IMPROVING THE SKILL OF ANTICIPATING FALLING PULLS USING "GUNTINGAN" ON PENCAK SILAT ATHLETES

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Abstract *This study aims to improve the skills of anticipating falling pulls using "guntingan" on* pencak silat *athletes of the* Jakarta *Student Sports Education and Training Centre* (PPLM). *This research was carried out from March to May* 2024 *at the Gymnasium of Jakarta State University. The study was attended by all* Jakarta PPLM pencak silat *athletes in the competition category totalling* 15 *athletes, consisting of* 10 *male athletes and* 5 *female athletes. The method used in this study is Action Research with a one group pre-test post-test design. The instrument used is a test of the skill of anticipating falling pulls using "guntingan" that have been validated by experts and martial arts experts. Based on the pre-test data of the skill of anticipating falling pulls using "guntingan", an average result of process correctness was* 88.4% *and an average success rate of* 31.3%. *Then after being given exercise material in research to improve the ability of pull fall anticipation skills using "guntingan" for* 8 *meetings, a post-test was carried out with an average result of* 96.5% *process correctness and an average success rate of* 87.3%. *There is an improvement in both the correctness of the process and the success rate. This research is completed in one cycle and does not need to continue to the next cycle. Because the problem has been answered, through research can improve the skill of anticipating falling pulls using "guntingan" on pencak silat athletes (study action research at* PPLM DKI Jakarta*).*

Keywords: pencak silat; *anticipation; dropping*; guntingan; PPLM DKI Jakarta

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

INTRODUCTION

Pencak silat is the result of Indonesian human culture to defend and defend its existence and integrity towards the environment and surrounding nature to achieve harmony in life in order to increase faith and piety to God Almighty. Pencak silat is also a martial arts sport that is considered to have many benefits. Pencak silat requires basic techniques that are used, not only as a form of self-defense, but also used in athletes to develop achievements. Pencak silat is not only a martial art, but pencak silat is also one of the sports that has the potential to improve the physical, mental and spiritual fitness of the community. Pencak silat is not only a trend among adults, but pencak silat is also much favored by teenagers and children. Through pencak silat sports, various elements learned such as mental, moral, spiritual, attitude, intellectual and emotional can be channeled (Satria et al., 2022).

In the pencak silat competition, there are several categories, a competition category and an art category (Wardoyo & Setiakarnawijaya, 2023). The sparring category according to Johansyah in (Khoirul & Setiawan,

2022) is a category that features 2 fighters from different camps, namely the red corner and the blue corner. Both face each other using elements of defense and attack, namely parrying/evasive, hitting/attacking on the target and knocking down the opponent, the use of tactics and match techniques, Endurance, stamina and fighting spirit, using rules and step patterns that take advantage of a wealth of techniques or moves, to get the most value.

The basic principles of pencak silat in the sparring category are to carry out attacks (kicks and punches), counter attacks, and falls both through catches and kicks on the target to get as much value as possible (Awan Hariono & Johansyah Lubis, 2020). According to the latest pencak silat match rule book for 2022 (*Peraturan Pertandingan Pencak Silat 2022 Rev Okt 2023*, n.d.), the pencak silat categories that are competed include sparring, single, double, team, and creative solo categories, while when viewed based on age there are categories of lion (3-6 years), tiger (7-9 years), pre-teen (10-12 years), pre-junior (12-13 years), junior (14-16 years), senior (17-45 years), master A (46-60 years old) and master B

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

(61 years and above). Pencak silat from the point of view of the sparring category must have harmony and balance between technique, firmness, speed and virtuousness (Moh Sabilillah et al., 2022).

In Indonesia itself, there are many matches that are often held both tiered and open, as well as in each region also often hold matches, both original and achievement. This makes martial arts grow rapidly. This introduction to martial arts can be given by learning basic techniques which include martial arts movement skills (1) Stance, (2) Tidal attitude, (3) Step, (4) Defense Technique, (5) Attack Technique, (6) Damping, (7) Falling technique, (8) Catch technique, (9) Slamming technique, (10) Basic resistance technique against slamming (Apriyanto & Wardoyo, 2018). In accordance with the 2022 pencak silat competition rule book which explains that hand attacks are worth 1 (one), foot attacks (kicks) are worth 2 (two), falls (slams, "guntingan"s, sweeps) are worth 3 (three). Because of this explanation, falling becomes one of the techniques that get the highest value. But in fact, from several research sources, the percentage of the use of the slamming technique is still rarely successful.

Like the research conducted by Andiano Majid in 2019 at the UNJ Open I championship fell with a successful catch of only 25% of 154 attempts in the match (Majid, 2019). Further fall-related research was conducted by Hendro Wardoyo and Fitranto in the Pre-PON 2020 qualifying round match which focused on DKI Jakarta Pelatda pencak silat competition athletes, which was more specific to the falling technique using "guntingan"s with results, the success of the "guntingan" technique was 58 or 40.85% while those who failed to produce points were 84 or 59.15% (Wardoyo & Fitranto, 2021).

From the data above, researchers want to improve the ability of the fall technique to get value or points in matches. The significant difference from the previous regulation regarding falls is the allowed pulling, which was regulated before was a violation in the latest regulation allowed. One of the anticipations of opponents who use the drop technique is to use "guntingan"s. The step that will be done by making a training program to anticipate falling pulls using "guntingan"s. In the old rules the percentage of value was obtained

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

from kicks and punches, but after the enactment of the new rules the percentage of falling values to get points slowly began to increase.

The results of observations made by researchers in several sparring activities between the DKI Jakarta pencak silat team with the Indonesian National Team and also the Cambodian National Team, the falling technique with pull is considered very effective to get scores and win the match, as well as the anticipation of the fall technique with pull, departing from this the use of pull fall anticipation training is considered appropriate to improve the ability to anticipate the fall of an athlete. Judging from several matches that use the new rules 2022, there are several pull fall techniques that are often used, one of which is the back pull fall technique. This tumbling technique became the center of attention and spread widely quickly, one of which was after being used by one of the Pelatnas athletes during the Seleknas and Sea Games. Many athletes follow the technique and often manage to earn points when used.

There needs to be a solution, an update in solving the problem mentioned above, so that the training process can run optimally. Researchers want to create a training program to anticipate the fall of pencak silat pull using "guntingan"s with training stages starting from doing part movements seen from the falling technique, pulling technique and also anticipation technique. Based on the background of the problem mentioned above, researchers want to improve the skill of anticipating falling pulls using "guntingan"s.

It is hoped that this research can increase the ability of athletes to obtain fall values by anticipating fall pulls using "guntingan"s so that we can anticipate the opponent's fall and the fall value becomes ours and also help athletes to more quickly master the skill of anticipating fall pulls using "guntingan"s. Because in the training process, an exercise program will be given to improve the skill of anticipating falling pulls using "guntingan".

The exercise program designed has differences from previously made products, in previous studies still using the old rule where the anticipation of falls carried out has not used pull. So here the researcher wants to make one of the fall pull anticipation training programs, namely the pull fall anticipation training program using "guntingan"s, hopefully it

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

can make it easier for athletes to get a fall by anticipating the fall pull technique from the opponent using the "guntingan" technique.

Falling is an attempt to knock down the opponent as a follow-up action to the catch, the fall consists of two kinds, namely direct and indirect. Direct fall is to remove the opponent's body support by: sweeps, circles, and "guntingan"s (Rahmawati & Rahmat, 2022). It can be concluded that the notion of falling is a process of pulling or pushing against the opponent to eliminate balance and knock down the opponent. The drop technique is a fighter's attempt to knock down an opponent. Divided into 2 ways, namely direct fall and indirect fall. Direct fall is to remove the opponent's body support by means of sweeps and "guntingan"s. Indirect falls are falls from the catch process followed by lifts, hooks, pushes, and pulls (Daharis et al., 2022). Fall pull is the process of knocking down the opponent directly or indirectly (starting with catch or "guntingan" techniques) which is done accompanied by hand pull that aims to make the opponent fall. "Guntingan" is a technique to knock down an opponent that is carried out by clamping the limbs on the body part that

is authorized to be attacked (Wardoyo & Fitranto, 2021). The "guntingan" technique is a knocking technique by clamping both the opponent's legs and targets from the waist to the opponent's legs so that the opponent loses balance and falls (Derdja, 2022). Meanwhile, according to Setyo Kriswanto in (Widiastuti et al., 2022), "guntingan" are one of the pencak silat techniques used to knock down opponents by pinching their legs on the neck, waist, or legs of the opponent or target so that they fall. Thus the author draws conclusions from various sources, the definition of "guntingan" is one of the falling techniques carried out by clamping the opponent's body parts using the legs with the aim of making the opponent fall.

Anticipation is the most important part for a person in every facing new situation or situation that may occur. In dealing with new situations or problems, a person needs to anticipate what must be prepared and what must be done to deal with the situation. According to (Wahyuningrum et al., 2020), anticipation is the ability to overcome something that has not happened and a vigilant attitude to avoid unwanted things. Lim in (Risma, 2021), revealed that anticipation can be defined

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

as the mental act of understanding certain conjectures without having to sequence operations in detail to arrive at these conjectures. Meanwhile, the notion of anticipation according to Riegler in (Arantra, 2022), is the result of internal canalization (regarding making canals/ canals, channeling dissatisfaction) that forces certain paths either in the physical or abstract. It can be concluded that anticipation is an action taken by someone to deal with certain situations that have not occurred by preparing solutions to possible things that will happen.

Anticipation of a pull fall is one of the techniques to survive the process of falling pull carried out by the opponent with the aim of getting value without being hit by the fall by the opponent. Anticipation of falling pulls is a technique that is still rarely owned by martial artists. To be able to master the techniques in this pencak silat sport, it is necessary to prepare good technical training, so that you can do the movement well. In this study, the technique of anticipating the fall of pull carried out was using the "guntingan" technique. When the opponent performs the fall pull technique, we anticipate it by cutting out the opponent when the opponent is about to pull to perform the fall technique. The fall pull technique referred to by researchers in this study is a back pull fall and the anticipation process begins when the opponent has grabbed the body protector or our hands, that's where the "guntingan" anticipation is applied with the intention of thwarting the process of falling pull from the opponent so that it can change the value of the fall for us.

METHOD

Action research is research with actions or treatments that are deliberately held to change, improve or improve something that is considered a problem that is considered urgent and important to immediately find a solution. Action research is often used in making scientific papers, action research (action research), presenting a development in the field of educational research that directs the identification of the characteristics of pragmatic needs of practitioners in the field of education to organize reflective inquiry into classroom teaching.

According to Hopkin in (Clark et al., 2020), action research is a process designed to empower all participants in the process (athletes, coaches, and

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

others) with a view to improving practices organized within the educational experience. All participants were active members of the research process. Action research is described as an informal, qualitative, formative, subjective, interpretive, reflective research, and experiential research model, in which all individuals are included in the study as knowing and supporting participants. Action research has the primary objective of providing a framework for qualitative inquiry by teachers and researchers in complex classroom work situations.

Researchers and collaborators jointly determine the existing problems, make designs that will be given and implement the programs that have been made. Action research is carried out in the form of a repeating cycle in which there are four main stages of activity, namely planning, implementation or action, observation or observation, and reflection. The implementation of action research begins with the first cycle consisting of four activities. If it is known where the successes and obstacles of the actions implemented in the first cycle are located and have not achieved the targeted results, the researcher and collaborators determine

the design for the second cycle and so on until reaching the specified target.

Action research is the way that groups organize a condition, whereby they, can learn about their experiences, and make their experiences accessible to others. The expected result is in the form of improvements to what happens in the implementation of the learning and experiential process. Action research is a very important research to be carried out in the world of education with a view to improving the practice carried out in learning. Kemmis and Mc Taggart state that action research is a form of self-reflection conducted with participants in educational practice. Thus, researchers interpret action research as a way or method that emphasizes practice as a systematic corrective action to be able to improve the quality of appearance in learning or exercises that involve good cooperation to improve appearance.

The model proposed by Kemmis & Taggart is a further development of Kurt Lewin's model. There is fundamentally no principled difference between the two. This model is widely used because it is simple and easy to understand. Kemmis & Taggart's design can include a number of cycles, each consisting of stages: plan, action,

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

observe, and reflect in one cycle (Saraswati, 2021). This stage takes place repeatedly, until the research objectives are achieved. The following is a cycle of action according to Kemmis & Taggart.
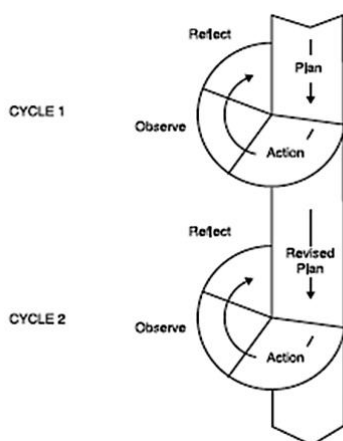

Figure 1. Action Research of Kemmis and Taggart Model

Planning

Planning programs to be carried out in research, from preparing activity plans, making test instruments, making research programs, and making observation models. Planning is the basis of the activities to be carried out. Therefore, planning must be made in detail according to the conditions faced. The research design is made and adjusted to the findings of the researcher's observations on the initial data of the research process (Widiastuti & Hutumo, 2018).

Planning starts from making personal data forms by researchers to athletes who are sampled as one of the readiness and availability to take part in this research. Along with taking data on athletes who were willing to take part in this study, researchers made an instrument to test the skills of anticipating falling pulls using "guntingan".

Then researchers made training materials in the form of basic and advanced techniques for athletes in improving the skill of anticipating falling pulls using "guntingan". Training materials in research that can be delivered by researchers to athletes are:

a) Make an instrument to test the skill of anticipating the fall of pull using "guntingan", with indicators of correctness of motion and success in anticipating the fall of pull. This test instrument is divided into six parts including the initial stance, kick movement, catch process, anticipation process of fall pull technique, and "guntingan" to thwart the opponent's fall and ending stance.

b) Provide basic material for correctness of movements according to their function, which will help athletes improve their technique.

c) Provide basic fall technique material as an effort to avoid injuries that can occur during the research process.

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

d) Provide material on catch and fall techniques with pulls in pairs.

e) Provide the basic technical material of back "guntingan" which later this technique will be used as a step to anticipate falling pulls.

f) String movements from beginning to end in pairs and alternately.

Action

Action is the implementation of a lesson plan that has been prepared. The action to be taken is to carry out the exercise material in the research that has been made, which is as many as eight meetings starting with the pre-test and closing with the Post-test.

After planning is made, action is needed so that planning can be known to be effective or not in improving the skill of anticipating falling pulls using "guntingan" on martial arts athletes. The description of the implementation of this research is:

a) Researchers provide direction to athletes or samples for the implementation of this study.

b) Researchers provide readiness and availability forms to athletes or samples to participate in this research activity.

c) Researchers conducted an pre-test of the skill of anticipating the fall of the

pull using "guntingan" as a reference for the exercise material to be made.

d) Researchers provided training materials in the form of basic falling techniques, catch and fall techniques with pulls, and basic back "guntingan" techniques.

e) Athletes perform exercises from training materials that have been given by researchers.

f) Researchers provide input to athletes who still have errors in performing the techniques or movements that have been delivered.

Observation

Observations are made based on actions, whether there are things that must be improved according to planning. The observation process is carried out such as observing the suitability of the research program, and the researcher is directly involved during the exercise activities. Observations were made by researchers together with colaborers during the research process.

a) Researchers identify training materials given to athletes who carry out research.

b) Researchers observed the implementation of research in the form of the truth of basic athlete

techniques in the form of falling, pulling, and cutting techniques.

c) Researchers provide input and justify the techniques of athletes who still make wrong movements.

d) Researchers evaluate the training material that has been given.

Reflection

Reflection as the fourth step of an action study is carried out after the action ends. Researchers will try to see and reflect back on what has been done and the impact on athletes. It is important to reflect on the reasons the researcher performs an action in relation to its impact. This method can recognize the strengths and weaknesses of pre-planned actions. Reflection is the stage of evaluation of the research program given, observed and studied in more detail. From this reflection, it can be discussed for improvements that support the success of the research. The purpose of reflection in action research is an action that repeats what has been done, at this stage the researcher tries to find things that are satisfactory because they are in accordance with what was planned and carefully identify things that still need to be improved (Suciani et al., 2023).

Researchers process data and observe the progress of the athletes tested to determine the feasibility of the program being run, whether it provides significant changes or not. And also conduct an evaluation with questionnaire feedback received from athletes.

The success criteria for action in this study can be seen by: a) Athletes are able to perform the pull fall movement properly and correctly. b) Athletes are able to perform "guntingan" movements properly and correctly. c) Athletes are able to perform anticipatory movements using "guntingan" properly and correctly. d) Athletes can perform good falling techniques during the fall process. e) Athletes can achieve a score of at least 80% of the total score of 192 points. f) Athletes who exceed the minimum score of more than 80% of the total study sample.

Research Instrument

Action Research research instrument with one group pretest posttest design with purposive sampling technique, this technique is used because it is in accordance with the title of the study. The instrument used to collect data in this study was to test the skill of anticipating falling pull using

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

"guntingan", which has been validated by experts and martial arts experts. The provisions and criteria for athletes who can take part in the research program are as follows: a) The sample is willing to follow this research from start to finish. b) Samples came from pencak silat athletes from the DKI Jakarta Student Sports Education and Training Center (PPLM). c) The sample is a competing category athlete who has competed using the 2022 competition rules. d) The sample is in good health and not injured.

Data collection techniques are ways or methods used by researchers to collect data. Several stages in collecting data, including: a) Taking notes during the study which will be used for evaluation of training material in research to improve the skill of anticipating falling pulls using "guntingan" in martial arts athletes. b) Document each research process or session. c) Conduct pre-tests and Post-tests.

Data analysis techniques in this study are qualitative and quantitative based on the results of each action taken. The collected data is analyzed qualitatively. Qualitative data analysis is used to analyze data that occurs in the training process, this analysis includes: description, interpretation, and reflection on things that occur in the training process. Data reduction, in data reduction activities, researchers select, focus, discard, arrange data so that conclusions can be described and verified. Data reduction is an effort to clarify data, among others: by fine selection, summarizing, and entering data in a pattern or changing data in form or ranking.

a) Data model (data display), researchers present data in the form of models or display data. A data model is a collection of data, information, that allows researchers to draw conclusions and take action based on those conclusions.

b) Verification and drawing conclusions, the final stage of data analysis activities is to draw conclusions based on the data model presented. Verification of the conclusions of this research is carried out by reading, checking, and comparing carefully the data collected from sources and methods so as to arrive at conclusions.

Quantitative data in the form of data on the ability to perform basic techniques, namely (tide attitude, stance, catching technique, falling technique)

are analyzed starting from examining the answer sheet of the ability to perform movement tests, giving scores, calculating the total score obtained by each athlete, giving scores by finding the number of scores obtained divided by the ideal score multiplied by 100. Research athlete test results using the following formula:

$$N = \frac{S}{Si} \times 100\%$$

N = Earned value

S = Scores obtained

Si = Ideal score

Once found, all values are listed in the value table and graph to see the distribution of achievements and improvements in the athlete's ability to perform movements. The data presentation is interpreted by comparing the athlete's ability value before the action with the value obtained after the action, interpreting the results of that comparison and drawing conclusions.

RESULT AND DISCUSSION

Based on the results of the fall anticipation skill test with catches in the DKI Jakarta PPLM athletes in the sparring category totaling 15 athletes (10 male athletes and 5 female athletes), for the pre-test obtained an average success score of 3 times out of 10 times performed or 31.3% with an average process truth value of 169.8 out of a total value of 192 or 88.4%.

Initial Description. PPLM DKI Jakarta is a student development program from DISPORA DKI Jakarta which began in 2017 until now. This program is expected to be a bridge from student athletes (PPOP) to adult athletes (PELATDA). DKI Jakarta PPLM pencak silat athletes also contributed, both at national and international events. National events include the National Student Sports Week (POMNAS) in 2017 (South Sulawesi), 2019 (Jakarta), 2022 (West Sumatra) and 2023 (South Kalimantan). As for international events including the Asean University Games, Belgium Open, Sea Games and World Championships. Pencak silat PPLM DKI Jakarta also contributes to supplying athletes to PELATDA DKI Jakarta for PON Papua in 2021 and PON Aceh-North Sumatra in 2024.

This research began to be carried out when the research permit from campus was issued on April 3, 2024, followed by taking care of permits to DISPORA DKI Jakarta as the institution that oversees the DKI Jakarta PPLM development program. On April 16, 2024, a research permit from DISPORA

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

DKI Jakarta was issued. Furthermore, on April 18, 2024, researchers gathered DKI Jakarta PPLM athletes in the competition category to start the first meeting research. The research was conducted until the eighth meeting on May 4, 2024. The number of DKI Jakarta PPLM athletes in 2024 is 25 athletes with 15 athletes in the competition category (10 men, 5 women) and the art/kick category (6 men, 4 women). In this study, all athletes in the competing category were followed by 15 athletes. The pre-test activity was carried out to determine the initial ability of the skill of anticipating falling pulls using "guntingan" on DKI Jakarta PPLM pencak silat athletes. The preliminary test results of DKI Jakarta PPLM pencak silat athletes can be seen in the following table:

Table 1. Frequency of Pre-Test Success

NO	Class Interval	Frequency	Percentage
1	0-3	10	66,7%
2	4-7	5	33,3%
3	8-10	0	0,0%
Total		15	100%

Source: Research Results

Judging from the table, the frequency of success of the pre-test is divided into 3 classes based on the success rate, namely 0 to 3, 4 to 7 and 8 to 10, for a success range of 0 to 3 of 66.7%, for a success range of 4 to 7 of 33.3% and for a success range of 8 to 10 it is still 0%. So when viewed from the pre-test results, there is still nothing above the target, which is 80% success rate or 8 times from 10 attempts.

This research was carried out in accordance with the DKI Jakart PPLM technique training schedule. Research on this cycle was carried out as many as eight meetings. If the target that has been determined can be achieved by the athlete, it is enough just one cycle.

Planing. In this training plan, training strategies are how and what will be applied by researchers to athletes to be able to achieve research goals, and also prepare equipment and tools needed in the training process. The exercise aids used have the purpose of assisting the research process and are adjusted to the characteristics of the research subject concerned so that they are appropriately used to assist the research process (Widiastuti & Hutumo, 2018).

Table 2. Training Material in Research

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

No	Training Material in Research
1	Pre-test of pull fall anticipation skills using "guntingan"
2	Basic fall back, front, and side exercises using the mat
3	Basic practice of pairing catch with friends
4	*Basic exercise of pulling using resistance band*
5	*Basic fall pull exercises using resistance band*
6	Pair pull fall practice with friends
7	*Basic back "guntingan" exercises using stick foam*
8	Back "guntingan" practice in pairs with friends
9	Anticipation exercise of falling pull using "guntingan" in pairs
10	Post-test of pull fall anticipation skills using "guntingan"

Action. In this stage, researchers together with colaborers carry out training materials in research to improve the skills of anticipating falling pulls using "guntingan" that have been made.

Observation. Observation of the implementation of actions, observing the training process, seeing the behavior shown by athletes, accepting and responding to the actions given is the task of researchers during the research process. Overall for the correctness of the technique is quite good, it only needs to be improved regarding the moment and power to anticipate falling pulls using "guntingan" so that the results can be even better.

Reflection. After the training material in the study was completed, researchers and colaborers saw an increase in the correctness of the process of anticipating the pull fall skills using "guntingan" from 88.4% to 96.5%, and an increase in success from 31.3% to 87.3%. Therefore, the application of training material to anticipate falling pulls using "guntingan" is considered efficient enough to improve the ability of athletes to anticipate fall pulls.

Post-test Data. After being given practice material in research for 8 meetings, a post-test was carried out at the eighth meeting, obtaining an average success score of 8 times out of 10 times or 87.3% with an average process truth value of 185.3 out of a total value of 192 or 96.5%.

Table 3. Post-Test Success Frequency

NO	Class Interval	Frequency	Percentage
1	0-3	0	0,0%
2	4-7	0	0,0%
3	8-10	15	100,0%
	Jumlah	15	100%

Source: Research Results

From the table above, it can be seen that as many as 15 athletes have entered the success range of 8 to 10 or

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

above the predetermined target, and those below the target no longer exist. According to researchers and collaborators, the research is finished here and does not need to continue to the next cycle. Because the problem has been answered, namely through research can improve the skill of anticipating falling pulls using "guntingan" on pencak silat athletes study action research at PPLM DKI Jakarta.

Based on the results of data analysis in this study, the following were found: The application of exercise material in research for 8 meetings gave a significant increase in results from 31.3% to 87.3%, and for the correctness of the process increased from 88.4% to 96.5%. The use of stick foam training aids is quite effective in improving the ability of athletes in anticipating fall pull skills using "guntingan". The use of resistance band training aids is quite effective in improving the athlete's ability to anticipate falling pulls using "guntingan". Especially in increasing the muscle strength of athletes. There are athletes who still lack good coordination of movements, so they cannot do two different movements simultaneously. When doing "guntingan" only focus on the legs, the hands cannot be active to

perform the pull. Some athletes who have good hand muscle strength, tend to cut less optimally, especially pelvic rotation, but rely more on pull. Resistance band training aids can also be used for "guntingan" exercises and improve the athlete's muscular ability to perform "guntingan" techniques. Technically, the ability of DKI Jakarta PPLM athletes is above standard, both from the attitude of tides, kicks, pulls, falls and also "guntingan" are quite good. But in doing the movement as a whole, you still have to pay attention to when is the right moment to do the "guntingan" so that the anticipation process can be successful.

CONCLUSION

Through the training materials made and the tools used, this research was concluded to improve the ability of anticipation skills using "guntingan" in martial arts athletes, through action research studies at PPLM DKI Jakarta. Some conclusions from the research that can be drawn, including: The skill of anticipating the fall of pull using "guntingan" in the DKI Jakarta PPLM pencak silat athletes in the sparring category has improved the process, from the pre-test of 88.4% to

Eko Novian Saputro[1], Widiastuti[2], Yasep Setiakarnawijaya[3], Oman Unju Subandi[4]

96.5% during the post-test. That is, with the application of training material in the research made, it can improve the skill of anticipating falling pulls using "guntingan" on martial arts athletes. The skill of anticipating falling pulls using "guntingan" in DKI Jakarta PPLM pencak silat athletes in the sparring category has a significant increase in success. From the pre-test of 31.3% to 87.3% during the post-test, which means that the application of training material in the research made can improve the skill of anticipating fall pulls using "guntingan" on martial arts athletes. The application of the "guntingan" technique is effectively used to anticipate the fall of the pull on DKI Jakarta PPLM pencak silat athletes. Success is greatly influenced by the athlete's moment in making "guntingan", if the decision-making moment is not right then the anticipation will also fail, it should not be too fast and should not be too late. The tools used are effective to improve the skills of anticipating falling pulls using "guntingan" on DKI Jakarta PPLM pencak silat athletes.

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