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WELCOME MESSAGE

On behalf of Semarang State University (Unnes), I take great pleasure in welcoming you to our first conference of Asean Council of Physical Education and Sport (ACPES) in 2015. We are privileged to organize this conference in the right place to enhance our academic awareness on issues related to Physical Education, Health and Sport.

The theme of this conference "Enhancing the Quality of Services in Physical Education, Health and Sport for a Better Future" is in line with Semarang State University's vision as a conservation university. Conservation values can be proliferated by the quality of services in Physical Education, Health and Sport also in turn, Physical Education, Health and Sport wise can be developed by embarking from conservation and local values. Therefore, this conference will give a great contribution to our effort to proliferate the importance of cultural preservation as an integral and significant part of our national identity.

I extend my sincere gratitude to ACPES 2015 committee for their untiring efforts to organize this prestigious event. I wish all the speakers and participants of ACPES 2015 get the most of this special event.

Sincerely yours,

Prof. Dr. Fathur Rokhman, M.Hum.
Rector of Semarang State University (Unnes)
PREFACE

In the modern society, sports has been recognized as a strategic tool for peace and education, thus, since 1978 the United Nations Educational Scientific and Cultural Organization (UNESCO) has facilitated the publication and proclaimed the International Charter of Physical Education and Sport. Instead of charter aims driving the development of physical education and sports for services of human advancement, promoting development, and urged the government agencies, non-governmental organizations in which competent, educators, families, and individuals themselves are eager to be guided, and given a referral to disseminate and insert the programs and activities of sport into practical level. Keep abreast of changing times and needs, this charter has been renewed from time to time.

Today, one of the toughest challenges to realize sport as a functional tool for peace and education is automation technologies which develop very progressively affecting the livelihood and lifestyles. Indeed, there is an anomaly and ironic situation here. Advances in technologies are intended to facilitate live and make humans have greater opportunities to conquer the nature, but in turn it gives complicates effect to life itself. Degenerative diseases increase the number of sufferers continuously and we must admit that one of the causes is the advancement of technologies which have made life easier and do not require lots of physical works to accomplish daily activities.

On the other side, sport and health experts and all who care about the quality of life today, encourages all parties to move physically and restore the function of the body in its natural essence. Again, this is something that all the time trying to alleviated by technology.

Therefore, undoubtedly we must dare to take breakthrough steps, thus physical education, and sport, are able to be a good medium for improving the quality of life, through improving the quality of service implementation. These efforts include the quality of agents (teachers, instructors, facilitators, trainers), quality of facilities, the quality of laws and regulations, as well as the quality of government policy. Through the annual scientific meeting among sports academia in South East Asia region, we can come together and support each other, to find the best formula to enhance the quality of services.

In this occasion, where Semarang State University hosted the meeting, a number of themes of scientific papers will be presented and discussed, with the hope we are able to provide inspiration for a better future.

Thank you for your help and participation of all parties, May God bless us all.

Your faithfully,

Prof. Dr. Tandiyo Rahayu, M.Pd
Chair Person of International Conference of ACPES 2015
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STANDARDIZATION ELEMENTS IN MOTION BASIC
MARTIAL LANGGA GORONTALO

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Abstract
Langga martial arts is a martial art method which was created in order to defend themselves from dangers that would threaten the safety and survival of the community. Besides martial arts is one of the community's identity and develop in accordance with the customs environment and character of local communities. Martial langga there should be a positive support from the community Gorontola to the preservation, promotion and development. Because according to preliminary observations made at this time martial langga already very concern because it was on the verge of extinction. The existence of martial langga difficult identified in terms of shape, viewed from the component implementation, martial langga have effective movement, heroic, and while there is some sort of ritual implementation is done. It is difficult where martial langga could stand as a form intact and clear. This study aims to standardize the elements of martial langga basic motion, in order to know more about how to form the basis of martial langga motion. The process of standardizing basic elements of martial arts motion langga actually to facilitate the development of martial langga, it is done so that the traditional martial langga are still evolving and no longer only known in Gorontalo, will also be very helpful in disseminating martial langga civic as well as in publications to the national level, so it may be Just a moment because obviously form the basis of martial langga motion will be a lot of interest and easily learned by society.

Keywords: Standardization, Martial, Langga Gorontalo

INTRODUCTION
Sustain human life always defend themselves from the threat of nature, animals and neighbors who are considered threatening its integrity. How to defend yourself from an area, in contrast to other areas. Mountain area in general is marked by sturdy horses and a lively arm movements, while the flat areas are characterized by an attitude horses light and nimble footwork though, (Sucipto, 2008: 2) states the difference was due to regional conditions and forms of threats, including the type of weapon being used. Moves that used to defend themselves inspired many of the different movements of animals, such as chickens, tigers, monkeys, snakes and others.

Langga martial arts is a martial art method which was created in order to defend themselves from dangers that would threaten the safety and survival of the community. In addition Martial Sports is one of the community's identity and develop in accordance with the customs environment and character of local communities. as seen in the martial character typical of the region in Indonesia which reflect the nature and character of the tribes in the area.

Ju Panggola is a title or nickname. Ju Gorontalo language which means yes, and Panggola means old. So, yes Ju Panggola mean old man. Historically, people who nicknamed Ju Panggola it is Ilato which means lightning. He was a Aulia or mayor who spread Islam in Gorontalo and has a high magic power, which is able to disappear from human view and may appear immediately if the State Gorontalo in distress. He was nicknamed Ju Ponggala, because he always appeared or emerged with an old man's profile and wearing a long beard and white robe. Ju Panggola left a stream of white
magic which is applied through the martial arts community called the langga Gorontalo. While still alive, Ju Panggola pass on his knowledge to his students by way of tears in their eyes. After that, the student will master the martial arts through dreams or reflex movements.

Martial langga not a static science. Science is evolving from time to time. The process of acculturation is one of the causes of the emergence of a wide range of flow and an increase in self-defense capability langga. Population movements, the expansion of the kingdom and the nature of love wander caused the meetings and a cross between the various science kanuragan (martial) is giving and receiving. Therefore, with the advent of various tribes and nations to Gorontalo, not closed the possibility of enriching cross langga Gorontalo martial abilities such as martial arts were heavily influenced Kuntao China in various places in the Gorontalo area has been regarded as indigenous knowledge.

Langga martial culture needs to be developed for endurance Gorontalo area, recognizing that culture is the great value to society Gorontalo. In addition langga martial sport is one aspect that needs to be given priority to be protected, nurtured, developed, which further empowered inherited. Martial langga there should be a positive support from the community Gorontalo to the preservation, promotion and development. Because this time is very memperhatinkan martial langga because it was on the verge of extinction. For the current show langga martial conducted during Eid is usually done after Eid prayers alone. (Kemenpora, 2014) states that traditional martial endangered should be developed and passed on to the young generation therefore the central and local governments and communities have an obligation to lift up and redevelop the traditional martial sport.

Based on the description that has been described, the views of existence as a self-defense martial langga not been clearly identified as part of the stream of martial arts that have joined the martial arts today. Therefore, it takes a scientific study through research to identify the basic elements of martial langga motion, in order to know more about how to form the basis of martial langga motion.

The process of identification of the basic elements of martial arts motion langga actually to facilitate the development of martial langga, it is done so that the traditional martial langga are still evolving and no longer only known in Gorontalo, will also be very helpful in martial artsosialiasikan langga to the community as well as in publications to the national level, so it may could be a while because it was clear form the basis of martial langga motion will be a lot of interest and easily learned by society.

The process of identification of the basic elements of martial arts motion langga done by video recording of the elders-old martial langga in Gorontalo, subsequently collected in order to facilitate the identification of the motion element essentially. This process is the most important thing that the martial langga can be received by the public and not only accepted, but internalized in people's lives. Because in the era of globalization, langga martial arts should be able to compete with the modern martial sport or game that is loaded with interesting art movement. In addition the process of socialization and organizational structures that are less optimal the cause of the failure of martial arts langga to exist in the era of globalization.

Based on the background described above, the formulation of the problem in this study as follows: 1) What is the basic elements of martial arts motion langga?. 2) Is the basic elements of martial langga motion together with other martial arts?.

This study aimed to obtain a comprehensive picture of the process of implementation of martial langga coaching in Gorontalo in order to preserve the martial langga Gorontalo, which is implemented by teachers langga, governments and society. Identify elements for the implementation of the basic motion martial langga in Gorontalo. To standardize the basic elements of martial arts motion langga in Gorontalo.
This research is useful theoretically and practically to support the development of martial langga in Gorontalo: 1) Theoretical Benefits, results of this study are expected to help teachers in order to teach martial martial langga effectively, efisen and attractive as well as being the pride of the people of Gorontalo. Results of this study are expected to help, facilitate the students martial langga achievement, increase motivation and an alternative choice to learn martial arts. Results of this study are expected to keep the local identity, the collective pride of becoming a martial langga area as well as the attractiveness of tourism and support the creation of a prosperous society, so that people are more interested in studying martial langga its own country, 2) Benefits in practice, results of this study are expected to help the organization establish martial Gorontalo langga as a container of coaching and training.

METHOD

This research is the development and document (video image) as its object, using analytical techniques. The method chosen because the author will do the analysis form the basic elements of movement in martial langga in Gorontalo.

This analysis to analyze, understand, and interpret basic elements of movement with the help of a category system, the analysis can also be applied to objects (images, equipment, video) and action. Data obtained from this analysis using a large part of the science of sports science sports biomechanics, exercise physiology. The procedure of analysis to be performed in this study are as follows: The analysis begins with the identification of specific research problems, namely how the basic elements of martial arts motion langga in Gorontalo. Selection of data sources: researchers determine the source of the data relevant to the research problem, through in-depth observation of the perpetrators of martial langga surviving by age 60 years and older. The timing and amount of elders langga to be studied (sample).

RESULT AND DISCUSSION

Analysis begins with the identification of specific research problems, namely how the basic elements of martial arts motion langga in Gorontalo, from the identification of the basic elements of martial langga motion which consists of elements of attitude, Basic Motion horses, Basic Motion Attitude tides, Basic Motion: Step Pattern, As follows...
Basic attitude

Fig 1: attitude of respect

attitude stance (sikap kuda-kuda)

Fig 2: Kuda-kuda depan
Fig 3: Kuda-kuda tengah

Fig 4: Kuda-kuda samping
Fig 5: Kuda-kuda Silang

Sikap Pasang
Pola Langkah

Pola Serang
CONCLUSION AND SUGGESTION

Based on the issues and research purposes as well as the results of the identification of the basic elements of martial arts motion langga Gorontalo, it can be drawn the conclusion and suggestions: 1. The basic elements of martial langga basically the same with the martial-traditional and modern martial others which start from a basic stance to attack, but with different means and methods. It can be seen from the basic stance, stance, pairs and attacking attitude, 2. The movement of the basic elements of martial arts motion langga, very simple in practice by relying on the reaction speed and endurance as well as strength, because in martial langga where all replies parry blows with local language "Uito totame mauito Popai olo", 3. The basic elements of martial langga still close relationship with the mystical tradition Pitodu carried through to the new langga athletes want and after learning langga. Tradition pitodu done seven (7) times, 4. To be able to program the government for another tradition of martial langga every day Eid every subdistrict in Gorontalo province, 5. For the experts martial langga to be able to open up to who wants to learn langga.

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This article is really the result of my research

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