), but his journey had to end in the preliminary round with a loss against the host, North Sumatra (Medan).

Over time, the athlete switched sports to Tarung Derajat in Central Java in April due to several factors, namely the athlete's place of study being in Central Java, specifically at Semarang State University, and the athlete seeking opportunities to continue achieving in the field of martial arts.

Starting from the invitational championship with a bronze medal,

POMPROV with a gold medal, BK PORPROV with a gold medal, and PON Bela Diri Kudus, the athlete's progress stopped at the preliminary round.

The end of a long journey of training, evaluations, and match after match that led to a peak that bore results. The athlete succeeded in winning and was crowned the champion of POMNAS XIX 2025. This victory is not merely the result of a single day of competition, but is the accumulation of the entire process that was followed over weeks, even months, with disciplined training, persistence in following the program, patience in perfecting techniques, adaptability, and a continuously forged fighting spirit.

This achievement serves as proof that planned coaching, systematic training, continuous evaluation, and high commitment can lead martial arts athletes to reach the pinnacle of national achievement. It does not stop here with POMNAS XIX 2025; next year, 2026, will be the next phase of the athletes' career journey. There are two events that athletes need to prepare for, namely PORPROV Central Java and the National Martial Arts Sports Week (PON) later on. In 2027, there will be a bigger event, BK PON, and this will serve as a stepping stone for athletes to continue achieving in the future, with the target being the PON NTT-NTB 2028 championship

CONCLUSION

Athletes from Central Java in martial arts have successfully won 8 medals at the 19th National Student Sports Week (POMNAS XIX) 2025, consisting of 3 gold medals, 3 silver medals, and 2 bronze medals. The gold medal achievement in the POMNAS XIX 2025 Tarung Derajat (Freestyle Fighting) women's 58.1 – 62 kg category is the result of the athlete's discipline in training. During the process, athletes undergo training, participate in various competitions, and are evaluated on their performance in matches or during

practice. This success becomes a source of personal pride, pride for the Central Java contingent, and serves as motivation for young athletes who aspire to dedicate themselves to reaching the peak of their achievements.

This achievement reflects the quality of training and the optimal readiness of athletes in participating in national-level championships. This success is inseparable from the support of sports association officials, coaches, and families, as well as the athletes' fighting spirit and self-potential in training harder.

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