

ABSTRACT

Zulfikri. "The Dropping Technique Practices with the Catch on Athletes at Pencak Silat Club of UNJ". Skripsi. Jakarta: Faculty of Sport Sciences. State University of Jakarta, 2018

The aim of this research is to create a model of the dropping technique practices with the catch of Pencak Silat. The method used is the research and development methods. There are 8 members of the Pencak Silat KOP at State University of Jakarta as the subject of small group trials and field practice. In this study the researchers worked together with 3 sports experts in the field of Pencak Silat. Validation tests used is expert justification tests, where the model of exercise has been made and developed tested try, then consulted and assessed by sports experts in the field of Pencak Silat.

The expert justification tests resulted in the product of the dropping technique models with the catch of teen item models. The dropping technique models with the catch can be developed to be more varied and innovative.

The purpose of this development training model is The dropping technique models with the catch of Pencak Silat can be used as a refesense by the trainers in giving the dropping technique models with the catch of Pencak Silat. Where during The dropping technique models with the catch, the coach needs to consider the situation and condition of the fighter who mastered good basic techniques. In order for the coach can be easy and good to apply it during practice.