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Falling Techniques Through Sweeping and Lifting in Pencak Silatmatch Competition (Laga Category) Based On The 2022

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Abstract

This study aims to develop a pencak silat training model focusing on sweeping (sapuan) and lifting (ungkitan) techniques based on the 2022 Pencak Silat Competition Regulations. These techniques are essential in competitive matches because they contribute significantly to scoring and require high levels of technical accuracy, balance, and coordination. However, many athletes still experience difficulties in applying sweeping and lifting techniques correctly according to the updated rules, which affects their performance during competition.

This research employed a research and development (R&D) method using a systematic development procedure consisting of needs analysis, model design, expert validation, limited trials, and field testing. The subjects of his study were pencak silat athletes. Data were collected through expert validation questionnaires and athlete response questionnaires, then analyzed descriptively.

The results showed that the developed training model was categorized as feasible and practical for use in pencak silat training. The model helps athletes better understand the correct execution of sweeping and lifting techniques in accordance with competition regulations and supports the improvement of technical performance. Therefore, this training model can be recommended as an alternative reference for coaches in developing athletes' technical skills in competitive pencak silat.

Keyword: *Pencak Silat, throwing techniques, sweeping, lifting, 2022 competition regulations*

1. Introduction

Pencak silat is a traditional Indonesian martial art that embodies both cultural values and athletic achievement. In the context of competitive sports, pencak silat requires the integrated mastery of technical skills, tactics, physical condition, and2022). Technical proficiency is a key factor in determining athletes' success in competition, particularly techniques that directly contribute to scoring(Sin & Ihsan, 2020; Syaifullah & Doewes, 2020).

One of the most important techniques in pencak silat competition is the throwing technique, which includes sweeping and lifting techniques. These techniques are commonly applied in close to medium-range situations and require good coordination, balance, and precise timing. Effective execution of sweeping and lifting techniques can provide a scoring advantage for athletes, while improper execution may reduce scoring opportunities or result in rule violations.

The development of pencak silat competition rules, particularly the 2022 Pencak Silat Competition Regulations, has introduced changes in the assessment and execution of throwing techniques(Abdul Rahim et al., 2022; Lubis et al., 2022). These changes require athletes and coaches to adapt training methods to align with the latest regulations. However, in practice, there is still a lack of training models that are specifically designed based on the updated rules, causing athletes to experience difficulties in applying sweeping and lifting techniques effectively during competition.

Based on these issues, it is necessary to develop a systematic training model for sweeping and lifting techniques that is aligned with the 2022 competition regulations. The developed training model is expected to help athletes understand proper technical execution, increase confidence during competition, and support improvements in pencak silat technical performance. Therefore, this study aims to develop a training model for sweeping and

lifting techniques in pencak silat based on the 2022 competition regulations and to examine its feasibility and practicality for use in athlete training.

2. Methods

This study employed a research and development (R&D) approach to develop a training model for sweeping and lifting techniques in pencak silat based on the 2022 competition regulations(Sugiyono, 2013). The research procedure consisted of several stages, including needs analysis, model design, expert validation, limited trials, and field testing. Needs analysis was conducted through observations and discussions with pencak silat coaches to identify problems related to the application of sweeping and lifting techniques in training and competition. Based on the results of the needs analysis, a draft training model was designed in accordance with the 2022 competition regulations and then evaluated by expert validators(Creswell & Creswell, 2017). Revisions were made based on expert feedback before the model was implemented in limited trials and field testing. The subjects of this study included pencak silat athletes selected using purposive sampling, with inclusion criteria of active athletes who regularly participated in training sessions and had basic mastery of pencak silat techniques, while athletes who were injured or not actively training during the research period were excluded. Data were collected using expert validation questionnaires and athlete response questionnaires. The collected data were analyzed using descriptive quantitative methods by converting the scores into percentage values and interpreting them based on predetermined feasibility categories, while qualitative suggestions from experts were used to refine and improve the developed training model.

3. Result and Discusion

The development process resulted in a training model for sweeping and lifting techniques (sapuan and ungkitan) in pencak silat based on the 2022 competition regulations. The model consists of structured training activities that emphasize correct technical execution, balance, coordination, and compliance with updated scoring criteria(Agung Nugroho, 2024; Roslan & Abdullah, 2020; Shapie et al., 2019). The developed training model consists of a sequence of progressive exercises focusing on the execution of sweeping and lifting techniques. Each exercise was designed to emphasize body balance, timing, opponent control, and compliance with the scoring indicators stated in the 2022 competition regulations. The model includes variations of drills that move from basic technical execution to simulated competition situations.

The feasibility of the developed training model was evaluated through expert validation involving pencak silat experts and coaching experts. The validation results indicated that the model met the criteria of content suitability, clarity, and relevance to competition demands. The results of expert validation are presented in Table 1.

Table 1. Expert Validation Results of the Training Model

No	Aspec Evaluated	Mean Score (%)	Category
1	Content suitability	88.5	Very feasible
2	Technical accuracy	90.2	Very feasible
3	Clarity of intructions	86.7	Very feasible
4	Relevance to 2022 rules	92.1	Very feasible
5	Overall mean	89.4	Very feasible

Based on expert feedback, several revisions were made to the training model, including adjustments to movement sequences, clarification of technical instructions, and alignment of drill objectives with scoring criteria. These revisions aimed to improve the clarity and effectiveness of the training model before its implementation in athlete trials.

Table 1 presents the results of expert validation of the developed training model for sweeping and lifting techniques in pencak silat. The validation results show that all evaluated aspects obtained percentage scores above 85%, which fall into the very feasible category. The highest score was found in the relevance to the 2022 competition regulations, indicating that the training model is strongly aligned with the latest rules. These findings suggest that the developed model is technically accurate, clearly structured, and appropriate for use in competitive pencak silat

training.

After revision based on expert suggestions, the training model was implemented in limited trials and field testing with pencak silat athletes. Athlete responses indicated that the model was easy to understand and practical to apply during training sessions. The results of athlete response questionnaires are shown in Table 2.

Table 2. Athlete Response Results

No	Aspec Evaluated	Mean Score (%)	Category
1	Ease of implementation	87.3	Practical
2	Training effectiveness	89.1	Practical
3	Athlete engagement	90.0	Very practical
4	Overall Mean	88.8	Practical

The results of the athlete trials indicate that the majority of participants were able to follow the training instructions properly and perform sweeping and lifting techniques with improved confidence. Athletes reported that the drills were easy to understand and closely resembled competition situations, which supported better technical execution during training.

Table 2 shows the results of athlete response questionnaires after the implementation of the developed training model. The data indicate that athletes gave positive responses to all evaluated aspects, with overall scores categorized as practical. The highest score was observed in athlete engagement, suggesting that the training activities were interesting and motivating. This result indicates that the training model is easy to apply, effective in improving technical understanding, and well accepted by athletes during training sessions(Irawadi, n.d.; Sahri et al., 2020).

The findings of this study indicate that the developed training model for sweeping and lifting techniques is highly feasible and practical when applied in pencak silat training. The high validation scores obtained from experts demonstrate that the model aligns well with the technical demands and assessment criteria stated in the 2022 Pencak Silat Competition Regulations. These regulations emphasize correct execution, balance control, timing, and the ability to clearly displace the opponent during throwing techniques to obtain valid scores.

Sweeping and lifting techniques are categorized as high-risk and high-reward techniques in pencak silat competition. When executed correctly, these techniques can provide significant scoring advantages; however, improper execution may result in penalties or injury. Therefore, the structured progression provided in the developed training model is essential to ensure that athletes acquire the techniques gradually, starting from basic movements to competition-like situations. This progression supports the principles of motor learning, where technical mastery is achieved through repetitive, contextual, and rule-based practice(Shapie et al., 2023).

Furthermore, the positive athlete responses indicate that the training model enhances athletes' understanding of correct movement patterns and scoring indicators. Athletes reported improved confidence when performing sweeping and lifting techniques, which is a crucial psychological factor in competitive performance. Confidence in executing throwing techniques reduces hesitation during matches and allows athletes to apply techniques more decisively in real competition scenarios.

Discusion

The results of expert validation and athlete responses indicate that the developed training model for sweeping and lifting techniques is feasible and practical for use in pencak silat training. The high validation scores reflect that the training model aligns well with technical requirements and the 2022 competition regulations, particularly in terms of correct execution and scoring relevance. These findings are consistent with the 2022 Pencak Silat Competition Regulations, which emphasize clear criteria for scoring throwing techniques, including sweeping and lifting. Proper execution, balance control, and opponent displacement are essential indicators for valid scoring. Therefore, a training model that explicitly refers to these criteria enables athletes to internalize competition demands more effectively and reduces the risk of technical errors that may

lead to invalid scores or penalties during matches.

The positive athlete responses suggest that the structured training activities helped athletes better understand the application of sweeping and lifting techniques during training. This finding supports the notion that training models aligned with competition rules can improve athletes' technical confidence and performance. In addition, the practicality of the model indicates that it can be easily implemented by coaches without requiring complex equipment or excessive training time. From a training theory perspective, the structured progression of the developed model aligns with the principles of systematic training and skill acquisition. According to training periodization concepts, technical mastery should be developed through progressive, rule-based, and context-specific practice. The positive athlete responses in this study indicate that the training model supports effective motor learning by providing clear movement patterns and realistic competitive situations, which are essential for improving performance consistency in pencak silat competitions.

Overall, the developed training model provides a systematic alternative for coaches to enhance the effectiveness of technical training in pencak silat. By aligning training content with updated competition regulations, the model contributes to improving the quality of athlete preparation for competitive performance. Practically, the developed training model can assist coaches in standardizing the teaching of sweeping and lifting techniques across training sessions. By using drills that reflect competition situations and scoring rules, coaches can ensure that athletes practice techniques that are not only technically correct but also effective in real match conditions. This approach may contribute to improved tactical decision-making and confidence when executing throwing techniques during competition(Aziz et al., 2023).

The results of this study are consistent with previous research stating that training models aligned with competition rules contribute positively to technical performance and learning effectiveness. Training approaches that emphasize rule adaptation and competition simulation have been shown to improve athletes' tactical awareness and technical accuracy. In pencak silat, where competition rules frequently evolve, coaches are required to continuously update training content to prevent discrepancies between training practice and match demands.

The developed training model addresses this gap by explicitly referring to the 2022 competition regulations, particularly in the execution of sweeping and lifting techniques. By incorporating scoring indicators and legal movement patterns into training drills, the model minimizes the risk of technical violations and improves the effectiveness of technical execution during matches. This finding highlights the importance of regulation-based training models in modern combat sports.

Practically, the developed training model provides a clear and structured reference for pencak silat coaches in designing technical training sessions. The model can be integrated into regular training programs without requiring additional equipment or extensive modifications to existing training schedules. Coaches can use the model to standardize the teaching of sweeping and lifting techniques, ensuring consistency in technical instruction across athletes.

For athletes, the training model serves as a guide to understanding the correct execution of sweeping and lifting techniques according to competition regulations. The use of progressive drills and competition-like scenarios helps athletes adapt more effectively to match conditions and scoring demands. As a result, athletes are better prepared to apply throwing techniques confidently and safely during competition. Overall, the training model contributes to improving the quality of technical preparation in pencak silat and supports athlete readiness in facing modern competitive demands.

4. Conclusion

This study successfully developed a training model for sweeping and lifting techniques in pencak silat based on the 2022 competition regulations. The results of expert validation indicate that the training model is categorized as very feasible in terms of content suitability, technical accuracy, clarity, and relevance to the latest competition rules. In addition, athlete responses show that the model is practical and easy to implement during training sessions.

The developed training model helps athletes better understand the correct execution of sweeping and lifting techniques and supports improvements in technical performance in competitive situations. Therefore, this model can be used as an alternative reference for coaches in designing training programs that align with current competition

regulations. Future studies are recommended to examine the effectiveness of this training model in improving competitive performance using experimental research designs.

In addition to its feasibility and practicality, the developed training model provides a clear technical reference for coaches in structuring training sessions that are aligned with current competition demands. The model supports consistent teaching of sweeping and lifting techniques and helps athletes adapt more effectively to competition rules. Therefore, this training model has the potential to contribute to improving the quality of technical training and athlete readiness in pencak silat competitions. However, this study was limited to feasibility and practicality testing; therefore, future research is recommended to examine the effectiveness of the developed training model on athletes' competitive performance using experimental designs

From a technical perspective, sweeping and lifting techniques require a high level of coordination, balance, and timing. According to the 2022 Pencak Silat Competition Rules, a valid falling technique must demonstrate clear loss of balance by the opponent as a direct result of a legal sweeping or lifting action. This emphasizes that the effectiveness of the technique is not solely determined by strength, but by precision of movement execution and correct body positioning.

The findings of this study indicate that athletes who trained using the developed model showed improved control of body balance during the execution of sweeping and lifting techniques. This improvement is particularly important in competitive situations, where incorrect posture or timing may cause the athlete to lose stability and fail to gain points. Therefore, technical mastery of these movements plays a crucial role in achieving successful performance outcomes during matches.

In the laga category, falling techniques such as sweeping and lifting also possess significant tactical value. These techniques can be used not only to gain points, but also to disrupt the opponent's rhythm and psychological readiness. Successfully executing a falling technique often shifts match momentum, forcing the opponent to adopt a more defensive strategy.

Based on the results, athletes reported that the structured training model helped them recognize appropriate situations to apply sweeping and lifting techniques during matches. This tactical awareness is essential, as improper timing may result in counterattacks or penalties. Thus, the integration of tactical elements into technical training supports athletes in making better decisions during real competition scenarios.

Safety considerations are an essential aspect of training falling techniques in pencak silat. Sweeping and lifting techniques involve direct body contact and potential risk of injury if not executed correctly. The 2022 competition rules implicitly emphasize safety by regulating legal movement patterns and prohibiting dangerous actions.

The developed training model incorporates gradual learning stages, allowing athletes to adapt physically and mentally before performing techniques at full intensity. This approach minimizes the risk of injury while ensuring technical correctness. Consequently, the training model not only improves performance outcomes but also contributes to athlete safety and long-term training sustainability.

This study contributes to the development of pencak silat by providing a regulation-based training model specifically focused on sweeping and lifting techniques. By aligning technical instruction with official competition rules, the study addresses the gap between training practices and competitive demands. This contribution is particularly relevant in the context of modern pencak silat, where rule interpretation and technical precision increasingly influence match outcomes.

Furthermore, the findings support the notion that systematic and regulation-oriented training models can enhance both technical proficiency and competitive readiness. This contribution may serve as a reference for future research and practical applications in pencak silat coaching and athlete development.

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