

	STATE UNIVERSITY SURABAYA FACULTY OF SPORTS STUDIES Coaching Education SPORTS					Document Code	
PLAN FOR LEARNING SEMESTER							
COURSE (MK)		CODE	Clumps MK	WEIGHT (SKS)		SEMESTER	date of preparation of
SKILL BASIC Pencak Silat		8520202096	Course Scientific and Skills	T = 2	P = 0	1	18 MAY 2021
AUTHORITY		RPS Developer	RMK Coordinator		Head of		
		PRODI Achmad Rizanul Wahyudi, S.Pd., M.Pd.	-		Dr. Irmantara Subagio., M.Kes		
Learning Outcomes (CP)	PLO-PRODI assigned to MK						
	PLO-1	Mastering the concepts, theoretical and practical fields of sports coaching education which includes pedagogy, sports, health and activities outside the classroom.					
	PLO-3	Mastering the theory, concepts of ethical appreciation of science and technology development in sports coaching					
	PLO-8	Able to explore the principles and basics of leadership and management and how they are applied in sports and the influence of social, cultural and economic forces.					
	PLO-15	Be honest about weaknesses and take action to improve them.					
	Learning Outcomes of Courses (CLO)						
	CLO-1	Able to utilize science and technology in improving martial arts skills					
	CLO-2	Understanding knowledge, techniques, and rules of pencak silat competitions.					
	CLO-3	Applying the basic techniques and single moves of IPSI in the sport of pencak silat.					
	CLO-4	Responsible for mastering the basic technical skills of pencak silat and have a good attitude.					
Brief Description of the Constitutional Court	This course discusses historical knowledge, match tools and facilities, learns basic techniques of pencak silat competition which consists of basic attitude skills, sitting posture, stance, step patterns, pairs of stances, blocks, kicks, punches, drops, sweeps , captures, and IPSI single moves and understand various concepts of attack patterns and welcome patterns in pencak silat and refereeing sports						

	competitions, as well as organizing pencak silat matches. Lectures are carried out in theory and practice. Assessment includes theory and practice.				
Study Materials: Learning Materials	<ol style="list-style-type: none"> 1. Introductory, and introduction to pencak silat 2. The origins of Pencak silat, History, Development of Indonesian Pencak silat, Development of world Pencak silat, The growth of various schools in the sport of Pencak Silat, Pencak silat in people's lives. 3. Basic attitudes 1,2, 3,4, Sitting posture (sila, simpuh, sempok, jengkeng, relaxed, oralube), stance (front, back, side, middle), IPSI single moves (steps 1 and 2) 4. Step pattern (horse, triangle, rectangular, straight, zig-zag), Parry (inside, outside, down, up), Attitude pairs (1 to 12) Punches (front, side, pendulum, circle), Kick (front, side, sickle, back) , Falling Attitude (front, back, side) 2. Sweeps (front lying, front upright, rear), Single Kick IPSI Empty Hands Competition 5. rules for the category of sparring 6. Techniques for defending with punches, Techniques for defending with kicks, Techniques for defending with drops, Single stance IPSI weapons Machete 7. Attack begins with a punch, Attack begins i with a kick, IPSI Single Kick weapon Toya 				
Pustaka	Utama : <ol style="list-style-type: none"> 1. Lubis, Johansyah. Wardoyo, Hendro.2014.<i>Pencak Silat (second edition)</i>. Jakarta: Rajagrafiindo Persada 2. Nugroho, Agung.1995.<i>Identification of Technical Achievement Assessment and Technical Neatness in Pencak Silat Competition</i>. Yogyakarta: Lemlit IKIP Yogyakarta 3. PB. IPSI.2013.<i>Pencak Silat Competition Rules</i>. Jakarta: PB 4. Slamet. Stubborn.2003.<i>Basic Techniques of Pencak Silat Tanding</i>. PT 5. Harsono.2003. The<i>History of the Establishment of the Historical College. Compiled and Presented at the Workshop of the Historical College. Presented at the IPSI National Conference in 2003</i>. 6. Notosoejitno.1997. The<i>Treasure of Pencak Silat</i>. Jakarta: Sagung Seta 7. Oong Maryono.2000.<i>Pencak Silat Stretches Time</i>. Yogyakarta: Galang Press 				
Lecturer	Achmad Rizanul Wahyudi, S.Pd., M.Pd				
Requirements subject	-				
Mg Ke-	Final ability of each learning stage	Assessment of	Learning Forms, Learning Methods, Student Assignments, [Time Estimation]	Learning Materials [Library]	Assessment Weight (%)

		Indicators	Criteria& Forms	Offline (<i>offline</i>)	Online (<i>online</i>)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Ability to understand lecture rules, and introduction to pencak sports equipment silat	1. Explaining the function Introduction to pencak silat 2. Students are able to explain pencak silat sports equipment	Oral Test	2 x 50 face to face (case study, q&a and discussion) 2 x 60 structured tasks 2 x 60 independent study		1,2,3,4,5,6 ,7	
2-3	Ability to understand the meaning, about the history of the sport of Pencak silat.	1. Explaining the origin of the sport of Pencak silat Indonesia. 2. Describes the history of pencak silat from the colonial era, the era of independence and the development of the sport of pencak silat. 3. Explains the growth of various Universities and Schools in Pencak silat in accordance with	Open Questions	2 x 50 face-to-face (case studies, q&a and discussion) 2 x 60 structured tasks 2 x 60 self-study		5,6,7	

		the principles of Pancasila and the 1945 Constitution.					
4	Explain some basic techniques of basic posture, sitting posture, stance. Explains IPSI's single empty-handed stance.	<ol style="list-style-type: none"> 1. Basic attitude 1,2,3,4 2. 2. Sitting posture (sila, simpuh, sempok, jengkeng, relaxed, oralube) 3. Horse stance (front, back, side, middle). 4. IPSI single moves (steps 1 and 2) 	Practice	2 x 50 face-to-face (lecture, demonstration, practice) 2 x 60 structured tasks 2 x 60 self-study		1,4	
5	Explains several basic techniques of basic posture, sitting posture, horse stance horse. Explains IPSI's single empty-handed stance.	<ol style="list-style-type: none"> 1. Step pattern (helmet, triangle, rectangle, straight, zigzag). 2. Blocks (inside, outside, below, above) 3. Pairing attitude (1 to 12) 4. IPSI Single Kick (step 1, 2, 3, 4) 	Practice	2 x 50 face-to-face (Casus study, q&a and discussion) 2 x 60 structured tasks 2 x 60 self-study		1,4	
6	Explains some basic techniques of basic posture, sitting posture,	<ol style="list-style-type: none"> 1. Punch (front, side, pendulum, circle) 	Practice	2 x 50 face to face (Casus study, q&a and discussion)		1,4	

	stance. Explains IPSI's single empty-handed stance.	2. Kick (front, side, sickle, back) 3. IPSI Single Kick (step 1, 2, 3, 4,5,6)		2 x 60 structured tasks 2 x 60 self-study			
7-8	Explains some basic techniques of basic posture, sitting posture, stance. Explains IPSI's single empty-handed stance.	1. Falling Stance (front, back, side) 2. Sweep (front lying, front upright, back) 3. IPSI Single Kick (step 1, 2, 3, 4,5,6,7)	Practice	2 x 50 face to face (Casus study, q&a and discussion) 2 x 60 structured assignments 2 x 60 self-study		1,4	
9	Mid-Semester Evaluation / Mid-Semester Exam						20%
10-12	Explains the rules of the competition category. Explaining IPSI single move machete weapon Competition	1. rules 2. IPSI single move (Golok)	Practice, open and oral questions	2 x 50 face-to-face (Casus study, q&a and discussion) 2 x 60 structured tasks 2 x 60 independent study		2,3,4	
13-15	Explaining the regulations for the TGR category. Explaining IPSI single move toya weapon Competition	1. rules 2. IPSI single move (Toya)	Practice, open and oral questions	2 x 50 face-to-face (Casus study, q&a and discussion) 2 x 60 structured tasks 2 x 60 independent study		2,3,4	
16	Final Semester Evaluation / Final Semester Examination						30%