

Analytical Study of Dominant Kicking Techniques and Their Contribution to Point Attainment in the XV 2025 Porprov Kumite Karate Championship

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Abstrak

Tujuan penelitian ini adalah untuk mengetahui teknik tendangan yang paling dominan dalam memperoleh poin pada pertandingan kumite karate. Metode yang digunakan dalam penelitian ini adalah metode deskriptif. Populasi penelitian terdiri dari 44 atlet yang mengikuti cabang olahraga karate kategori kumite pada Pekan Olahraga Provinsi Sumatera Selatan XV. Teknik pengambilan sampel yang digunakan adalah Total Sampling, sehingga sampel dalam penelitian ini adalah seluruh atlet yang mengikuti pertandingan karate kategori kumite pada PORPROV XV tingkat Provinsi Sumatera Selatan tahun 2025. Instrumen penelitian yang digunakan adalah observasi dengan menggunakan lembar skor pertandingan (match score sheet). Berdasarkan hasil analisis data dan pembahasan, dapat disimpulkan bahwa teknik tendangan yang paling dominan dalam memperoleh poin adalah teknik serangan tendangan Mawashi-Geri. Dengan demikian, teknik Mawashi-Geri merupakan teknik yang paling efektif dan sering digunakan dalam menghasilkan poin pada pertandingan kumite karate dalam ajang tersebut.

Kata kunci: Teknik Tendangan, Kumite karate, Mawashi-Geri, perolehan poin, studi deskriptif

Abstract

This study aimed to identify the most dominant kicking technique used to obtain points in kumite karate matches. A descriptive research method was employed in this study. The population consisted of 44 athletes who competed in the kumite category at the XV South Sumatra Provincial Sports Week (PORPROV) in 2025. Using a total sampling technique, all athletes participating in the kumite competition were included as the research sample. Data were collected through direct observation using official match score sheets as the research instrument. The analysis results indicated that the Mawashi-Geri kick was the most dominant technique in point acquisition during the competition. This finding suggests that Mawashi-Geri was the most effective and frequently applied kicking technique in generating points in kumite matches at the event. Therefore, mastering and optimizing the execution of Mawashi-Geri may significantly enhance competitive performance in kumite karate.

Keywords: Kicking Technique, Kumite karate, Mawashi-Geri, point acquisition.

1. INTRODUCTION

Karate is a widely practiced martial art that originated in Japan and has gained international recognition for its unique combination of physical and mental training (Indrajaya, 2019). This martial art emphasizes the use of hands and feet to execute strikes, kicks, and defensive techniques, and it has become a competitive sport across the globe (Yasir, Rahmah, & Antares, 2021). Karate has evolved over time, reaching a high level of refinement, and countries in Europe, America, and Asia have developed competitive standards comparable to those in Japan. In Indonesia, karate was introduced not by foreign military influence but by Indonesian students returning from studies in Japan. In 1963, students including Baud AD Adikusumo, Muchtar, and Karyanto established the first karate dojo in Jakarta, bringing Shotokan-style karate to Indonesia. Since then, karate has grown

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rapidly, becoming one of the most popular martial arts in the country, with numerous competitions organized from local to international levels. Karate is not merely a sport or form of self-defense; it is a discipline designed to cultivate both physical and mental strength. It encourages practitioners, or karateka, to develop character, discipline, and perseverance. The three main techniques in karate Kihon (basic techniques), Kata (forms), and Kumite (sparring) serve as the foundation of this development. Kihon focuses on mastering basic strikes, blocks, and stances (dachi), while Kata emphasizes precise movement patterns and mental concentration. Kumite is the practical application of these techniques in sparring, requiring quick decision-making, speed, and adaptability. Key movements in karate, such as punching techniques (tsuki), blocking (uke), and various kicking techniques, form the core of effective performance. The Mawashi Geri kick in karate still has many shortcomings and has not been fully mastered. The basic technique of the Mawashi Geri kick in karate is trained using the drill method for karate practitioners (Sasmita, 2020). Among these, the Gyaku Tsuki Chudan punch is highly regarded for its combination of precision and power, with the strength of the arm muscles significantly contributing to its effectiveness (Lamusu & Lamusu, 2023). Mastery of these foundational techniques is essential for athletes to execute complex movements effectively and to achieve success in both training and competitive settings (Herlina, Burhan, Ashari, & Nulhadi, 2023).

Physical conditioning is a critical factor in karate performance. High-level athletes must develop both aerobic and anaerobic capacities, as well as explosive muscular strength in the upper and lower body, to perform effectively in Kumite and Kata competitions (Inoue et al., 2018; Chaabène et al., 2019). Karate practitioners often face challenges in performing the Mawashi Geri kick optimally, as the technique requires not only precision but also sufficient lower limb muscle strength to achieve more effective and powerful kicks (Handayani, Manullang, & Hermansah, 2022)

Kumite involves intermittent high-intensity actions, such as punches, kicks, and throws, which require rapid acceleration and deceleration, while Kata demands sustained technical precision and balance over longer periods (Del Vecchio et al., 2020; Andreato et al., 2018). Research has shown that strength, flexibility, and core stability directly influence the execution of kicks and punches, which are critical for scoring points in Kumite (Pham & Nguyen, 2021; Andrade & Franchini, 2019). Additionally, anthropometric factors, such as leg length and joint mobility, affect the effectiveness of specific kicks, including Mawashi Geri, Ura Geri, and Ushiro Geri, which are commonly used in competitions (Syahputra, 2015; Wijaya, 2014). The speed, accuracy, and timing of these techniques play a major role in determining match outcomes, making physical preparation indispensable.

Equally important is mental training. According to Sudibyo, mental training is a structured process aimed at developing an athlete's psychological abilities, including willpower, emotional control, motivation, focus, attitudes, beliefs, and overall performance. Without a strong mental foundation, even technically skilled karateka may underperform during competition. Mental readiness allows athletes to manage stress, maintain concentration, and execute techniques efficiently under pressure. Research in Indonesia highlights that psychological factors, such as team cohesion, group motivation, active participation, and self-determination, positively influence training engagement and competitive success (Kusumawardani, 2019; Wibowo, 2019). Mental strength complements physical conditioning by allowing athletes to sustain high-intensity movements, make strategic decisions, and adapt to opponents' actions during Kumite matches.

Technical-tactical skills are also a major determinant of success in Kumite. Attack techniques, including punches, kicks, quick punches, and throws, are essential for scoring points. Studies show that the effectiveness of these techniques depends not only on strength and speed but also on execution accuracy and strategic selection during matches. For example, at the high school level, Mawashi Geri was found to be the most dominant kick for scoring points (Fandayani & Sagitarius, 2019), while at senior and international levels, a combination of punches and kicks significantly increases scoring opportunities, with certain kicks remaining strategically important (Rosa, Ramadi, & Wedi, 2024; Ariani et al., 2021; Daitoku & Ohishi, 2024). This highlights the need for athletes to master both fundamental techniques and advanced strategic applications, adjusting their approach depending on the competition level and opponent's style.

Integrated training that combines physical conditioning, technical skills, and mental preparation is essential for achieving peak performance. Local studies emphasize that balance and stabilization training improve movement precision in Kata (Rahayu, 2018), while flexibility and anthropometric advantages enhance kicking performance (Syahputra, 2015). Overall, a comprehensive approach that addresses physical, technical, tactical, and psychological aspects ensures optimal performance, reduces injury risk, and prepares athletes to compete successfully at regional, national, and international levels.

In conclusion, karate is a martial art that integrates physical strength, technical skill, and mental discipline. Success in Kumite competitions depends on the mastery of foundational techniques, strategic application of attack techniques, high-level physical conditioning, and robust mental training. Developing these elements together creates karateka who are capable of performing at their best, both in practice and in competition, demonstrating the holistic nature of karate as both a sport and a discipline for personal development.

2. METHOD

The method used in this paper is descriptive. Quantitative data analysis techniques in this paper use descriptive statistics. The research design used in this study is descriptive research. This research design is used to solve or answer problems currently being faced.

Research Subject

The population studied were athletes who participated in the 2025 South Sumatra Provincial Sports Week (PORPROV) XV Karate Competition, with 22 male kumite competitors, 22 female kumite competitors, and a total population of 44 people. The sampling technique used in this study was saturated sampling or total sampling. Saturation Sampling or Total Sampling is a sampling technique that aims to make generalizations with relatively small errors.

Research Procedure

To understand the chronological steps of the writing process, the writing procedure must be explained in detail. This can be seen as follows:

1. Determine the population, namely the athletes who participated in the 2025 South Sumatra Provincial Sports Week (PORPROV) XV Karate Competition at the provincial level, with 22 male *kumite* competitors, 22 female *kumite* competitors, and a total population of 44 people.
2. Determine the sample using the *Saturated Sampling* technique, namely athletes participating in the 2025 South Sumatra Provincial Sports Week (PORPROV) XV

Karate Competition, with 22 male *Kumite* competitors, 22 female *Kumite* competitors, and a total sample of 44 people.

3. *Tallying* the kicking attack techniques on the match score sheet with the assistance of 3 ADM or officials at the table during the match.
4. Recapitulating the results from the match score sheet into a recapitulation sheet. And,
5. Conduct processing the data, analyze it, and draw conclusions from the data processing and analysis results.

3. RESULT AND DISCUSSION

Result

Table 1. Recapitulation Data Results

Type of Attack Points Earned											
Round	Mae-Geri		Mawashi-Geri		Ushiro Mawashi-Geri		Side Kick		Number		
	F	P	F	P	F	P	F	P	F	P	TP
Elimination	2	2	220	69	88	34	0	0	310	105	205
Percentage	1	1	71	22	28	11	0	0	100	34	66
Referchance	0	0	32	6	7	0	0	0	39	6	33
Percentage	0	0	82	15	18	0	0	0	100	15	85
Semi-Final	0	0	20	10	11	8	0	0	31	18	13
Percentage	0	0	65	32	35	26	0	0	100%	58	42
Final	0	0	8	2	3	0	0	0	11	2	9
Percentage	0	0	73	18	27	0	0	0	100	18	82
All Rounds	2	2	280	87	109	42	0	0	391	131	260
Percentage	1	1	72	22	28	11	0	0	100	34	66

Note: F = Frequency; P = Points; TP = No Points

Table 1 is a summary of the research data obtained from the preliminary round to the final round. From this data, the author analyzed the percentage of athletes using the *Mae-Geri*, *Mawashi-Geri*, *Ushiro Mawashi-Geri*, and *Yoko-Geri* attack types. Next, the author describes

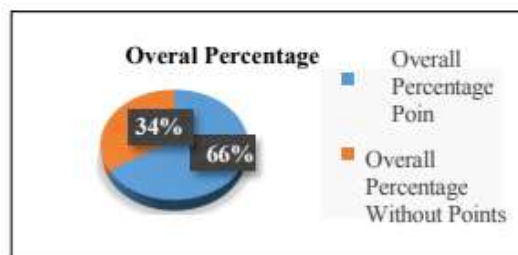
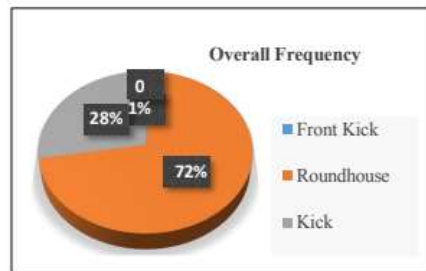


Diagram 1. Percentage of Kick Attack Techniques Overall Data

Diagram 3.2 shows the percentage of kicking techniques from the total, and Table 3.1 shows the percentage of kicking attacks that resulted in points and those that did not, with details: the percentage of kicking attacks that resulted in points was 34% and the percentage of kicking attacks that did not result in points was 66%. The total kicking attacks represent the total frequency of kicks with percentages in Diagram 3.3.

Diagram 3.3. Percentage of Overall Kick Attack Technique Frequency Data

**Diagram 2.** Percentage of Overall Kick Attack Technique Frequency Data

In diagram 2, the percentage of each kicking technique that resulted in points from the overall data is detailed as follows: Mae-Geri 1%, Mawashi-Geri 11%, Ushiro Mawashi-Geri 0%, and Yoko-Geri 0%. It is known that athletes in the junior class rely on the Mawashi-Geri kicking technique. It can be seen in the number of techniques per round that the Mawashi-Geri kick is the most dominant technique used. In addition to being the most dominant technique used, Mawashi-Geri also scores more points, as can be seen from the overall points recapitulation. The Mawashi-Geri kicking attack technique is the dominant technique and earns the most points, as evidenced by the overall data with a percentage of 22%. This is because Mawashi-Geri is a kick that is not as strong as other kicks but is very deceptive in its movement because the Mawashi-Geri movement can be used to block an opponent's attack and its movement is very effective, allowing for a very quick recovery compared to other kicks

The second dominant kicking attack technique is the Ushiro Mawashi-Geri kicking attack technique. It can be seen in the number of techniques per round that the Ushiro Mawashi-Geri kick is the second most used technique after the Mawashi-Geri kick. The Ushiro Mawashi-Geri kick attack technique is the second most dominant technique, as evidenced by the overall data with a percentage of 11%. This is because the Ushiro Mawashi-Geri movement is more difficult, and it is difficult to reach the target area of the body. However, if an athlete uses the Ushiro Mawashi-Geri kick quickly and accurately, this kick can also score many points because the area reached by the Ushiro Mawashi-Geri is the same as that of the Mawashi-Geri, which is an area that scores two to three points.

Mae-Geri and Yoko-Geri are techniques that are rarely, if ever, used in competition. This is because the participants in the 2025 South Sumatra Provincial Sports Week (PORPROV) XV Karate Competition are juniors. The Mae-Geri and Yoko-Geri kicks are difficult to perform at the junior level and are often used at the senior level. Looking at the number of techniques per round, these kicks are the least used techniques. The Mae-Geri kick was only used twice. Of the two times it was used, the Mae-Geri only scored 2 points, with a percentage of 1%. Meanwhile, the Yoko-Geri kick was never used during the competition. This occurred because, according to Beasley, this kick is very powerful but its function is to disrupt the opponent's balance and block their attacks, so this kicking technique is rarely used for attacking (Elsabe, 2015). Conversely, the Mae-Geri and Yoko-Geri kicking techniques are used for defense and to deceive opponents during the competition.

Of the many kicks used that resulted in points, the percentage of kicks that did not result in points tended to be higher at 66%. This occurred because the kicks used were not appropriate for the match situation and were inaccurate or did not hit the areas that should have resulted in points. There are several factors that influence the inaccuracy of kicks,

namely: 1) distance from the opponent, 2) lack of leg muscle endurance, 3) lack of leg muscle strength, and 4) timing.

It is important to recognize that coaches may be unaware of the training needs of the sport they coach. With an understanding of the discipline as a coach, training should begin with planning. Understanding the needs of the sport and the athletes themselves will be a significant driving force in helping athletes achieve excellence. Because the training program provided will align with what should be provided, by understanding the needs of the sport itself and the athletes. Therefore, it is crucial for a coach to know and understand the sport itself as well as the athletes.

4. CONCLUSION

Based on the results of the research obtained by the researcher, the author concludes that the dominant kicking technique that scores points is the Mawashi-Geri kicking attack technique. Based on the results obtained from this study, there are several suggestions: For coaches or sports trainers, the author recommends, especially for the sport of Karate and readers in general, to apply the principles of physical training using more effective and efficient forms of training, both in terms of training implementation and understanding the objectives of the training, so that athletes realize the importance of the training objectives.

For coaches, especially in karate, when training to improve technique, they should not focus on only one or two techniques, but athletes must be able to master all techniques allowed in competition. For athletes, especially Karate athletes, they must be able to perform variations of kicking attacks and master techniques to avoid becoming monotonous and easily predictable by opponents during competitions. Regarding the research conducted by the author, further research with a larger sample size and more in-depth analysis is recommended.

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