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## INTEGRATING PUNCHING TRAINING MEDIA INTO ELEMENTARY EDUCATION: ENHANCING PHYSICAL EDUCATION CURRICULUM THROUGH CIRCULAR KICKS

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**Abstract.** The problem in this study began with the researcher's observation of the weak ability of inner circle kicks of Tarung Derajat athletes at Kurata II Satlat Padang Baru, Padang City. This study aims to determine the Effect of Punching Bag and Punching Pad Training Media and Motivation on Increasing the Strength of Inner Circle Kicks of Tarung Derajat Athletes. This study uses a 2 x 2 factorial research design, where the effect of using punching bag and punching pad training media as independent variables and motivation as the control variable. While the dependent variable is the increase in the strength of inner circle kicks in Tarung Derajat athletes. The sample in this study amounted to 24 people with male and female genders. The sampling method used in this study was the Saturated Sample Technique. Data collection on inner circle kick ability was carried out by performing as many inner circle kicks as possible within 15 seconds with a punching bag as the target. The data on the increase in inner circle kick ability obtained were then analyzed using two-way ANOVA statistics (Two Way ANOVA) 2 x 2. Based on the results of data analysis and interpretation of the results of the study, it shows that: 1 ) there is an effect of increasing the strength of inner circle kicks using punching bag training media. 2) there is an effect of increasing the strength of inner circle kicks using punching pad training media. 3) there is an effect of motivation on increasing the strength of inner circle kicks in combat athletes. 4) The results of the study showed that there was no significant interaction between training media (punching bag and punching pad) with motivation, which means that both factors have their own independent influences.

**Keywords:** Punching Bag Training Media, Punching Pad, Motivation, Inner Circle Kick Strength

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### I. INTRODUCTION

Achievement sports are activities that aim to develop athletes in a planned, gradual, and sustainable manner through competition in order to achieve the highest level of achievement, with the support of sports knowledge and technology (Amin, Wahyuri, Irawan, Welis, Gusni, et al., 2023a; Insani et al., 2024b; Likardo et al., 2023; Nusri et al., 2024). Sports achievement is the peak achievement of an athlete or team's ability in a competition through the hard work and dedication of athletes to be able to achieve brilliant achievements (Atradrinal & Ockta, 2024; Insani et al., 2024a;

Sasmita et al., 2023; Triani et al., 2023; Yuliana et al., 2023). Sports achievements are real evidence of consistent training and the right strategy, every medal won is the result of relentless struggle (Karisman et al., 2024; Rambe et al., 2024; Safitri et al., 2023; Umar et al., 2023).

Achievement can be said to be a process of systematic, intensive, and continuous physical, tactical, technical, and mental training, according to the interests of the sports game being played (Al Zaki et al., 2023; Insani et al., 2024c; Ockta et al., 2024; Pranoto et al., 2024). So it can be concluded that sports achievement is the optimal result achieved by an athlete or a group of people (team/squad) in the form of abilities and skills in completing tasks, both in team and individual

competitions (Adrizar et al., 2024; Arfi et al., 2024; R. R. Illahi et al., 2023; Revalina et al., 2024).

The main objective of achievement sports is focused on the aspect of increasing abilities and skills in order to achieve achievements in athletes. Tarung Derajat is one of the branches of Indonesian martial arts that is increasingly popular. Tarung Derajat martial arts is a form of martial arts training introduced by Sang Guru H. Achmad Dradjat from Indonesia, which is also known as Tarung Derajat Mortal Ghada (BTDMG) martial arts. This system integrates Muscle, Brain, and Conscience (O2N) by using five elements of moral motivation, namely Strength, Speed, Accuracy, Courage, and Tenacity, with the aim that athletes have the ability to achieve. Tarung Derajat is famous for its aggressive techniques in punches and kicks, and includes throwing, locking, and leg sweeping techniques. Tarung Derajat is also known by the nickname "Boxer", Tarung Derajat practitioners are called "Fighters".

Tarung Derajat is not just a martial art, but also an art. The combination of various kicking techniques, such as circle kicks, side kicks, back kicks, and hook kicks, is an integral part of the beauty of movement in Tarung Derajat. However, to achieve perfection, a fighter must be able to master the art of attack combinations, combining punches and kicks in harmony, according to the demands of the match rules.

One of the basic kicking techniques in the sport of Tarung Derajat is the inner circle kick. The inner circle kick is an attack technique that involves rotating the inner leg in a circular motion to target the opponent's body parts. This movement starts from a position where the feet are close together, then one leg is lifted and rotated inward with full force to hit the target. The main characteristic of the inner circle kick is that the leg moves in a full or partial circle to produce maximum kicking power. The target of this inner circle kick is directed at the opponent's body parts such as the head, chest, stomach, ribs, or inner thighs. As one of the basic techniques in self-defense, The inner circle kick plays an important role in controlling the distance and tempo of a fight. Combining power and speed, it can be used to keep an opponent at a safe distance, distract them, or even end a fight quickly.

A deadly inner circle kick requires tremendous leg muscle strength. Through targeted training, Tarung Derajat athletes can increase their explosive power, speed, and kick accuracy. Well-trained leg muscle groups enable athletes to produce great explosive power, increase kick speed, and hit targets accurately. In addition, leg muscle strength also plays an important role in maintaining body stability and preventing injury during complex kicking techniques.

Targeted and consistent training, supported by adequate facilities and infrastructure, will help improve muscle strength, endurance, and agility needed in every kicking movement. In Tarung Derajat, training facilities such as punching bags and punching pads are not just equipment, but irreplaceable training partners. Punching bags, with their stationary nature, are the perfect target for honing the strength and endurance of punches and kicks. Meanwhile, the flexibility of the punching pad allows athletes to optimize speed, accuracy, and variety of

attacks, becoming the main keys to achieving peak performance. Without adequate facility support, the cultivation, marketing, and coaching of high-performance sports will not be achieved (Andica et al., 2024; Chinta et al., 2024; Haris et al., 2024; Ismail et al., 2024; Ockta & Hardiansyah, 2023). Therefore, it is important for us to continue to strive to provide complete and quality equipment for athletes, especially Tarung Derajat sports.

In addition to undergoing a structured training program, motivational factors also play a crucial role in increasing kicking power. Strong motivation, such as the desire to become a champion or a sense of pride in representing a club, will drive athletes to train harder and longer (Hambali et al., 2024; Khani et al., 2024; Pitnawati et al., 2023; Safitri et al., 2024; Ulfani et al., 2024). When an athlete has a strong reason to train, high fighting spirit will be a powerful weapon in achieving success (Amin, Wahyuri, Irawan, Welis, Gusni, et al., 2023b; Febriani et al., 2024; Febryani et al., 2024; Ramadaniaty et al., 2024; Sari et al., 2024). Motivation is the main driver of increasing kicking power. Intrinsic motivation, such as a sense of personal achievement or enjoyment in training, and extrinsic motivation, such as rewards, praise, or pressure from the environment, complement each other in spurring athletes on (Apriady et al., 2024; Budiman & Ockta, 2024; Hadinata et al., 2024; R. F. Illahi et al., 2024; Purwanto & Ockta, 2024).

The desire to exceed one's limits or prove oneself is often the strongest motivation for athletes to train harder and longer. When this motivation is combined with the right training, an unstoppable fighting spirit will lead athletes to peak performance (Ferdian et al., 2023; Iqbal et al., 2024; Oktadinata et al., 2024; Sepriani et al., 2024). A structured training program is important, but motivation is the lifeblood that animates every movement. Strong motivation, such as the ambition to be the best or a sense of responsibility to the team, will trigger the release of adrenaline that increases muscle explosive power. In addition, motivation also increases focus and concentration so that athletes can maximize each training session. When the mind and body work together in a motivated state, a significant increase in kicking power will occur (Amin, Wahyuri, Irawan, Welis, & Ockta, 2023; Kurniawan et al., 2024).

Not only physical, motivation also has a significant impact on the psychology of athletes. High motivation will increase self-confidence and reduce the fear of failure. Athletes who believe in their abilities will be more willing to take risks and try new techniques in training. Visualization of success is also an effective motivational technique. By imagining themselves succeeding, athletes will be encouraged to work harder and smarter. Support from the surrounding environment, be it family, friends, coaches, or fans, is very important in maintaining athlete motivation. Praise and encouragement from those closest to them will make athletes feel appreciated and motivated to continue to excel. Conversely, constructive criticism can also be a trigger to improve self-quality. When an athlete feels supported and loved, their fighting spirit will be even more intense.

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## II. METHODS

This type of research is Quasi Experiment, the purpose of this study is to see the effect of punching bag training media and punching pad training media and motivation on increasing the strength of inner circle kicks of Tarung Derajat athletes. This research design is a design used to facilitate the research process, the design that will be used in this study is treatment by design with a 2x2 factorial. The 2x2 factorial design each factor consists of two levels, using the initial test (pre-test) and the final test (post-test) from the results of the pretest the sample is divided into two groups with the Matching Pair Technique.

Descriptive statistics are also used for data presentation, central measures, and measures of dispersion. Data presentation uses frequency distribution lists and histograms. Central measures include the mean, median, and mode. Measures of dispersion include variance and standard deviation.

The data analysis technique used in this study using SPSS is by using two-way ANOVA at a significance level = 0.05. If there is a difference, then determine which treatment gives the difference using the Tukey test. Considering that the analysis of research data is carried out using ANOVA, before using two-way ANOVA, a prerequisite test needs to be carried out, namely: normality test and homogeneity test of variance and if it has been met, then continue with the hypothesis test.

## III. RESULTS AND DISCUSSION

### b. Data Normality Test

The normality test was conducted on the research variables using the Shapiro-Wilk Normality test with a significance level of  $\alpha = 0.05$  with the test criteria that  $H_0$  is rejected if the sig value obtained from the research data exceeds  $\alpha = 0.05$  and conversely  $H_0$  is accepted if the sig value is less than  $\alpha = 0.05$ , which this test can be simply stated as follows:  $H_0$  is accepted if the sig value  $< \alpha = 0.05$ , meaning the data is not normally distributed,  $H_a$  is accepted if the sig value  $> \alpha = 0.05$ , meaning the data is normally distributed.

TABEL I  
 SUMMARY OF RESEARCH DATA NORMALITY TEST

		Kolmogorov-Smimov <sup>a</sup>			Shapiro-Wilk		
Motivational Media	Mark	Statistic	Df	Sig.	Statistic	df	Sig.
	A1	0.106	12	.200 <sup>*</sup>	0.980	12	0.983
	A2	0.125	12	.200 <sup>*</sup>	0.975	12	0.953
	B1	0.105	12	.200 <sup>*</sup>	0.972	12	0.929
	B2	0.135	12	.200 <sup>*</sup>	0.984	12	0.995
	A1B1	0.153	6	.200 <sup>*</sup>	0.957	6	0.794
	A2B1	0.259	6	.200 <sup>*</sup>	0.834	6	0.116
	A1B2	0.207	6	.200 <sup>*</sup>	0.943	6	0.680
	A2B2	0.166	6	.200 <sup>*</sup>	0.942	6	0.679

### c. Data Homogenitas Test

The homogeneity test of variance aims to determine whether the sample is in a homogeneous state or not. The homogeneity results for each group of athletes' inner circle kick abilities from each group using the variance and bartlett test at a significant level = 0.05. Homogeneity testing is carried out with the testing criteria being  $H_0$  is accepted if:  $p > (\alpha = 0.05)$ .

TABEL II  
 SUMMARY OF RESEARCH DATA HOMOGENITAS TEST

		Tests of Homogeneity of Variances			
		Levene Statistic	df1	df2	Sig.
Mark	Based on Mean	0.612	7	64	0.744
	Based on Median	0.501	7	64	0.830
	Based on Median and with adjusted df	0.501	7	54.737	0.830
	Based on trimmed mean	0.597	7	64	0.756

### d. Data Hypothesis Testing

Hypothesis testing is done using the Two-Way ANOVA analysis technique. Furthermore, if there is an interaction between the training group and the motivation group on increasing the strength of the inner circle kick, then it is continued with the Tukey Test. The purpose of the two-way ANOVA analysis is to determine the effect of interaction (Interaction Effect). The main influences in this study are: 1) differences in the influence of training media and motivation on increasing the strength of the inner circle kick, 2) differences in the level of inner circle kick ability for athletes who have high and low basic abilities on the punching bag and punching pad training media. While the interaction effect is the effect of the combination of training media and basic abilities on increasing the strength of the inner circle kick. Furthermore, the results of the data analysis carried out using 2x2 ANOVA can be seen below:

TABEL III  
 SUMMARY OF RESEARCH DATA HYPOTHESIS TESTING

Tests of Between-Subjects Effects						
Dependent Variable:						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	49027.278 <sup>a</sup>	11	4457	267	0.000	0.980
Intercept	222227	1	222227	13325	0.000	0.996
Motivation	817	1	817	49	0.000	0.449
Media	48544	7	6935	416	0.000	0.980
Motivation * Media	2.8	3	0.917	0.055	0.983	0.003
Error	1001	60	17			
Total	240784	72				
Corrected Total	50028	71				

a. R Squared = .980 (Adjusted R Squared = .976)

## IV. CONCLUSIONS

Based on the results of data analysis and discussion presented in chapter IV, the following conclusions are presented in the study: 1. There is an effect of punching bag

training media on increasing the strength of inner circle kicks in tarung Derajat athletes, namely  $p = <0.001 < \alpha = 0.05$ , which states that  $H_0$  is rejected and  $H_a$  is accepted. 2. There is an effect of punching pad training media on increasing the strength of inner circle kicks in tarung Derajat athletes, namely  $p = <0.001 < \alpha = 0.05$ , which states that  $H_0$  is rejected and  $H_a$  is accepted. 3. There is an effect of training motivation on increasing the strength of inner circle kicks in tarung Derajat athletes, namely  $p = <0.001 < \alpha = 0.05$ , which states that  $H_0$  is rejected and  $H_a$  is accepted. 4. There is no interaction between training media and motivation on increasing the strength of inner circle kicks in tarung Derajat athletes, namely  $p = 0.390 > \alpha = 0.05$ , which states that  $H_0$  is rejected and  $H_a$  is accepted.

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