

**EFEKTIVITAS METODE *SHADOW FIGHT* TERHADAP
PENINGKATAN REFLEKS TANDING
ATLET PENCAK SILAT PUJO JANOKO KLUB**

ABSTRACT

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The main problem in this study is the low reflexes and suboptimal mastery of striking techniques among athletes at the Pujoo Janoko Pencak Silat Club, caused by limitations in specific training approaches, particularly the shadow method, which has not been utilized to its full potential, as well as the dominance of conventional methods that are less adaptable to the individual needs of athletes. This study aims to analyze the effect of the shadow training method on improving pencak silat throwing techniques and to identify differences in throwing technique ability before and after the systematic application of shadow training on athletes from the Pujoo Janoko Club. This study uses a quantitative method with an experimental approach, adopting a pre-test and post-test design on a single group, where data is collected through throwing technique tests conducted 10 times before and after the shadow training intervention. Data analysis is performed statistically using the Shapiro-Wilk normality test and paired sample t-test to test the hypothesis of treatment effectiveness. The research findings indicate a highly significant improvement in bantingan technique ability after the shadow training intervention, as evidenced by an average difference of 42.4 points between pre-test and post-test scores and a significance level of 0.000 ($p < 0.05$), as well as homogeneous improvement across all study subjects. Shadow training has been proven effective in building muscle memory, improving movement coordination, and optimizing individual striking techniques without the risk of injury from physical contact, as well as strengthening athletes' confidence and readiness to compete. This study recommends that future research involve a larger sample size with comparison variables or control groups, as well as the application of more varied and in-depth measurement approaches to assess the effectiveness of shadow fighting training in a broader context.

Keywords: *Reflexes, Throwing Techniques, Pencak Silat, Shadow Fight*