

ABSTRAC

Arif saputra. "The Dropping Technique Practices without the Catch (Scissors technique) on Athletes at Pencak Silat Club of UNJ". Skripsi. Jakarta: Faculty of Sport Sciences. State University of Jakarta, 2019

The aim of this research is to create a model of the dropping technique practices without of catch (scissors technique) 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 technique 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 without the catch of teen item models. The dropping technique models without the catch (scissors technique) can be developed to be more varied and innovative.

The purpose of this development model is The dropping technique models without the catch (scissors technique) of Pencak Silat can be used as a refesense by the trainers in giving the dropping technique models without the catch (scissors technique) of Pencak Silat. Where during the dropping technique without the catch (scissors), 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.

Keywords: Model technique, The dropping technique models without the

***catch, development model, scissors technique of Pencak
Silat.***