Riau Pencak Silat at POMNAS XVII 2022 Padang: What are the Tactics for Competing Pencak Silat Fighters?

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ABSTRACT: Pencak silat is a traditional martial art in Indonesia, in general the attacks that are often carried out in each category of pencak silat matches are kicks, while punches are usually only carried out occasionally in pencak silat matches. Along with the development of the era, the sport of pencak silat is not only used for self-defense but also used as an achievement. In achieving an important achievement, it is important to identify weaknesses and provide feedback in the form of match analysis to obtain various information and use it to design and develop future training programs. This type of research uses a qualitative descriptive research type. The sampling technique in this study used stratified random sampling, namely between one group and another group it appears that there are strata or levels which are Riau pencak silat athletes in the fighter category who participated in POMNAS XVII 2022 Padang with a total of 12 athletes. The data collected in the implementation of this research was through observing video matches, by recording all tactics of attack, defense, and blocks obtained from the research subject, namely the Riau pencak silat team in the fighter category so that athletes' tactics can be known when competing. Based on the results of the analysis that has been carried out, it was found that the results of the Riau pencak silat match in the match category carried out attack and defense tactics based on rounds one, two and three in the match which tended to increase, in carrying out these tactics the highest average score was owned by the fighter in the third round. This research has limitations, namely only focusing on one pencak silah team in Riau province, the results of this study are expected to be used as input for sports practitioners, especially martial arts, to develop special tactics and strategies in the fighter category. Future research is expected to cover more than one team and add research variables.

KEYWORDS: Tactics, Competing, Fighter, Pencak Silat

INTRODUCTION

Pencak silat is a traditional martial art in Indonesia, pencak silat is also an Indonesian cultural heritage that must be preserved (Sampoerna et al., 2021). Pencak silat in Indonesian history is an original martial art sport of Malay cultural heritage (Subekti et al., 2021). The words pencak and silat became compound words for the first time when a union organization and pencak and silat colleges were formed in Indonesia called the Indonesian Pencak Silat Association, abbreviated as IPSI in 1948 in Surakarta. Efforts to preserve this culture were carried out with the designation of pencak silat by UNESCO as an intangible cultural heritage (Dewayani & Wasino, 2020). Currently, efforts to preserve pencak silat are realized through learning in schools and continuous training with the aim of achieving sporting achievements (Saputro et al., 2021). In pursuing this martial art, pencak silat becomes a sport that is quite complete to be studied from various aspects that become a whole that cannot be separated, namely spiritual aspects, self-defense, sports, and achievements (Yanti et al., 2016).

Pencak silat is a sport that is used to defend oneself from various threats, but as the era progresses, this pencak silat sport is not only used for self-defense but is also used as an achievement, beauty (aesthetics), mental and spiritual learning (Sutopo, 2021). The development of pencak silat today can be seen from the many competitive events, with these events giving birth to outstanding pencak silat athletes. In the implementation of pencak silat competitions are divided into four categories, namely the category of sparring, singles, doubles, and teams (Kriswanto & Silat, 2015). The fighter category in pencak silat is a category that displays two fighters from different angles where the two angles face each other (opposites) by carrying out elements of attack and defense. The championship in the pencak silat competition in the fighter category has 3 rounds and each round is 2 minutes long (clean/dirty) where in each round the fighter must make physical contact (attack and defend) with his opponent (Subekti et al., 2021; Syamsudin, 2018).

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In pencak silat, technical skills are very influential and important in competition, carrying out pencak silat activities there are several basic techniques that need to be mastered, including, posture, stance, pattern of steps, punches, kicks and blocks. In general, the attacks that are often carried out in each category of pencak silat matches are kicks, while punches are usually only carried out occasionally in pencak silat matches. In carrying out an attack with the pencak silat kick technique there are several determining factors for success including the speed and power of the kick. In addition to the two factors above, training intensity, balance and maturity of movement also affect the success of each attack aimed at the opponent in a match (Lucius & Daryanto, 2022). As the times progress, it is imperative that coaches have the ability to evaluate athlete performance to identify weaknesses and to provide relevant technical/tactical corrective feedback (Conejero et al., 2017). This requires the coach's ability to conduct match analysis to obtain various important information, where the results of this analysis can be used to design and develop training programs (related to physics, technique, tactics and strategy as well as mental), analyze the strengths and weaknesses of the opposing team and evaluate the game and the match as a whole. Match analysis is an important factor used to evaluate personal and team performance (Zetou et al., 2006). In-match tactical analysis is essential to the sports training process because it allows an objective interpretation of the complex realities in which performance and performance improvement occur (Fernandez-Fernandez et al., 2007).

Based on observations made on pencak silat athletes in Riau province who were one of the participants in the 2022 POMNAS XVII Padang by fielding 12 athletes in the fighter category. At this event, the Riau pencak silat fighter category experienced a decline in achievement at the 2022 POMNAS XVII event, because at the 2019 POMNAS XVI, the Riau silat fighter was able to bring a silver medal while at the 2022 POMNAS XVII event, the Riau silat team did not get a medal and had to stop in the quarter-finals. This happens because there is still very limited information related to tactics in pencak silat matches, as is the case in research Subekti et al., (2021) which is limited to discussing technical skills in kicking in pencak silat; and research Nugroho, (2020) which is only limited to analyzing techniques in pencak silat matches, from previous research it can be seen that there is still a lack of literature and information related to tactics in pencak silat matches, considering that the tactical aspect is an important component in achieving the achievements of an athlete (Mujahid & Subekti, 2021).

Analysis of tactics in sports can help athletes and coaches as material for evaluating movements in correcting wrong movements and improving athlete performance with predetermined training plans (Southgate et al., 2016). Further conducting match analysis can help practitioners and scientists to better understand and re-evaluate techniques and tactics in matches (Brink & Lemmink, 2018). By having information related to athlete's competition tactics, it is hoped that it can be used as evaluation material and assist trainers in preparing training sessions on special tactics and strategies for the pencak silat category of fighter.

MARTIAL AND METHODS

This type of research uses a qualitative descriptive research type. The sampling technique in this study used stratified random sampling (Arikunto, 2013; Sugiyono, 2019), namely between one group and another group it appears that there are strata or levels which are Riau pencak silat athletes in the fighter category who participated in POMNAS XVII 2022 Padang with a total of 12 athletes who were trained athletes and had gone through a selection process. In this study, analyzing the tactics of competing fighters in the fighter category through observation through video matches, by recording all attack, defense, and block tactics obtained from research subjects, namely the Riau pencak silat team in the fighter category so that athletes' tactics can be identified when competing at POMNAS XVII 2022 Padang. The data collected in the implementation of this research is attack, defense, and block data obtained from the research subject, namely the Riau pencak silat team in the competition category so that athletes' tactics can be known when competing.

RESULTS AND DISCUSSION

The results of the analysis are in the form of descriptive data regarding the techniques when competing with the actions of attacking, defending, and blocking in the fighting category of pencak silat athletes. The following analysis of attack tactics is presented in the table below:

Table 1. Analysis of attack tactics

Indicator	N	Mean	Standard Deviation
Round 1	12	3.58	0.66
Round 2	12	4.41	0.90
Round 3	12	5.25	0.62

The results of the analysis of attacking tactics based on the round of matches presented in the table above show that (Mean ± SD) in the 1st round the athletes carrying out attacking tactics had an average (3.58 ± 0.66), in the 2nd round they had an average - average (4.41 ± 0.90), and in the 3rd round had an average (5.25 ± 0.62). Furthermore, data analysis of defensive tactics is also presented based on the round of matches as follows:

Table 2. Analysis of defensive tactics

Indicator	N	Mean	Standard Deviation
Round 1	12	3.08	0.66
Round 2	12	4.33	0.65
Round 3	12	4.83	0.71

The results of the analysis of defensive tactics based on the match rounds presented in the table above show that (Mean ± SD) in the 1st round the athletes performing defensive tactics had an average (3.08 ± 0.66), followed by the 2nd round had an average - average (4.33 ± 0.65), and in the 3rd round had an average (4.83 ± 0.71). Furthermore, data analysis of block tactics is presented based on the round of matches as follows:

Table 3. Analysis of block tactics

Indicator	N	Mean	Standard Deviation
Round 1	12	0.91	0.51
Round 2	12	1.33	0.49
Round 3	12	1.58	0.51

The results of the analysis of block tactics based on the round of matches presented in the table above show that (Mean ± SD) in the 1st round the athletes doing the block tactics had an average (0.91 ± 0.51), followed by the 2nd round had an average -average (1.33 ± 0.49), and in the 3rd round had an average (1.58 ± 0.51). Furthermore, a diagram of the analysis of competing tactics for fighters in the fighting categories based on rounds of competition is presented as follows:
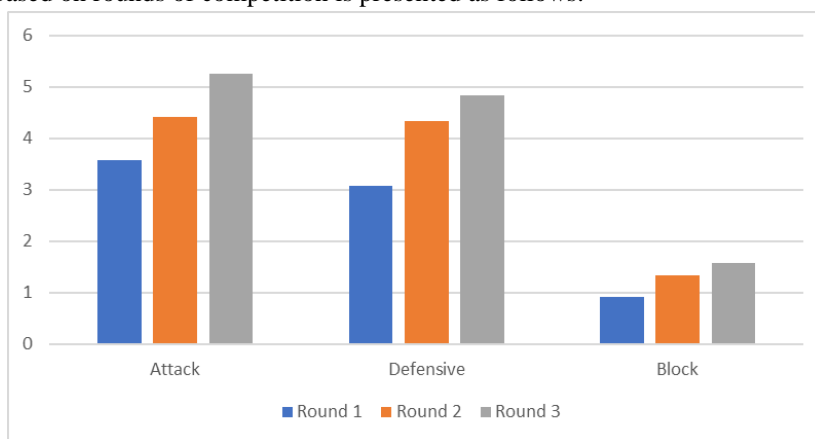

Figure 1. Comparative tactics analysis diagram

The findings in analysing the tactics of competing fighters in the fighter category, the average fighter performs attacking tactics in the third round by having a higher average attack value than in the first and second rounds. The findings in analyzing the tactics of competing silat athletes in the fighter category, the average fighter performs attacking tactics in the third round by having a higher average attack value than in the first and second rounds.

Based on the results of this analysis, it can be observed that the average attack tactic has a higher value than the defensive tactic and block, this is in line with the opinion Casolino et al., (2012) found that young athletes in taekwondo matches were involved more often in attacking tactical actions compared to defending during the match. This was also stated by Forenza et al., (2020) that a person who is skilled in the martial art of degree combat allows the athlete to carry out tactics of attacking and avoiding quickly from the opponent. From the results of the analysis, it is known that in pencak silat matches the average attack and defense tactics have increased from chapters one, two and three, but among them the third round has a higher average value than the other rounds. This is in line with the results of the study Mujahid & Subekti, (2021) who found that in pencak silat matches the tactics of attack and defense based on rounds one, two and three in matches tended to increase, this was evidenced by the results of the data on tactics of attack and defense in matches.

The results of the research show that the average attack tactic action on losing athletes has a higher value compared to the average attacking tactic action on winning athletes. Meanwhile, the average defensive tactic for winning athletes has a higher value compared to the average defensive tactic for losing athletes. Then the average block tactic action on the winning athlete has a higher value compared to the average block tactic action on the losing athlete. So that it can be seen that winners tend to take advantage of defensive abilities, on the other hand non-winners tend to take attacking actions, while the actions of blocks of winners and non-winners are relatively balanced.

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With respect to the tactics of fighting in the Riau Pencak Silat fighting category analyzed, our findings show that when entering the advanced round athletes generally use conservative tactics, namely (active defense and counterattack), coupled with bursts of high scoring attack techniques, namely (kick vs punch). A hit on the target only results in one point, while consecutive punches with the same hand will also only result in one point. On the other hand, kicks, if executed successfully, will be awarded two to three points. However, backward kicks seem to be somewhat avoided by fighters, because this move exposes the attacker's back to the opponent, which has the potential to put the attacker at a disadvantage. Soo et al., (2018) revealed in defense, Riau fighters are generally involved in defense with particularly preferred techniques including sidekicks and defensive front kicks. Additionally, a predominant use of defensive and counterattacking techniques suggests a more calculative and conservative fighting style, although the ability to execute a variety of active defensive and counterattacking techniques also highlights skill adapt tactics when competing.

CONCLUSIONS

Based on the results of the analysis of the tactics of competing fighters in the fighter categories that have been carried out, it can be seen that the average value of athletes performing attack, defense and block tactics. In general, in pencak silat riau matches in the fighting category, the tactic of attacking and defending based on rounds one, two and three in the match tends to increase, in carrying out these tactics the highest average score is owned by the fighter in the third round. This research has limitations, namely only focusing on one Riau pencak silat team that competed in the POMNAS XVII 2022 Padang. The results of this study are expected to be used as input for sports practitioners, especially martial arts practitioners, to develop specific tactics and strategies in the fighter category. Future research is expected to cover more than one team and add research variables.

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