

ABSTRAK

SURVEI LATIHAN TENDANGAN (C) PADA ATLET PENCAK SILAT PERSAUDARAAN SETIA HATI TERATE (PSHT) RANTING MALAKA TENGAH,KAB MALAKA

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Latar belakang: Pendidikan jasmani olahraga dan kesehatan adalah suatu proses pembangunan olahraga merupakan salah satu bagian dari pembangunan, Nasional yang membutuhkan manusia yang berkarater tingkah laku yang mendukung pembangunan generasi mudah.

Tujuan Penelitian: Untuk mengetahui pelatih atlet pencak silat (PSHT). Dalam belajar latihan tendangan C, Atlet pencak silat (PSHT).

Metode penelitian: Menggunakan deskriptif kualitatif pengumpulan data dengan cara observasi, wawancara, dan dokumentasi. Subjek penelitian adalah 25 orang dan pelatih pencak silat.

Hasil dan Pembahasan: Hasil penelitian menunjukkan bahwa proses belajar Survei Latihan Tendangan (C) Pada Atlet Pencak Silat Persaudaraan Setia Hati Terate (PSHT) Ranting Malaka Tengah Kabupaten Malaka melibatkan beberapa tahapan, yaitu: (1) Tahap persiapan, meliputi pemanasan dan penjelasan materi; (2) Tahap pelaksanaan, meliputi latih Tendangan C dengan bimbingan Pelatih Atlet Pencak Silat ; dan (3) Tahap penutup, meliputi evalusai dan pendinginan. Pelatih Atlet Pencak Silat menggunakan berbagai metode belajar, seperti demonstrasi dan pemberian umpan balik. Atlet menunjukkan antusiasme dan motivasi yang tinggi dalam mengikuti belajar. Namun, masih terdapat beberapa kendala dalam proses pembelajaran, seperti Atlet takut-takut dalam melakukan teknik gerakan Latihan Tendangan C .

Simpulan: Berdasarkan uraian di atas, maka dapat disimpulkan bahwa dalam proses belajar Tendangan C. sudah terstruktur sesuai tahapan demi tahapan.

Kata kunci: Latihan tendangan C.

ABSTRACT

KICK TRAINING SURVEY (C) FOR PENCAK SILAT ATHLETES FROM THE FAITHFUL HEART TERATE BROTHERHOOD (PSHT) CENTRAL MALACCA BRANCH, MALACCA REGENCY

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Background: Physical education, sports and health is a development process. Sports is one part of national development which requires people with behavioral characteristics that support the development of an easy generation.

Research Objective: To find out the coaches of pencak silat athletes (PSHT). In learning C kick exercises, Pencak Silat athletes (PSHT).

Research method: Using descriptive qualitative data collection by means of observation, interviews and documentation. The research subjects were 25 people and pencak silat trainers.

Results and Discussion: The results of the research show that the learning process of the Kick Training Survey (C) for Pencak Silat Athletes from the Setia Hati Terate Brotherhood (PSHT) Central Malacca Branch, Malacca Regency involves several stages, namely: (1) Preparation stage, including warm-up and explanation of the material; (2) Implementation stage, including C Kick training with the guidance of a Pencak Silat Athlete Trainer; and (3) Closing stage, including evaluation and cooling. Pencak Silat Athlete Trainers use various learning methods, such as demonstrations and providing feedback. Athletes show high enthusiasm and motivation in participating in learning. However, there are still several obstacles in the learning process, such as athletes being afraid to carry out the C Kick Exercise movement technique.

Conclusion: Based on the description above, it can be concluded that the process of learning Kick C. has been structured according to stage by stage.

Keywords: C kick training.