Increasing The Success Of The Go No Sen Strategy In Kumite Athletes In Karate With Life Kinetik Exercises

Anthony Paramadina Seda[1], Komarudin[2], Nida'ul Hidayah[3]

[1-3] Sport Coaching Education, Indonesia University of Education, Setiabudi Street No. 229, Bandung. West Java. 40154.
Corresponding Author. E-mail: anthonyparaseda60@gmail.com

Abstract. The go no sen strategy is one of the techniques in kumite karate, which is by retaliating against the opponent's attack. This technique is done by avoiding or fending off the opponent's attack, then immediately counterattacking. The purpose of this study is to scientifically research the application of Life Kinetik training to increase the success of the go no sen strategy in kumite athletes. The research uses an experimental approach with a quasi-experimental method. A total of 30 Karate UKM athletes from the University of Education Indonesia were the population in this study and as many as 18 kumite athletes were sampled in this study. This study uses a Non equivalent Control Group Design. The data from the study was analyzed using the Wilcoxon Signed Rank Test. The results of the control group obtained a significance value of 0.564 (greater than 0.05) which means that there was no significant improvement between the pretest and post-test. Meanwhile, in the treatment group, a significance value of 0.007 (less than 0.05) was obtained, which means that there was a significant increase in Life Kinetik training on the success of the go no cent strategy in kumite athletes. The conclusion is that Life Kinetik training can increase the success of the go no sen strategy in kumite athletes.

Keywords: Go no sen, karate, kumite, life kinetic, strategy.

Received: 07 Januari 2025; Revised: 29 April 2025; Accepted: 19 Mei 2025

© 2025 Universitas Negeri Jakarta, e-ISSN: 2580-9849 (online), p-ISSN: 2302-8351 (print)
Cite: Seda, A.P, Komarudin, Hidayah, N. (2025) Jurnal Segar, XIII (2),58-66
*doi:*https://doi.org/10.21009/segar/1302.01
Journal Segar is an open acsess article under the CC-BY

INTRODUCTION

Go no sen is a strategy in kumite by counterattacking after responding to an opponent's attack. Kumite athletes dodge or deflect enemy attacks, then immediately counterattack (Amin El-Shafey et al., 2022). The majority of kumite athletes have difficulty gaining points because their movements are stiff and passive. In the game, athletes must continue to move nimbly to disrupt the opponent's concentration and avoid attacks. Lack of agility makes moves ineffective and easy for opponents to read (Ardiansah, 2019). In addition, kumite athletes often have difficulty dodging attacks from opponents to the right or left and back, as well as counterattacking opponents (go no sen), due to suboptimal body coordination (Fendrian & Nurzaman, 2016).

Vol. XIII No. 2, Mei 2025, pp. 58-66
https://doi.org/10.21009/segar/1302.01

In kumite, the sport of karate, athletes are required to have excellent physical condition to support performance when competing. An important component of physical condition that is necessary is agility and good body coordination. This agility and coordination serve to make attacks difficult for opponents to guess, as well as make it easier for athletes to dodge or deflect attacks while defending (Ardiansah, 2019). Fast and precise attack techniques in kumite are essential, as they are difficult for opponents to predict. However, a bad attack will be easily avoided or anticipated by the opponent (Fendrian & Nurzaman, 2016). The ability to coordinate the body is very important for athletes in the sport of karate, especially in kumite numbers, to support the movement of avoiding the opponent's attack, performing attack techniques, deflecting the opponent's attack, counterattacking, and evading the opponent's attack.

In karate, especially kumite, there are three main strategies, the first is sen no sen or taking the initiative first to attack, where a karateka attacks the opponent first before the opponent anticipates the attack made. The second is tai no sen or superior initiative, where both karatekas are aggressive and ready to attack simultaneously at the same time. Third, go no sen or Defense initiative, where karateka observes calmly and prepares to fend off or dodge attacks before counterattacking (Echeverria, 2021).

Life Kinetik training is a training method that combines physical exercise, cognitive challenges, and vision stimulation in a structured series of movements (Komarudin, 2018). The goal of Life Kinetik is to optimize brain function and improve the cognitive abilities of athletes, so that they are not only good physically, skilled in applying techniques and tactics, but also have intelligence, high concentration, and agility in making decisions when competing. In addition, this exercise also has a good influence on improving analytical skills, predictive skills, and athletes' performance in martial arts (Komarudin et al., 2020). Based on the problems described, the researcher wants to examine the increase in Life Kinetik exercises on the success of the go no sen strategy scientifically.

METHODS

This study uses a treatment approach, namely quasi experimental design, because in this design the researcher cannot fully control the external validity that can change the process of the treatment approach (Sugiyono, 2017). The research design applied is nonequivalent control group design. In this study, the population is 30 Karate UKM athletes at the University of Education Indonesia. The sampling technique in this study used purposive sampling, with a sample of 18 kumite athletes.

This research procedure begins with a pretest, which is conducting a match trial to test the success of the go no sen strategy in kumite athletes. Furthermore, treatment was given in the form of a Life Kinetik training program for 6 weeks as many as 11 treatments carried out two sessions in one week, based on the adaptation of the research (Komarudin et al., 2021). After the treatment is completed, a posttest is carried out in the form of a match simulation to see the improvement of the success of the go no sen strategy of kumite athletes.

The data of this study was obtained from UKM Karate kumite athletes at the University of Education Indonesia. The instrument used is a match simulation, where two athletes compete for 3 minutes. The match was recorded and analyzed by counting

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

the number of go no cent strategy strategies that managed to get scores. Data collection is assisted by using an observation form in the form of a rating scale, which is a numerical scale that is then interpreted quantitatively (Sugiyono, 2017).

RESULT

In this study, researchers observed 9 matches, each lasting one round. There are 18 kumite athletes consisting of 10 men and 8 women. They were then formed into two groups, namely the treatment and control groups, in each group there were 9 athletes. After the pre-test and post-test, data on the success of the go no sen strategy was obtained in Table 1 below.

Table 1. Pre Test Results in the Treatment and Control Groups

Pre Test						
Group	Effectiveness of Go no sen				Match Result	
	P	NP	(%) P	(%)NP	W	L
Control	15	10	60%	40%	1	8
Experiment	12	17	41%	59%	8	1
Total	27	27	50%	50%	9	9

Source: Data processing results using IBM SPSS 25 by researchers

In table 1, the results of the initial test from the observation of match simulation from the men's and women's match classes in the treatment group were obtained from the success of the go no sen strategy from 29 attempts, 12 times (41%) managed to get points, while the remaining 17 attempts (59%) did not succeed in getting points. And if you look at the average percentage of each athlete in making efforts to go no sen strategy which gets 68% points and efforts that do not get points of 32%. And in the control group, the success of the go no cent strategy was obtained from 25 attempts, 15 times (60%) managed to get points, while the remaining 10 attempts (40%) did not succeed in getting points. And if you look at the average percentage of each athlete in conducting an experiment to carry out the go no cent strategy who gets 75% points and who does not get 25% points. For ease of interpretation, it can be seen in the following picture.

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

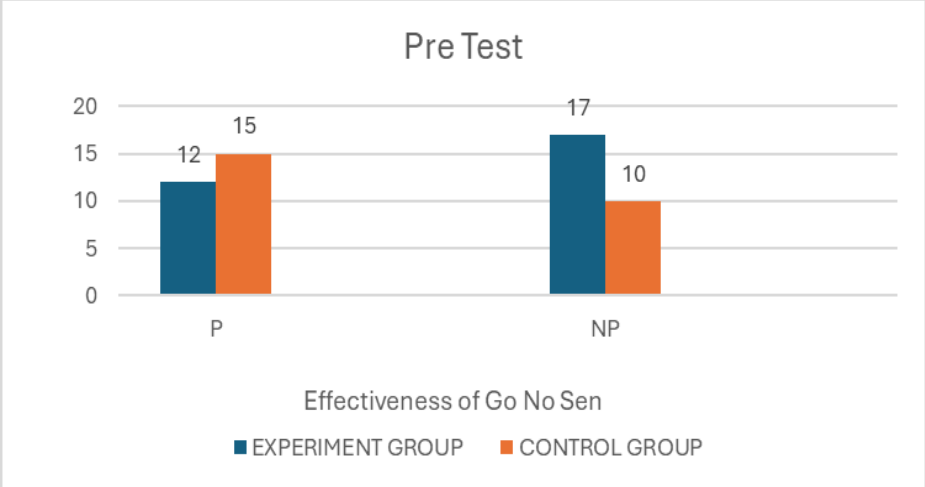


Figure 1. Bar Chart Graph of the Success of the Go No Cent Strategy in the Treatment and Control Groups During the Pre Test
Source: Data processing results using IBM SPSS 25 by the researcher

From figure 1, it can be explained that the number of go no sen strategies during the pre-test in the treatment group that managed to get points 12 times and those who did not succeed in getting points as many as 17 attempts. In the control group, those who managed to get points 15 tries and those who did not manage to get points 10 times.

Table 2. Post Test Result in the Experiment and Control Group

Post Test						
Group	Effectiveness of Go no sen				Match Result	
	P	NP	(%) P	(%)NP	W	L
Control	15	10	60%	40%	1	8
Experiment	12	17	41%	59%	8	1
Total	27	27	50%	50%	9	9

Source: Data processing results using IBM SPSS 25 by researchers

In the table above, the results of the final test from the observation of match simulations from the men's and women's match classes in the treatment group were obtained from the success of the go no sen strategy from 39 attempts, 27 times (69%) managed to get points, while the remaining 12 attempts (31%) did not succeed in getting points. And if you look at the average percentage of each athlete in making a go no sen strategy effort who gets 70% points and those who don't get 30% points. And in the

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

control group, the success of the go no cent strategy was obtained from 26 attempts, 14 times (65%) managed to get points, while the remaining 12 attempts (46%) did not succeed in getting points. And if you look at the average percentage of each athlete in making efforts to go no sen who get 65% points and those who do not get 35% points. For ease of interpretation, it can be seen in the following picture.

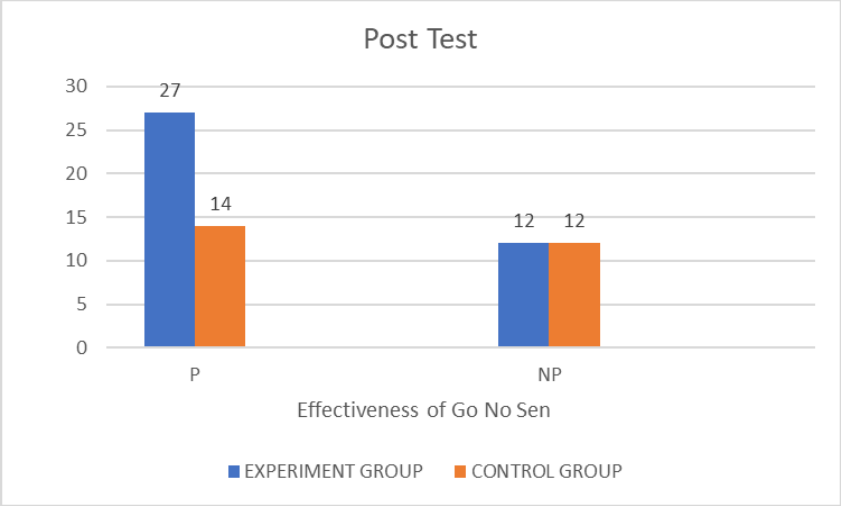


Figure 2. Bar Chart Graph of the Success of the Go no sen Strategy During Post Test
Source: Data processing results using IBM SPSS 25 by the researcher

From figure 2 above, it can be explained that the number of attempts to go no sen during the posttest in the treatment group that managed to get points 27 times and those who did not succeed in getting points 12 attempts. In the control group, those who managed to get points 14 times and those who did not manage to get points 12 times.

Table 3. Normality Test Findings in the Experimental Group

Group	Result	*Shapiro-Wilk*			Information
		Statistic	***df***	***Sig.***	
Exeriment	Pre Test	0,805	9	0,000	Not Normally Distributed
	Post Test	0,655	9	0,081	Normally Distributed

Source: Data processing results using IBM SPSS 25 by researchers

Based on the results of the normality test using the Shapiro-Wilk test, it can be seen that the data measuring the success of the go no sen Pretest strategy with a significance value (0.000) is smaller than the real level (α) (0.05), then H0 is rejected, meaning that the data is not normally distributed. The data measuring the success of the

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

go no sen Post test strategy with a significant value (0.081) greater than the real level (α) (0.05), then H0 is accepted, meaning that the data is normally distributed.

Table 4. Findings of the Wilcoxon Signed Rank Test in the Experimental Group

Group	Z Score	Significance Score
Experiment	-2.719	0.007

Source: Data processing results using IBM SPSS 25 by researchers

Based on Table 4, the Sig. (2-tailed) value in the treatment group was 0.007 which was lower than 0.05. Therefore, the conclusion is that H0 is not accepted, so there is a significant increase from Life Kinetik training on the success of the go no sen strategy in kumite athletes.

Table 5. Normality Test Findings in the Control Group

Group	Result	Shapiro-Wilk			Information
		Statistic	df	Sig.	
Control	Pre Test	0,617	9	0,024	Not Normally Distributed
	Post Test	0,853	9	0,000	Not Normally Distributed

Source: Data processing results using IBM SPSS 25 by researchers

Based on the normality test in the control group using the Shapiro-Wilk test, it can be seen that the data measuring the success of the go no sen Pretest strategy with a significance value (0.024) is smaller than the real level (α) (0.05), then H0 is rejected, meaning that the data is not normally distributed. The data measuring the success of the go no sen Post test strategy with a significant value (0.000) greater than the real level (α) (0.05), then H0 is rejected, meaning that the data is not normally distributed.

Table 6. Findings of the Wilcoxon Signed Rank Test in the Control Group

Group	Z Score	Significance Score
Control	-.577	0.564

Source: Data processing results using IBM SPSS 25 by researchers

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

Based on Table 6, the significance value in the control group was 0.564 greater than 0.05. This means that H0 is accepted, so there is no increase between the success of the go no sen strategy in the pretest and posttest. In conclusion, without Life Kinetik training, the go-no sen strategy of kumite athletes remains the same.

DISCUSSION

Life kinetics is a training method in which athletes learn how to use their intelligence continuously during competitions by improving their psychological abilities and making them realize that the decisions they make while competing are quick and correct decisions (Gür et al., 2022). In the sport of karate in kumite numbers, there is a basic strategy. First, Sen no Sen is to attack first before the opponent attacks. The second is Tai no Sen, which is attacking at the same time or preceding the opponent's attack when the opponent starts attacking. Third, Go no sen, which is to defend calmly, dodge or deflect the opponent's attack, then immediately counterattack (Echeverria & Santos, 2021).

The go no sen strategy is one of the strategies in kumite that is carried out by counterattacking the opponent after the opponent takes the initiative to attack first. This strategy is considered more effective to get points when competing. In the sport of karate, especially in kumite numbers, there is a change in performance every match, therefore a kumite athlete must have a good strategy to keep getting points that aim to win each match in each round. Kumite athletes in karate are often less effective in implementing the go no sen strategy due to weak body coordination. As a result, it is difficult to dodge, withstand opponents' attacks, and counterattack, making it easier for opponents to earn points. Therefore, the researcher provides Life Kinetik exercises to improve the coordination of the athlete's body, which is expected to support the success of the go no sen strategy when competing.

Based on the results of this study, the control group obtained a significance value of 0.564 (> 0.05), so that H0 was accepted. This shows that without Life Kinetik exercises, there was no significant difference in the success of the go no sen strategy. On the other hand, in the treatment group, a significance value of 0.007 (< 0.05) was obtained, so H0 was rejected, in conclusion that Life Kinetik exercises had a significant effect on increasing the success of the go no sen strategy.

This research supported by (Terapan et al., 2019) with the results of the study, the counter attack training model in the study can be applied to optimize counter attack strategies in kumite athletes in the sport of karate. And the research conducted by (Nur Dika & Tafaqur, 2020) which shows that there is an increase in the skills of UPI Volleyball UKM athletes from life kinetic training.

The results of this study are expected to be a reference for karate coaches regarding the use of this training method to improve the go no sen strategy in kumite athletes. The researchers also suggest that further research develop this training method to improve other strategies in karate or martial arts, as well as examine its effect on physical abilities such as coordination, agility, and reaction speed.

P-ISSN: 2302-8351
E-ISSN: 2580-9849

CONCLUSION

This study concludes that Life Kinetik training has a significant effect on the success of the go no sen strategy in kumite athletes.

REFERENCES

Amin El-Shafey, A., Gaafar, A. M., & Ragab Alrobeshi, A. (2022). The effect of using interactive agility training on the effectiveness of (*Go no sen*) style for kumite beginners. *Journal of Theories and Applications of Physical Education Sport Sciences*, *6*(1), 2636–3925.

Ardiansah, H. (2019). *Hubungan Fleksibilitas Dengan Kelincahan Dan Daya Tahan Otot Tungkai Atlet Kumite Cabang Olahraga Karate*.

Azmi, A., Fazila, N., Malek, A., & Low, J. F. L. (2020). Tactical Performance Analysis of Malaysian Youth Karate Exponents. *European Journal of Molecular & Clinical Medicine*, *7*(2), 5857–5862.

Echeverria, J. (2021). *KUMITRON: A Multimodal Psychomotor Intelligent Learning System to Provide Personalized Support when Training Karate Combats*.

Echeverria, J., & Santos, O. C. (2021). KUMITRON: A Multimodal Psychomotor Intelligent Learning System to Provide Personalized Support when Training Karate Combats. *CEUR Workshop Proceedings*, *2902*, 71–82.

Fendrian, F., & Nurzaman, M. (2016). Keberhasilan Teknik Serangan Pukulan Dan Teknik Serangan Tendangan Terhadap Perolehan Poin Dalam Pertandingan Kumite Cabang Olahraga Karate. *Jurnal Kepelatihan Olahraga*, *8*(2), 35–47.

Gür, Y., Taşkın, S., Şahin, E., & Taşkın, C. (2022). Investigation of the Effect of Life Kinetic Exercises on Shooting Performance in Women Doing Floor Curling. *Journal of Educational Issues*, *8*(1), 672. https://doi.org/10.5296/jei.v8i1.19871

Komarudin. (2018). *Life Kinetik Dan Performa Psikologis* (P. Latifah, Ed.; 1st ed., Vol. 1). PT REMAJA ROSDAKARYA.

Komarudin, K., Mulyana, B., & Novian, G. (2021). The Effect of Life Kinetik Training Models to Improve Self-Confidence in Team and Individual Athletes. *The Open Psychology Journal*, *14*(1), 220–226. https://doi.org/10.2174/1874350102114010220

Komarudin, K., Nurcahya, Y., Nurmansyah, P., Kusumah, W.(2020). *The Influence of Life Kinetic Training Method and Motor Educability on Improvement of Football Playing Performance*.

Nur Dika, I., & Tafaqur, M. (2020). Peningkatan Keterampilan Atlet Bola Voli melalui Latihan Life Kinetik. *Jurnal Kepelatihan Olahraga*, *12*(1), 1–5.

Sugiyono. (2017). *Metode Penelitian Kualitatif, Kuantitatif dan R&D* (25th ed.). CV ALFABETA.

https://doi.org/10.21009/segar/1302.01
P-ISSN: 2302-8351
E-ISSN: 2580-9849

Terapan, J., Keolahragaan, I., Yonita, D., Sulaiman, I., & Setiakarna Wijaya, Y. (2019). *Model Latihan Counter Attack Atlet Kumite Cabang Olahraga Karate*. *3*(2), 99–106. http://ejournal.upi.edu/index.php/JTIKOR/