

PROFIL CABANG OLAHRAGA PENCAK SILAT

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ABSTRAK

Ikatan Pencak Silat Indonesia (IPSI) Kabupaten merupakan organisasi olahraga pencak silat yang bkedudukan di Kabupaten Badung Provinsi Bali yang telah melahirkan banyak atlit berprestasi dan secara tim menjadi Juara Umum Porprov Bali tahun 2019. Adapun tujuan penelitian adalah untuk mengetahui profil Ikatan Pencak Silat Indonesia (IPSI) Kabupaten badung Sebagai Juara Umum Pekan Olahraga Provinsi (PORPROV) Bali tahun 2019 dengan mempergunakan Metode Penelitian Deskriptif Analitik, pengumpulan data melalui wawancara, observasi dan dokumentasi. Sampel penelitian adalah pelatih dan kepala pelatih pencak silat IPSI Kabupaten Badung sebanyak 4 orang, 1 orang manajer IPSI Kabupaten Badung dan 1 Atlet IPSI Kabupaten Badung. Adapun Hasil Penelitian yaitu IPSI Kabupaten Badung memiliki alat dan fasilitas latihan berupa alat yang terdiri dari 12 Jenis alat yang semuanya dalam kondisi baik layak pakai sesuai standar IPSI, IPSI Badung Memiliki Pelatih sebanyak 8 orang denga rata-rata berpendidikan Sarjana (S1), semua telah mengikuti pelatihan sebagai pelatih dan kedelapan pelatih ini merupakan atlit berprestasi di tingkat daerah, nasional dan International. Ikatan Pencak Silat Indonesia (IPSI) Kabupaten Badung memiliki program latihan yang terprogram baik dan tersusun rapi berupa program Latihan Tahunan (*Macro cycle*), Semester, Bulanan (*Massa cycle*), Mingguan (*Micro cycle*), Harian (*Myo cycle*), Tapering, Try In dan Try Out. Kesimpulannya bahwa sebagai suatu organisasi pencak silat, prestasi IPSI Kabupaten Badung sebagai Juara Umum Pekan Olahraga Provinsi (PORPROV) Bali 2019 karena didukung oleh alat dan fasilitas yang memadai baik dari segi jumlah maupun kondisi alatnya, memiliki pelatih yang cukup dan dengan prestasi yang membanggakan dan didukung pula dengan program latihan yang terprogram dan dilaksanakan dengan baik. Untuk tetap mempertahankan sebagai Juara Umum PORPROV ditahun mendatang yaitu dengan menunjuk staf yang bertanggung jawab dalam memelihara fasilitas, meningkatkan ilmu dan ketrampilan pelatih melalui pelatihan pelatih dan melaksanakan uji coba tanding atlit secara teratur.

Kata Kunci : Profil, Alat, Fasilitas, Pelatih, Program Latihan, Ikatan Pencak Silat Indonesia (IPSI).

PENCAK SILAT SPORTS PROFILE

BADUNG REGENCY 2019

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ABSTRACT

The Association of Pencak Silat Indonesia (IPSI) Regency is a Silat pencak sports association that is located in Badung Regency Province Bali which has given birth to many outstanding athletes and as a team became the General Champion of PORPROV Bali in 2019. The purpose of the research is to find out the profile of the Indonesian Pencak Silat Association (IPSI) Badung Regency as the General Champion of the Bali Provincial Sports Turnamen (PORPROV) in 2019 by using analytical descriptive research methods, data collection through interviews, observations and documentation. The research sample was the coach and head coach of The IPSI Badung Regency as many as 4 people, 1 manager IPSI Badung Regency and 1 athlete IPSI Badung Regency. As for the research results, IPSI Badung Regency has training facilities in the form of facilities consisting of 12 types of tools that are all in good condition worthy of use according to IPSI standards, IPSI Badung have Coach as many as 8 people with an average Educated Bachelor (S1), all have participated in training as coaches and these eight trainers are outstanding athletes at the regional level, National and International. The Indonesian Pencak Silat Association (IPSI) of Badung Regency has a well-programmed and neatly arranged training program in the form of annual training programs (Macro cycle), Semester, Monthly (Mass cycle), Weekly (Micro cycle), Daily (Myo cycle), Tapering, Try In and Try Out. In conclusion, as a Pencak Silat organization, the achievements of Badung Regency IPSI as the General Champion of the Bali Provincial Sports Turnamen (PORPROV) 2019 because it is supported by adequate infrastructure both in terms of the number and condition of the tool, has enough trainers and with proud achievements and is also supported by a programmatic training program and well carried out. To continue to maintain as the General Champion of PORPROV in the coming year, namely by appointing staff who are responsible for maintaining training facilities, improving the knowledge and skills of coaches through training coaches and carrying out athlete try out regularly.

Key words : Profile, Tool, Facility, Coach, Training Program, Indonesian Pencak Silat Association (IPSI)