



Survey Of Sickle Kicks In Pencaksilat Sport In Senior High School Students 12 Makassar

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ABSTRACT

This research is a descriptive study that aims to determine the description of the level of sickle kick ability in pencaksilat sports in SMA Negeri 12 Makassar students. The population in this study were all extracurricular students totaling 45 students. The sample in this study was 20 male SMA Negeri 12 Makassar students selected by simple random sampling. Data collection techniques were obtained through tests and measurements of sickle kick data. The data analysis technique used is percentage and analysis. The research data obtained the percentage of data on the ability of sickle kick ability in pencaksilat sports in SMA Negeri 12 Makassar students from 20 students or (100%), the Excellent category as many as 2 students or (10.0%), the Good category as many as 4 students or (20.0%), the Fair category as many as 11 students or (55.0%), the less category as many as 3 students or (15.0%), and the category is very less as many as 0 students or (0%). Thus, it can be concluded that the percentage of the final data results of the sickle kick ability in pencaksilat sports in SMA Negeri 12 Makassar students is in the Fair category.

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INTRODUCTION

Pencak silat is a martial arts sport that has high cultural value and is part of Indonesia's national identity. In this sport, various attack and defence techniques are used to gain points and defend themselves from the opponent's attack. One of the most commonly used techniques in matches is the sickle kick, which is a circular kick aimed at the opponent's body to score points or knock the opponent down (Kartini et al., 2018). This technique requires good body coordination, balance, speed, and leg muscle strength to be executed effectively. According to Harsono (2018:56), the effectiveness of kicks in martial arts is greatly influenced by muscle coordination, explosive power, and the ability to maintain body balance when executing movements. However, facts in the field show



that not all athletes, especially students who are still in the learning stage of pencak silat, can perform sickie kicks properly and according to the correct technical standards.

SMA Negeri 12 Makassar is one of the schools that has a fairly active pencak silat extracurricular program, with many students participating in regular training. In this activity, students are taught various basic pencak silat techniques, including sickie kicks as part of their competition skills. However, field observations show that most students have difficulty executing sickie kicks effectively. The main obstacles that are often encountered include a lack of strength in the leg muscles, errors in maintaining body balance when kicking, and a lack of understanding of the correct technique in the execution of sickie kicks (Salvatore, 2012). Errors in kicking techniques not only reduce the effectiveness of attacks but also increase the risk of injury to athletes, especially in the knees and ankles (Slimani et al., 2017). This fact shows that there are still many aspects that need to be improved in learning sickie kick techniques at SMA Negeri 12 Makassar students.

One of the main factors affecting students' ability to perform sickie kicks is their physical condition. According to research conducted by Saputra and Kurniawan (2017: 110), an athlete who has good flexibility can produce faster and stronger kicks than those with low flexibility. At SMA Negeri 12 Makassar, the majority of students have a level of flexibility that is still lacking, so their range of motion is limited when performing sickie kicks. In addition, leg muscle strength also plays an important role in producing strong and effective kicks. However, based on interviews with pencak silat coaches at this school, it was found that many students do not have a training program specifically focused on strengthening leg muscles, so their kicks tend to be weak and unpowered.

In addition to the physical aspect, correct execution technique is also a crucial factor in the success of a sickie kick. Based on observations during training sessions, many students still make mistakes in basic techniques, such as improper foot position when kicking, lack of waist rotation in adding power to the kick, and body imbalance that causes them to lose control when executing the kick. This results in kicks that are not only weak but also inaccurate and easily anticipated by the opponent. Athletes who have good body balance tend to be more stable when kicking, so the resulting movements are more accurate and have greater attack power. Therefore, improving execution techniques and practising body balance are important aspects that need to be considered in learning sickie kicks.

In addition to technical factors and physical conditions, the training patterns applied also greatly affect the effectiveness of sickie kicks. An explosive training program performed consistently for six weeks has been shown to increase kick speed and power by up to 20%. However, the training program applied is still general and has not been specifically focused on improving the quality of sickie kicks. Students mostly practised with repetitive methods without any evaluation of the aspects that needed to be improved in their movements. This causes their skill development to take place more slowly and is not optimal in matches. Therefore, a more targeted and evaluation-based training method is needed on the factors that affect the effectiveness of sickie kicks.

To date, research on sickie kick skills in high school students is limited, with most studies focusing on professional athletes or sports students. This gap has led to a lack of

data regarding how sickle kick techniques are taught and practised at the high school level. Therefore, research is needed to determine the extent of mastery of this technique and the factors that influence its effectiveness. This survey aims to identify the main weaknesses students face in performing the sickle kick, evaluate the physical and technical factors that contribute to the effectiveness of the kick, and provide recommendations on more effective training strategies.

This study aims to identify and evaluate the sickle kick ability of SMA Negeri 12 Makassar students based on aspects of technique, strength, flexibility, and body balance. In addition, this study also aims to analyze the factors that become obstacles for students in mastering the sickle kick technique. It is hoped that a clearer picture can be obtained regarding the level of students' sickle kick skills and the factors that influence them. The results of this study are not only useful for students in improving their pencak silat skills but also for sports coaches and teachers in developing more focused and evaluation-based training programs. With more accurate data on students' abilities, schools can develop better coaching programs and support the development of pencak silat as one of the leading sports. Therefore, this research has an important value in making a real contribution to the development of pencak silat learning at the secondary school level.

METHODS

This research is quantitative descriptive research because researchers want to know the level of sickle kick ability in pencak silat sports in SMA Negeri 12 Makassar students. The method used in this research is a survey method with tests and measurements to obtain real data at the time of the research. From the test results obtained, the data was analyzed to determine the extent of the sickle kick ability. The population is all things to be studied, be it in the form of objects or non-living things or the form of subjects or humans or social devices available in a study (Rahmadani et al., 2023). The population in this study were all extracurricular students totaling 45 students of SMA Negeri 12 Makassar. A sample is any method used to identify a sample for research purposes (Purba et al., 2023). Based on the above opinion, what is meant by a sample is a part or representative of the population under study and the data obtained represents the population. So the sample in this study was 20 extracurricular students of SMA Negeri 12 Makassar. The sampling technique was simple random sampling, where sampling was carried out using a lottery technique. The instrument in this study used a sickle kick skill test. Data analysis techniques in this study used the help of SPSS Version 25, descriptive data analysis techniques with percentages.

RESULTS AND DISCUSSION

Result

Descriptive data analysis is intended to obtain an overview of the research data. Survey of sickle kick ability in pencak silat sports in students of SMA Negeri 12 Makassar. Descriptive analysis includes; Total values, averages, standard deviations, numbers,

maximums and minimums. From these statistical values, it is hoped that it can provide an overview of the Survey of Sickle Kick Ability in Pencak Silat Sports in SMA Negeri 12 Makassar students. The research was carried out by conducting a sickle kick ability test which aimed to determine the level of ability of the pencak silat sickle kick ability survey in students of SMA Negeri 12 Makassar. The following is the data from the pre-discipline football ability test:

Table 1.

Descriptive Statistics The level of pencak silat sickle kick ability in students of SMA Negeri 12 Makassar

Statistics	N	Minimum	Maximum	Mean	STDV	Sum
Sepak Sila Skills	20	15	25	19.05	2.892	381

Based on the research data in Table 1 above, there are 20 data on the ability of the sickle kick measured. An overview of skill values was obtained, namely a minimum score of 15 and a maximum score of 25. The average score is 19.05 with a standard deviation of 2.892. The total value of the sickle kick ability for all data is 381.

Table 2.

Frequency Distribution Level Level of Pencak Silat Sickle Kick Ability in SMA Negeri 12 Makassar Students

No	Interval	Category	Frequency	Percentage (%)
1	$X > 38$	Very well	2	10
2	$32 < X < 38$	Good	4	20
3	$25 < X < 31$	Not Enough	11	55
4	$18 < X < 24$	Nor Enough	3	15
5	$X < 18$	Very Little	0	0
Sum			20	100

Based on the table above, it appears that the percentage of data results on the ability to kick the sickle in pencak silat sports in SMA Negeri 12 Makassar students is from 20 students or (100%), the Very Good category is 2 students or (10.0%), the Good category is 4 students or (20.0%), the Moderate category is 11 students or (55.0%), the less category is 3 students or (15.0%), and the category is very lacking as many as 0 students or (0%). Thus, it can be concluded that the percentage of the final data results of the scythe kick ability in pencak silat sports in SMA Negeri 12 Makassar students is in the Moderate category with a percentage of 55.0%. The diagram of the upper service capability is seen from graphite as follows:

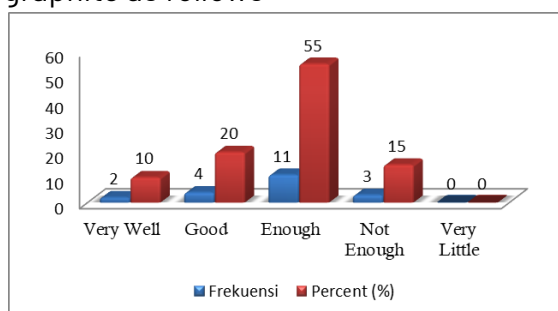


Figure 1.

Graph of the level of sickle kicking ability in pencak silat sports

Discussion

Based on the results of research on the ability of sickle kicks in SMA Negeri 12 Makassar students, the data obtained shows that most students are in the sufficient and deficient categories in terms of the effectiveness of sickle kicks. This shows that even though students have participated in regular pencak silat training, their ability to carry out sickle kicks correctly still needs improvement. Research by Wijaya (2020: 134) states that the wrong technique in kicking can cause ineffective attacks and increase the risk of injury, especially to the knees and ankles.

One of the main factors affecting the effectiveness of the sickle kick is the speed of the kick. Based on the measurement instrument used in this study, namely the measurement of pencak silat kick speed (Lubis, 2014: 172), the majority of students showed less than optimal kick speed. Low kick speed reduces students' ability to attack effectively because slow kicks are easily avoided by opponents. According to Lubis (2014:172), kick speed is the result of a combination of muscle strength, coordination, and proper technique. Therefore, low sickle kick speed in SMA Negeri 12 Makassar students may indicate a deficiency in one or more of these factors.

Apart from speed, muscle strength also plays an important role in the quality of sickle kicks. According to Sugiyanto (2021: 92), to produce a strong sickle kick, adequate leg muscle strength is needed. This strength will provide the thrust needed to produce a fast and effective kick. Therefore, there needs to be a special training program that focuses on increasing leg muscle strength.

Body balance is also an important factor affecting the success of the sickle kick. Many students have difficulty maintaining their body stability when performing a sickle kick. Maintaining good body balance is very important in performing sickle kicks because mistakes in maintaining posture can lead to inaccurate kicks and loss of attack power. Harsono (2018:56) states that stable body balance allows athletes to execute movements effectively and reduces the risk of injury. Therefore, body balance training should be part of the pencak silat training routine at school.

One of the main factors in the sickle kick technique is body position and foot position. Errors in these body positions result in kicks that are not on target and not strong enough. Research by Rahmawan and Prasetyo (2019: 78) states that good posture greatly affects the results of kicking techniques in pencak silat. Therefore, improving basic techniques and ensuring students kick with the correct body position will improve the quality of sickle kicks.

The results also showed that students need more focused crescent kick technique training to improve their kicking accuracy and power. Research by Ramadhan (2022:68) showed that technique training that focuses on physical strengthening and increasing kick speed can have a significant impact on the quality of sickle kicks. Training that focuses on correct kicking techniques will help students achieve more effective kicks, in terms of speed, power, and accuracy.

Overall, the results of this study indicate that to improve the ability of sickle kicks in SMA Negeri 12 Makassar students, there needs to be a training program that focuses

more on muscle strengthening, flexibility, and body balance, as well as improving basic kicking techniques. This is in line with the findings of Sugiyanto (2021:92), who suggested that physical training should focus more on developing leg muscle strength and flexibility to improve the quality of kicks in pencak silat.

This study also emphasizes the importance of evaluating techniques and adjusting more specific training programs according to student needs. By providing exercises that are appropriate to the student's physical condition and technique, it is expected that significant improvements in the quality of their sickle kicks can be obtained. As explained by Ramadhan (2022:68), focused and needs-based training will provide optimal results for the development of students' pencak silat skills. By improving basic techniques, increasing physical strength, and training flexibility and body balance, SMA Negeri 12 Makassar students are expected to master the sickle kick technique better. Therefore, it is recommended for coaches to design a more structured training program that focuses on improving these technical and physical aspects.

CONCLUSION

Based on the results of the research and discussion that has been presented above, it can be concluded that the ability of the sickle kick ability in pencaksilat sports in SMA Negeri 12 Makassar students from 20 students or (100%), the Excellent category is 2 students or (10.0%), the Good category is 4 students or (20.0%), the Fair category is 11 students or (55.0%), the less category is 3 students or (15.0%), and the category is very less as many as 0 students or (0%). Thus, it can be concluded that the percentage of the final data results of the sickle kick ability in pencaksilat sports in SMA Negeri 12 Makassar students is in the Fair category with a percentage of 55.0%. However, there is considerable potential to improve these abilities with a more structured training program and focus on more in-depth physical and technical development, students can improve their abilities in sickle kicks, which in turn will have an impact on improving their performance in pencak silat.

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