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# **The 3<sup>rd</sup> International Seminar On PE, Sport, And Health 2013**

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## DEVELOPING TAE KWON DO DANCE FOR TEACHING MARTIAL ART IN PHYSICAL EDUCATION, SPORT AND HEALTH SUBJECT AT JUNIOR HIGH SCHOOL

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### Abstract

*The aims of the study are: Developing, Finding out the effectiveness of Tae Kwon Do Dance model based on PAKEM Paradigm (active, creative, effective, and fun learning). The methodology used in this study was research and development. The techniques of collecting data used were observation and questionnaire with technique data analysis of percentage, validity and reliability used was SPSS 16 program. The subjects of the study were 157 of VII graders of Junior High School and 12 teachers. The research showed: 1) Guttman Split-Half reliability coefficient for 157 respondents was 0.566, the reliability of students was reliable since R count was bigger than R table 0.148 with significant level 5%; 2) Guttman Split-Half Coefficient for 12 teachers was 0.898, the reliability of teachers was reliable since R count was bigger than R table 0.576 with significant level 5%. It was suggested for tae kwon do dance model as alternative material for teaching martial art.*

**Key Words:** *Developing, Tae Kwon Do Dance, Teaching Martial*

### INTRODUCTION

The physical education, sport and health learning is an effective and efficient medium for improving the discipline and the responsibility, the creativity and the innovation and also the emotional wits. The martial is one of the materials in the physical education, sport and health that exist in Junior High School curriculum (KTSP) and an integral part of physical education, sport, and health that have a unique function which use the movement as the media of the learning. The aim is the students are able to recognize, comprehend, and practice one of the martial like Pencak silat, Tae kwon do, and Karate. The Tae kwon do is one of the alternatives

martial which differ with another martial like Pencak silat and Karate that have many trends (Gunawan, 2007:35). The Tae kwon do does not have many trends that facilitate the student in comprehend it.

From the description above, it needed to develop the Tae kwon do dance which combined two physical activities, martial and rhythmic activities. The movement of the Tae kwon do dance is modified from the basic technique of Tae kwon do like belting, defending, kicking and the rhythmic activities movement. The implementation of the tae kwon do dance hopefully could create an effective learning in accordance with the standard of the competence and attained an







active, innovative, creative, effective, and fun learning (PAIKEM). The objectives of this study are 1) what kinds of the tae kwon do dance which suitable with the learning of martial for Junior High School? 2) Is the tae kwon do dance effective for martial learning for Junior High School? The aim of this study are to (1) develop the tae kwon do dance for Junior High School, (2) find out the effectiveness of tae kwon do dance based on active, creative, effective, and fun learning paradigm (PAKEM).

According to Suryana (2004: 90) the techniques of the tae kwon do are divided into evolving and completing the movement of the body, the timing, and the arrangement of the breath and the movement. The tae kwon do has a basic movement inform of moving one part of the body and the combination of another part of the body for the beauty of the movement. It is like the rhythmic activities which require the beauty movement and the music forvisually attractive. The expression of the power is the natural of inner strength of the person in performing an interesting movement with its own style, the spirit, and a restrain power (KyongMyong Lee, 2008:221).

The rhythmic activities are the series of human movement which is performed into rhythm pattern suited with the change of the break or the expression of the body in following the music or the beat outside of the music (Zulfikar, 2012:1). This activities could be developed by the students autonomously or created together with the teacher

accompanied by the music which created by them. Physical activities is general terminology which covering all of human movement including game, sport, and dance (Harsuki, 2003:30). The rhythmic is the basic of the music and the dance. The rhythmic in the dance is a simple movement which uses the music or vise versa. The rhythmic activities have its own characteristicsas creative movement which combines the movement and the music for creating an interesting movement.

Dance is a rhythmic activity which performs accompanied by the music. It is used by some people as a media of expression, and lately it is used for entertainment besides as a media of communication and social intercourse which has health effect ( AgusMahendra, 2009: 134). Nowadays, the dance is still assumed by the people as a part of the art. Based on the curriculum of physical education, sport, and health, the dance is categorized as a part of physical education, sport, and health (Rukmana, 2010: 12).

Tae kwon do dance is a physical activity which needs the creativity and the combination of the movement in harmony with the music. The combination is the integration of two or more of the movement (KyongMyong Lee, 2008:109). The combination of the belting and the kicking will affect the motor system of the person. The dance of the Tae kwon do dance has similar elements as rhythm gymnastics. The using of the dance and the music in the Tae kwon





do are to attract the students to learn the Tae kwon do.

The Tae kwon do dance is the development of the movement activities which combine the Tae kwon do with the rhythmic activities (dance) which accompanied by the traditional music instruments like ampar-amparpisang, apuse, hongke-hongke, kekanandankekiri, and manukdadali. The Tae kwon do dance is a physical activity which needs the creativity and the combination of the movement in harmony with the music.

The movements of the Tae kwon do dance are divided into (1) the warming up which consist of 14 movements, (2) the core movements which consist of basic 1 which consist of seogi, makki and cheurugi, basic 2 which consist of seogi, and chagi, basic 3 which consist of the combination of basic one and two, (3) pairs movement, (4) cooling down movement which consist of 10 movements.

#### METHODS OF INVESTIGATION

The methods of investigation used in this study were research and development. Research and development is a process which is used to develop or to validate the products which is used in the teaching and learning. Sugiyono (2013: 407) stated that research and development is a method of investigation which is used to create a certain product and to evaluate the effectiveness of the product. This study hopefully gives positive contribution to the

development of Tae kwon do dance at Junior High School.

The procedures of the study were consisted of 6 stages inform of draft design, 1<sup>st</sup> try out, 1<sup>st</sup> revision, 2<sup>nd</sup> try out, 2<sup>nd</sup> revision, and the final product. The subject of the study were the teacher of physical education, sport, and health and the seven graders of Junior High Schools like Junior High School 1 Belitang, Junior High School 2 Belitang, Junior High School 3 BuayMadang Raya Belitang, LPB Junior High School, Charitas 1 Junior High School, and Charitas 2 Junior High School. The first try out was followed by 51 students and 2 teachers, and the second try out was followed by 157 students and 12 teachers.

The instruments used for collecting the data in this study were inform of the interview, observation, and questionnaire. The observation and the interview were used for collecting the information about the implementation of the martial learning at the school. The questionnaire was use for collecting the opinion and the suggestion of the product from the teachers, the experts and the students.

#### FINDINGS AND DISCUSSION

The implementations of the Tae kwon do dance hopefully are able to (1) use as an alternative material for the teaching of martial at Junior High School (2) improve the students interest in the learning physical education, sport, and health, (3) improve the students interest on the martial learning, (4) improve the students knowledge on the Tae

