

## SPORT ACCOMPANIMENT OF SELF DEFENSE PENCAK SILAT BANJAR RAGA INSANI CLUB AT ARA PAYUNG VILLAGE

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### Abstract

*This community service activity is one form of the implementation of the Tri Dharma of Higher Education. This activity was carried out in order to help preserve the pencak silat banjar culture which is in the Village of Ara Payung. The main problem faced by partners is that in carrying out the training of pencak silat trainers, they do not yet have the ability to prepare training programs, variations in the practice of pencak silat in the art of motion are not many. And the lack of training facilities that exist in supporting a good training process, and supporting facilities. The output targets in this activity are: Trainers are able to make a good and correct training program in accordance with the rules of coaching. Availability of standard martial arts training facilities in accordance with the provisions. The method used to achieve the objectives of this activity is. Coaching clinic for the preparation of training programs for pencak silat coach, and mentoring for banjar pencak silat training. This service activity has resulted in an exercise program that is used in training at the club, the trainer is able to arrange an exercise program that can be applied in training, increasing the variety of training in the Pencak Silat Raga Insani club. With the training and mentoring activities, the enthusiasm of the teenagers in the village of Ara Payung was higher in participating in the martial arts training in his village.*

**Keywords:** Instrument, Talent, Karate.

### 1. INTRODUCTION

Pencak Silat is one type of art and sport. Pencak silat martial arts from Southeast Asia include Malaysia, Brunei, Singapore, Philippines, Thailand, and also our country Indonesia. Pencak silat is an art tradition that is spread through the Malay Archipelago tradition. Up over time, the type of martial arts also began to spread to countries Vietnam propagated by the Indonesian people. Up to now State-fighter Vietnam spawned a formidable fighter and martial arts founded the parent organization in the State of Indonesia called Indonesian Pencak Silat Association (IPSI).

Even that the history of pencak silat has spread through various stories such as several legends in various regions, such as from one region to another and thoroughly to the land of the archipelago. The history of pencak silat began in writing since the 14th abad due to the influence of the propagators of the religion in this Nusantara or Nuswantara land. At that time, martial arts became the main lesson in religion as self-protection when facing war. Because at that time, there were still various wars due to territorial struggle and politics as well as power. Pencak silat martial arts lessons are also taught in various surau or mushalla and also religious places such as madrasa and pesantren. Usually they practice pencak silat after or before they recite. That is why martial arts is claimed to be a martial art that is part of their spiritual practice. And this exercise is commonly referred to as 'celebrating' or united with nature. So, no wonder if many moves are born from nature such as animals, plants, even disaster.

One area that until now still continues to preserve the culture of martial arts is the village of Ara Payung with the name Pencak Silat Banjar Raga Insani club, which is directly fostered by the Head of the Village. is one of the villages in Pantai Cermin District, Serdang Bedagai Regency. When Ara Payung Village was led by Mr. Ahmad Alhadi, SH. The total area of the village is 426 ha, with the border area to the north of Kuala Lama Village, south of Pematang Sijionam Village Perbaungan District, west of the Temporary Village, east of Pematang Kasih Village. Ara Payung Village has 5 hamlet areas which are mostly used for agriculture. Originally the name Ara Payung itself according to the history of its predecessors that in the middle of the village grew a large tree called Ara which is a type of banyan tree with the shape resembling an umbrella and this tree is the highest tree in this village and the highest in Pantai Cermin District. The population of Ara Payung village is 2,208 people, consisting of 1,119 men, 1,091 women. with the majority of the population being Banjar tribe.



**Figure 1.** Ara Payung Head Office.

This village preserves and develops pencak silat banjar martial arts, because the majority of the population in this village is the Banjar tribe. And there are still some elders who still master the banjar martial arts moves themselves. This prompted the village head to revive the culture of the community that had once existed in the village of Ara Payung, as well as a means for the village community both children, adolescents and adults to practice martial arts martial arts. He hoped that this banjar martial arts martial arts would not be extinct, and this village became one of the villages that was able to revive the indigenous Banjar culture. So far, the utilization of the results of martial arts training has only been used in guest reception events, weddings and other traditional events.

In its development there were many problems found in the development of martial arts club. In the presentation and appearance of motion art the trainer is still minimal in terms of variations in the motion of the art, and is unable to combine the art of motion and accompanying music. Minimal training equipment, at present the club does not have standard training equipment, such as target punches and kicks. The trainer's ability to make training programs is still very minimal, the exercises carried out so far are still done randomly, not well planned.

The partners involved in this community service activity are people who are members of the Banjar Raga Insani Pencak Silat Club based on the data described above, many of the problems faced by the Banjar Raga Islamic martial arts school. But in this service activity we only focus on the problem:

1. There is no training program arranged neatly and completely.
2. Variations in practice that tend to be monotonous, so that it creates a lot of boredom for children who practice, this has an impact on the low attendance level during training.
3. When practicing pencak silat for the art of motion, the variation in practice is not maximal, this has an impact when the appearance of the motion art shown is less varied. And the music used is not right.
4. Lack of exercise equipment in the form of kicks and punches targets that can be used when practicing.

Solution:

1. Provide coaching clinic preparation training program for coaches.
2. Provide training forms a variety of exercises and assist trainers to implement a variety of exercises given.
3. Provide examples of variations of motion directly and in the form of video to the coach that can be used to add a variety of motion.
4. Providing sports training facilities like is petching pet and punch targets for pencak silat.

## **2. IMPLEMENTATION METHOD**

This service activity involves many parties, while the parties involved in this service activity are unimed LPM, as an institution that has pioneered community service activities for lecturers and students at Medan State University. Mr. Ahmadi SE, as the Village Head and Counselor of the Pencak Silat Banjar Raga Insani club, was the one who later pioneered the establishment of the Banjar Raga Islamic Pencak Silat. The establishment of this club is one form to preserve the pencak silat banjar culture, which is the ancestral heritage of the local community, which is inhabited by many banjar tribes.

The establishment of this club also as a form of his sense of responsibility as the son of the tribe of the Banjar as well as the Village Head, wanted to introduce the indigenous culture of the local community, and provide a forum for positive activities for the youth of Ara Payung Village. This activity is also intended as a forum for activities that can provide self-defense abilities for young people of the Banjar tribe, and equip them with the ability of martial arts, it is expected that teenagers who practice pencak silat have high self-esteem and remain humble. This pencak silat training activity is also beneficial for teenagers in distancing them from narcotics, according to the village head, before the existence of martial arts training activities in his village many teenagers were involved in drug abuse.

The next party involved was the trainer of the Banjar martial arts school, Mr. Hasbullah and teenagers who practiced the Pencak Silat banjar. Pak Hasbullah is one of the community leaders who still has a concern in the preservation of pencak silat banjar, he is one of those who still pursue and practice banjar martial arts even though with the age above 50 years but the enthusiasm to preserve the culture of the Banjar tribe is very high. In this activity the village apparatus was also very instrumental in presenting the first because this activity was held in the afternoon, which many teenagers who practiced were still many who went to school and they usually practiced at night on the home page of the village head.

The model applied in the implementation of this activity was the first survey, this survey was conducted in order to look for problems that occurred in the pencak silat club, then formulate together the trainers the solutions to be given in solving the problems together. This is intended in the implementation of the activities of all involved can play an active role in solving the problem that occurs, this is because in the decision-making the solution given is decided jointly. In this activity also agreed upon the time of the activity. After conducting a survey and agreeing on a solution that will be given the next stage, it is a workshop and mentoring in the preparation of a martial arts training program and training in evaluating both physical and technical factors. This activity is carried out by involving trainers and adolescents who practice martial arts. Mentoring is carried out in the case of conducting exercises in the field. The dedication team wants to ensure that the training material can be understood by the trainers and they can implement the material given directly to their students.

### 3. RESULTS ACTIVITY

Implementation of activities will be coordinated with LPM-UNIMED and partner teams and related agencies such as arranging permits, preparing activity schedules and preparing for training facilities to be provided to the Partner Team. Preparation stage (FGD), preparation of facilities for martial arts training. The survey activity was held on Saturday July 25 2018, in this activity agreed upon for the next meeting, as well as the agreement of the roles of each party in order to facilitate the activities to be carried out.



**Figure 2.** Focus grup discussion.

The next activity was a coaching clinic for the training program conducted on August 4, 2018 at the home of the Ahmadi father's house, and this location was a place for training children while practicing pencak silat banjar. The clinic clinic is an important activity that must be followed by trainers and adolescents who practice in the human body martial arts club. The focus of this activity is the preparation of training programs and practicing variations in martial arts practice. In accordance with the wishes of the coach and the head of the village, where children who practice silat often fill out events that begin with the appearance of a martial arts show, which is the culture of the local community.



**Figure 3.** Training For Coaching.



The mentoring program in the activities that will be carried out aims to assist training in implementing the pencak silat training program that has been prepared. Ensure that the material provided by the resource person can be absorbed by the trainer, and the trainer is able to do it in the field. It is hoped that with this mentoring activity, there will be more variations in training and more attractive and effective training and efficiency. The next activity is to conduct a variety of motion art training in pencak silat. The variety of art movements in pencak silat is given in order to fulfill the desires of trainers and village heads, so that the appearance of children in the shows that are often performed in the village is new and more attractive. Antusism of trainers and children who practice is very extraordinary, with the material given to them as a part of the art movement the more the spirit of training.

This activity has produced output in the form of a martial arts training program. The other Luran is more and more variety of martial arts exercises for art, which have been given to trainees. This stage of evaluation is carried out in stages to measure the level of success of the activities that have been carried out. The indicator of the program's achievements is the martial arts training program, and the existence of new variations in martial arts for performances that are accompanied by music. From the training and mentoring activities also produced prospective trainees who can help the main trainers in training children who practice each exercise. Empowerment is carried out in order to regenerate the coach, so that the martial arts club still exists in the future.



**Figure 4.** Variation of Training.

The impact of this activity is the increasing number of children who practice pencak silat in the Ara payung village. The increasing number of trainees who practiced pencak silat at the human body club was the hope of the village head. Pencak silat clubs have new prospective trainers who are ready to replace the trainer if the main trainer is unable to attend. The new trainer candidates, also known as assistant trainers, are expected to be the next generation that will develop pencak silat in the future.



**Figure 5.** Team and Official.

#### **4. CONCLUSIONS AND RECOMMENDATION**

The follow-up of this activity is to conduct long-term cooperation by presenting other speakers to solve the problems that arise in the Banjar Raga Insani Pencak Silat Desa Ara payung college. Evaluation of the implementation of activities specifically will be input which will be followed up carefully in the design of multi-year community service activities. The multiyear service activity referred to is the Partner Village Service Program (PPDM). With the university, human body becomes one of the places to develop the talents and potential of Ara payung village children. Training martial arts and can increase confidence for Ara Payung village children.



Ara Payung Village with the potential of agricultural nature which reaches 400 hectares with a population of 3000 people. As well as the many centers of community activities such as PKK mothers who have produced with corn chips and other culinary production. Besides that, there is also a place for sports activities in Ara Payung Village. In addition to Pencak Silat martial arts training there is also a Volleyball practice community with two Sepak takraw fields and sports. Of course, this center of community activities is an activity that can be developed. With many community activity centers in the village of Ara Payung, this village is worthy of being used as a reference for other villages to develop the potential of their respective villages.

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