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The Influence of Block Practice and Random Practice on Mastery of a Series of Pencak Silat Team Moves

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Abstract

IPSI defined that, "Pencak silat is the result of Indonesian culture to defend, maintain existence (independence), and integration (unity) with the living environment or natural surroundings in order to achieve harmony in life, in order to increase one's faith and piety to God Almighty." In the athlete's performance, the jury referee makes an assessment where there are several points that the jury will assess, namely the sequence of movements, correctness of movement details, stance technique. If the performance exceeds the tolerance time limit given, a penalty will be imposed (a reduction of 10 points) and the participant will be disqualified if he cannot continue the performance due to his mistake. Researchers used two research methods to see a comparison of the results of the training methods that had been carried out. So the title of this research is "The Influence of Block Practice and Random Practice Training Methods on Mastery of the Movement Series of Pencak Silat Team Moves in Cirebon City". The experimental method is a research design that refers to the problem at hand, and looks at the cause and effect of a treatment that "the aim of an experiment is to investigate whether or not there is a cause-and-effect relationship. cause-and-effect relationship by administering certain treatments to several experimental groups and providing controls for comparison." In this research, the method used will be to test (validate) one or more research variables against other variables. In this research design, researchers used 2 groups, where 1 group would be given random practice treatment and 1 group would be given block practice treatment.

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INTRODUCTION

Sports education has become a culture that cannot be separated from human life for those who want to be fit. Exercise has various benefits for those who do it, both aerobic and anaerobic exercise, according to. According to (Giriwijoyo & Sidik, 2012) stated that "movements are carried out of one's own will in a planned and orderly manner which is beneficial for the healthy function of the human organs themselves". Based on its nature, sport is divided into three parts, namely achievement sports, health sports and recreational sports which can be differentiated according to their objectives. Achievement sports place more emphasis on achieving optimal performance in sports, according to Lutan (1992), health sports are physical activities carried out to achieve a better level of health. Where health sports are more sports whose aim is to maintain fitness and health of the body, while recreational sports are sports whose aim is to fill free time, have fun and have fun (Nursalina, 2014). According to Basically, every individual has an obligation to maintain the health of their body by exercising, therefore each person certainly has different goals in carrying out sports activities, because sport is not only used as a means to maintain body health, but many people utilizing sports for different purposes such as as a means of recreation, as a sport for achievement or as a means of education.

Many elements are studied from various sports which are very comprehensive, from mental, moral and spiritual, attitude, intellectual to emotional, with physical activity all the energy accumulated in the body will be channeled properly, one of which is through the martial arts sport Pencak Silat. Researchers made observations on January 23 2023 at the National KASAD pencak silat championship which was held at the

Cimahi Regency Department of Jas, followed by July 21-23 2023 at the West Java Bandung Lautan API Pencak Silat championship which took place in the Regency. Sumedang, on 25-28 August 2023 at the National Referee Jury Championship 3 national event in Kota. Cirebon 2023 and KEJURDA Student 21-23 September 2023 Kab. In the pencak silat sport, it was found that most of the young athletes from Elementary School (SD/equivalent) to High School (SMA/equivalent) in the IPSI Standard Team movement category in the preliminary round, many athletes made the same mistakes in the first movement. 3, 4, 7, 10, 11, and 12. These errors occur due to a lack of training and a lack of understanding of the meaning of the logic of attack and defense of team moves, which causes movements that have a high level of difficulty to not be mastered properly (Akhmad, 2016).

Movement errors made by athletes can occur due to various factors, one of which is due to a lack of practice in correct team movements, which is because not all people understand martial arts and only a few know it. This can happen because many trainers focus more on training. Looking at the goal, training is one way to prepare the body well so that when a martial artist takes part in a competition, he or she will already have a good level of physical condition. The physical training plan must be well programmed. The appropriate program must be given according to an athlete's growth so that optimal training results will be obtained. So after good physical condition has been established, it will make it easier for a trainer to design the next program (Legonkulon et al., 2020). There are several training methods that the author proposes in this research, including random practice and block practice methods. Random practice is a training method that provides various training

techniques in one practice session without focusing on one technique. Meanwhile, block practice is a training method where the process only focuses on one training technique until an athlete can master that technique

Try to improve the correctness of the team's moves by considering the use of block practice and random practice training methods. Researchers used two research methods to see a comparison of the results of the training methods that had been carried out. So the title of this research is "The Influence of Block Practice and Random Practice Training Methods on Mastery of the Movement Series of Pencak Silat Team Moves in Cirebon City".

Definition Of Pencak Silat

Pencak silat is part of Indonesian culture that has developed over centuries. With the various geographical and ethnological situations and developments experienced by the Indonesian people, pencak silat is present as a culture and method of self-defense and has become local wisdom for its bearers.that culture. Fighting using self-defense techniques (pencak silat) is an Asian martial art that has its roots in Malay culture. This martial art is widely known in Indonesia, Malaysia, Brunei, and Singapore (Ediyono & Widodo, 2019).

The sport of pencak silat, both in competition category and art category, requires a lot of self-confidence. Athletes must also be confident with the ability he has to do so achieve maximum performance. Athletes who have high self-confidence, will be able to face current obstacles, competition, and being able to stay focused, not easily hesitated and calm at all match. In sports achievements, such as pencak silat, athletes in general faced with fraught situations, tension, to overcome it is necessary sense of self-confidence (Agus, 2021).

The term endurance or endurance in terms of muscle work is the ability of a muscle or group of muscles within a certain period of time, while the definition of resilience of the energy system is the ability of the body's organs to work within a certain period of time. The biomotor component of endurance is generally used as a benchmark to determine the level of physical fitness of athletes (Sugiharto & Rejeki, 2023). Silat movements involve all members of the body such as the hands, feet and body, so that if done correctly and purposefully it will not only help improve physical fitness, but can help improve a person's movement skills. sports and health states in the competency standards that children with mental retardation can do exercises to improve physical fitness. Perfection of the basic technique of each movement is important because it will determine the overall movement (Ramon et al., 2022).

The sparring category is a pencak silat competition category which features 2(two) fighters from different teams and also occupy 2 (two) different corners namely, red and blue. The two face each other using elements of defense and attacks, namely parrying, dodging, and attacking the target and knocking it down. Opponents use tactics and fighting techniques. And not all techniques are deep, pencak silat can be used during matches in the sparring category. Like technique, kicks, punches, and drops themselves are not all usable (Septika et al., 2019).

Understanding Block Practice

In the concept of training using the drill method for mastering movement skills in pencak silat, the researcher tried to apply a centralized training method (block practice) and a random training method (random practice) which are commonly used in habituating a movement, Jeon et al (2019) "the block

practice schedule is a sequence in which all the trials of a task are performed together, uninterrupted by the practice of any other task". This means that a block practice schedule is a sequence in which all trials of a task are performed together, uninterrupted by practice of other tasks. Mahendra (2007) "There are two ways that are usually done, namely by centralized regulation (blocked practice) and randomly (random practice)"(Bangsa, 2016). With a training concept like this, an athlete will focus more on one skill technique before moving on to another technique, whereas according to Salamun in Hidayah, Sugiharto and Arianto focused training is "a method that is carried out by focusing on one skill until it is finished before moving on to another skill task." other. So from this explanation, a centralized training method is a training method that focuses on one technique or one skill during one training session until an athlete can master that one technique or one skill before moving on to another technique/skill (Nursalina, 2014).

The advantage of the block practice method lies in the repetitive performance which allows students to correct and adapt to aspects of the skills being taught, this is as Edward (2011) said "The advantages of the block practice method lie in the repetitive performance which enables learners to correct and adapt to the skills aspect that is being taught"(Ria Putri, Elya Wibawa Syarifoeeddin, 2023). Then, the disadvantage of this block practice method is that the performance is temporary and makes students dependent on the training context so that students will experience difficulty in adapting to new training contexts, as described by (Magil and Anderson, 2011) which explains "While the lack of block practice methods is a temporary performance and makes learners

dependent on the context of the exercise so that it will make learners will have difficulty in adapting to the new training context" (Yendrizar, 2023).

Understanding Random Practice

This is in contrast to random practice, where this training requires athletes to carry out various training activities at one time, without separating them by type of skill, so that athletes never do the same task in a row, according to Belger in Pratama (2017) explains "Random practice, motor learners work on a number of different skills in combination with each other, randomly working trials and patterns of one and then the next and the next, with each trial interleaved on the previous one". Which means that random training is motor training that performs a number of different skills in combination with each other by randomly carrying out trials and patterns of one and then the next and the next, with each trial embedded in the previous one (Nurdiyah, 2017).

In contrast to random practice, children never do the same movement tasks repeatedly. As Mahendra (2007) said, "Random training requires athletes to carry out various training activities at one time without being separated by the type of skill." The illustration is as follows.

- 1) The coach creates a training program for mastering the team's moves simultaneously, totaling 12 moves.
- 2) Starting from move 1 to move 12 all at once, alternately starting from the movement sequence for move 1 then moving to move 2 and so on until move 12 then back to the beginning of move 1.
- 3) All movement sequences are done in 1 repetition starting from move 1 to move 12 until the total number of movement repetitions is 20 repetitions.

METHOD

The research method can be interpreted as a scientific way to obtain valid data with the aim of finding, developing and providing certain knowledge so that in turn it can be used to understand, solve and anticipate problems. The experimental method is a research design that refers to the problem being faced, as well as looking at the cause and effect of a treatment, as stated by Suherman (2009) that "the aim of an experiment is to investigate whether there is a cause-and-effect relationship, how big the cause-and-effect relationship is by providing certain treatments in several experimental groups and provides controls for comparison." In this research, the method used will be to test (validate) one or more research variables against other variables. In this research design, researchers used 2 groups, where 1 group would be given random practice treatment and 1 group would be given block practice treatment (Suharjana, 2008).

Participants

To obtain research results, data is first collected and then the data is analyzed to see the initial abilities of the research subject. This data is obtained from carrying out a test using measuring instruments and then the research subjects are called the population. Arikunto (2002) stated that "what is said to be a population is all the objects of a research object". In this study, the population taken by researchers was members of pencak silat colleges in Cirebon City, totaling 90 people

Sampling Procedure

"Determining the sample means that the researcher determines the character of the sample that will be selected while still thinking about it and taking it into

consideration," Sugiyono (2015). This consideration is used when the athlete already has specified and expected criteria. In this study, researchers took samples by considering several things, as follows.

- 1) Athletes who know the basic movements of pencak silat.
- 2) Already familiar with standard single categories.
- 3) Actively practice.
- 4) Has an age range of 13 -35 years.

In taking samples using a purposive technique, the aim is to make it easier for researchers to carry out research and to obtain relatively similar data or values. So in this study the researchers took a sample of 60 people from a population of 90 people. The groups were divided into 2 based on the results of the initial test with each group consisting of 3 people in the Random Practice group and 3 people in the Block Practice group (Putri & Zannah, 2023).

Research Instrument

Before processing the data, the researcher took data from the test instrument or practical test. This activity was carried out as a way for researchers to see the results of the treatment that had been given, in accordance with the opinion of Sugiyono (2015) that "The tools that will be used to measure are ordered in the collection process". To obtain research results, data is first collected and then the data is analyzed to see the initial abilities of the research subject. This data is obtained from carrying out a test using measuring instruments and then the research subjects are called the population. In this study, the pretest and posttest were carried out using a pencak silat movement mastery test which used an assessment format commonly used in team category pencak silat competitions. This test uses an existing assessment format for team matches. This instrument has been

validated because it has been used generally in regional, national and international competitions and has also been approved by PB IPSI as a team category assessment format. Apart from this, the assessment format has also been validated by the jury referees, Awan Hariono and Siswantoyo. The format used by researchers is the 2022 National National Conference IPSI Standard Regular Category assessment format.

Formulir Kompetisi Pencak Silat
Semi Ring
Formulasi Nilai Untuk Juri

No. Pertandingan : _____ Sudut : Biru/Merah Kategori : _____ Tanggal : _____

Nama : _____ Daerah/Perguruan : _____

Urutan Penilaian	1	2	3	4	5	6
Setiap gerakan 0,01 detik	9	18	28	37	44	52
I. Detail Gerakan	7	8	9	10	11	12
II. Urutan Gerakan	61	72	81	89	93	100
III. Gerakan yang berakut	Nilai A : 9,90					Totol Nilai :
Arteri 0,01 setiap 0,10	Nilai B : _____ / 0,10					
Nomor Juri	Nama Juri	Paraf				

www.gbps.com (screener 3 dari 11)

Fig 1. Team assessment form

- The judge must master the team moves well.
- Clothes must be black, 10 cm white belt, no accessories, no knots on the belt.
- Movement must be simultaneous, otherwise it will reduce the value of stability.
- The correctness value of the move: the movement of the move must be clear and must match the meaning of the movement, attacks and parries must be hard and fast.
- Mastering the keys where athletes always make mistakes in certain moves (not according to the purpose of the movement or the difficulty of the movement).
- Steadiness value: Steady movement, clear and well-organized movement rhythm, not slowing down time beyond tolerance in intervals, remaining in prime physical condition, not appearing out of breath.
- For beginner athletes, the error value is 15-30 movements, the stability value for the initial stage is assessed using the middle value formula $5 (1 \text{ to } 10)$, for example the stability value is 50-60, if it is good enough it is assessed as $50-5= 55$, more or less adjusted, must be dare to give less or more value, so that athletes are not harmed.
- Reduces the correct value of a move if the athlete deliberately slows down the time for an attack/defense movement that must be fast and steady. And reduces the steadiness value by 1 if the non-attack/parry movement is done slowly/slowly. The time for the interval should not exceed 4 seconds.

Planning Stage

At this stage the researcher took care of the permits with the first step being that the researcher came to visit the Cirebon city pencak silat club to first ask the owner of the research site to ask for permission first to conduct the research. The researcher also made observations to see the condition of the research site, the researcher also asked and asked for advice regarding the time given to carry out research and the technical aspects of the research. After being given permission to conduct research, the researcher asks for a research permit letter on campus as a sign that the researcher is permitted to conduct the research (Hadjarati & Massa, 2023).

Implementation Stage

At this stage the researcher will first carry out a pre-test on the athletes who will be studied to measure the influence of

the Block Practice and Random Practice training methods on mastery of the movement sequences of the Pencak Silat Team in Cirebon City. Next, the researcher will provide the treatment that will be carried out by the research subjects. The final activity carried out by the researcher is the post test. From the implementation that has been carried out, there are data results in the research itself (Education et al., 2023).

Data Processing Stage

This stage is carried out after all thorough data has been collected. This data will be processed and analyzed further. Researchers carry out hypotheses. Researchers carry out hypothesis tests to find out the hypotheses made (Abduh et al., 2023).

Findings and Discussion

The research design is complex or the stimuli require detailed description, additional subsections or subheadings to divide subsections may be necessary to help readers find specific information.

In this chapter the researcher will discuss field findings regarding data that has been obtained, both data obtained before giving treatment and data obtained after giving treatment, which then will be analyzed and processed according to the design in chapter III. These data were obtained from the pre-test (initial test), post-test (final test), as well as the difference between the results of the initial test and the final test (Mahendra., 2007).

This initial data (pre-test) was obtained from the results of a skill test for a series of pencak silat movements in the team category which was carried out before giving treatment, which is called the athlete's initial ability. Then the final data is obtained from the final results of the athlete's skills in demonstrating pencak silat moves in the team category after being given treatment (Mulyana, B., &

Lutan, 2021). From the data that has been obtained in this research, it can be used as evidence or an illustration of the research results. In the data obtained, the researcher divided the data into two groups of data, namely pre-test data which contained the results of the athlete's skills in the random practice group, then the block practice group and so on. the same data as the post test results. The data obtained from the results of this research is data in the form of scores achieved by each athlete in demonstrating a series of pencak silat moves in the Team category. Then the data that will be presented and explained is the pre-test and post-test data or the results of the initial data and final data on (Assyakurrohim et al., 2023). The athlete's ability to demonstrate Team category pencak silat moves. This was done in order to see whether or not there was an influence before being given treatment and after being given treatment in the form of random practice and block practice training methods on the team category pencak silat skills of Cirebon City pencak silat athletes.

RESULT

Research is an effort to collect data to be analyzed." Data collection in carrying out a series of pencak silat movements in the Team category was carried out before and after the treatment or random practice and block practice training methods were given. Before treatment is given to team arts athletes, tests are carried out on the athletes to see how far the athlete's initial abilities are in demonstrating a series of Team category pencak silat moves and then their final abilities are also seen after being given treatment. This description aims to determine initial and final abilities before and after treatment was given to 60 Cirebon City pencak silat college athletes who were divided into 2 groups with 3

people in each group for the block practice group and the random practice group.

Table 1. Pretest, Posttest and Gain Random Practice Group

No	Pre Test	Post test	Gain
1	124	131	7
2	130	135	5
3	136	140	4
4	135	142	7
5	124	135	11
6	131	139	8
7	136	140	4
8	130	135	5
9	132	138	6
10	131	141	10
Amount	1309	1376	67
Average	130.9	137.6	6.7

Table 2. Pretest, Posttest and Gain Block Practice Group

No	Pre Test	Post test	Gain
1	130	140	10
2	132	145	14
3	140	149	9
4	135	140	5
5	141	148	7
6	133	142	9
7	134	145	11
8	130	138	8
9	138	142	4
10	135	140	5
Amount	1348	1429	82
Average	134.8	142.9	8.2

Based on this table, it is clear that the results of the initial test of the IPSI standard movement sequence ability in the team category of 20 teams of respondents before being given treatment for the experimental group with the RP (random practice) training method obtained a pretest score of 130.9 with an average of 130.09 and in the final post test the total score was 1376 with an average score of 137.6 with a gain of 6.7. Then BP (block practice) in the overall data group obtained a pretest score of 1348 with an average score of 134.8 and

a final test score of 1429 with an average of 142.9 with a gain value of 8.2.

Before conducting research, first conduct instrument trials with validity tests. The validity test was conducted through instrument statements that were valid and feasible for use. Instruments that have been declared valid are given to both classes to measure student learning interest in geography lessons which are carried out by giving pretest and posttest to the control class and experimental class. The pretest and posttest data were then tested for normality and homogeneity as a prerequisite for conducting a hypothesis test aimed at determining the influence of interactive media on students. The following are the results of the descriptive analysis (Wulan, 2023). as follows:

Table 3. Descriptive Statistics

	N	Min	Max	Mean	Std. Deviation
Pre-test random practice group	10	124	136	130.90	4.306
Post-test Gain random practice group	10	131	142	137.60	3.471
Pretest block practice group	10	130	141	134.80	3.853
Post-test Gain block practice group	10	138	149	142.90	3.695
Valid (listwise)	N	10			

Based on table 3. above, it shows that the descriptive statistical results mean the test results were 1,362, 1,097, 1,218, 1,169, median of 131.00, 138.50, 134.50, 142.90, minimum 124, 131, 130, 138, maximum 136, 142, 141, 149. This descriptive test uses spss 2020.

Table 4. Research Normality Test

		Pre- test Giant rand om pract ice grou p	Post- test Gaint rand om pract ice grou p	Pre- st Gaint block pract ice grou p	Post- test Gain block pract ice grou p
N		10	10	10	10
Normal Parameter s ^b	Mean	130.9 0	137.6 0	134.8 0	142.9 0
	Std. Deviation	4.306	3.471	3.853	3.695
Most Extreme Difference s	Abso lute	.217	.173	.179	.196
	Positi ve	.145	.173	.179	.196
	Nega tive	-.217	-.157	-.111	-.116
Kolmogorov- Smirnov Z		.687	.547	.567	.620
Asymp. Sig. (2- tailed)		.733	.925	.905	.836

The normality test is used to check confounding variables or internal residuals. The regression model is normal or abnormal (Siregar, 2015). This research using the Kolmogorov-Smirnov normality test and processed using the SPSS application (Nasrum, 2018). The following is the normality test decision: A. If the asymp sig value is > 0.05 , then the data is declared to be normally distributed. B. If the asymp sig value is < 0.05 , then the data is declared to be non-normally distributed (Yusliyanto et al., 2023). Based on the table above, we get a sign of 0.733, 0.925, 0.905, 0.836. If the sig is greater than 0.05 $<$ the sig value, then the data can be said to be normal. It can be concluded that this research data is said to be normal.

Table 5. Paired Sample T test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2- taile d)
results of Gain Random Practice Group and Gain Block Practice Group exercises	Equal variance s assumed	.078	.782	- 5. 27	38	.000
	Equal variance s not assumed			- 5. 27	37 .9	.000

Paired Sample Test T-Test is a test of the difference between two paired samples. Sample Pairs are the same subject but different treatment experiences. Because the Paired Sample T-Test paired samples test is One in context parametric statistical methods, the assumption that the data must be normally distributed fulfilled (Bisnis et al., 2023) Based on table 4 above, it shows that the simple paired T test shows that sig $0.00 > 0.05$, it is concluded that this research has an influence. The Paired T test was carried out using the SPSS type 20 for Windows application, namely by using the Kolmogrov-Smirnov normality test on the pretest and posttest data of the lower passing test.

Table 6. Homogeneity Test Results

Test of Homogeneity of Variances			
Levene Statistic	df1	df2	Sig.
.145	1	38	.706

The data homogeneity test is only carried out on distributed data normal using SPSS software version 25. Statistical tests used to test homogeneity, namely Levene's test. According to Priyatno (2010), "If the significance value is > 0.05 , then the data variance can be said to be homogeneous and if the significance is < 0.05 then the data variance is declared not homogeneous". The results of the homogeneity test can be seen in the following table: (Damanik et al., 2023). Based on table 4.5, it shows that the normality test results obtained a significance value that the sig value is $0.706 > 0.05$, so it can be concluded that the data is homogeneous. So this research data using the experimental method is said to be Homogan.

DISCUSSION

Based on the results of hypothesis testing using a statistical approach, the hypothesis that the author proposes is "The Influence of Block Practice and Random Practice Training Methods on Mastery of the Movement Series of Pencak Silat Team Movements in Cirebon City". The correctness of the results of hypothesis testing is also supported by research data using the paired sample t test, the results of which are sig $0.00 < 0.05$, thus the hypothesis is accepted. It can be concluded that the average influence of the Block Practice and Random Practice Training Methods is on the Mastery of the Pencak Silat Team Movement Movement Series. Has an influence in this research.

In the concept of training using the drill method for mastering movement skills in pencak silat, the researcher tried to apply a centralized training method (block practice) and a random training method (random practice) which are commonly used in getting used to a movement. With a training concept like this an athlete will be more focused on one skill technique

before moving to another technique, whereas according to Salamun in Hidayah, Sugiharto and Arianto focused training is "a method carried out by focusing on one skill until completion before moving on to another skill task." So from this explanation, the centralized training method is a training method that focuses on one technique or one skill during one training session until an athlete can master that one technique or one skill before moving on to another technique/skill. This is in contrast to random practice, where this training requires athletes to carry out various training activities at one time, without separating them by type of skill, so that athletes never do the same task in a row. Which means that training Random is a motor exercise that performs a number of different skills in combination with each other by randomly performing trials and patterns of one and then the next and the next, with each trial embedded in the previous one.

Based on the results of this research, it turns out that the Block Practice and Random Practice Training Methods Contribute to Mastery of the Movement Series of Pencak Silat Team Moves. Having influence in this research is more effective. Based on these facts, it can be seen that the Block Practice and Random Practice Training Methods Contribute to Mastery of the Movement Series of Pencak Silat Team Moves. Has an influence in this research.

CONCLUSION

Based on the results of research that has been conducted regarding the influence of block practice and random practice training methods on the mastery of the pencak silat team's movement sequences, the following conclusions can be drawn.

1. The block practice training method has a significant effect on the results of mastering the series of movements of the pencak silat team.
2. Random practice training method for mastering the movements of the pencak silat team.
3. There is an influence of the Block Practice and Random Practice Training Methods on the Mastery of the Pencak Silat Team Movement Series. So it can be concluded that block practice and random practice have an influence on the moves of the pencak si lat team.

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