

Socialization of Weight Training Program for Shorinji Kempo Martial Arts Coaches and Athletes in the Special Region of Yogyakarta

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ABSTRACT: The socialization of the weight training program, which aims to provide insight and knowledge to Shorinji Kempo coaches and athletes, has been carried out successfully. It is hoped that after participating in this socialization, Shorinji Kempo coaches and athletes will be able to perform weight training correctly, thereby contributing to the improvement of athletic performance, particularly in the martial art of Shorinji Kempo in the Special Region of Yogyakarta.

socialization was held for two days and was attended by six coaches representing Sleman, Kulonprogo, Gunung Kidul, Yogyakarta City, and Bantul, as well as ten athletes representing each region who will participate in the 2025 PORDA D.I.Y in Gunung Kidul. There were a total of 80 participants.

The research results obtained are as follows: (1) a total of 30 coaches had very low knowledge (13%) of training programs for athletes. Meanwhile, 87% or 26 coaches out of the total number who attended the socialization session were unaware or did not know about weight training programs to improve power in the high category. (2) The overall total of 50 athletes demonstrated very low knowledge or received weight training programs provided by coaches at a rate of 28%. Meanwhile, 72% of athletes or 36 athletes out of the total number of shorinji kempo athletes who participated in the socialization, had never been given a weight training program to increase power in the high category. It is hoped that this weight training program socialization will have a positive impact on the performance of Shorinji Kempo athletes from the Special Region of Yogyakarta at the 2025 PORDA event and other championships participated in by Shorinji Kempo martial arts practitioners.

KEYWORDS: Socialization, insight, weight training, Shorinji Kempo.

INTRODUCTION

Shorinji Kempo is a martial art originating from Japan that relies on unarmed self-defense techniques. Shorinji Kempo is a modification of Shaolin Kung Fu. One of the benefits of practicing Shorinji Kempo is building physical and mental strength to be healthy and strong, to be able to control oneself, achieve success, and increase self-confidence. To maximize performance in Shorinji Kempo, coaches and athletes need to pay close attention to the determining factors. One factor that can support technical performance is power (Ayu Sahiruddin, 2021). Power is the ability to perform explosive movements that combine speed and strength. Many factors determine the ability to generate good power, one of which is a weight training program.

Weight training is physical exercise that uses weights to increase muscle strength and endurance. Weight training is also known as weight training. Weight training is a common exercise for building and shaping muscles. In addition, weight training also has a variety of other health benefits. Weight training is designed to train the muscles of the body, such as the arms (biceps and triceps), chest muscles, shoulders, back, legs, thighs, and calves. According to (Suharjana., 2019) weight training is a systematic exercise that uses weights as a tool to increase muscle strength. Additionally, according to (Ahmad Nasrulloh et al., 2018) weight training is a planned and structured exercise that uses appropriate weights and progresses gradually.

However, it is important to remember that when performing weight training, one must pay attention to the components of the exercise because when performing strength training, one must still pay attention to the functional quality of the organs so that their physiological functions can improve. Things that need to be considered include intensity, volume, frequency of recovery after exercise, and intervals (Hidayat., 2016). In addition, according to (Weider., 2017), there are several exercise variations that can be used to increase leg muscle strength. The exercise variations in question are as follows: deadlift, leg extension, barbell squat, leg press, Smith machine back squat, Smith machine front squat, standing calf raise, and standing leg curl. Therefore, it can be concluded that weight training is a form of systematic, planned body movement exercise that enhances muscle strength or power to achieve specific goals.

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Based on the results of discussions and observations conducted by researchers with the D.I.Y regional management organization, it was concluded that it is necessary to organize a socialization program on weight training for Shorinji Kempo coaches and athletes to provide them with the proper understanding and insight into conducting weight training programs. On this occasion, the staff under the Faculty of Sports Science and Health at Yogyakarta State University collaborated with the D.I.Y Regional Shorinji Kempo Association to hold a “Socialization Program on Weight Training for Shorinji Kempo Martial Arts Coaches and Athletes.”

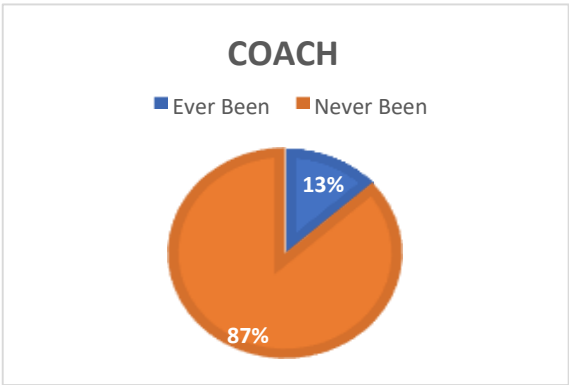
METHOD

This research-based community service program is a quantitative descriptive study using a survey method. The study population consists of Shorinji Kempo coaches and athletes. The community service program was conducted over two days and was attended by six coaches each from Sleman, Kulonprogo, Gunung Kidul, Yogyakarta City, and Bantul, as well as ten athletes each who will participate in the 2025 DIY Regional Sports Games (PORDA). There were a total of 80 participants. The research instrument used in this study was a questionnaire with a total of 35 questions, which was then tested. After validity testing, 5 questions were deemed invalid, leaving 30 valid questions to be used to measure the level of knowledge of coaches and athletes regarding weight training to increase power. Data analysis was conducted using quantitative descriptive methods with percentages.

RESULT AND DICUSSION Result

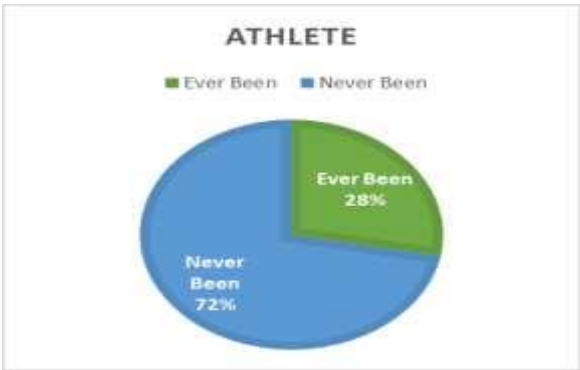
The results of this study show that the knowledge of Shorinji Kempo coaches and athletes in weight training programs to increase power is low. Based on the results of the survey on knowledge of weight training programs, the following conclusions can be drawn:

1. Coach Research



Based on the results of the total percentage of 30 coaches on knowledge in providing training programs to athletes in the very low category, 13% or only 4 coaches provided weight training programs to athletes. Meanwhile, 87% or 26 coaches from the total number who participated in the socialization did not know or were unaware of weight training programs to increase power in the high category.

2. Athlete Research



Based on the overall percentage of 50 athletes, only 28% or 14 athletes had received weight training programs from their coaches. Meanwhile, 72% or 36 athletes had never received weight training programs to increase their power.

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DISCUSSION

In improving the knowledge of participants, weight training program socialization is a very important part of providing additional knowledge in understanding proper weight training, increasing knowledge in the field of coaching so that it can support coaches and athletes to compete and achieve achievements in competitions in the field by adhering to the knowledge obtained from participating in weight training program socialization.

It is still commonly found that coaches and athletes choose to increase power by training with additional weights at fitness centers independently and without proper supervision. Weight training at fitness centers is considered a practical way for athletes to increase their physical power. However, there are still several obstacles encountered in the field, including the lack of knowledge among athletes and coaches in providing good and safe weight training programs that do not cause injury to athletes. Many Shorinji Kempo coaches and athletes only understand technical training but lack understanding of weight training programs, which are an important factor in developing power in Shorinji Kempo athletes.

CONCLUSION

The dissemination of the weight training program, which aims to provide insight and knowledge to Shorinji Kempo coaches and athletes, has been carried out successfully. It is hoped that after participating in this dissemination, Shorinji Kempo coaches and athletes will be able to perform weight training correctly, thereby contributing to the improvement of athletic performance, particularly in the martial art of Shorinji Kempo in the Special Region of Yogyakarta. The dissemination of this weight training program also supports the creation of a sustainable and competency-based coaching system, which will have an impact on improving the performance of Shorinji Kempo athletes from the Special Region of Yogyakarta in the 2025 PORDA event and other championships participated in by Shorinji Kempo martial arts enthusiasts.

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