

The Stages Of Training In Skills And Methods Of Basic Technical Training In Tarung Derajat Martial Arts

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Abstrak - The basic technique is a basic motion that must be mastered to improve motion skills in every sport. Mastery of a person / athlete against a basic technique in a particular sport is a description of the level of skill it has on the technique. The better one's basic technique in a sport, the higher the skill level it has. In the sports martial arts Tarung Derajat, mastery of basic techniques is a major foundation to master and develop the movement so that the coordination of movement can be more leverage. The purpose of this paper is to know the stages in mastering the motion skills, training methods and basic techniques possessed by the Tarung derajat sports. So the athletes can learn how to do the right movement and effective.

Keywords: *Martial Arts, Training Methods, Basic Techniques, Tarung Derajat.*

I. INTRODUCTION

One element that discriminates various sporting activities is the technique or motor skills required. Technique encompasses all of the movement patterns, skills, and technical elements that are necessary to perform the sport. Technique can be considered the manner of performing a skill or physical exercise. Athletes must continually strive to establish perfect technique to create the most efficient movement patterns (Bompa & haff, 2009:63). However, there are still many athletes who have not mastered the basic techniques that cause errors in performing the technique. Errors in doing basic research because oof lack of mastering the movement and not knowing in the theory how the stages in mastering motion skills, basic techniques in sports and training methods used to train basic techniques.

The technique in the sport of Tarung Derajat martial arts is also a very important element, including during the battle match because with good techniques it will be more effecient to use motion and easily produce points in a fight. This is because someone has the same technical skills as the match rules in Tarung Derajat sports branch from the explanation above, it will be discussed about the stages in mastering motion skills, the basic techniques of Tarung Derajat and the training methods used to practice basic taping on the Tarung Derajat sports.

A. Stages in Mastering Skill

Skill acquired during training are not significant because the appearance that is infused is not always the result of direct reflection motion improvement of the process of coordination that urderlies change according to (Albadi and Nono 2014:16) learning motion produces a lot of knowledge including :

1. Characteristics of athletes elite
2. Effectiveness of differences and scheduling feedback in learning skills
3. Benefits of different exercise
4. Transfers from one skill to other skills
5. Retendi extracts from skills
6. Re-learning skills after trauma as a result such as injury to joints, or damage to central nervous system for example stroke. According to (Schmidt in albadi and Nono 2014:70) there are two mechanisms for learning motor skills, namely the theory of closed loop theory and the open loop theory..

The stages in mastering motion skills (Schmidt, Albermethy in Albadi and Nono 2014:76) explain the stages of motor learning as follows. Beginner athletes who want to have skilled motion must go throught a process of repeated training (millions). Skillful movement is a learning process throught three stages, namely cognitive verbalphase, associative phase and autonomic phase.

Stage 1. Cognitive Verbal Phase

This phase is the initial phase of motor learning, where the offender tries to understand and start and repeat the movement. After a little understanding of the skill learned, students began experimenting, but there were still many movement errors. In this phase intellectual ability or thinking is still prominent because the existence of initial motor planning greatly affects the quality of next movement. The result of this movement fluctuated and there were still many futile movements.

Stage 2. Associative Phase

The associative stage is the second phase in motor learning, where in this phase students connect part by part to achieve the whole movement. The movements start to be consistent, the movement error decreases, the implementation of the

movement begins to become smoother, but not yet automatic. The development of the ability to carry out tasks in this phase guarantees increasing the success of the next task. In contrast to the cognitive verbal stage where instruction can be given through other skills that are useful to achieve a single skill, there is no training in the association stage specifically as a substitute for the task. Increased progress in complex task such as increasing difficulty) provides useful values to support the continuity of systematic skills development.

Stage 3. Autonomic Phase

The autonomic phase is the final phase of learning motion. Where the perpetrator starts to move automatically because he has been exercising repeatedly and regularly with a lot of repeat frequency in a relatively long period of movement ability in this phase, more automatic. The ability of the movement to be controlled without requiring special attention to the movement and appearance more consistent such as accuracy and accuracy, and only takes a little time (short time) to provide feedback on the correctness of the movement displayed. Instead, the loop control is greater than the close loop control and the performer has a reserve of attention for other skill assignments.

Classification of Motor Skill

Almost every expert in classification of motor skills is very useful to determine the level of difficulty (complexity of response) and determine the right learning pattern. (Lutan in Albadi and Nono 2014:80) divides motor skill into three classifications, as follows :

1. Classifications of motor skills based on their involment
2. Classifications, motor skills based on initial movements and final movements
3. Classifications of motor skills based on environmental influences.

B. Basic Techniques in the sports Branch Tarung Derajat

Tarung Derajat martial arts, there are several basic techniques, namely basic attitude techniques, basic standby, punches and kicks. G.Haji Achmad Derajat (2016:50-67) suggests that there are several basic techniques, including :

1. Basic attitude techniques
 - a. Basic alert

Implementation :

1. The position of the soles of the feet is equal, that is if the imaginary line is drawn inside the left foot from the side of the heel to the thumb the distance remains the same
2. The position of the foot is opened at the width oof the shoulder.
3. The position of the fist is clenched into a fist
4. The position of the elbow slighty bends the attitude of respec
- b. Respec attitude

Position :

 1. Basic standby position
 2. The hand is raise to protect the face, with a swinging motion and is stopped immediatly when it reaches the position beside the jaw
 3. The position of the elbow is not lifted

4. From the position of the fist in the jaw. Return to the basic standby position by repeating the first movement is swinging and jerking.

c. Attitude Movement

Implementation :

1. Movement of respect
2. Movement of crossing hands in front of the chest with the position of the right hand in front of the left hand
3. The hand is turned and struck sideways, the position is parallel to the shoulder
4. Hands and feet are perfectly closed
5. Movement of crossing hands in front of the neck and legs remain tight
- d. The attitude of sitting and standing attitude

Implementation :

1. Seated position by crossing your right leg in front of your left foot
2. Respect in a sitting position
3. Stomping your right foot to the floor
4. Stand with your feet together and your arms crossed in front of your neck, position your right hand in front of your left hand
5. Return to basic
- e. Standby position

Implementation :

1. Pay homage to "BOX !"
2. The left hand is pulled backwards, and from the front it becomes visible only one point of the left fist.
3. The right hand transversely in front of the chest and elbows form a 90 degree angle
4. Right foot palem pat on the left knee inside
5. Form the silent horses with the soles of the feet parralel
6. The left hand blows straight to the point of the midpoint (gut), along with pulling the right hand sideways so that it appears to be a point of the right fist
7. Knee the knee are bent to give the punch weight
8. The body is always perpendicular to the floor
- f. Cross alert

Implementation :

1. In basic standby position pay homage
2. Jump in place and cross your right foot forward and left shoulder backwards
3. When landing your left hand protects your jaw, and your left foot in front.
4. The left leg and right foot are straightened
- g. Attitude left or right, step forward or backward and turn.

Forward and backward implementation :

1. Position of cross alert
 2. Right foot/ back foot meeting left/ front foot
 3. Open right foot forward with hand ready to hit. Backward movent, the front foot is directly drawn straight back, without any pulling or closing the foot. Right/ left facing face :
 1. Position of cross alert
 2. Face directy to the right/ left
 3. Make a punch at the same time as a hip jerk, force punch center on the shoulder.
- Playback :
 1. Cross-alert position
 2. Right leg/ back foot step forward beyond the left foot

3. Hip and shoulder rotate backwards, or move 180 degrees from the original position along with the right hand stroke. Note the position of the feet that are always parallel.
- h. Disperse the way
Implementation :
 1. In the basic standby position do respect
 2. The right foot steps forward beyond the left foot
 3. The hips and shoulders turn backwards, or move 180 degrees from their original position along with the right hand stroke. Pay attention to the position of the feet that are always parallel
4. Close the right leg again after turning
5. The movement of the crossing of the hand in front of the neck and legs remains tight
6. Simultaneously opening the crossing of the hand and widening the foot to the basic alert position.
2. The technique of beating in standby in place and cross standby
 1. Straight Blows (once, twice, three times)
 2. Kibas Blows (top, bottom, outside, inside)
 3. Sentak Blows (top, bottom)
 4. Circumference (inner, outer, upper circle, bottom)
 5. Quick punch (once and twice)
 6. Elbow blows (elbow up, down, side)
3. Kick technique
 - a. Straight kick
 - b. Inner circle kick
 - c. Side kick
 - d. Outer ring kick
 - e. Back kick

C. *Techniques of exercise Methods*

The training methods used in the exercise of the basic techniques of Tarung Derajat (Police self defense training module, 2014) are using the lecture method, practice/ drill method, assignment method and demonstration method.

1. *Lecture method*

- a. Explain the basic attitude of Tarung Derajat AA Boxer
- b. Explain the basic standby Tarung Derajat AA Boxer
- c. Explain the punch technique in standby on the spot
- d. Explain the flick technique in standby
- e. Explain the blow technique in cross standby
- f. Describe flutter techniques in cross standby
- g. Explain a straight kick in standby on the spot
- h. Explain a straight kick in cross alert
2. *Method of practise/ Drill*
 - a. Practicing the basic attitude of Tarung Derajat AA Boxer
 - b. Practicing the basic alert Tarung Derajat AA Boxer
 - c. Practicing standby punch techniques in place
 - d. Practicing flutter techniques in standby at
 - e. Practicing punch techniques in cross standby
 - f. Practicing flutter techniques in cross alert

- g. Practicing straight kicks
- h. Practicing inner circle kicks
- i. Practicing side kicks
- j. Practicing outer ring kicks
- k. Practicing back kick
3. Assignment method
This method is used when the trainer asks the trainee to record the material that has been given and to repeat the movement with different levels of difficulty
4. The demonstration method
The trainer demonstrates the technique and the trainee performs techniques that have been given and guided by the trainer

II. CONCLUSIONS

In the Tarung Derajat martial arts, there are several basic technique, namely basic attitude techniques, basic standby techniques, punch techniques, kick technique, and others. Therefore, a knowledge of the stages of training and training methods is needed, to support the achievement of correct and good movement skills. From the explanation above, the researcher concludes that :

- a. Skillful movement is a learning process through three stages, namely : cognitive-verbal phase, associative phase and autonomic phase
- b. The training method used in the exercise of the basic techniques of Tarung Derajat is to use the lecture method, drill method, assignment method and demonstration method.
- c. In Tarung Derajat martial arts, the foot has the main function as a transformation and extensification of limb movements, a protective function and an attack or weapon function
- d. "The definition of Tarung Derajat is a science, moral action and life attitude that utilizes the ability to move muscle, brain and conscience in Realistic and Rational, especially in the effort of mastery and application of 5 (five) elements of moral motion, namely : strength, speed, accuracy, courage and tenacity in an aggressive and dynamic endurance and self defense system in forms of punch, kick, slash, kicking, locking, avoidance and other important limb movement that are patterned on practical techniques, tactics and defensive and attacking strategies, and effective for a martial arts science" (PB KODRAT, 2013:3)

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