

**ASIC SKILLS LEVEL OF SICKLE KICK OF PSHT PENCAK SILAT
ATHLETES OF NORTH BENGKULU REGENCY**

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ABSTRACT

This study aims to determine the level of sickle kicks of PSHT Pencak Silat athletes. This research method is a descriptive quantitative survey method. The population of this study were all 32 PSHT Pencak Silat athletes, while the sample was taken by total sampling. This study aims to evaluate the level of basic sickle kick skills in Pencak Silat athletes of Persaudaraan Setia Hati Terate (PSHT) of North Bengkulu Regency. The results showed variations in the level of sickle kick skills between PSHT athletes in North Bengkulu Regency. Athletes with sickle kick scores above 25 are categorized as "Excellent", which consists of 2 athletes (6.25%). A total of 22 athletes (68.75%) have sickle kick scores in the range of 20 to 24, which falls into the "Good" category. There were 7 athletes (21.875%) with sickle kick scores between 17 to 19, which was categorized as "Medium". Only 1 athlete (3.125%) earned a sickle kick score in the range of 15 to 16, thus categorized as "Poor". The results of this study provide an important picture of the level of basic sickle kick skills in PSHT athletes in North Bengkulu Regency. This information can be used as a basis for designing training programs that are more effective in improving athletes' technical skills, as well as evaluation materials for coaching and developing the achievements of pencak silat athletes in the future.

Keywords: Sickle Kick, Silat.

