Analysis of The Quality of Basic Pencak Silat Techniques in Pencak Silat Athletes of The Pamur Banyuwangi School, Srono Branch

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Abstract

This study aims to analyze the quality of basic pencak silat techniques specifically straight punches, T-kicks, crescent kicks, and straight kicks among athletes of the PAMUR Banyuwangi Srono Branch. Employing a quantitative descriptive approach with a survey method, data were collected through a standardized skills test involving 22 active athletes. The assessment used the "Pencak Silat Skills Test for Students at faculty of sports science Universitas Negeri Yogyakarta" to measure technical execution within 20 seconds per movement. Results showed an average total score of 83.36, with a standard deviation of 10.47, indicating varied technical abilities among athletes. The classification revealed 36.4% of athletes were in the "good" category, 27.3% in both the "sufficient" and "lacking" categories, and 9.1% in the "very lacking" category. No athletes reached the "very good" category. These findings highlight that while most athletes perform at a moderate to good level, there is a clear need for structured coaching, regular evaluation, and individualized training programs. Coaches are advised to provide consistent feedback and develop techniques tailored to athletes' capabilities to improve overall performance and mastery of basic pencak silat skills.

How to Cite

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INTRODUCTION

Sports are an important part of human resource development that aims to improve the physical, mental, and social quality of society. In a national context, sports have a strategic role in shaping the character of the nation, strengthening unity, and increasing the dignity of the nation through achievement (Ministry of Youth and Sports of the Republic of Indonesia, 2015). In accordance with the Republic of Indonesia Law Number 3 of 2005 concerning the National Sports System, sports development is divided into three scopes: education, recreation, and achievement.

Achievement sports are sports activities that are created and improved through competition. In a structured, gradual and sustainable manner, these competitions are arranged to make each individual do well with the help of existing knowledge and sports technology to reach the peak of achievement (Ulfa Ridha & Padli, 2020). The development of competitive sports in Indonesia has shown significant improvement, one of which is shown through the development of traditional sports such as pencak silat. Pencak silat not only functions as self-defense, but also contains cultural, artistic, and spiritual values. As a cultural heritage that has been recognized by UNESCO as a world intangible cultural heritage, pencak silat requires more attention in terms of technical and achievement development (Fitri, A. & Rizki, 2021).

Pencak silat is one of the original sports from Indonesia. Where there are many kinds of schools in pencak silat with various, starting from the movements according to the school that is followed but in a championship, pencak silat will have the same rules during the match (Putra & Wijono, 2021). The parent of the pencak silat school is the Indonesian Pencak Silat Association (IPSI). All of this was started by Mr. Wongsonegoro and was founded on May 18, 1984 in Surakarta with the aim of uniting all pencak silat schools and developing all pencak silat schools in Indonesia (Rosalina & Nugroho, 2020).

Success in pencak silat does not only depend on physical strength, but also on mastering basic techniques such as stance, stance, attack techniques, self-defense, and combination movements. In pencak silat, mastering basic techniques is an important foundation that every athlete must have. These basic techniques include elements such as stance, stance, step patterns, attacks (punches and kicks), catches, locks, and falls (Kriswanto, 2015). Each technique has a

strategic role in supporting the athlete's performance during the match, both in terms of attack and defense. For example, the ability to apply the right stance determines the stability and strength of a silat athlete's attack. Mastery of this technique greatly determines the quality of a silat athlete in facing opponents on the field (Maulana, 2020). Therefore, evaluation of the athlete's basic skills needs to be carried out periodically to determine the effectiveness of the training program being implemented.

The attack techniques in pencak silat itself consist of two types, namely hand attacks and foot attacks. Hand attacks include various types of punches such as straight punches, pendulums, slashes, pecks, elbows, and so on. Meanwhile, foot attacks are known as kicks which consist of variations such as straight kicks, T kicks, back kicks, sweeps, and scissors (Kriswanto, 2015). Mastery of these techniques not only increases effectiveness in matches, but also becomes an important indicator in evaluating athlete training.

The popularity of pencak silat in Indonesia continues to increase, not only as a form of self-defense, but also as an extracurricular activity in schools and colleges. In East Java Province, especially in Banyuwangi Regency, pencak silat has become a sport that is popular with various groups. The emergence of various silat schools and communities is clear evidence that interest in this martial art continues to grow. The presence of these schools plays a major role in producing young, quality silat athletes who are ready to compete both at the regional and national levels.

Pencak silat as a traditional Indonesian martial art has strategic value in the development of national achievement sports. However, the transformation of pencak silat from a cultural tradition to a competitive sport faces various challenges, one of which is the quality of mastery of basic techniques by athletes. One of the schools that actively trains pencak silat athletes in Banyuwangi is the PAMUR School, which has been established since 1951 and its existence has been recognized by KONI Banyuwangi. This school has produced many athletes who have achieved at the regional and national levels. Many martial artists from PAMUR Banyuwangi have represented Banyuwangi Regency in various championships.

Based on the results of observations at the PAMUR Banyuwangi Srono Branch College during training on February 11-25, 2025, weaknesses were still found in the implementation of basic techniques such as punches and kicks that were not optimal. Many athletes still punch and

kick carelessly and without power. This problem is exacerbated by the lack of routine evaluations and the absence of a training program that is tailored to the individual skill needs of athletes. In fact, according to (Reza et al., 2023), irregularities in technique evaluation can hinder the motor adaptation process and cause limitations in the development of athlete skills.

According to (Ikhwani et al., 2024)emphasizes that basic techniques are the main foundation in pencak silat, which must be systematically developed through a training approach based on mastery of specific movements. Without a strong technical foundation, the athlete's ability to compete at the regional and national levels will be difficult to develop. Therefore, it is important to conduct an in-depth analysis of the quality of the athlete's basic techniques to become the basis for targeted and sustainable coaching. In the world of coaching, evaluation is an important component to determine the extent to which the training program has achieved its targets. Evaluation not only helps in identifying weaknesses, but also provides direction for continuous improvement (Nurrahmi et al., 2019). Therefore, this study focuses on the analysis of basic technical skills of pencak silat athletes, especially in the aspects of punches and kicks at the PAMUR Banyuwangi Srono Branch School.

Based on the description, this study aims not only to describe the current level of basic pencak silat technical skills among athletes specifically in straight punches, T-kicks, crescent kicks, and straight kicks but also to provide a foundation for the development of more targeted and measurable training interventions. The novelty of this research lies in the application of a standardized test instrument to assess technical skills within a traditional pencak silat school (PAMUR Banyuwangi), which has rarely been the subject of empirical evaluation. This approach allows for objective data collection that can inform coaching strategies and bridge the gap between traditional martial arts practices and modern sports science evaluation methods.

METHODS

This study uses a quantitative approach with a survey method. Quantitative research refers to a type of research that is based on facts or statements and uses mostly numbers (M.Makhrus et al., 2022). This approach was chosen because it aims to describe the real conditions of basic pencak silat technique skills in athletes based on numerical data obtained from skill tests.According to Sugianto in (Lisaini et al., 2022),The survey method is a research conducted by collecting limited data from a number of cases that are quite large in number. In principle, surveys are used to understand what exists without asking the reasons behind its existence. The survey method is considered appropriate because it is able to present objective and measurable information on research subjects in a limited population (Andini, R., & Zulkarnain, 2023).

The population in this study were all active pencak silat athletes at PAMUR Banyuwangi Srono Branch School, totaling 22 people. Because the population is relatively small, the sampling technique used was total sampling, where the entire population was used as a research sample. This technique is commonly used in limited population survey research and is considered effective in describing phenomena comprehensively (Rahman, H., & Putra, 2023).

Data collection techniques are the methods used by researchers to constitute a very strategic step in research methodology (Nafisatur, 2024). Data were collected through a basic pencak silat technique skills test. The instrument used was the "Pencak Silat Skills Test for Students at faculty of sports science Universitas Negeri Yogyakarta" compiled by Drs. Agung Nugroho AM., M. Si. which consists of four test items: straight kick, T side kick, crescent kick, straight punch.The form of implementation of this pencak silat skills test is as follows:

1. The skill of straight kicking with a punching bag, which in its implementation is preceded by sideways dodging to the left/right, the unit of measurement is the number of straight kicks in 20 seconds.

2. Side kick (T) skill with a punching bag which in its execution is preceded by a sideways dodge to the left/right. The unit of measurement is the number of T kicks in 20 seconds.

3. Bow/sickle kick skill with a punching bag as the target, which in its implementation is preceded by sideways dodge to the left/right. The unit of measurement is the number of sickle kicks in 20 seconds.

4. The skill of hitting with a clenched fist with a punching bag target which in its implementation is preceded by a forward kick technique before hitting the punching bag. The unit of measurement is the number of fist strikes in 20 seconds (Nugroho, 2001).

In this test we also use Expert Judgment. Expert judgment, in the context of research, is the process of obtaining opinions or assessments from experts in a particular field (Susanti et al.,

2018).

The data were analyzed descriptively quantitatively by calculating the mean value, standard deviation (SD), and classification of skill levels using five category norms: very good, good, moderate, lacking, and very lacking. Classification was carried out based on the standard deviation of the average value of each basic technique (Ananda, R., & Kurniawan, 2022). The results are then presented in the form of a frequency distribution table and bar chart for clearer visualization (Fadluloh et al., 2024).

The percentage formula is used as follows:

$$P = (F/N) \times 100$$

Information:
P = Percentage
F = Observed frequency
N = Total number of athletes

To assess basic engineering skills, test results are classified into five categories based on mean and standard deviation values, namely:

Table 1. Assessment Norms for Basic Pencak Silat Skills.

Interval	Category
M + 1.5 SD < X	Very good
M + 0.5 SD < X ≤ M + 1.5 SD	Good
M - 0.5 SD < X ≤ M + 0.5 SD	Currently
M - 1.5 SD < X ≤ M - 0.5 SD	Not enough
X ≤ M - 1.5 SD	Less than once

Information:
M = average value (mean)
X = score
SD = standard deviation.

After the data is compiled and summed up, the data is then entered into the above norms so that the data can be classified. This approach is used to produce an objective and fair classification of all athletes involved (Wardani, P., & Ardi, 2022).

RESULTS AND DISCUSSION

Based on the results of the evaluation of the quality of basic pencak silat techniques in pencak silat athletes from the PAMUR Banyuwangi Srono Branch, we can analyze it through 4 test items that have been carried out, namely straight kicks, T kicks, crescent kicks, and straight punches. Obtained from 22 pencak silat athletes from the PAMUR Banyuwangi Srono Branch. Furthermore, the collected data was analyzed using statistical calculations so that its truth could

be tested.

Based on the results of the evaluation and data analysis of 22 pencak silat athletes from the PAMUR Banyuwangi Srono Branch school, the quality of basic pencak silat techniques in the pencak silat athletes from the PAMUR Banyuwangi Srono Branch school can be described as follows **Table 2.**

Table 2. Results of Analysis of the Quality of Basic Pencak Silat Techniques of Pencak Silat Athletes of the PAMUR Banyuwangi School, Srono Branch

Name	Strokes /20s	T/20s Kick	Crescent Kick/20s	Straight Kick/20s	Total
RDP	17	16	16	12	61
VER	27	20	16	20	83
PA	20	20	30	21	91
WDS	29	19	28	21	97
MFS	28	21	28	17	94
RDM	24	22	26	20	92
NA	22	18	22	19	81
RAD	27	26	22	22	97
DH	27	20	22	18	87
EBA	24	20	24	20	88
M.NH	24	24	26	20	94
NAT	20	16	22	15	73
NFH	23	20	18	16	77
FHS	19	20	15	20	74
AR	25	20	16	14	75
DPN	20	20	18	15	73
JRS	25	20	22	21	88
MH	26	20	26	18	90
M.MA	26	28	22	17	93
M.AH	25	20	24	18	87
ANR	19	14	16	15	64
AWL	20	19	22	14	75
Amount	517	443	481	393	1834
Mean	23.5	20.14	21.86	17.86	83.36
SD	3.39	3	4.45	2.8	10.47
Min	17	14	15	12	61
Max	29	28	30	22	97

Based on the results **Table 2** of descriptive statistical analysis of 22 pencak silat athletes from PAMUR Banyuwangi Srono Branch, it is known that the total value of basic technique skills has an average of 83.36, with the highest (maximum) value of 97, and the lowest (minimum) of 61. The standard deviation (SD) value of 10.47 indicates a fairly large variation in ability between athletes. The qualification norms for the value of the ba-

sic technique quality data of pencak silat athletes from PAMUR Banyuwangi Srono Branch are as follows **Table 3**.

Table 3. Norms for Classification of Basic Technique Quality Values of Pencak Silat Athletes of PAMUR Banyuwangi School, Srono Branch

Interval		Category
83.36 + 1.5 × 11.31	> 99	Very good
83.36 + 0.5 × 11.31	89 – 98	Good
83.36 - 0.5 × 11.31	78 - 88	Enough
83.36 + 1.5 × 11.31	68 - 77	Not enough
83.36 + 0.5 × 11.31	< 67	Very less

Table 4. Results of Analysis of Basic Technique Quality Norms for Pencak Silat Athletes of PAMUR Banyuwangi School, Srono Branch

Category	Frequency	Percent	Valid Percent	Cumulative Percent
Very less	2	9.1	9.1	9.1
Not enough	6	27.3	27.3	36.4
Enough	6	27.3	27.3	63.6
Good	8	36.4	36.4	100.0
Very good	0	0	0	100.0
Total	22	100.0	100.0	

Based on the results **Table 3** of the norm classification of the level of basic pencak silat technique skills of the PAMUR Banyuwangi Srono Branch, it is known that most athletes are in the good category as many as 8 people (36.4%), followed by the sufficient and less categories each as many as 6 people (27.3%). As many as 2 athletes (9.1%) are included in the very less category, and no athletes are included in the very good category. Thus, it can be concluded that in general, the level of basic pencak silat technique skills of athletes is at the middle to upper level, but further coaching is still needed to improve the quality of the technique to reach the very good category.

This study aims to determine the level of basic pencak silat technique skills which include four main components, namely punches, T kicks, crescent kicks, and straight kicks. Each technique is measured in execution time for 20 seconds. Based on the test results collected from 22 PAMUR Banyuwangi Srono Branch athletes, total score data for each participant was obtained, which was then classified into five ability categories, namely: very good, good, sufficient, lacking, and very lacking. From the calculation results,

the average value (mean) obtained was 83.36 and the standard deviation (SD) was 10.47. Resultscalculations using classification norms show that the level of basic pencak silat technique skills in pencak silat athletes at the schoolPAMUR Banyuwangi Srono Branchis good with the consideration of the highest frequency of 8 athletes and percentage (36.4%). Furthermore, the very poor category with a frequency of 2 athletes and percentage (9.1%), the poor category with a frequency of 6 athletes and percentage (27.3%), the sufficient category with a frequency of 6 athletes and percentage (27.3%) and the very good category with a frequency of 0 athletes with percentage (0%).

This distribution shows that most athletes are in the good category, indicating that the mastery of basic pencak silat techniques is quite optimal in this group. Athletes in this category generally record consistent scores above the 89 limit, showing good coordination and movement effectiveness, especially in the kicking and punching components.

However, around 54.6% of the other athletes are in the sufficient to very poor category, which means there is variation in the quality of technique among participants. Athletes in the sufficient category show potential, but are still found to have deficiencies in aspects of strength, accuracy, or rhythm of movement. Meanwhile, athletes in the poor and very poor categories show that the implementation of the technique has not met the minimum criteria, both in terms of speed, coordination, and strength.

This can be caused by various factors, such as lack of training experience, basic techniques that have not been optimally formed, or lack of focus during the test. These factors often occur in beginner athletes who do not yet have the habit of performing technical movements consistently and correctly. In addition, low motivation and minimal periodic performance evaluation also contribute.

Training and coaching are important elements that greatly determine the achievement of basic pencak silat techniques. According to (Khairan et al., 2024), the development of a basic front straight kick technique training model can significantly improve students' skills in pencak silat. Therefore, programmed, structured, and sustainable training needs to be implemented so that the coaching process is more effective.

Meanwhile, the role of the coach is also crucial. The coach must have professional skills in compiling training materials and strategies that are appropriate to the athlete's ability level. As ex-

plained by (Asrianda et al., 2023), the coach has a function as a motivator in an effort to increase the motivation of athletes in mastering techniques, strategies in competing and mentality. Evaluation and guidance provided routinely will not only correct incorrect techniques, but can also increase the motivation of athletes to continue training and developing. Therefore, collaboration between a planned training system, a conducive environment, and a competent coach is the main foundation in improving the quality of basic pencak silat techniques.

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CONCLUSION

Based on the evaluation results of basic pencak silat technical skills including punches, T-kicks, crescent kicks, and straight kicks, it can be concluded that the majority of PAMUR Banyuwangi Srono Branch, this study revealed that the quality of basic pencak silat techniques among athletes at the PAMUR Banyuwangi Srono Branch generally falls into the moderate to good category. Athletes categorized as having good technical quality typically demonstrated solid coordination, proper technique execution, and consistency across all four test items—straight punches, T-kicks, crescent kicks, and straight kicks. This indicates that they possess the foundational motor skills required for competitive performance.

Meanwhile, athletes in the sufficient category showed acceptable performance but with notable inconsistencies, such as lack of precision, rhythm, or strength in certain movements. This reflects a need for refinement and targeted feedback to elevate their skills. Those classified in the less or very less categories exhibited fundamental flaws in technique execution, including poor posture, limited speed, or lack of power, which suggests a gap in their motor learning and training adaptation.

These classifications provide a meaningful interpretation of athlete readiness and highlight areas that require coaching intervention. Therefore, the results align with the research objective to analyze and describe the actual technical quality of pencak silat athletes and serve as a basis for de-

signing more structured and individualized training programs. Coaches and training institutions should use these findings to implement skill-specific development strategies aimed at improving overall performance standards.

These results indicate that the level of basic technical skills is generally at the middle to upper level, although there are still a number of athletes who need more intensive coaching. The technical performance of athletes shows considerable variation, as reflected by the relatively high standard deviation (10.47) from the average score (83.36). This variation suggests that while some athletes demonstrate strong mastery of basic pencak silat techniques, others still struggle with consistency, coordination, or execution. The gap in performance highlights the unequal level of skill development among athletes, which likely stems from differences in training quality, learning pace, and individual responsiveness to coaching. This reinforces the need for individualized training plans and regular evaluations to ensure equitable skill improvement across all athletes. Therefore, improving the training system, increasing motivation, and structured evaluation are very necessary to improve the quality of athletes' basic technical skills.

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