

Practical Self Defense Training Model Based On Submission Technique in Pencak Silat

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Abstract—The purpose of research and development model exercise fighter practical martial arts in an athlete PPS Satria Muda Indonesia. Research and development it uses the methodology the development of research and development (D & D) of Borg and Gall. Analysis of data the research uses the standard significant t and 0.05. Data analysis of data obtained rata-rata skill passing pre-test: 7.86. Post-test: 40.23 worth of skills are significant. Practically Martial Arts Submission Technique With t-hitung: -79.674 , df = 43 and p-value = 0.00 < 0.05. With significant level of 0.05 then Ho rejected. Based on the explanation can be concluded that exercise model beladiri praktis pencak silat berbasis kuncian on PPS Satria Muda Indonesia Developed can work effectively and efficiently so can increase skills of pencak silat.

Keyword—Exercise model, Martial Arts, Submission

I. INTRODUCTION

Sport has become a lifestyle, especially in metropolitan city. Each individual spends times to do physical activity such as jogging, weight training, cycling, yoga and martial arts.

The society nowadays is doing sports not only to maintain body health, but also to protect themselves from irresponsible people, maintaining physical fitness, providing knowledge of self-defense techniques in recessive or dangerous situations, and to be an alternative for individuals to fill the daily activities because through self-defense someone will get many benefits [1]. Based on the situation, martial arts became popular and loved [2].

Generally, humans have the instinct to always protect themselves and their lives [1]. Pencak silat, as a self-defense sport that has a high effectiveness in deadly attacks, breaks the opponent's attack, and a distinctive defensive position [3], becomes the answer on the necessity of people to protect themselves from environmental threats. The prevalent crime in Indonesia these days is the violence against children who experienced physical violence up to about 5.7 million or two out of five children [4]. The number is certainly being a homework for adults to equip their children with the tips to avoid violence, one of which is through the practice of pencak silat martial art lockdown technique. The technique

will become a solution in improving the skills of martial arts so that we can defend and protect ourselves from crimes that committed in our environment. There are several basic techniques in pencak silat that must be possessed techniques of limb attacks, arm attack techniques, defensive, block and lock techniques, in pencak silat, attacks can also be done by using the legs. Leg attacks are better known as kicks. The kicks are divided into several types based on the trajectory and target including spur kicks, front kicks, side kicks, bow kicks, sickle kicks, hoe kicks, circular kicks, horse kicks, and back kicks [5].

Pencak silat is a martial art that uses arms and legs. Arms have an important role attacking and defending tools. The technique of using the arms as an attack is called a punch. There are many kind of punches, but the ones that will be discussed are commonly done for the basic level. Defense is an attempt to defend from the opponent's attack. Basically, the defense is to move the body from the direction of the opponent's attack path or to divert the opponent's attack so it does not hit the body or limbs.

Basic defense is a minimum defense requirement of pencak silat athlete. The basic defenses are divided into three, which are evading, dodging, and submission. The foundations of the defense are the evading or dodging and submission that must be inculcated first in order to strengthen the defensive techniques that will be accompanied by the attacks. The difference between these three forms of defense lies in the movement of body/limbs from the path of the opponent's attack.

Submission is a defense in a way of direct contact of the limb with the attack. Direct contact intends to divert or stem an opponent's attack. The limbs used to deflect the hands, arms, elbows, and legs. Submission stance is always accompanied by the steady stance and posture by using: (1) one/two arms, (2) elbows, (3) feet/legs. Against varied shapes and directions attacks, the variation of the block is between high and low, with open or closed hands, and inward or outward direction.

Submission is a self-defense technique using a catch, with the target of the opponent's wrist, arm, neck, chin, or shoulder, perfectly making the opponent unable to move.

submission is a technique to paralyze an opponent helplessly, unable to move, or to disarm the opponent [6]. Submission involves evade, fake, and rapid movements that usually targeting the opponent's wrist, arm, neck, chin, or shoulder. Submission techniques can be done to restrain the opponent's movement possibility while immobilize the three points of joints of the opponent's limbs. Submission techniques can also be said as a transition from defensive techniques to attacking techniques or commonly called counter attacks.

There are some submission techniques in martial arts, which are: wrist locks, upper arm locks, waist or back locks (by pressing the knee and pulling the opponent's arms and shoulders) and ankle locks. There are also submission technique that used to thwart the opponent's attempts to catch defender's legs, by bending the legs or submission the opponent's hand and bring down or drop the opponent and submission technique that lock opponent's legs with defender's legs in order to prevent your opponent from moving or stepping.

Nowadays, the changes of the world can be greatly perceived; technological progress is so fast and affects not only the pattern of human life, but also all elements that exist in the world. All of these symptoms will lead to globalization. Globalization can be defined as everything that happens in this world has a comprehensive impact. The impact is penetrated by technological advances that ultimately overhaul the pattern of human life.

The pattern of human life that has been framed in the sociocultural system with customs and religion has experienced great erosion resulting in drastic changes. On the other hand, groups or individuals who try to defend will experience social clashes that often end up in chaos, as well as the group of people or individuals who lack of anticipation. According to Sukarna, practical martial art is a breakthrough of martial arts that is learned in a fast, practical and easy way. Why should it be fast, practical and easy? It is because of the lack of public awareness of the importance of learning self-defense and martial arts due to the high mobility of the community and the dense activities, making it less possible to learn martial arts in a long-term. There are some things in studying martial arts that have to be noticed before we learn the techniques. Here are the basics or a little introductory knowledge to learn practical martial arts.

Critical or dangerous circumstances that threaten us could appear anytime and anywhere, moreover, we have never experienced the circumstances before. Therefore, it is important to build a mental strength to deal with the bad possibilities that occur.

Always be alert wherever we are and remember these three things: see, hear, and feel. Sharpen your three senses to be wary of your surroundings. Avoid using earphones or cell phones while on the road or crowd. Walk upright and look around. If possible, ask someone to accompany you.

Instinct is the best weapon to protect you. Animals have survival instincts and humans also have it. Unfortunately, common sense often intervene intuition. On a day when we feel fear for no apparent reason, we think that it is just paranoia. We can learn to distinguish the true fear with unnecessary anxiety by believing in instinct. If we have a bad feeling, do not ignore it. It's better to be safe than to ignore it and then become a victim of a crime.

Be cautious, always look around and do not daydream. If possible, always use clothes that can give you optimal mobility like trousers and sports shoes. Only bring things that you need and do not forget, stay in a bright and quite crowded place.

Believe that most people do not mean bad to you. But when they intend to be bad, they will give you certain signals. The perpetrators of crime do not automatically use violence; they will usually lure the victim to a quiet place so they are free to commit crimes. Beware of a group of people huddled, someone that may be following you, or those who offer help with a little push. By being alert and trusting instinct, we can respond quickly to such people.

Those we know and do not look dangerous still have the potential to commit a crime. Stay alert. Always give the information about whom you are with and where you are to your family or closest friends. This is the easiest action if we are going to be attacked. If running and shouting are able to prevent the crime that will fall on us, then those are better, so that we do not need to engage a physical contact with the perpetrator. As for that situation, you have to avoid lonely places and always wary of surrounding. If we already knew the most basic things to anticipate crime, the following are practical self-defense guidelines that we can learn and apply when circumstances seem threatening us.

Stop in a crowded places, give the follower a sharp look, or when the situation is not safe, find a place that has surveillance cameras (CCTV) like mini market and ask for help using your hand phone.

This is necessary to make the culprits focus on your valuable item that you throw and give you the opportunity to stay away and run as fast as you can. When you board a taxi and the taxi turns in a desolate and dangerous direction, choke the driver with a seat belt or with the strap of your bag.

The kitchen is the place of all effective tools that you can use to protect yourself. You can also throw a plate or cup to the trespasser to attract the attention or to give a signal to your neighbors. In addition, the home kitchen usually has a separate exit door aside of the main door. Eyes are the most vital organs of the body because as the sense of sight, they have a very big role in conducting life activities. However, they are the weakest and the most vulnerable organ. They are weak because they cannot protect themselves, only protected by the eyelids, and vulnerable because small disorders can make them painful and damaged so that they cannot be used anymore [7]. You can hurt your opponent's eyes by using the

thumbnails. You should aim the inside corner of the eyes and injure them with a scratching motion outward. Attacking with palm can be stronger than punching, especially for women.

Kick the groin with your shins or knees. It can be done several times if it is needed. We can also squeeze, pull and twist the testicles whenever possible.

II. METHODS

The research and development in this exercise were using qualitative and quantitative approach, and Borg and Gall's Research & Development (R & D) model consist of ten stages. The exercise research and development model that researchers used based on pencak silat submission techniques, which have various models of practical martial arts exercise based on submission that are shown by researchers. As for the targets in this research are intended for FIO State University of Jakarta students and Pencak Silat society

III. RESULTS AND DISCUSSION

After a preliminary test or pre-test, it is known that the average of 40 athletes value of submission based practical pencak silat martial art are (7.82) correct values and (36.17) incorrect values, indicating that many athletes were not practicing the practical martial arts properly. Based on the data above, the researchers applied treatments to 40 PPS Satria Muda Indonesia athletes with a model of submission based practical pencak silat martial art practice.

The post test were using a submission based practical pencak silat martial art test to 40 PPS Satria Muda Indonesia athletes who have been given treatments to determine whether there is an increase in submission based practical pencak silat martial art after being given variation of exercise models. After the post-test, it is known that the average of 40 athletes value of submission based practical pencak silat martial art are (40.25) correct values and (3.72) incorrect values.

Based on the description above, it can be concluded that the submission based practical pencak silat martial art model treatment on PPS Satria Muda Indonesia were very

effective and can be used to improve submission based practical pencak silat martial art skills.

Based on the calculation, the average value of submission based practical pencak silat martial art skills before the treatment is 7.86 and after being given the submission based practical pencak silat martial art model treatment is 40.23 which mean that there is a significant improvement in the average of submission based practical pencak silat martial art value.

From the small group trial data result, the field trial which has been described showed that the submission based practical pencak silat martial art model which developed in this research is considered effective and fulfill the requirement and condition to be applied on PPS Satria Muda Indonesia athletes or other pencak silat institution. Based on the data from the soccer experts and the data from the revised main field and operational field testing, this treatment can be used to optimize the benefits of the submission based practical pencak silat martial art model development.

IV. CONCLUSION

Based on the data that have been obtained from the operational field testing and the discussion of this study results, it can be concluded that: with the submission based practical pencak silat martial art model treatment, PPS Satria Muda Indonesia athletes can be more effective and efficient.

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