

Muay Thai Martial Arts Development Planning

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Abstract

Background and aim. Muay Thai is a martial art that has developed rapidly and gained popularity across various age groups. However, its development in certain regions, including Indragiri Hulu Regency, still faces several challenges related to management, facilities, and athlete participation. Therefore, this study aimed to analyze and describe the development of Muay Thai martial arts in Indragiri Hulu Regency.

Methods. This study employed a descriptive qualitative approach. The research was conducted from February 28 to March 28, 2023, at the Inhu Fighting Academy camp. Data were collected through observation, interviews, and documentation involving key informants, including administrators, coaches, and athletes.

Results. The findings indicate that the development of Muay Thai in Indragiri Hulu has progressed but remains suboptimal. Facilities and infrastructure are relatively adequate in terms of equipment, but training venues are still limited. Activity programs have not been implemented optimally, affecting the sport's promotion. Athlete interest and discipline in attending training sessions are also relatively low. In addition, athlete recruitment has not been maximized, as it depends on limited events and school-based initiatives.

Conclusions. The development of Muay Thai in Indragiri Hulu is influenced by several factors, including inadequate facilities, limited program implementation, low athlete discipline, and suboptimal promotion. Strengthening organizational management, improving facilities, expanding activity programs, and enhancing athlete discipline are necessary to support sustainable development and improve athletic performance.

Keywords: *Martial Arts; Muay Thai; Planning; Development.*

1. Introduction

Muay Thai martial arts is one of the martial arts that originated in the land of the Thai elephants. This sport is also a martial art that relies on eight body points to be a weapon that can paralyze its opponents. The history of the development of martial arts itself is believed to have existed since 550 AD which was introduced by the 28th generation of Bhuda priests who at that time often traveled from China to India and vice versa (Aisih, 2015).

Physical condition is also an aspect that needs to be considered in the world of sports, especially in martial arts. When the physical condition is not good, how will an athlete perform well when doing movements in a sport or in a sport. So, every sport requires excellent physical condition because good physical condition will support athletes' tactics and techniques (Baihaqi & Hariyanto, 2020). There are so many kinds of martial arts in Indonesia, one of

which is martial arts from Thailand which is currently popular among the elderly (Wicaksono & Hariyanto, 2021). Muay Thai is one of the harsh martial arts of the Thai kingdom, this martial art is a hand-to-hand combat method that may have been used by the Siamese soldiers after losing their weapons while in battle (Andika and Subagio, 2021).

Coaching athletes from a good organization or management will produce good achievements and also make contributions to the club or organization. This is also explained by Jopang et.al (2018) who said "Coaching is an effort or action taken to change a situation for the better to get the goals to be achieved optimally". Students who are active in the field of sports must also develop their abilities in the field of sports they are engaged in (Chandra and Rumini, 2016). This means that sports achievements are determined and influenced by the

athlete's own ability in an integrated manner, both physical, technical, tactical, and mental abilities as well as the athlete's consistency. One of the things that affects mentality is self-confidence (Nisa and Jannah, 2021).

Martial arts is a form of self-defense of a person. Martial arts have been known since ancient times. People learn it for various reasons, whether it is as a body processor to maintain health or to take care of themselves if they find something they don't want (Syafrizal, 2020:1). Currently, martial arts is one of the types of sports that are starting to be in great demand by many people, regardless of age and gender (Binus, 2019). From childhood to adulthood, from male to female. Martial arts is an activity that combines sports and art components, the main purpose of which is to protect against physical disturbances (Prabowo, 2020).

The development of each martial art school itself always develops according to the needs and developments of the times (Nurhayati and Rustandi, 2022). However, each region has many different types of martial arts, the goal remains the same, which is to defend yourself from danger. The purpose of martial arts is conditioned by its status as an 'essentially competitive' activity, which emphasizes victory and adherence to the rules (Martinkova and Parry, 2021).

Therefore, learning and mastering martial arts is one of the choices that must be had. We can have any reason to learn martial arts. However, the most appropriate reason to learn martial arts is to take care of yourself, for health, not for arrogance (Walatra, 2009:22).

In today's education, martial arts is also one of the subjects included in the learning curriculum. Traditionally, martial arts have prided themselves on demonstrating high moral values, and morality is an integral part of the purpose of education (Vagner, et.al, 2018). There are so many schools that have made martial arts a forum for children or students who have the talent and willingness to achieve achievements in martial arts. In the context of martial arts education, students must develop their interest in martial arts and let master the tactics of actions and use methods, so as to achieve the goal of mobilizing students' enthusiasm (Zhou

and Cheng, 2016). In the curriculum at the education unit level (KTSP) and the 2013 curriculum physical education, sports, and health (penjas) contain basic competencies about martial arts (Nugroho, 2019). The system of realization of the psychophysical is an educational program – a way that deals with spiritual development through physical and mental exercise, according to the teaching of certain teachers (Wojciech, et.al, 2012). Muay thai is a popular sport and has been competed in various events at the regional, national and international levels (Khakiki and Wahyudi, 2022). Muay thai is a martial art sport from Thailand that brings together two athletes to make direct physical contact, a muay thai athlete attacks each other using punch, kick, knee and elbow techniques (Hengki and Subagio, 2021). However, there are also those who mention that the term Muay Thai was first used in 1928 to distinguish it from British boxing, and is attributed to Thailand to explain the early roots of the Thai tradition (Muller- junior and Capraro, 2022). Punches, elbow strikes, knee strikes and kicks are the main attack methods that can be carried out on any part of the opponent's body (Chinnasee et.al, 2017). Muay thai training is also part of people who have fighting skills that include qualifications, politeness, humanity, courage, patience, the power of black magic, and martial arts energy in muay thai (Saengsawang, et.al, 2015).

Cross-breeding with western-style boxing and Thai martial arts alternates that make boxing full of western style that is now used: jab, straight right, cross, hook, upward punch, shovel punch and upper hand pukal (Tumangger, 2009). Kicks are categorized as follows: 1) circular kicks, 2) straight kicks, 3) side kicks 4) sweep kicks, 5) spin kicks 6) back kicks (Arnaud, 2012:76). The knee technique is a hallmark of muay thai. The technique if done correctly, it would be a powerful and sturdy weapon. This dense structure is launched into the opponent sometimes more than ten times the power of the blow (Arnaud, 2012: 99). The muay thai elbow technique is a very important technique because the elbow is one of the ultimate weapons of the bare hands, the sharpness of the elbow is equated to that of a razor (Ricsi, 2017).

2. Materials and Method

This type of research is descriptive. Which aims to describe or describe situations or symptoms

in an object. The research intends to make a systematic, factual, and accurate description of the

facts and characteristics of certain populations (Usman and Akbar, 2000:4). Qualitative research is research that produces analytical procedures that do not use statistical analysis procedures or other methods of quantification (Moleong, 2007:6).

This research was taken from February 28, 2023 to March 28, 2023 and the research site was conducted at the Inhu Fighting Academy camp, Indragiri Hulu. The technique of determining the source of data in this study uses key informants or

respondents. The researcher took the key informants or keys from this study, namely administrators, coaches, and athletes. In research that uses a qualitative approach, data collection is carried out by means of observation, interviews, and documentation. When viewed from the data source, data collection can use primary sources and secondary sources. The target of this study is that the researcher wants to see how the development of muay thai martial arts in Indragiri Hulu is.

3. Results and Discussion

Results

In this sub, the researcher will explain the results of his findings when conducting research. From the results of the researcher's interviews with the sources, the researcher found that the development of muay thai martial arts in Indragiri Hulu has progressed, but not completely.

Based on the results of interviews and documentation in this study, the researcher will seek more information about facilities and infrastructure, sports programs, athlete interests, and athlete recruitment. The resource persons involved in this interview are administrators, coaches, and athletes. The description of the results of this interview is: a). Facilities and infrastructure are an aspect in the field of sports, with the fulfillment of these equipment, the sport will also be carried out well. In the Muay Thai camp in Indragiri Hulu, they already have quite complete training equipment from boxing gloves to protectors, it's just that the training ground has not been fulfilled. b). The activity program is an activity where the activity can be a way for the development of this muay thai martial art sport in Indragiri Hulu. c). Athlete interest is an attitude of athletes to participate in the programs of the camp, from the results obtained by muay thai athletes at the Indragiri Hulu camp are still relatively lacking in participating in training sessions and also the athlete's discipline is certainly highly considered in the field of sports. d). Athlete recruitment is an activity to gather talented prospective athletes from various regions. The recruitment of these athletes can be done by carrying out championships or through schools at school.

Discussion

In this sub, the researcher will present the discussion according to the results of the research, so that in this discussion the researcher will

integrate the research results with the theory presented in the previous sub- chapter. As has been emphasized in the qualitative analysis technique, the description of the data obtained both through observation, interviews, and documentation. Identified to fit the intended purpose.

In the results of the study, the role of the management and local government is very important for the development of this muay thai martial sport. In the process of developing an association or organization, there must be people who take part in the development of the organization.

From the point of view of facilities and infrastructure that are still not optimal, especially for training places or permanent camp gyms. Even though the camp gym is an important aspect for the development of sports, because with a permanent camp gym, athletes can train with focus without the need to think about the training place that was previously moved. With this, the government should be able to work with the local government to determine land so that the camp gym can be built quickly.

The number of activity programs that have not been carried out must also be considered, because from the activity program this muay thai sports branch can be known by the surrounding community even though muay thai martial arts is still classified as a new sport in the upper Indragiri district. A simple program that can be done by the camp is that it can be separated between the camps that are shown, it can also include this muay thai martial arts in schools considering that muay thai is currently global in all circles. Through the programs mentioned, the camp management can recruit talented athletes so that later they can participate in events such as KEJURDA, PORPROV, and others.

Currently, most athletes who have mastered the techniques of their sports branch, are reluctant to take part in training according to the schedule determined by the coach. Athletes like this should be given sanctions so that they are disciplined in participating in training activities. But there are also athletes who are constrained to attend due to academic and work obligations. However, it cannot be underestimated, they are still given light sanctions, so that they remain disciplined in participating in the training process.

4. Conclusion

Based on the results of research and data analysis, the researcher drew the following conclusions: Muay Thai martial arts in Indragiri Hulu Regency was formed in 2019 and inaugurated by the Muay Thai Regency of Indragiri Hulu Regency. The management has obstacles in meeting the facilities and infrastructure in the field of places or camp gyms for training places. The promotion of muay thai martial arts has not been carried out optimally, because the sport is still relatively new. The management is constrained in carrying out the activity program because in Indragiri upstream regency there is only one camp registered under KONI's foster. Athlete discipline that needs to be considered in participating in training activities. Based on the conclusions stated

In accordance with the description above, it can be interpreted that the factors described in the background of the problem can affect the development of muay thai martial arts in Indragiri Hulu district which still needs to be considered. In this case, it has become the obligation of the camp administrators to be able to pay attention in terms of facilities and infrastructure that have not been maximized, run activity programs that are still constrained and also achieve achievements from their fostered athletes.

above, the following research suggestions are put forward in the hope that it can be useful to improve the development of muay thai martial arts in Indragiri Hulu district, as follows: The need to complete facilities and infrastructure, especially training places and rings where these items are one of the sources for the training process, Can maximize activity programs that have not been implemented, The need to increase athletes' awareness not to be late during routine training, by motivating the importance of discipline in achieving an achievement goal, Creating events so that promotion to the community is wider and faster, in order to open up the participation of interested members or prospective athletes.

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