



## Development of Shorinji Kempo Dojo Bantan Bengkalis Achievements

Damrah<sup>\*</sup>, Pitnawati, Erianti, Yuni Astuti

Department of Sport Science, Padang University, West Sumatra, Indonesia

### ABSTRACT

The problem in this study is the formation of Shorinji Kempo Dojo Bantan Bengkalis. The decline is decreasing, so research needs to be done. The purpose of this study was to find out and get accurate and clear information about the Development of Shorinji Kempo Dojo Bantan Bengkalis both in terms of organization, implementation of training, facilities and infrastructure. The research method uses qualitative research. The research subjects who will become informants in this study are athletes, coaches and administrators. Data collection techniques used in this study were observation, interviews, and documentation. The results of this study indicate that the first Function of the Shorinji Kempo Dojo Bantan Bengkalis Organizational Structure is not yet in accordance with the basic organizational standards of a sport, second from the Shorinji Kempo Training of Bantan Bengkalis Dojo already in accordance with the program designed, the three facilities and infrastructure owned by Kempo The Bantan Dojo is complete, but not in accordance with the existing standards, the four achievements obtained by Shorinji Kempo Bantan Bengkalis Dojo have produced a number of achievements both at the regional and national level but have not reached international level.

**Keywords:** Organization; Exercise planning; Facilities; Infrastructure; Achievement

### INTRODUCTION

One of the supporters of the formation of quality human beings is through sports, the development of sports has succeeded in cultivating a sports culture in order to improve the quality of Indonesian people so that they have sufficient levels of health and fitness, which must be started at an early age through physical education, sports and health in schools and the community. In this modern life, humans cannot be separated from sports, both as an arena of achievement and as a need to maintain a healthy body condition. Sports achievement is a sport that fosters and develops sportsmen in a planned, tired, and sustainable manner through competition to achieve achievements with the support of sports science and technology. In principle, the development of sports rests on three things, namely recreational sports, health sports, and sports achievements. Sports education is carried out in schools, sports achievements are carried out in sports clubs through the parent sport, while recreational sports are carried out only for leisure time. Achievement sports according to Republic of Indonesia Law No. 3 of 2005 are sports that foster and develop sportsmen in a planned, tiered, and sustainable manner through

competition to achieve achievements with the support of sports science and technology. Therefore the government must be responsible for advancing national sports achievements at a higher level have the right to direct, guide, assist, and supervise the implementation of sports in accord, namely at the international level. In Republic of Indonesia Law No. 3 of 2005 concerning the national sports system article 11 paragraph 1 which states that the government and regional governments with the laws and regulations. With the passage of regional autonomy which gives motivation to all of us in the context of developing a region in a conducive atmosphere and in democratic insights, it is continued again by the Bengkulu Regency Regent policy which focuses on improving Bengkulu Regency human resources especially in the field of physical education and sports in schools. schools and clubs as a comprehensive education subsystem which can later improve the physical quality, character, ethics, discipline, and personality of the Bengkulu community and its athletes. To bear the title of champion at regional and national events, several supporting factors are needed, especially the physical and psychological conditions that are good for the athletes who will compete to be ready for the actual match conditions. Athletes are said to be good if they

**Corresponding author:** Damrah, Department of Sport Science, Padang University, West Sumatra, Indonesia; E-mail:damrah@fik.unp.ac.id

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already have physical, technical, tactic and mental specifically and are ready to compete. Athletes are said to meet the category if they find deficiencies in technique or physical that can only play in half matches. Athletes are said to be less good if they do not meet physical, technical, good tactics and mentality. The physical condition of an athlete plays a very important role in his training program. The physical training program must be well planned and systematic and aimed at increasing physical fitness and functional abilities of the body system, thus enabling athletes to achieve better levels of achievement, if physical conditions are good then, 1) there will be an increase in ability heart work circulation system, 2) there will be an increase in strength, speed, agility, flexibility, stamina and component values of physical conditions, 3) there will be better motion efficiency at the time of exercise, 4) there will be a faster recovery from body organs after exercise and 5) there will be a rapid response from organs when such responses are needed at any time [14].

One sport that shows success is the Shorinji Kempo martial arts branch. Shorinji Kempo is a martial art originating from Japan that relies on self-defense techniques with bare hands. Sorinji Kempo is a self-defense method that can protect itself from violence. Without causing permanent injuries when using the technique, rationally designed techniques to exploit the principles of mechanics, physiology and psychology. Anyone who can learn, regardless of gender or age, can take advantage of this technique. For now the Kempo martial arts sports in Bengkulu are in the spotlight by other regions. See and weigh that Bengkulu is an island apart from the city center and in Indonesia, Bengkulu Regency is included in the border and outermost areas, but their achievements delivered to the International championship precisely in Surabaya at the Surabaya.

The success of sports performance development requires various supporting components. In addition to the physical, technical and mental components, success is also inseparable from the support of parents and administrators. Without the support of one of them it seems that success will feel bland. And of course the success obtained is inseparable from a coach who always provides support and motivation because without a coach there will be no emergence of a champion. Efforts to optimize the performance of an athlete are influenced by how the implementation and training program is given, which is guided by the principles of practice.

## MATERIAL AND METHODS

This type of research is qualitative research. Qualitative research is research that intends to understand the phenomenon of what is experienced by the subject of research, for example: behavior, perception, motivation, actions etc. holistically and by describing in the form of words and language, in a special natural context and by utilizing various natural methods. Research using qualitative methods, namely methods of observation, interviews, and documentation.

The primary data in this study were the coach of the Bantan Bengkulu Dojo, the Banto Kempo Dojo administrator as well as

the parents of athletes, and athletes namely kenshi-kenshi Bantan Bengkulu Dojo, who were informants through interviews with open questions that would later be answered by informants and direct observations of spaciousness. While secondary data is obtained from the documentation of the data obtained.

## RESULT AND DISCUSSION

### Organization of Shorinji Kempo Bantan Bengkulu Dojo

Organizing in this definition is "to organize", which means doing and organizing an organization for a specific purpose, where the word comes from the word organ. While the word organ itself in the Book Webster'e New Collagiale Dictionary is derived from the word organon, which comes from Ancient Greek. The meaning of the word organ itself is, "An Instrument or medium by Which is Imported is Performed or end accomplished". It means a tool or media used for important actions or achievement of goals. So to organize means to compose separate parts into a unit so that it can be used to carry out actions in achieving goals .

The management structure of the organization at Shorinji Kempo Bantan Bengkulu Dojo consists of only three administrators. Although in the management of Shorinji Kempo Dojo Bantan Bengkulu has not used the service period, the human resources that are joined are still lacking so that there are administrators who sometimes do work that is not their job, behave with each other and help for the achievement of common goals each administrator instills. Managers and trainers always communicate and coordinate the training program, athlete's condition and athlete's achievements.

Coaching can run smoothly because of trainers who are professional in their fields. The trainer is a model that is an example and role model for students, especially athletes, so that everything that is done is always in the spotlight of athletes. From the results of the study, the trainers who were given the responsibility to train Shorinji Kempo Dojo Bantan Bengkulu athletes were trainers who had good abilities in their respective sports and had training certificates/licenses. They also had result coach license issued by Langkor, a regional coach license, a national trainer and had a national referee certificate. Apart from those who are basically sports people and instructors, coach Dojo Bantan is a former national athlete [5-8].

The ability and hard work of athletes is the main factor that must be present in athletes to improve their ability to achieve achievement. The enthusiasm of the athlete in the formation of Shorinji Kempo Bantan Bengkulu Dojo was clearly seen when the researchers made direct observations at the training site. This was seen when the athletes arrived at the training site. They came half an hour before the practice began. They clean the room, put on mattresses and warm up together without having to ask from the coach. The two hours of time they have are fully used for core training. Even if they enter the prayer time they pray in congregation and together with the coach in the room where they practice.

In improving athlete achievement, parents play an important role both in fulfilling nutritional intake, support and in terms of material. Based on the findings in the field, the researchers found that the parents' support given to their children was extraordinary. Parents of athletes are very enthusiastic about Pembo Kempo in Bantan. The entry of their children to the Bantan Dojo is a matter of pride for parents. After their children enter the Kempo martial arts, their children's insights increase. By participating in various events held outside the area, which initially only knew Bengkalis they became aware of the areas thanks to joining the competition on behalf of the Bantan Kempo Dojo. Besides that they become more friends. Every match is national in nature, and all athletes from all corners of the world will gather together in a championship. From there they can get to know each other. Sports Kempo martial arts is a positive activity. Making their children focused, disciplined and independent. Because Kempo martial arts teaches the importance of all must be able and must be disciplined. Examples of disciplines are when they are required to line up fast and neatly in a matter of ten. Inevitably the entire kenshi must move quickly to form a neat line [9].

They strongly support their children to participate in Kempo martial arts by giving full attention to departing on time, providing balanced nutrition so that their children are healthy and keep practicing. Sometimes they deliberately take the time to take their children to the place of training and see them practice. There are even parents who follow their children wherever they join the competition, both in the region and outside the region. They are willing to spend personal funds for the departure of their children to take part in a competition that costs not a little. 4-5 months before the championship, a meeting was held between coaches, administrators and parents. There they talk about the events that are for the future. But the management and the trainer stressed from the start there was no assistance from the Bengkalis Regency who would finance the departure of athletes. Even so the administrators will still try to ask for help so that there is disbursement of funds from the Bengkalis Regency Government. Parents do not hesitate to immediately offer that they are able to finance their children to leave the game even though they have to use personal funds.

Based on the research carried out by the researchers the source of the funds they obtained, each prospective member who will join will be charged a registration fee of IDR 50,000. And for the monthly contribution, each fee is IDR 10,000 per month. This fee will be submitted to PB Perkemi Pusat. Regency government helps funds only for multievent events such as PORPROV. Whereas in single event events they don't get any funds at all. But when athletes win a match from a single event they will get a reward or bonus from the Bengkalis Regency Government. Based on an agreement between coaches, administrators and parents of athletes, the bonus they get will be cut by 10%. This fund is used for Dojo purposes.

### **Implementation of the Shorinji Kempo Bantan Bengkalis Dojo exercise**

In preparing the trainer training program to make the program and agreed with co-trainers and administrators by preparing

athletes within a period of 1 year, seeing the competition in one year and then dividing it into several phases, which include adaptation phases, general preparation, special preparation, pre-competition preparation and competition.

The training method they use is a fun method. Where athletes are given a variety of exercises so as not to be saturated with just that exercise. Examples of exercises given to athletes are weight training on the feet. With the equipment they made themselves with used benen rubber then they tied it to their feet by giving them a little sand load wrapped in the cloth they also made themselves, then they did as much kick as was determined by the coach 50 left foot and 50 right foot. While the principle applied by the coach to his athletes is the principle of awareness and honesty in training. So the Bantan Kempo Dojo coach always applies to the absence of athlete coaches to keep training with an existing training program.

Exercises are carried out 2 times a week, on Wednesdays and Sundays. While development or TC for their matches is only a holiday on Saturday, with a duration of approximately 2-3 hours. Exceptions to their Sunday practice from morning to evening. From the opinion above, Shorinji Kempo Dojo Bantan Bengkalis in making the training program was said to be quite good. Evaluation in making an exercise program is carried out every time from the competition. But for technical training they conduct evaluations every week. So usually on the first week the coach gives a new material for the athlete to master. And in the second week they must have memorized and are adept at doing the techniques given.

For the provision of motivation, the coach always applies Islamic contests. This is because the majority of Bantan Kempo Dojo athletes are Muslim. The trainer always presses to never leave worship under any circumstances. This does not only apply during training, but during the competition the trainer always reminds them to keep their worship. Even devoted to female athletes they are required to bring mukena each from home. Because the time of their training begins before the time they are required to pray in congregation led by their own coach. In order to take practice time, they are not allowed to use mukena alternately. The most important motivation that the trainer instills in the athlete is intrinsic motivation, motivation from within himself not from the coach. Because after all the coaches provide various forms of variations in training if there is no motivation in the athlete, then it will never produce good results. In addition the trainer also brought in international coaches who are also international referees and former world champion athletes, to improve and provide input where the weaknesses of the Dojo athletes are located.

### **Facilities and infrastructure of Shorinji Kempo Bantan Bengkalis Dojo**

The facilities and infrastructure owned by the Kempo Dojo Bantan are complete, but existing infrastructure facilities do not meet the existing standards. According to the Republic of Indonesia Law Number 3 of 2005 concerning the National Sports System Chapter XI Article 67 Paragraph 2 "The government and regional governments guarantee the availability

of sports infrastructure in accordance with the standards and needs of the Government and regional government. But the fact that there is no regional government does not provide facilities and infrastructure according to standards. So that with the policies of coaches and administrators with the approval of parents, their athletes use personal costs to buy training equipment such as sansak. For their marketing, they use the labor room of Bantan 1 Public High School, sometimes they use a basketball court for Dojo training with permission from the Principal of Bantan 1 High School they are allowed to use the room. Because of the small space they have to take turns training between the randori number and embu number.

The facilities that are available are that they have as many as 150 pieces of mattresses, the conditions of which are very far from good words. Do or body armor that they have is still the old standard, while for matches that have a national level, do you use already using a new standard made of fiber. For pacing they have 2 pieces, there are 3 pairs of handglove, and there are 2 pieces.

### Achievement of athletes Shorinji Kempo Bantan Dojo Bengkulu

The achievements of the Shorinji Kempo Dojo Bantan Bengkulu athlete fall into the very good category, this can be seen from the results of the achievement of the Bantan Bengkulu Dojo in recent years. Shorinji Kempo Bantan Dojo Bengkulu often holds the overall championship at national and international events. This can be seen at the Shorinji Kempo Surabaya International Championship in 2014 with 2 silver and 2 bronze in the beginner category. But for the PON event they have not been able to bring home medals for Riau Province.

### CONCLUSION

The Function of the Organizational Structure of Shorinji Kempo Bantan Bengkulu Dojo is not yet in accordance with the basic standards of a sports organization. This is evidenced by the formulation of an organizational structure consisting of only three administrators, namely the Chairperson, Secretary and Treasurer. Funding in management is also an important problem that must be resolved so that the management is able to complete training facilities and infrastructure and other needs to improve performance. Implementation of the Shorinji Kempo Training Bantan Bengkulu Dojo has been running according to the program designed, both in the planning of the training

program, the training methods used and the preparation of the training schedule have followed the guidelines for making the training program. The phases and stages prepared include the adaptation phase, general preparation, special preparation, pre-competition preparation and competition.

The facilities and infrastructure owned by the Kempo Dojo Bantan are complete but not yet in accordance with the WSKO standard. For the number of equipment, the Banto Dojo Dojo has about 150 pieces of mattresses, 3 pairs of pairs or 6 pieces, 2 pieces and 3 pairs of hand glove. The achievements obtained by Shorinji Kempo Bantan Bengkulu Dojo have produced a number of achievements both at the regional and national levels. The National Championship which has been followed by the Kempo Dojo Bantan Bengkulu has 17 matches and for the regional championship there are 9 matches.

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