



Analysis of Pencak Silat Techniques For The Winner of The Men's 70-75 Kg Competition Category at The 2023 Sea Games

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Abstract

Pencak silat is now developing into a competitive sport that is recognized worldwide. The need to analyze pencak silat techniques, this study aims to analyze the pencak silat techniques used by the winners of the men's 70-75 kg class competition category in the 2023 SEA Games. The research method used in this study is quantitative descriptive, by making observations to find out the techniques of kicks, punches, and slams through the sea games competition in the competition category as the winner of a body weight of 70-75 kg. The participant in this study was the winner of the 70-75 kg class F competition category, namely Iqbal Chandra. Based on the results of the above analysis, it can be concluded that the winner of the 70-75 kg Sea Games class F competition category Iqbal Chandra in the preliminary round is dominant using techniques namely 32% punches and 21% catches, in the semi-final round Iqbal Chandra is dominant using 28% punch techniques, 17% T kicks, and 17% falls with a catch process, and in the final round Iqbal Chandra is dominant using 22% sickle kick techniques, front kicks/A 17%, and falls with a catch process 17%.

INTRODUCTION

Pencak silat is one of the forms of martial arts that has been recognized globally (Syaifullah, Nugroho, & Doewes, 2023). Pencak silat has developed into an internationally recognized competitive sport (Faruq, 2009; Nugroho, Utomo, Purwanto, & Sulistiawati, 2022; Suryaman, Rahmatunnisa, Apriliani, Ningrum, & Mentari, 2024). One of these developments is that pencak silat is part of international events such as the Asian Games and SEA Games. As the largest multi-sport event in Southeast Asia, the competition in it is fierce (Putra, 2021; Riefky & Pramesti, 2020).

Pencak Silat has two categories, namely, the art category and the competition category (Masula, 2021; Muladi & Kushartanti, 2018; Nopitasari & Wahyudi, 2022). Each category has different rules and assessments, allowing athletes to showcase their best abilities. The athletes in the competition category compete against each other using a combination of punches, kicks, slams, and defensive techniques (Rusdiani, Hidayad, & Sari, 2024). Athletes competing in the 70-75 kg F class, also referred to as the middleweight class, must balance their physical strength and technique speed. The ability to combine offensive and defensive strategies and master these physical skills are crucial components of the game. Athletes also need to be able to read their opponents' movements in order to exploit weaknesses in their defence. In the competition category, strategy and intelligence are just as important as brute force in winning battles.

Based on the findings of document research, Iqbal Chandra is the 2023 Cambodia Sea Games 70-75 kg F class winner. Iqbal Chandra excelled in the 70-75 kg F class

division, showcasing remarkable skills in his competitive technique. He proved that he is deserving of the title of middleweight champion by defeating a number of formidable opponents from Southeast Asian nations with the help of careful planning and a sound strategy. This triumph enhances Iqbal's individual accomplishments and elevates Indonesia's standing internationally.

Athletes who can defeat opponents by using punches, kicks, and slams accurately will have the upper hand (Subekti, Fatoni, & Sudarmanto, 2019). Victory in pencak silat matches is often determined by the athlete's ability to apply techniques effectively. Pencak silat techniques include direct attacks, combination attacks, and defensive tactics such as evasion and parry (Muhtar, 2020; Syamsiah, Purnomo, & Gustian, 2020). But without good technique, a mature strategy is enough. (Amar & Cakrawijaya, 2021; Hafiza & Hafidz, 2018). In Pencak Silat, every opponent has a unique fighting style. The players who can adjust their tactics to suit their opponent's power and style typically emerge victorious. An athlete can influence the outcome of a contest and improve their chances of winning by combining skillful technique with astute planning.

Iqbal Chandra possesses outstanding physical abilities, including strength, dexterity, agility, and coordination, in addition to a technique that is executed flawlessly. Performance analysis, particularly in relation to methods studied in the men's 70-75 kg class F competitive category, is still lacking, nevertheless. At 70–75 kg, the men's class F competition category is one in which it is exceedingly challenging to possess perfect

physical abilities and win matches on a regular basis.

This means that this is very important to be done as a reference and evaluation for pencak silat athletes in the competition category. Some other studies have been found such as (Andika & Wahyudi, 2020) with the title Analysis of Wewey Wita Women's Class B Victory Technique in the 2018 Asian Games Pencak Silat Match, (Yuredha Aji Setyoko, Puji Setyaningsih, Galih Farhanto, & Danang Ari Santoso, 2022) with the title Statistical Analysis of Dominant Attack Techniques in the Pencak Silat Mat B–Belgian Open 2019 Match, (Dailami & Jatmiko, 2019) with the title Statistical analysis of kicking techniques in the class d competition category of male students in the East Java Pencak Silat Championship Open 1st Unesa Chancellor's Cup 2018, and (Romadona, Widodo, Wahyudi, & Firmansyah, 2022) with the title Analysis of the Determining Factors for the Victory of Athletes in the Pencak Silat Sport in the Competition Category. (Video Analysis of the Results of the Final Round of the International Championship of Different Classes for Adults). All of the articles can be used as a starting point for research based on document analysis in the form of media on the pencak silat sports branch in the men's competition category of class F 70-75 kg, but none of them have specifically discussed the men's competition category of class F 70-75 kg.

Analyzing techniques in pencak silat is key to understanding effective strategies, especially in the 70-75 kg weight category that combines physical strength and speed. However, special studies in this category are still rare. This study examines punch, kick techniques (such as front kicks, scythes, and T-kicks), and drops,

including catches, pulls, and hooks. These techniques were chosen because they are an important part of the system used to assess pencak silat matches in the competition category. This research aims to fill this gap by presenting data-based insights that can support improving the quality of training and strategic planning in the future.

METHOD

The research method is quantitative descriptive (Aji & Yudhistira, 2024; Sugiyono, 2013) With a documentary analysis approach in the form of YouTube media. This study conducted observations to find out kick, punch, and slam techniques through sea games matches in the competition category as winners of 70-75 kg weight. The participants in this match were the athletes who won 1st place on behalf of Iqbal Chandra. The data collection technique is analysis through YouTube carried out in the preliminary round, semi-finals, and finals. Which was analyzed on a youtube video on March 29, 2024. The instrument in this study is in the form of an analysis table as the basis for decision-making on punch, tensing, and slam techniques that get points and do not.

Research procedure

1. The first thing to do is to stream youtube
2. Perform analysis using the kinovea application as an assessment and instrument described earlier
3. Conduct quantitative and qualitative data analysis

Data analysis and statistics

The data analysis in this study uses quantitative descriptive analysis in the form of percentages. Qualitatively using observations presented in the narrative. Then the data

obtained in the analysis uses the help of an excel application.

Engineering analysis

1. The author conducted a blow analysis. The points that athletes get from the punching technique are 1.
2. The author analyzes kicks including Front/A kicks, scythes, T-kicks, and block T-kicks. The points that athletes get from each kick are 2.
3. The author analyzes the slamming/falling techniques including catch, pull, sweep, and hook. The points that athletes get from each slam/fall are 3 points.

RESULT AND DISCUSSION

Below will be explained the data obtained from the results of statistical research on punches, kicks, and slams/falls of pencak silat in the class F competition category with a body weight of 70-75 kg in the preliminary round, semi-finals, and finals at the 2023 SEA Games. The scoring system for the match uses the 2023 rules.

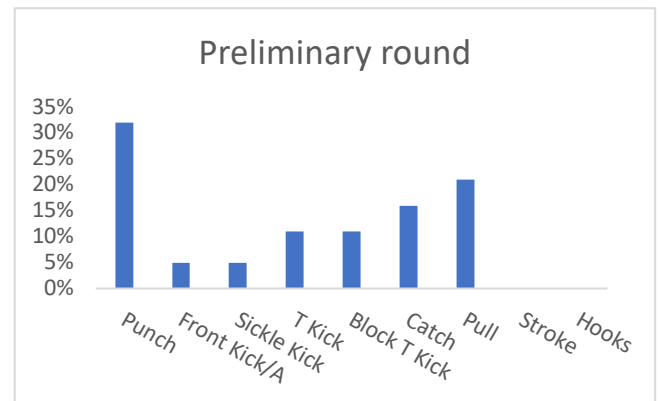
1. Preliminary round



Figure 1. Youtube source: preliminary round or 1/4 final

Table 1. Statistical analysis data of preliminary round matches

N o.	Types of Attacks	Roun d 1	Roun d 2	Roun d 3	T ot al	Perc enta ge	Ave rage
1	Punch	3	1	2	6	32%	11%
2	Front Kick/A	0	0	1	1	5%	
3	Sickle Kick	0	0	1	1	5%	
4	T Kick	2	0	0	2	11%	11%
5	Block T Kick	0	2	0	2	11%	
6	Catch	2	1	0	3	16%	21%
7	Pull	1	1	2	4	21%	
8	Stroke	0	0	0	0	0%	0%
9	Hooks	0	0	0	0	0%	
Total		8	5	6	19	100%	



Graph 1. Preliminary round match percentage graph

The results of data analysis in the preliminary round match Iqbal Chandra made a total of 19 attacks and falls. With the details of the attack in 3 rounds as follows: 6 (32%) punches, 1 (5%) front kicks/A, 1 (5%) Sickle Kick, 2 (11%) T-kicks, 2 (11%) T-block kicks, 3 (16%) catches, 4 (21%) pulls, 0 (0%) stroke, and 0 (0%) hooks.

1. Semi-finals



Gambar 2. Sumber Youtube babak Semi Final

Table 2. Semi-final match statistical analysis data

N o.	Types of Attacks	Roun d 1	Roun d 2	Roun d 3	T ot al	Per cent age	Av era ge
1	Punch	2	0	0	2	9%	11%
2	Front Kick/A	4	0	0	4	17%	
3	Sickle Kick	1	2	2	5	22%	
4	T Kick	1	0	0	1	4%	
5	Block T Kick	1	1	0	2	9%	
6	Catch	1	1	2	4	17%	
7	Pull	1	2	0	3	13%	
8	Stroke	0	0	0	0	0%	
9	Hooks	0	0	2	2	9%	
Total		11	6	6	23	100%	

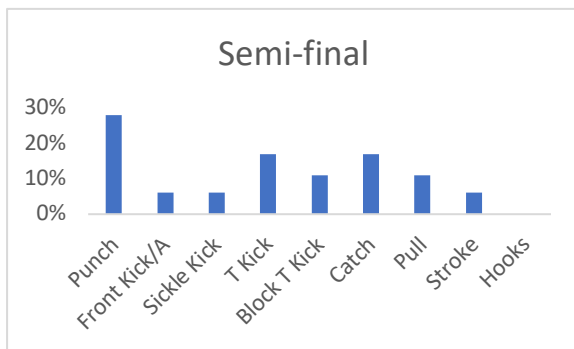


Diagram 2. Semi-final match percentage graph

The results of data analysis in the semi-final match Iqbal Chandra made a total of 18 attacks and falls. With the attack in 3 rounds as follows: 5 (28%) punches, 1 (6%) front kick/A, 1 (6%) scythe, 3 (17%) T kicks, 2 (11%) Block T kicks, 3 (17%) catches, 2 (11%) pulls, 1 (6%) stroke, and 0 (0%) hooks.

1. Final



Figure 3. Youtube source of the Final Round

Table 3. Semi-final match statistical analysis data

N o.	Types of Attacks	Roun d 1	Roun d 2	Roun d 3	T ot al	Perce ntage	Av era ge
1	Punch	1	1	3	5	28%	11%
2	Front Kick/A	1	0	0	1	6%	
3	Sickle Kick	0	0	1	1	6%	
4	T Kick	2	1	0	3	17%	
5	Block T Kick	1	0	1	2	11%	
6	Catch	0	2	1	3	17%	
7	Pull	0	1	1	2	11%	
8	Stroke	0	1	0	1	6%	
9	Hooks	0	0	0	0	0%	
Total		5	6	7	18	100%	

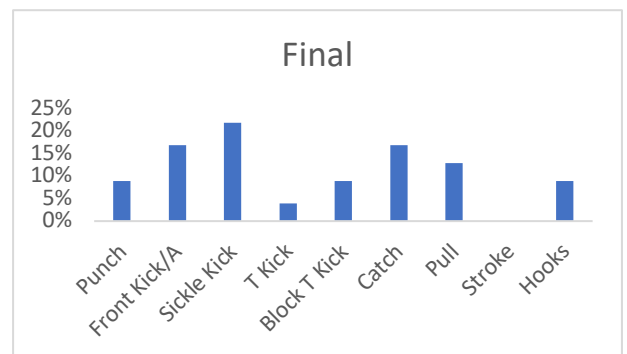


Diagram 3. Final match percentage chart

The results of data analysis in the final round match Iqbal Chandra made a total of 23 attacks and falls. With the details of the attack in 3 rounds as follows: 2 (9%) punches, 4 (17%) front kicks/A, 5 (22%) sickle kicks, 1 (4%) T kicks, 2 (9%) Block T kicks, 4 (17%) catches, 3 (13%) pulls, 0 (0%) stroke, and 2 (9%) hooks.

Based on statistical analysis, it shows significant differences in attack and defense techniques (falls) used in each round of the match. This data shows that the winner changes the type and frequency of techniques used as the match progresses. This can be seen from the results of the data analysis above. In the

preliminary round, Iqbal Chandra made 19 attacks and falls. Based on the results of video observation and data analysis, athletes in the preliminary round dominated the match from the first round, the strategy carried out by the athletes focused on aggressive attacks in the form of punches by 32% and falls with a catch process of 21%. The winner tries to score points as quickly as possible with a combination of punches and falls.

In the semi-finals, Iqbal Chandra made 18 attacks and falls. Based on the data above in the semi-final round, it can be seen from the 1st-3rd round that the athletes made tactical adjustments. Athletes reduce the aggressiveness of attacks and focus more on the opponent's tactics and strategies. Athletes dominated the match with 28% of their shots, offset by 17% T-kicks and 17% of catches.

In the final round, Iqbal Chandra made 23 attacks and falls. Based on the results of the data above, in the 1-3rd round, the athletes carried out aggressive attacks. This can have an impact on the opponent's mentality. In the final round, the athlete dominated in the sickle kick technique by 22%, the front kick/A 17% and balanced by the defensive technique, namely the fall with the catch process 17%.

It is evident from the preceding data analysis results that athletes are not limited to mastering a single technique. This can be seen in the preliminary round until the final round, the dominant technique used by athletes is always different.

As shown by changes in technique dominance, such as punches in the early rounds, T-kicks in the semifinals, and sickle kicks in the finals, victory is not only determined by mastery of certain techniques, but also the ability to

adapt to the conditions of the match. This research supports previous research that states that technique adaptation is essential in pencak silat competitions, where athletes must have the ability to adjust their strategies to adapt to the conditions of the match (Subekti et al., 2019).

The results also show that certain techniques are used more frequently, such as dominating punches in the preliminary round, which are effective for scoring quick points and pressuring opponents; Dominant scythe kick in the final round, this technique provides attack flexibility while keeping a safe distance from the opponent; and the technique of dropping through catches, which is essential for converting big points during tight matches.

Physical and mental preparation alone in the match is not enough. Athletes also need to prepare mature tactics and strategies in each round (Ramadiansyah, Kusuma, & Or, 2021). This is so that the athlete's physique does not run out at the beginning of the match. Therefore, it is also important for coaching coaches to be able to make training programs in accordance with the individual characteristics of athletes according to the away category group and athlete weight.

To help players realize their full potential, coaches must incorporate strategies, tactics, and procedures into their training. Coaches are therefore required to be able to recognize athletes who are a good fit for the program (Simanjuntak, Rahayu, & Yudhistira, 2022; Staehli, Martin, & Côté, 2022). This is a problem because some coaches do not fully understand the importance of completing a physical condition and nutrition analysis, which is the first step in creating a regular exercise program (Simanjuntak et al., 2022).

The characteristics of athletes in the competition category prioritize power and high speed (Yudhistira, 2023). Nevertheless, it is critical for coaches to be able to recognize the traits of players so that players can freely execute their mastered techniques—particularly their dominant techniques—during a game.

CONCLUSION

This research revealed that Iqbal Chandra, the winner of the 70-75 kg category at the 2023 SEA Games, managed to adapt the techniques used to the conditions of the match. The use of various dominant techniques in each round shows how important a flexible strategy is in pencak silat. These findings underscore the importance of coaches who focus on developing the ability to adapt to strategies and master various techniques to achieve the best results in upcoming competitions.

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