



Model of learning skills of ippon seoinage technique of Judo sport

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Info article	Abstract
<p><i>Filed in</i> 2026-03-08 <i>Accepted:</i> 2026-05-28 <i>Published:</i> 2026-05-31</p> <p>Keyword: <i>Slamming, Learning Model, Ippon Seoinage, Judo</i></p>	<p>The purpose of the research is to produce a Learning Model of Ippon Seoinage Slamming Skills for Judo Sports Branch. This research was carried out through a Research and Development (R&D) approach. The researcher conducted research by referring to the ADDIE development model which consists of five stages, namely analysis, design, development, implementation, and evaluation). The research sampling technique carried out in this study is 1 research subject of 30 students. Data analysis used an analysis of the effectiveness using SPSS. The results of the research are in the form of (1) Learning Model of Ippon Seoinage Technique Slamming Skills in Judo Sports (2) Learning Model of Ippon Seoinage Technique Slamming Skills in Judo Sports. which presents 16 Learning Models of Ippon Seoinage Technique Slamming Skills in Judo Sports. (3) Product Evaluation: That there is an improvement in the skill ability of the Ippon Seoinage Technique for Judo Sports Athletes which is developed based on the results of the effectiveness test using SPSS. Obtained mean = -shows the difference from pre-test and post-test, t-count result = -11.02, df =29 and p-value = 0.000 < 0.05 which means there is a significant difference between before and after the treatment of the Judo Sports Ippon Seoinage Slamming Technique Model (4) obtained mean = -showing the difference between pre-test and post-test, t-count result = -11.02, df =29 and p-value = 0.000 < 0.05 which means there is a significant difference between before and after given treatment of the Ippon Seoinage Slamming Technique Model of Judo Sports</p>

1. INTRODUCTION

The development of judo sports which is focused on PPLP and Club Judo athletes. Every judo player has a mainstay of moves or techniques in every match; the techniques used during the competition are mostly osoto gari techniques. Ippon Seoi Nage, Tai Otoshi, Uchi Mata. This technique is most widely used because it is an effective and efficient technique in matches or randori. This is inversely proportional to judo-pejudo-pedos who are in PPLP and Clubs, judo-athletes practice slamming techniques as they please without seeing and paying attention to effective and efficient techniques and have character according to the physical condition and posture of each judo.

Judo is increasingly popular because it is competed in the Olympics and has world championships such as the World Judo Championship which is the highest competition at the international level as well as the World Masters, Grand Slam, and Grand Prix championships (Franchini, de Moura, Shiroma, Humberstone, & Julio, 2019; A.D. Listiandi et al., 2019). In Indonesia, judo is a very developed martial arts sport because in recent years there have been quite a lot of proud achievements produced by Indonesian judo players in international events such as the SEA Games in 2015 and 2017 the Indonesian Judo team was able to become the overall champion.

One of the supporting elements of performance building is a good training program (Bompa & Carrera, 2015; Joyce & Lewindon, 2014). According to Bompa & Buzzichelli (2019), a good training process can target the development of special attributes related to the training program. These special attributes include multilaterally physical development, sport-specific physical development especially in the sport of judo, technical skills, tactical abilities, psychological characteristics, health maintenance, injury resistance, and theoretical knowledge.

At the end of 2019, a new virus outbreak emerged, namely SARS-CoV-2 or the corona virus (Covid-19). The Covid-19 pandemic has had a profound impact around the world, where restrictions on activities outside the home and limited social interaction

have reduced various things (Morens et al., 2020). Its influence on sports has made various sports events, both international and national, must be postponed, including the 2020 Olympics, PON 2020, as well as leagues and regional championships (Susanto, 2020; Wong et al., 2020). The delay in sports events certainly affects the training program that has been prepared, including the Judo team, so that athletes who are participating in training camps are forced to return to their respective regions to train with online supervision with the Training from Home method while waiting for the effectiveness of the judo training protocol according to the recommendations of the International Judo Federation (IJF) (Purnamasari & Febrianty, 2020).

Physical condition is something that must be maintained by athletes even though they must train independently in their respective areas, because with good physical condition, athletes can maintain their best performance (Bompa & Buzzichelli, 2019; Joyce & Lewindon, 2014). Even in pandemic conditions, training must still be undertaken, especially to maintain physical condition (Dwyer, Pasini, De Dominicis, & Righi, 2020; Hammami, Harrabi, Mohr, & Krusturp, 2020; Arfin Deri Listiandi, Budi, Suhartoyo, Hidayat, & Bakhri, 2020; Mutz & Gerke, 2020).

The Judo sports competition at the XVI Papua National Paralympic Week (Peparnas) was colored by the technique of Ippon Seoi Nage. Remember, this technique is very effective in knocking opponents off the mat in a relatively faster time. "Many use the Ippon Seoinage technique," This technique is a technique of slamming the opponent by taking the opponent's hand and then slamming it forward. This technique is often used by athletes who compete in this Peparnas event because it has a better level of effectiveness than others.

Using this technique, many matches are held in a shorter time. On average, each match can be accelerated early, because the opponent has already lost points compared to the opponent. "The average match time is less than 2 minutes," the completion of the match is a sign that the quality of athletes must be improved again.

This is important, because each match should be in accordance with the predetermined time, which is about 4 minutes.

In terms of technical mastery, it is still very lacking compared to other developed countries such as Japan and South Korea. The achievements of athletes in asian-level matches such as the Asian Games from year to year have not succeeded in becoming champions. Perhaps it is due to the lack of knowledge of the coaches and the lack of PB research results. PJSI about the correct Judo techniques in depth and training methods that are good and suitable for Indonesian athletes.

2. METHOD

This research was carried out through a Research and Development (R&D) approach. The researcher conducted the research by referring to the ADDIE development model which consists of five stages, namely analysis, design, development, implementation, and evaluation. Therefore, the researcher will explain the results of the development of a model that corresponds to the five stages of ADDIE. (Sinta et al., 2021)

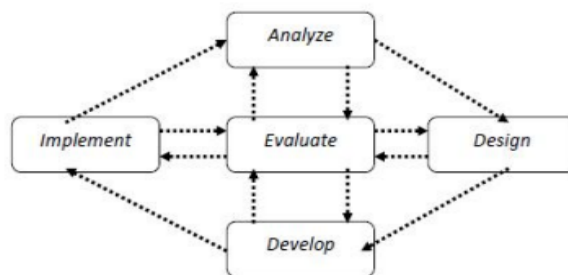


Figure 1: Stages in ADDIE (Puspasari, 2019a)

This ADDIE model is often chosen for the learning development model. This is stated by Molenda "I am satisfied at this point to conclude that the ADDIE model is merely a colloquial term used to describe a systematic approach to instructional development, virtually synonymous with instructional systems development (ISD)". The

system approach is to divide the learning design process into several successive stages, then utilize the output as input for the next step. The approach used in this study is a qualitative and quantitative approach. This means that the approach has the goal of finding the answer to the problem. The result of research and development is a new product design of the Ippon Seoinage Technique Slamming Skills Learning Model Judo Sports Branch (Puspasari, 2019b)

For this step, it starts from analyzing the need to obtain data by conducting initial observations. This initial observation method is with interviews with Dojo/Branch judo students in elementary schools. The results of the interviews obtained were the problem of the lack of variation of the Learning Model of Ippon Seoinage Technique Slamming Skills of the Judo Sports Branch, so that the learning method carried out was only that way and monotonous. That is what makes children's interest in learning decreases in the Learning Model of Ippon Seoinage Slamming Skills of the Judo Sports Branch for the upper class in elementary school to make it easier to design a learning model.

The research sampling technique carried out in this study was 1 study group of 30 upper-class students. Data analysis used an analysis of the effectiveness test of the learning model of the Ippon Seoinage Technique Slamming Technique of Judo Sports. The research was conducted by the DKI Jakarta Judo Club. This research will be carried out for 6 months, from April to September 2023. The stages start from making a draft learning model, small group trial, large group trial and effectiveness test

3. RESULTS AND DISCUSSION

In general, the results of the research are in the form of (1) Learning Model of Ippon Seoinage Slamming Skills for Judo Sports Branch. (2) A guidebook as a guideline for the Learning Model of Ippon Seoinage Technique Slamming Skills for Judo Sports Branch presents 16 Learning Models for Ippon Seoinage Technique Slamming Skills for Judo Sports Branch. The Learning Model of Ippon Seoinage Technique Slamming Skills

for Judo Sports is carried out at the DKI Jakarta Judo Club using the ADDIE (Analysis, Design, Development, Implementation, evaluation) development method.

Based on the results of the needs analysis data that the researcher has obtained through observation and interviews with the health teacher, it can be seen that: 1). The learning process of the skills of Ippon Seoinage Slamming Technique of Judo Sports Branch for the upper class is still monotonous so that students are not enthusiastic about participating in learning. 2) Slamming Skills Ippon Seoinage for the Sport Branch requires creativity and innovation in the model of the Ippon Seoinage Slamming Skills Learning Model for Sports Branches Judo For the upper class. Based on the results of interviews with the teachers of the social services teacher, the need for the Learning Model of the Ippon Seoinage Slamming Skills of the Judo Sports Branch for upper-class elementary schools, to be applied in the learning process of the social services in elementary schools. The Judo Sports Branch Ippon Seoinage Slamming Skills Learning Model was made to maximize the learning process, where the Ippon Seoinage Technique Slamming Skills Learning Model for Judo Sports Branch is varied.

The development stage in research includes design procedures that involve planning and setting up a research framework. In this discussion, the researcher prepared a draft model. The draft model was prepared in the form of 16 model learning models of the Learning Model of Ippon Seoinage Technique Slamming Skills for Judo Sports Branch for upper-class elementary schools. At this stage, the model of the Ippon Seoinage Slamming Skills Learning Model for upper-class elementary schools has gone through the improvement stages with input from the supervisor with the inclusion of pictures for the model of the Ippon Seoinage Slamming Skills Learning Model for Judo Sports Branch for upper-class elementary schools.

From the results of the feasibility test conducted by experts, it was concluded from the draft model provided that the variation of the learning model of the Ippon Seoinage Technique Slamming Skills Learning Model of the Judoschool Sports Branch consisting of 16 models was declared feasible to continue. From the results of the

feasibility test, there were suggestions and inputs from experts on the product made, namely the learning model of the Ippon Seoinage Technique Slamming Skills Learning Model for the Judo Sports Branch. The suggestions and inputs from experts who have concluded that the researcher has concluded are as follows: a) In the development of the model, it must be sequential from the easiest to the most difficult. b) The learning model that is developed must have pictures and implementation instructions must be clear so that it is easy to understand c) In implementation must be able to make children happy and active d) Media used must be safe, as well as the implementation time of students must be conditioned

Based on the results of the test of the implementation of the Ippon Seoinage Technique Slamming Skills Learning Model for Judo Sports Branch in large groups, all model items totaling 16 models can be implemented. And based on the findings in the field during the implementation, all students seemed enthusiastic in participating in the learning process. The next step is evaluation, this step is carried out after the implementation of the Ippon Seoinage Technique Slamming Skills Learning Model of the Judo Sports Branch against two groups of implementation tests, namely small group and large group tests and expert severe advice.

This effectiveness test was carried out to see how effective the results of the application of the developed model were on the achievement of the research objectives. Results of the Learning Model of Ippon Seoinage Slamming Skills of the Judoing Sports Branch on pre-test and post-test conducted by grade students. The pre-test was carried out before the implementation of 16 models of the Ippon Seoinage Technique Slamming Skills Learning Model for the Judo Sports Branch. And the post-test was carried out after being treated with various variations of the Ippon Seoinage Technique Slamming Skills Learning Model for Judo Sports Branch, as many as 16 models that have been validated and evaluated.

Table 1. Results of Paired Sample Statistics (Pre-test) and after treatment (Post-test)

		Mean	N	Hours of deviation	Std. Error Mean
Pair 1	Pretes	73.00	34	3.394	0.582
	Positions	74.00	34	3.421	0.587

The average score of the Pre-test is 73.00 and the average score of the post-test after being divided into the Ippon Seoinage Technique Slamming Skills Learning Model for the Judo Sports Branch is 74.00 which means that there is an improvement resulting from the *pre-test* to the *post-test*.

Tabel 2 Hasil Paired Differences

		Paired Differences							
		Mean	Hours of deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig.
					Lower	Upper			
Pair 1	Pretes - Posts	-0.471	3.735	0.641	-1.774	0.833	-0.735	33	0.019

In the test the average difference with SPSS was obtained mean = -0.471 showing the difference from pre-test and post-test, the result of t-calculation = -0.735, df =33 and sig = 0.019 < 0.05 which means that there is a significant difference between before and after being given the treatment of the Ippon Seoinage Technique Slamming Skills Learning Model of Judo Sports Branch.

Based on these results, it can be concluded that through the Learning Model of Ippon Seoinage Technique Slamming Skills of the Judo Sports Branch in the development of researchers can improve the ability of Ippon Seoinage Slamming Techniques for Judo Sports Branch, meaning that the learning model developed has significant effectiveness.

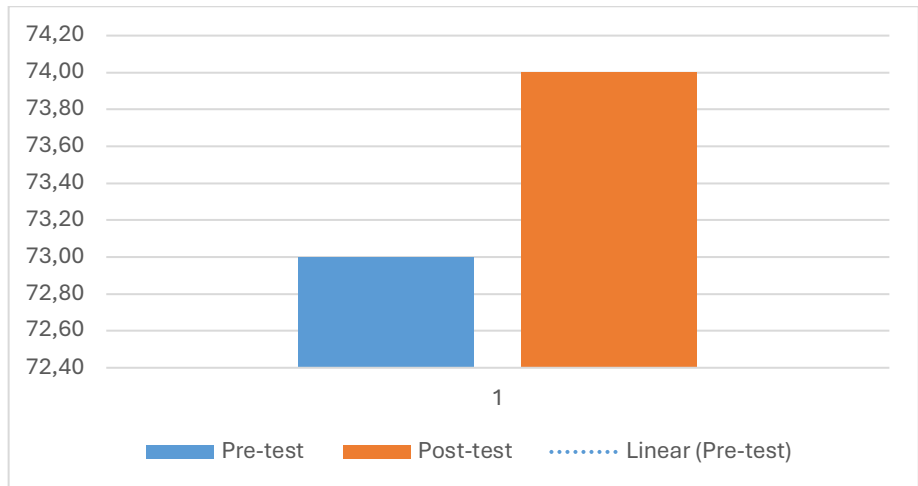


Figure 2. Product Effectiveness Test Graph

The graph above produces record data before and after the treatment of the Ippon Seoinage Technique Slamming Skills Learning Model for the upper class at the DKI Jakarta Judo Club With the results obtained, namely pre-test 73.00 and post-tests 78.00 From the graph above, it can be concluded that there is an increase in pre-test and post after treatment/treatment so that it can be said that there are effective and significant changes.

So that from the results of small group trials, large group tests and model effectiveness tests that have been presented, it is known that the Judo Sports Branch Ippon Seoinage Slamming Skills Learning Model developed in this study is effective and qualified to be applied in the physical education learning process in elementary school upper grade students.

The test results obtained before and after being given the treatment of the Ippon Seoinage Technique Slamming Skills Learning Model of the Judo Sports Branch in its significant test carried out using SPSS 20 in the mean -0.471 which shows the difference in pre-test and post-test results, the result t-count -0.735 , df 33 p-value = $0.019 < 0.05$ which shows that there is a significant difference between before and after the treatment of the learning model of the Ippon Seoinage Technique Slamming Skills Learning Model of Judo Sports.

Discussion

Based on the results obtained from the study, it can be concluded that the Learning Model of Ippon Seoinage Slamming Skills of the Judoyang Sports Branch was developed with a significant level of effectiveness. The results of the products that have been made by the researcher are the movement learning model of the Ippon Seoinage Technique Slamming Skills Learning Model of the Judo Sports Branch, from the shortcomings and advantages of the resulting products there are several inputs that the researcher will explain in order to achieve the improvement of this produced product. So the input in question is as follows: (a) Hopefully the learning process of penjas by applying the Learning Model of Ippon Seoinage Technique Slamming Skills of the Judoini Sports Branch can be applied in the learning of penjas for upper grade elementary school students more effectively. (b) In learning, it is expected to further improve the atmosphere of students to be more enthusiastic and challenged in the learning process.

However, developing an effective learning model for a technical skill in an elementary school context can be a challenge in itself. Students at this age are still in the stage of physical and cognitive development, so they need an approach that suits their characteristics. In addition, the teaching of martial arts techniques must also pay attention to safety aspects and adjustments to the level of students' abilities. The use of appropriate teaching materials is one of the good ways to develop children's abilities and creativity in learning. A judo learning program that is suitable for students must be fun and varied so that students do not feel bored with the training methods given by the teacher. Basically, judo is also growing rapidly in Indonesia, and one of the efforts to develop the sport can be started from children in elementary school (SD), so it needs to be introduced from the beginning and become a material to strengthen students' interest in elementary school (Veronika & Zainil, 2020) (Anindya & Setiakarnawijaya, 2019) (Studi et al., 2023)

To maintain the existence of judo especially in Indonesia, it is necessary to have an introduction, and practice as well as a forum or organization that oversees and

fosters judo sports in order to improve the quality and quantity of judo students (Kholijah, 2008). Indonesia's achievements in judo have declined due to the lack of variety in attack and defense from Indonesian students, making their movements easily readable by opponents from other countries. There are many techniques that can be applied when competing in kumite and kata, ranging from Tsuki (Punch), Geri (Kick), and (Slam). However, in recent times, technique a is rarely used by students during matches because of the difficulty level in performing technique a. (Exercise et al., n.d.) (Hasanah et al., 2020) .

Why should you learn a catrate even though the difficulty level is difficult, technique a must be learned because it is very effective in repelling the opponent's attacks. As in the kumite (fighting) type, when the opponent has a quick attack we can repel the opponent's attack with technique a. The advantage of technique a in Kumite is that when we manage to slam the opponent and the torso (torso) sticks to the floor or mat and then immediately attack it we will get a value of 3 points. Then the advantage of technique a in Kata is that at the time of the team word there is a Bunkai part. (Scarborough , 2021)

In the discussion, the Learning Model of Ippon Seoinage Slamming Skills for the Judoini Sports Branch is made so that it can be used as a reference in the learning process of physical education and can help teachers in the field The Learning Model of Ippon Seoinage Slamming Skills for the Judoini Sports Branch is prepared based on the analysis of the needs in the field. Products that have been evaluated with several existing weaknesses and have been revised to become a better final product, some of the advantages of this product can be conveyed as follows: (1) This product provides various Learning Models of Ippon Seoinage Slamming Skills for Judo Sports Branch(2) This model is arranged based on levels, from easy to difficult (3) Can provide references for physical education teachers as material Elementary School Learning.

4. CONCLUSION

Based on the number in the table above, it can be concluded that the Learning Model of Ippon Seoinage Slamming Skills for the Judo Sports Branch can be and is suitable for use in physical education learning. There is a comparison of numbers that show that the results of the initial test and the final test of the experimental group with the treatment of the learning model of the Ippon Seoinage Technique Slamming Skills Learning Model of the Judo Sports Branch have significantly increased. Therefore, it can be concluded that the Learning Model of Ippon Seoinage Technique Slamming Skills for Judo Sports is effective to be used in training and application in DKI Jakarta judo clubs.

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Conflict Of Interest

The authors state that there is no conflict of interest.

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