

SELECTION FOR PHYSICAL STRENGTH DEVELOPMENT EXERCISES FOR MALE PENCAK SILAT SPECIALIZED STUDENTS IN SECOND YEAR OF PHYSICAL EDUCATION FACULTY AT BAC NINH SPORT UNIVERSITY

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Abstract:

By the common scientific research methods, we have selected 5 physical strength assessment tests and 37 physical strength development exercises for male Pencak silat specialized students in the second year in Physical Education Faculty at Bac Ninh Sport University.

Key words: Physical strength exercises, male Pencak silat specialized students...

INTRODUCTION

Research on physical strength development exercises, contributing to improve the quality of training of Pencak silat specialized students is not only one of the urgent tasks for the Department of Martial Arts – Boxing but also the important goal of Physical Education Faculty at Bac Ninh University of Sports.

RESEARCH METHODS

During the research, we have used the methods of analysis and synthesis of documents, pedagogical observation, interview, pedagogical examination, pedagogical experiment and mathematical statistics.

RESULTS AND DISCUSSION

1. Select physical strength assessment test for male Pencak Silat specialized students

By the necessary scientific methods, the study has selected 5 credible and informative tests to assess the physical strength level for Pencak silat specialized students, including 15-second jump rope (times), move in formal attention stance, speed punch for 30 seconds (times) (times), 15- second push up (times), 20-second round kick and back leg sweep (times) and 30- second lunge reverse punch and front round kick (times).

2. Select physical strength development exercises for male Pencak Silat specialized students

Through direct interview and interview by questionnaires on large scale, the study has selected 37 exercises for physical strength development, including strength of speed (6 exercises); power (8 exercises); strength of endurance (7 exercises); motor coordination capacity (10 exercises); flexibility (6 exercises).

3. Apply and evaluate efficiency of physical strength development exercises for male Pencak Silat specialized students in second year of Physical Education Faculty at Bac Ninh University of Sports

2.1. Experimental organization

We have conducted the experiments for 3 months with 1 semester, 2 sessions per week during the extracurricular period (from 17:30 pm to 19:00 pm on Tuesdays and Thursdays), with 20- 25 minute for physical strength training, training of strength of speed, power, flexibility at the beginning of the training session. The exercise of motor coordination development is before strength of endurance training at the end of the training session. Experimental process is in Table 1.

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Table 1. Experimental process

No.	Exercises	Week											
		1	2	3	4	5	6	7	8	9	10	11	12
1	Alternate 1-hand speed punch for 10 times x 3 groups, 20- second break between groups	x	x				x		x			x	
2	Continuous speed lunge reverse punch for 10 seconds x 3 groups, 30- second break between groups	x	x				x			x	x		
3	Move in formal attention stance, speed lunge reverse punch for 10m x 3 groups, 30- second break between groups			x	x							x	x
4	Move in formal attention stance, 1-hand speed reverse punch for 10 times x 3 groups, 30- second break between groups			x	x					x	x		
5	Move in formal attention stance, continuous lunge reverse punch for 10 seconds x 3 groups, 30- second break between groups					x	x			x	x		
6	Capture the flag game	x	x	x	x			x	x			x	x
7	3- time push up and 10m progressive run x 3 groups, 30- second break between groups					x	x			x	x		
8	3- time jumping lunges and 10m progressive run x 3 groups, 30- second break between groups			x	x			x	x			x	x
9	3- time jumping jacks and 10m progressive run x 3 groups, 30- second break between groups	x	x			x	x			x	x		
10	3- time high knee jump and 10m progressive run x 3 groups, 30- second break between groups							x	x			x	x
11	30- second push up x 3 groups, 30- second break between groups			x	x	x	x			x	x		
12	30- time crunches x 3 groups, 30- second break between groups	x	x			x	x			x	x	x	x
13	Knock down for 30 seconds x 3 groups, 2- minute break between groups			x	x			x	x				
14	Continuous 2- leg round kick with 1.2 kg resistance band for 15 seconds x 3 groups, 1- minute break between groups			x	x	x	x			x	x		
15	Continuous lateral box jump for 1 minute x 3 groups, 60- second break between groups			x	x			x	x				x
16	Forward alternate leg box hops for 1 minute x 3 groups, 60- second break between groups		x			x	x			x	x	x	
17	1-minute round kick at target pad x 3 groups, 60- second break between groups	x	x					x	x			x	x
18	2-minute reverse punch at 2 opposite target pads (1 time)					x	x			x	x		
19	2-minute kick at 2 opposite target pads (1 time)			x	x			x	x			x	x
20	5-minute straddle stance (1 time)					x	x			x	x		
21	3-minute games x 3 games, 4-minute break between games	x	x					x	x			x	x
22	Combination of 1- step front leg lunge and 1- step break for 10m x 3 groups, 30- second break between groups					x	x			x	x		
23	Combination of side 1-step lunge and 1- step break for 10m x 3 groups, 30- second break between groups	x	x	x	x			x	x			x	x
24	Lung reverse punch attack for 15 seconds x 3 groups, 30- second break between groups					x	x			x	x		
25	Move in front stance, continuous rounded 45°, 90°, 180° 270° shift x 3 groups, 2- minute break between groups			x	x			x	x			x	x
26	Continuous lunge punch attack at 10 targets seconds x 3 groups, 30- second break between groups	x	x			x	x			x	x		
27	Continuous reverse punch attack at 10 targets x 3 groups, 30- second break between groups	x	x					x	x	x	x	x	x
28	Continuous lunge reverse punch attack at 10 targets x 3 groups, 30- second break between groups			x	x	x	x			x	x	x	x
29	15m shadow punch x 3 groups, 30- second break between groups			x	x			x	x			x	x
30	2 opposite target round kick at 3.2m-distance for 20 second x 3 groups, 30- second break between groups			x	x			x	x				x
31	A third pre-person game		x			x	x			x	x	x	
32	Front split			x	x			x	x				x
33	Side split		x			x	x			x	x	x	
34	Pancake front split			x	x			x	x				x
35	Pancake side split		x			x	x			x	x	x	
36	Move, lunge with front kick to front split for 15m (1 time)	x		x	x			x	x				x
37	Move, side lunge kick to side split for 15m (1 time)	x	x				x		x			x	



Pencak Silat lesson at Bac Ninh Sport University

2.2. Evaluate efficiency of selected exercise application

Based on the 5 selected tests, the study has assessed the physical strength level for students in control and experimental groups before and

after 3 month- experiment. The results show that before experiment, there is no difference in the physical strength level between the two groups ($t_{\text{calculation}} < t_{\text{table}}$ at the probability threshold $P > 0.05$). After 3- month experiment, the the physical strength level of the experimental group is better than the control group ($t_{\text{calculation}} > t_{\text{table}}$ at the probability threshold $P < 0.05$)

We have measured the growth rate of physical strength level fitness rhythm

of students in the two groups to c better understanding the difference. Results are in Table 2.

Table 2. Growth rate of physical strength by male Pencak Silat specialized students after 3- month experiment

TT	Statistic parameter Test	W (%)	W (%)	change
1	15- second jump rope (times)	2.67	8.81	6.14
2	Move in formal attention stance, speed punch for 30 seconds (times)	3.81	7.31	3.5
3	15- second push up (times)	2.99	11.53	8.54
4	20-second round kick and back leg sweep (times)	8.19	13.08	4.89
5	30- second lunge reverse punch and front round kick (times)	4.96	11.37	6.41

Table 2 shows that the growth rate of physical strength by students in experimental group is much higher than the control group. This proves that the selected exercises have created positive effects on the physical strength development for male Pencak Silat specialized students.

CONCLUSION

1. The research process has selected 5 physical strength assessment tests and 37 physical strength development exercises for male Pencak silat specialized students

2. Experimental results prove the efficiency of the selected exercises, contributing to the

development of physical strength for male Pencak silat specialized students in the second year in Physical Education Faculty at Bac Ninh University of Sports

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