

## ABSTRACT

**MEGA ADHI PRADANA. 2017. The Practice Models of Practical Martial Arts Using Umbrella. A Thesis. Jakarta: Faculty of Sport Sciences, State University of Jakarta. July 2017.**

This study was aimed at getting the form of the practice models of practical martial arts using umbrella. Which used Research & Development (R & D) methods from Borg and Gall.

There are some phases in this research and development, that is (1) potentials and problems, (2) data collection, (3) product design, (4) expert validation and (5) product revision. This study will produce the practice models of practical martial arts using weapons that are easy to carry and used in defending themselves from a common crimes or attacks. Each model items will be reviewed by sport/martial arts experts consisting of Pencak Silat lecturers in State University of Jakarta, among others, PPLM DKI trainer and the trainer of Pencak Silat Nusantara Family (KPSN) of Bekasi Regency. In performing expert validation, the researcher uses a questionnaire accompanied by photographs and videos about practical martial arts models using umbrellas. In the initial filing stage for expert judgment, the researcher submitted 29 model items and 3 of them were deemed unsuitable by the expert / expert so that the total item of the model received was 26 model items. Based on the experts' findings it can be concluded that there are 26 items of the practice models of practical martial arts using umbrella can be used to assist in martial arts activities.

In the implementation of the practice models of practical martial arts using umbrella, there are a things to note that this technique is suitable for use on martial arts members who have mastered basic martial arts techniques. Because the technique of the practice models of practical martial arts using umbrella is a series of basic martial arts techniques.

**Keywords:** *Martial Arts, Practical Martial Arts, Practice Models.*