Perbandingan Kemampuan Fisik Antara Atlet Pencak Silat Kategori Tanding Dengan Kategori Seni Pada Pelatda PON XVII di Jawa Barat

Abstrak:
Cardiorespiratory endurance, muscle power, muscle stroke, flexibility, and reaction time were the predominant component of physical abilities for fighting and art category of pencak silat. Each category needed a different level of physical abilities in order to get the best performance in pencak silat. This study was aimed to compare the physical performance between the fighting and the art category of pencak silat athletes. All pencak silat athletes from both categories were measured for VO2max (ml/kg/mnt), muscle power and muscle stroke (cm), flexibility (cm), and reaction time (ms). The results were analysed statistically by t test for independent samples. Cardiorespiratory endurance were higher found in the art category athletes but muscle power, muscle stroke, flexibility were higher found in the fighters. The reaction time were faster found in female fighters but not in male athletes.

Keyword:
physical abilities, fighting category, art category, pencak silat