

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF 6-WEEK SILAT-
SPECIFIC INTERVENTION ON
TECHNICAL AND TACTICAL
ASPECTS OF SILAT OLAHRAGA
ATHLETES**

SITI JAMEELAH BINTI MD JAPILUS

Dissertation submitted in partial fulfillment
of the requirements for the degree of
Master of Sports Science

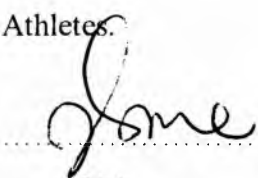
Faculty of Sports Science and Recreation

December 2014

AUTHOR'S DECLARATION

I hereby certify that the work in this dissertation was carried out in accordance with the regulations of UniversitiTeknologi MARA. I declare that this is the true copy of my dissertation and that no part of this dissertation has been submitted to any other academic institution or non-academic institution for any degree or qualification.

I hereby acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, UniversitiTeknologi MARA, regulating the conduct of my study and research.

Name of Student : SitiJameelahBintiMdJapilus
Student I.D. No. : 2011548377
Programme : Master of Sport Science(Coaching)
Faculty : Faculty of Sport Science and Recreation
Dissertation : The Effects of 6-weeks Silat-Specific Intervention
Title : on Technical and Tactical Aspects of SilatOlahraga
Athletes.
Signature of Student : 
Date : Dec 2014

ABSTRACT

Background and purpose of study: The objective of this present study is to identify the effectiveness of 6-weeks silat-specific intervention on technical and tactical aspects in silatolahraga. **Protocols:** 20 male participants aged from 18-25 year-old, universities silatolahraga athletes who have less than 6 month experienced in silatolahraga were assigned into two groups, intervention group (n=10) and control group (n=10) after underwent pre-intervention match on the beginning of data collection. Both groups follow two different training interventions which intervention group followed silat-specific intervention while control group followed conventional silat training for 6-weeks. Pre and post-sparring match was done through video records and analysed by hand notational analysis. **Results:**It was showed that the intervention group had ten variables to be significantly increase after six weeks of training that were punch (57.14%) ($p<0.05$), catch (172.73%) ($p<0.05$), dodge (130.43%) ($p<0.05$), turning kick (50%) ($p<0.05$), front kick (93.94%) ($p<0.05$), back kick (266.67%) ($p<0.05$), side kick (100%) ($p<0.05$), swept (160%) ($p<0.05$), combination techniques (140.91%) ($p<0.05$) and defensive strike actions (39.30%) ($p<0.05$). Besides, results also showed that the intervention group had three variables of error actions to be significantly decreased after six weeks training that were missed kick (40%) ($p<0.05$), missed topple (64%) ($p<0.05$) and drop occurrence (61.54%) ($p<0.05$). On the other hand, results showed that the control group to had three variables to be increased after six weeks that were side kick (180%) ($p<0.05$), out of court (72.73%) ($p<0.05$) and dropped (200%) ($p<0.05$) while one variable was decreased that was dodge occurrence (181.25%) ($p<0.05$). Finally, current study determined that seven variables to be significantly difference between intervention and control group that were catch ($p<0.05$), dodge ($p<0.05$), turning kick ($p<0.05$), swept ($p<0.05$), missed kick ($p<0.05$), out of ring ($p<0.05$) and dropped occurrence ($p<0.05$). In summary, 6 weeks silat-specific intervention was effective in increasing the technical strikes occurrence of catch, dodge, turning kick, front kick, back kick side kick, swept and combination techniques which very important skills to provide higher scoring point in sparring match. The reduction number of error actions proved that fewer mistakes had been done on the post-intervention match compared to pre-intervention match. **Significance of the study:**This current study will provide contribution to coaching science, body of knowledge.

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	ix
LIST OF FIGURES	xii
CHAPTER ONE: INTRODUCTION	1
1.1 Research Background	1
1.2 Problem Statement	4
1.3 Objectives of the Study	5
1.4 Hypotheses	5
1.5 Delimitations	7
1.6 Limitations	8
1.7 Assumptions	8
1.8 Significance of Study	9
1.9 Definition of Terms	9
1.9.1 6-weeks Silat-specific Intervention	9
1.9.2 Technical Skills	9
1.9.3 Tactical Aspects	10
1.9.4 Strike Actions	10
1.9.5 Error Actions	10
1.9.6 Punch	10
1.9.7 Kick Styles	10
1.9.8 Block	11
1.9.9 Catch	11
1.9.10 Drop Skills	11
1.9.11 Topple	11
1.9.12 Swept	12
1.9.13 Scissor	12

1.9.14 Dodge or Evade	12
1.9.15 Leg Stance or Ready Position	12
1.9.16 Fake Movement or Dummy	13
1.9.17 Self- Released	13
1.9.18 Combination of Movement	13
1.9.19 Out of Ring	13
1.9.20 Dropped Occurrence	14
CHAPTER TWO: LITERATURE REVIEW	15
2.1 Introduction to Silat Olahraga	15
2.2 Skills Involvement of Silat Olahraga Participant	20
2.3 Technical and Tactical Aspects in Silat Olahraga	21
2.4 Effectiveness of Technical Occurrence and Tactical Strategy in Silat Olahraga	24
2.5 Introduction to Performance Analysis	25
2.6 Notational Analysis in Combat Sports	25
2.7 Hand Notational in Combat Sports	27
2.8 Reliability and Validity in Notational Analysis	28
2.9 Conclusion	30
CHAPTER THREE: METHODOLOGY	31
3.1 Introduction	31
3.2 Research Design	31
3.3 Sampling	32
3.4 Instruments	33
3.4.1 Hardware	33
3.4.2 Development of Sport-specific Notational System (Hand Notation)	33
3.5 Training Intervention	34
3.6 Procedures	37
3.6.1 Training Intervention Protocols	37
3.6.2 Hand Notational Analysis Protocols	38
3.7 Reliability	38
3.8 Technical and Tactical Parameters	39