

Standardization of Basic Movement “Belanjakan” of Martial Arts on East Lombok Regency

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Abstract

Standardization of basic movements of “Belanjakan” martial is intended to explore, develop, and preserve martial arts that grow and develop as a culture of Masbagik people of East Lombok Regency. The purpose of the study is to examine and analyze the basic movements of stance, footstep patterns, defense, and attacks "Belanjakan" martial arts. Qualitative research uses research design case studies. The object of research is “Belanjakan” martial arts. The subject of the research was Pepadu "Belanjakan" in Masbagik District. Data collection techniques and instruments use observation, interview, documentation, and triangulation techniques. Data analysis is carried out based on an interactive analysis model (flow model). The research results of the standard basic movements "Belanjakan" martial arts include the basic stance of "Belanjakan" using respect, fighting stance of “Belanjakan” martial using (upper fighting stance and lower fighting stance) and the front horses. The footstep pattern in "Belanjakan" in terms of how it is implemented includes lifting and sliding, while in terms of its movement patterns include: straight and zig-zag pattern. The basic movement of "Belanjakan" defense uses catch accompanied by slamming and locking. The basic movement of the "Belanjakan" attack uses the legs or feet with kick techniques. The conclusions of the research compiled the standardization of the basic movements of the "Belanjakan" martial arts that were practical, efficient and interesting. It is expected that the "Belanjakan" martial arts will become the regional collective pride and tourist attraction. Suggestions for developing a more practical and efficient basic movement "Belanjakan" martial arts so that people are interested in learning martial arts as a characteristic of Masbagik indigenous culture.

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INTRODUCTION

Traditional martial arts is one of the expressions of the nation's culture that needs to be preserved so that it does not become extinct in times (Sofiana, et al. 2015). Traditional martial arts has existed since our ancestors still lived primitive (Anam, et al. 2014), from how to fight and imitate the movements of various types of animals this is the creation of martial movements. Sumantri, et al. (2016) said martial arts is a self-defense system that has unique movements that involve all components of the human body by means of a series of basic techniques in the form of rows, punches, kicks, catches, falls and locks. At this time martial arts began to develop, but people's interest in martial arts was still very limited (Agam, et al. 2015). One of the traditional martial arts that characterize Indonesian culture is "Belanjakan" in Masbagik, East Lombok Regency. "Belanjakan" is a typical martial art of the Masbagik community of East Lombok Regency which combines wrestling, judo, and martial arts. In ancient times "Belanjakan" was held to fill the time after harvest which was done at night by being given a torchlight. Self-defense is almost the same as "Belanjakan" both technically and clothing is worn, one of which is sumo. The Pepadu "Belanjakan" is equipped with clothes called Bekancut, this clothing is similar to Pesumo clothes in Japan. The basic techniques used in "Belanjakan" martial arts, namely kicks, catches, locking, and kicking, are not allowed to attack by punching or elbowing and strangling.

The existence of "Belanjakan" martial arts was almost extinct, the last time it was competed in 1985 and only returned to compete at the 2016 Masabagik festival. This is because martial arts "Belanjakan" is still sidelined by the community and loses competitiveness with other traditional martial arts in Lombok, such as the Presean martial arts that have committed banking and have clear organizational platforms. This statement was strengthened according to the results of surveys and interviews with cultural leaders and Pepadu "Belanjakan" on January 6, 2018, who said that martial arts "Belanjakan" was less attractive to the public due to lack of training

or guidance specifically and did not have a container organization. Martial arts "Belanjakan" also does not have basic movement standardization, so far the community or the Pepadu "Belanjakan" performs "Belanjakan" (competing) martial arts, in accordance with the techniques (movements) that each of them gets from parents or elderly "Belanjakan" before, through an imitation process.

Martial arts "Belanjakan" needs to be developed so that it can be known and played by the community at large, "Belanjakan" is a potential local art asset, interesting to be played by adults and children, because the "Belanjakan" martial arts is safe and likely the injury is very little. Therefore, to be more easily played and competed by the community, the rules and standardization of basic movements must be established, as well as the formation and formation of organizational platforms that become the standard of the "Belanjakan" martial arts itself so that it is the same as martial arts martial arts.

The process of martial arts and organization (club) training is very important to explore and become a forum for young people in developing their talents because the club is a coaching center and a powerhouse for progress in sports achievement (Assalam, et al. 2015). Therefore, a scientific study is needed through research to standardize the basic movement of "Belanjakan" martial arts in order to know how the basic form of movement.

The standardization process of the basic movement "Belanjakan" is done to facilitate the development of "Belanjakan" martial arts. This is done so that the traditional "Belanjakan" martial arts are no longer only developed and known in the Masbagik area. Therefore, this standardization process will be able to help in socializing and preserving the "Belanjakan" martial arts to the community at large, even to the national level. So, because it is clear the basic form of movement, "Belanjakan" martial arts will be in great demand and easily learned by the community, and can be included in the realm of education both local content learning and school training. Martial arts is a traditional sport of

ancestral heritage and is included in the local content, one example such as martial arts martial arts material is already in the learning of local content and physical education (Tama, et al. 2017).

This standardization focused on the basic elements of the "Belanjakan" martial arts movement, identifying and analyzing the basic movement of "Belanjakan" martial arts using sports science. The standardization process of the basic movement of martial arts "Belanjakan" was carried out by recording videos on elders and Pepadu "Belanjakan" in Masbagik, East Lombok Regency. The results of this video recording were then collected to make it easier to identify and analyze the basic movements of the "Belanjakan" martial arts while still maintaining the "Belanjakan" martial arts characteristic itself, so that the Masbagik cultural tradition is still attached and it becomes the main attraction for martial arts enthusiasts "Belanjakan".

Standardization of this basic movement is the most important thing, in the current era of globalization, it is hoped that the "Belanjakan" martial arts can compete with modern games or sports that are loaded with interesting art moves, and can be used as an annual festival in West Nusa Tenggara Province in particular in Lombok.

Based on the description above in this study, researchers are interested in standardizing the basic movements of "Belanjakan" martial arts, taking into account the scientific principles that can later support the "Belanjakan" martial arts in guiding and socializing the community more effectively and efficiently. Attract the interest of the community to learn self-defense "Belanjakan" and can facilitate Pepadu or the "Belanjakan" coach in teaching "Belanjakan" martial arts. The purpose of this study is to study and analyze the basic movement of "Belanjakan" martial arts, (1) basic movements of stance, (2) basic movement of footstep patterns, (3) basic movements of defense, and (4) basic movement of attacks.

METHODS

This research is a case study research with a qualitative approach. The object of the research was "Belanjakan" martial arts in Masbagik, East Lombok Regency. Respondents or research subjects, in this case, our elders and Pepadu "Belanjakan" spread in East Lombok Regency, especially Masbagik District which has a history of "Belanjakan" martial arts. Data collection instruments and techniques are carried out with observation, interviews, documentation, and triangulation. The analysis is carried out based on an interactive analysis model (flow model) (Sugiyono, 2017)

RESULTS AND DISCUSSION

This research data produces the following "Belanjakan" martial arts basic movement element:

Basic Movement of "Belanjakan" Martial Arts

The basic stance of martial arts is static attitudes that are performed to train the strength of the leg muscles, feet before doing dynamic movement so that they will become sturdy (Nugroho, 2005). The basic stance of martial arts "Belanjakan" includes respect, fighting stance, and sawhorse. Fighting stance is a standby to defend or patterned attacks and is carried out at the beginning and end of the fighting stance series having elements: sawhorse stance, posture, arm, and hand stance (Fahrizal, 2010).

Fighting stance in "Belanjakan" martial arts uses attacking fighting stance (upper fighting stance) and tacking stance with a pattern of greeting (lower fighting stance). A good pair is like in the biomechanical principle, if you want to move instantly/quickly in a direction, the body must be in an unstable position, so the center of gravity must be moved forward so that it is almost close to the fulcrum. Sawhorse stance is a technique that shows the feet in a static state. In "Belanjakan" martial arts use the stance of the front horses. Front horses are foot stance where the weight is stacked on the front legs. The ideal position of the front stance in the "Belanjakan"

martial position of the left knee is bent at an angle of $\pm 135^\circ$ and the angle of the right foot knee is $\pm 170^\circ$.

Basic movement of The "Belanjakan" Martial Arts FootStep Pattern

Footstep pattern is a technique of moving and changing the position of the body to approach or stay away from the opponent in order to get a more favorable position accompanied by alertness. Judging from the way it steps, namely, step lifting and sliding steps. Whereas when viewed from the basic movement of the step pattern, the pattern of steps in martial arts "Belanjakan" uses a straight step pattern and a saw or zig-zag step pattern.

The ideal position of the footstep pattern is to use high or light horses, so that mobility and high balance, to provide ease and freedom for the body, to make movements quickly in all directions, and launch attacks.

The Basic Movement Defense of "Belanjakan" Martial Arts

The defense is an attempt to thwart the opponent's attack with a catch, which is a technique to capture the opponent's attack component, which is then followed by slashing and locking techniques. The defense in "Belanjakan" martial arts uses catching techniques followed by slashing and locking techniques. Catches are an attempt at defense by capturing your opponent's arms or legs to strike a fall. The ideal position in catching is to use tall or light horses with an upright stance with the knees bent slightly (using a lower Pasang attitude) in an unstable state.

The Basic Movement Attack of The "Belanjakan" Martial Arts

An attack is a technique used to immobilize an opponent, attack techniques including kicks, punches, elbows, knees (Sarjono, et al. 2010). In "Belanjakan" martial arts using basic kick techniques (Lanjakan). A kick in "Belanjakan" martial arts uses a front kick (Lanjakan Julu) and sickle kick (Lanjakan Sedi). Ideal front kick position (Lanjakan Julu) the

position of the body is facing towards the target, with a position of $\pm 125^\circ$ kick angle and the position of the foot resting at an angle of $\pm 164^\circ$. Ideal position of sickle kick (Lanjakan Sedi) tide, lift the knee as high as the target. Rotate the waist following the direction of the kick path and simultaneously followed by a cut of the lower leg, centered on the knee, with a position of $\pm 64^\circ$ kick angle and pivotal foot position at an angle of $\pm 165^\circ$.

Kick is an attack technique and tactic that is carried out using legs and feet as an attack component (Marlianto, et al. 2017). A good kick is a kick that is difficult to read, defend, or avoid or be captured by an opponent (Abdurahman, et al. 2014). Kick agility determines the success of reaching the kick target. Kick agility can make it difficult for opponents to anticipate such as stumbling and defeating (Suyudi, 2012).

CONCLUSION

The results and discussion of research on the standardization of the basic movements of martial arts "Belanjakan" can be concluded as follows: (1) basic standards of movement "Belanjakan" stance in terms of the techniques of implementation, among others, respect, fighting stance (preparedness), and front horse stance, (2) basic movement standard of the "Belanjakan" footstep pattern in terms of how to move using lift and sliding steps, while in terms of the movement pattern using a straight and zig-zag pattern, (3) the basic standard of movement "Belanjakan" is reviewed from the technique of implementation, then "Belanjakan" using catches to thwart opponents' attacks accompanied by slap and lock, (4) basic movement standard attack "Belanjakan" in terms of the technique, martial "Belanjakan" attacks with kick techniques to paralyze opponents, are not allowed to hit or punch with hands. The standardization of the basic "Belanjakan" martial arts movement is practical, efficient and interesting. Expected to be able to maintain the regional identity, self-defense "Belanjakan" is a regional collective pride and tourism attraction.

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