

The Effectiveness of Ura Mawashi Geri and Mae Geri Kicks in Earning Points at Brawijaya University Karate Championship 2024

Dea Revinda^{1A-D*}, Agus Darmawan^{2BC}

^{1,2}Physical Education, Health, and Recreation, Faculty of Sports Science, Semarang State University, Indonesia

ABSTRACT

This study aims to analyze the contribution of the Ura Mawashi Geri and Mae Geri kicking techniques to point acquisition in the final kumite round of the student category at the Brawijaya University Karate Championship 2024. The main focus of this study is to determine which kicking technique is more effective in point acquisition, a key issue that the author addresses in this research. The sampling technique used is purposive sampling, where each athlete who reaches the final kumite round in the student category at the Brawijaya University Karate Championship 2024 is included as a sample. The method used in this research is direct observation, with supporting tools such as score sheets and a mobile phone camera. The data processing and analysis are conducted using percentage formulas. The study found that at the Brawijaya University Karate Championship 2024, the effectiveness of the Ura Mawashi Geri kicking technique in the final kumite round of the student category was 74%, with a failure rate of 26%, while the success rate of the Mae Geri kicking technique in the same round was 30%, with a failure rate of 70%. Based on these findings, it can be concluded that the more effective kicking technique for point acquisition in the student kumite category at the Brawijaya University Karate Championship 2024 is the Ura Mawashi Geri, with a success rate of 74%.

Keywords : Effectiveness, Karate, Kumite, Kicking Technique.

Correspondence:

*Dea Revinda, Physical Education, Health, and Recreation, Faculty of Sports Science, Semarang State University, 50229.

Email:

dearevinda177@students.unnes.ac.id

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INTRODUCTION

Karate is a martial art originating from Japan that uses hand strikes and kicks as methods to disable or subdue an opponent (Webster, 1960). As a combat sport, karate involves a fight utilizing the hands, elbows, legs, and lower limbs (Collins English Dictionary, 1960). The term "karate" comes from the words "kara," meaning empty, and "te," meaning hand, which as a whole can be understood as a martial art performed with empty hands, aiming to develop the physical, mental, and spiritual aspects of the practitioner, as well as for self-defense and health maintenance. The main techniques in karate consist of Kihon (basic techniques), Kata (forms), and Kumite (sparring), with Kumite and Kata being the techniques commonly contested. This study will focus on Kumite techniques.

Kumite can be defined as a sparring match between two karate practitioners, classified by weight categories, where they demonstrate offensive and defensive techniques. Kumite is a training method that combines offensive and defensive techniques in the form of direct combat (Prihastono, 1995:46). In Kumite, participants must apply the skills they have learned during training, including basic techniques, forms, and fighting strategies, to achieve victory. In addition to attacks and defenses, Kumite also involves scoring, where the referee awards points based on the accuracy of each participant's techniques. Scoring considers not only the success in executing attacks or defenses but also the conformity to the competition rules, such as using techniques that are legal and safe for both parties involved.

Generally, in Kumite matches, any technique performed with high speed and precise accuracy is awarded points by the referee. Techniques being scored include various types of attacks, such as punches, kicks, and even sweeps, as well as defensive techniques. The success of applying these techniques efficiently depends on the skills and mastery of each participant's foundation. In other words, the ability to execute fast and accurate attacks is one of the critical factors in determining the outcome of a match. However, it is not only physical strength that determines victory, but also intelligence in planning and anticipating the opponent's movements plays an equally important role.

Mastery of basic techniques is crucial because the ability to execute rapid or accurate defenses and attacks determines the outcome of the match. Basic techniques taught in karate, such as punches (tsuki), kicks (geri), and blocks (uke), provide a solid foundation for a karateka to develop further skills. Consistently practicing basic techniques will result in automatic and efficient movements, enabling a karateka to respond quickly and accurately to the opponent's attacks. Therefore, it is essential for a karateka to possess a high level of mastery of these basic techniques to apply them effectively in dynamic match situations.

In addition to mastering basic techniques, strategy and intelligence in combat also play a vital role in Kumite. Strategy in a Kumite match involves attacking and defending tactics tailored to the opponent's fighting style. Each athlete must have the ability to read the opponent's movements and anticipate potential attacks. This allows a karateka to control the rhythm of the match, select the right moment to attack, and avoid the opponent's attacks efficiently. In this context, it is essential to create various attack variations to prevent the opponent from easily predicting the next move.

Furthermore, intelligence in combat also means the ability to manage distance and time effectively. Maintaining the right distance allows a karateka to stay in a safe position while still having the opportunity to launch effective attacks. The speed of reaction to changes in the situation on the mat is also key to exploiting any openings that may arise in the opponent's defenses. The ability to think quickly and adapt the techniques used during the match can also provide an advantage for a karateka in achieving victory.

Mastery of fast and accurate attack techniques greatly influences point acquisition. Techniques performed with high speed and precise accuracy are generally harder for opponents to anticipate, thus creating more opportunities to score points. In Kumite, attack techniques are generally categorized into punches, kicks, quick strikes, and sweeps. In this study, the author will focus on discussing kick techniques as one of the key elements of point acquisition in Kumite matches.

The kick techniques in karate are offensive actions requiring physical strength, accuracy, and agility (Oyama, 1950). Kicks are the most distant-reaching weapons in terms of range and generate significant force. There are several types of kicks in karate, such as mae geri (front kick) with a score of 2 points, ushiro geri (back kick) with a score of 3 points, yoko geri (side kick) with a score of 2 points, mawashi geri (roundhouse kick) with a score of 3 points, and ura mawashi geri (reverse roundhouse kick to the back of the head) with a score of 3 points (Witri Fandayani, Sagitarius, 2019). Therefore, a karateka must be able to adjust the strength and accuracy of their kicks according to the match situation, considering that attacks that are too hard or inaccurate may risk violating the rules or becoming ineffective.

Effectiveness refers to the ability to achieve the desired outcome through a specific process or action (Kolb, 1984). Effectiveness is defined as the level of success in achieving the set goals in the most optimal manner (Sutrisno Hadi, 1981). Based on these definitions, it can be concluded that effectiveness refers to the ability to achieve the set objectives in a proper, efficient, and relevant manner, focusing on achieving the results in line with the desired targets. In the context of sports, particularly in Karate Kumite, the effectiveness of a technique is greatly influenced by an athlete's ability to apply the technique correctly and in accordance with the situation on the competition floor. Thus, in Karate, effectiveness is not solely based on physical strength but also on the athlete's ability to master techniques and strategies during the match.

In this study, the effectiveness of kicking techniques will be assessed based on how effectively they can be used to score points in the Brawijaya University Karate Championship 2024. Kicks performed with high speed and accurate precision have a high potential to generate more points in a short amount of time, as the opponent will struggle to evade or block these attacks. Mastery of the technique allows the athlete to have flexibility in selecting various types of kicks suited for the match situation, ensuring that every kick performed has a higher chance of scoring points.

Overall, the effectiveness of kicks in Karate Kumite depends not only on the technique itself but also on external factors such as physical readiness and the athlete's ability to choose and execute attacks correctly. Therefore, it is important for every karateka to continually refine their skills in using kicks effectively through structured training that focuses on the development of both physical and mental capabilities. In doing so, the mastery of effective kick techniques can significantly contribute to achieving victory in Kumite matches.

METHOD

The method applied in this study is a descriptive method with a descriptive quantitative data analysis technique. A descriptive approach is chosen because it allows the researcher to describe, explain, and analyze phenomena occurring within a population or sample without manipulating the variables being studied. In the context of this research, the primary goal of the descriptive approach is to provide an in-depth understanding of the conditions and characteristics of karate athletes competing in the final round of the kumite class at the Brawijaya University Karate Championship in 2024.

The data analysis technique used is descriptive quantitative analysis, which focuses on the collection and processing of numerical data that can be measured and analyzed statistically to describe the characteristics of the object being studied. In this study, the collected data includes the results of the matches, techniques applied by the athletes, and the individual performance of each athlete in each round of the competition. The results of the analysis will be presented in numerical form.

This study also involves a deep understanding of the procedures that need to be followed in the writing process, making it important to provide a detailed explanation of the steps involved in conducting the research. The first step is to determine and identify the relevant population. In this case, the population being studied consists of all the karate athletes competing in the final round of the kumite class at the Brawijaya University Karate Championship in 2024. The sampling technique used is purposive sampling, which targets athletes who have advanced to the final round, as they are considered to have mastered the techniques well. As this research focuses on athletes who compete in the final round, only those who qualify for the final will be included in the research sample.

The next step is data collection. Data collection in this study is conducted through direct observation of the competition by observing the matches firsthand, reviewing the scores displayed on the LED display during the event, and revisiting the recorded footage. Once the data is collected, the next step is data analysis. Descriptive quantitative analysis techniques are used to process and present the data in numerical form to describe the condition of the object being studied. For example, data obtained from match results will be calculated in terms of percentage, averages, and presented in tables or graphs to facilitate the reader's understanding of the research findings. The analysis and data processing can be conducted as follows:

Presenting the data that has been calculated using the percentage description formula:

$$Dp = n/N \times 100\%$$

Dp = Percentage data

n = Obtained value

N = Total expected value

Drawing conclusions from the data processing and analysis is an essential step in this research, aimed at uncovering significant findings related to the final round of the kumite class at the Brawijaya University Karate Championship in 2024. This process involves a thorough evaluation of the data obtained through observation and documentation, as well as the statistical processing carried out. The analysis will focus on the match results based on the scores obtained by each athlete, the techniques used, and other factors that may influence the final outcome. Additionally, certain patterns that emerge from the data, such as the success of specific techniques, will be analyzed to provide a more comprehensive understanding of the dynamics occurring during the competition. Therefore, the conclusions drawn will reflect the characteristics and quality of the competition in an objective and systematic manner.

RESULTS AND DISCUSSION

Result

TK : Total Kicks	SP : Success Percentage
SK : Scoring Kicks	FP : Failure Percentage
NSK : Non-Scoring Kicks	DP : $n/N \times 100\%$
TP : Total Points	DP : Data Percentage
T : Total	n : Obtained value N: Expected value

Table 1. Overall Data

Category	Belt	Ura Mawashi Geri's Kick						SP	FP	Mae Geri's Kick						SP	FP
		TK	T	SK	TP	NSK	T			TK	T	SK	TP	NSK	T		
-55 Kg Man	Red	6		6		0		82%	18%	4		2		2		20%	80%
	Blue	5	11	3	9	2	2			6	10	0	2	6	8		
-60 Kg Man	Red	5		3		2		75%	25%	5		0		5		0%	100%
	Blue	7	12	6	9	1	3			5	10	0	0	5	10		
-67 Kg Man	Red	5		3		2		82%	18%	4		2		2		20%	80%
	Blue	6	11	6	9	0	2			6	10	0	2	6	8		
-75 Kg Man	Red	6		3		3		55%	45%	6		2		4		36%	64%
	Blue	5	11	3	6	2	5			5	11	2	4	3	7		
-84 Kg Man	Red	7		6		1		75%	25%	5		0		5		25%	75%
	Blue	5	12	3	9	2	3			3	8	2	2	1	6		
+84Kg Man	Red	7		6		1		64%	36%	3		0		3		40%	60%
	Blue	7	14	3	9	4	5			2	5	2	2	0	3		
-50 Kg Woman	Red	5		3		2		67%	33%	5		4		1		44%	56%
	Blue	4	9	3	6	1	3			4	9	0	4	4	5		
-55 Kg Woman	Red	3		3		0		75%	25%	4		0		4		50%	50%
	Blue	5	8	3	6	2	2			4	8	4	4	0	4		
-61 Kg Woman	Red	5		3		2		82%	18%	7		2		5		20%	80%
	Blue	6	11	6	9	0	2			3	10	0	2	3	8		
-68 Kg Woman	Red	3		3		0		75%	25%	4		2		2		57%	43%
	Blue	5	8	3	6	2	2			3	7	2	4	1	3		
+68Kg Woman	Red	6		6		0		90%	10%	3		0		3		40%	60%
	Blue	4	10	3	9	1	1			2	5	2	2	0	3		
Total		117		87		30		74%	26%	93		28		65		30%	70%

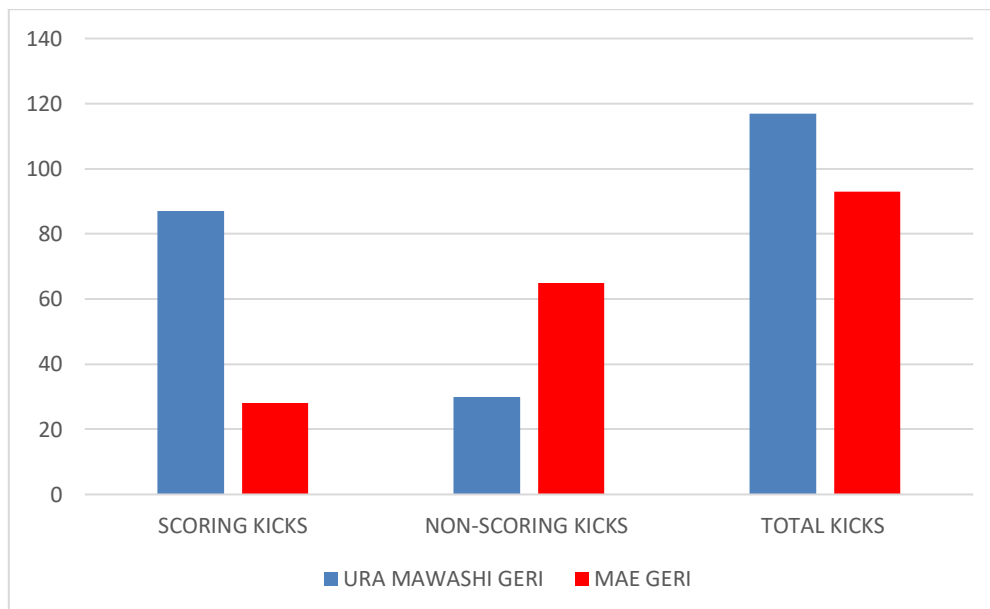


Figure 1. Diagram of Kicking Technique Results

Based on the results of the diagram obtained from observations of 11 classes in the final kumite competition for students, it can be seen that the Ura Mawashi Geri kick dominates the kicking techniques used during the competition. Out of 117 attempts of Ura Mawashi Geri

executed by the athletes, 87 kicks successfully scored points, while 30 other kicks failed to score points. In comparison, the number of Mae Geri kicks executed by the student kumite athletes in the final competition was 93. Of this total, only 28 kicks resulted in points, while 65 kicks did not score any points. This shows that although the Mae Geri kick was used in a number almost equivalent to the Ura Mawashi Geri, its success rate in scoring points is significantly lower.

Table 2. Kicking Percentage Results

Ura Mawashi Geri's Kick				Mae Geri's Kick			
TK	TP	Percentage		TK	TP	Percentage	
117	87	PKB 74%	PKG 26%	93	28	PKB 30%	PKG 70%

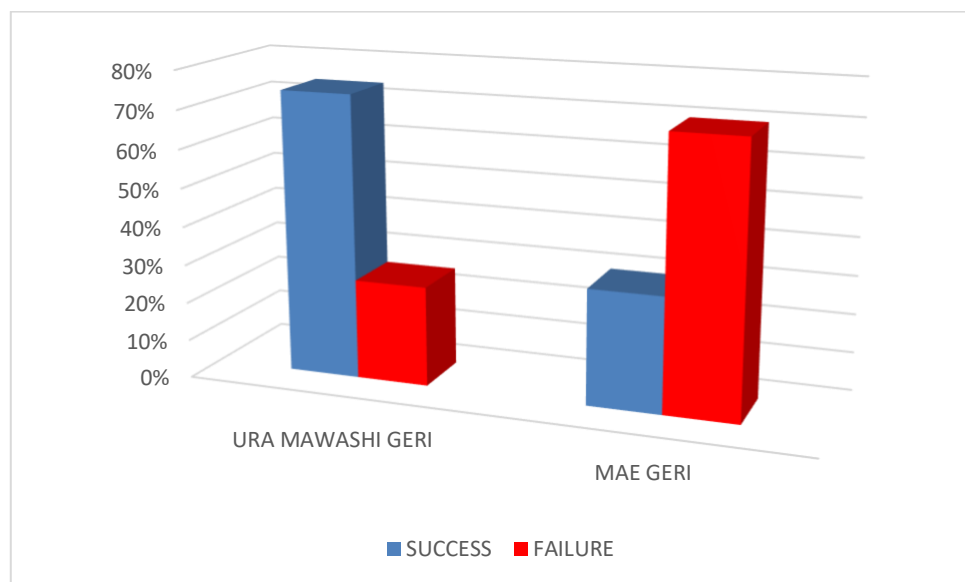


Figure 2. Percentage Diagram

The percentage results based on the total number of classes in the final kumite competition at the Brawijaya University Karate Championship in 2024 show that the Ura Mawashi Geri kick achieved a success rate of 74% and a failure rate of 26%. This success rate indicates a relatively high level of effectiveness, reflecting the efficacy of the Ura Mawashi Geri technique in scoring points during kumite competitions. This success suggests that the technique is not only popular in training but also highly effective in real competitive situations. In contrast, the Mae Geri kick yielded a lower percentage compared to the Ura Mawashi Geri in terms of scoring points, with a success rate of 30% and a failure rate of 70%.

Discussion

The Ura Mawashi Geri kick technique is a dominant and frequently used technique, particularly in the kumite classes for students. This is supported by data showing that this technique was executed 117 times during the Brawijaya University Karate Championship in 2024, with 87 kicks successfully scoring points, while 30 other kicks did not yield any results. Thus, the success rate of the Ura Mawashi Geri kick in scoring points was recorded at 74%. This figure indicates that this kicking technique is one of the most effective techniques in the competition. The high success rate of this technique can be attributed to several interrelated factors, including: first, its popularity in training and competition; second, its speed and spontaneity in execution; and third,

its ability to surprise the opponent. Each of these factors is interconnected and significantly contributes to the effectiveness of this kick technique in scoring points during kumite matches.

First, the popularity of the technique in training and competition plays a crucial role in the success of Ura Mawashi Geri in scoring points. This technique is regularly taught in karate training sessions, both at the basic and advanced levels. In training, the Ura Mawashi Geri kick is not only performed as a physical exercise to improve muscle strength and flexibility, but also as an essential part of developing effective attacking tactics. As such, this technique often becomes the go-to choice in various competitive situations. Consistent and repetitive training allows athletes to internalize the Ura Mawashi Geri movement. This repetition helps athletes hone the speed, precision, and explosiveness of the kick. The routine practice of this technique makes the movement become second nature to the body, enabling athletes to execute it without hesitation during high-pressure competition situations. Intensive training ensures that athletes' bodies become accustomed to executing this kick automatically, without taking time to consciously think about the movement. As Bruce Lee (1975) noted in *Tao of Jeet Kune Do*, "When practicing kicking techniques, it is crucial to repeat the movements until they become second nature. Kicks like Ura Mawashi Geri can be performed spontaneously in combat when consistent training creates a movement pattern inseparable from the body." This statement highlights that repetition in training helps form an automatic and effective movement pattern, allowing the technique to be used easily during matches.

Additionally, the Ura Mawashi Geri technique is often taught in various forms of variations in training, such as incorporating stronger body rotations or increasing the speed of the kick. This enables athletes to continuously improve the quality of their kick, making it more effective in competition. The popularity of this technique is also driven by the fact that it can reach sensitive areas of the opponent's body, such as the head or upper body, which are more likely to score points.

In competition, the popularity of the Ura Mawashi Geri kick continues as athletes have become accustomed to using this technique in various situations. This leads to its spontaneous use during matches, without needing to deliberate on the execution of the technique. Experienced and well-trained athletes tend to instinctively use techniques that they have practiced and mastered, including the Ura Mawashi Geri. The success of this technique in training boosts the athletes' confidence, which in turn increases the likelihood that this technique will be used more frequently and effectively during matches.

Second, the speed and spontaneity in execution. In karate kumite competitions, speed is a critical element in attacking the opponent. The faster the kick is executed, the greater the chances of surprising the opponent and avoiding a counterattack that could disadvantage the athlete. The Ura Mawashi Geri kick has a significant advantage in terms of speed, as it utilizes a rapid and powerful body rotation. This rotational movement allows the athlete to add extra force to the kick, resulting in higher speed and stronger momentum.

The Ura Mawashi Geri kick is known for its ability to surprise the opponent. The speed of this kick allows the athlete to strike very quickly, making it difficult for the opponent to evade or block the attack. In many competitive situations, the opponent will usually focus on defense or anticipate kicks that are easier to predict, such as Mae Geri or other more straightforward attacks. Therefore, when an athlete delivers the Ura Mawashi Geri kick suddenly, the opponent does not have enough time to react and effectively block the attack. Masatoshi Nakayama (1978), a prominent figure in the karate world, stated, "Ura Mawashi Geri is often used for its ability to surprise the opponent. By utilizing a strong body rotation and a sharp kick, this technique can strike an opponent's unprotected areas. Due to its fast and sudden nature, Ura Mawashi Geri is highly effective in scoring points in competitions."

The speed of the kick allows the Ura Mawashi Geri to reach the target faster compared to other kicks, making it more effective in scoring points. In this case, this technique can easily strike more sensitive areas of the opponent's body, such as the head or upper torso, which are more vulnerable to damage and more likely to result in points. The speed of the kick also increases the athlete's ability to exploit gaps in the opponent's defense, something that slower or more predictable techniques cannot accomplish.

Moreover, the element of spontaneity in this technique also plays a significant role in its effectiveness. Spontaneity in karate refers to the athlete's ability to react quickly to evolving situations on the field. In this regard, the Ura Mawashi Geri technique allows athletes to react swiftly to the opponent's movements. With intensive training, athletes can deliver this technique spontaneously, without needing to spend time thinking about what action to take. The combination of speed and spontaneity makes the Ura Mawashi Geri kick particularly dangerous for the opponent, as this attack can be delivered suddenly and is difficult to predict.

Third, the ability to surprise the opponent. Surprise is a key element in the offensive strategy of karate. When the opponent is unprepared or unable to anticipate the attack, they are more likely to make mistakes in their response, which gives a significant advantage to the attacking athlete. The Ura Mawashi Geri kick takes full advantage of this element of surprise. The technique, delivered quickly and unexpectedly, is difficult for the opponent to predict, especially if the opponent is used to facing more common or predictable attacks.

A sudden strike with the Ura Mawashi Geri is highly effective because this movement targets the vulnerable and more sensitive areas of the body, such as the head, face, or upper torso, which are more likely to result in points. The surprise is a result of the combination of speed, accuracy, and power of the kick, which can catch the opponent off guard. Additionally, this technique can be executed in various variations, whether by utilizing body rotation or increasing the power of the kick, further making it harder for the opponent to predict.

When an athlete successfully surprises the opponent with a fast and unexpected technique like Ura Mawashi Geri, they create a significant opportunity to score points. This element of surprise applies not only in situations where the opponent is unprepared but also when the opponent is focused on other areas of the body or attacks. By diverting the opponent's attention and taking advantage of moments when the opponent is not fully alert, the athlete can easily score points with this technique.

In contrast, the Mae Geri kick is commonly used in competitions to maintain distance or control space in the fight. While this kick is effective in controlling distance and setting the tempo of the match, it lacks the speed and element of surprise that the Ura Mawashi Geri kick possesses. The Mae Geri kick is typically easier for the opponent to predict due to its more straightforward and exposed movement. This allows the opponent to evade or block the attack more easily. The Mae Geri kick is also less effective in scoring points compared to the Ura Mawashi Geri, as it is harder to strike sensitive or well-protected areas of the opponent's body.

The difference in the success rates of the two techniques also reflects the contrasting tactics employed by athletes during the match. The Ura Mawashi Geri kick is often used to create a moment of surprise and quickly attack the opponent, frequently resulting in points due to its speed and unpredictability. On the other hand, the Mae Geri kick is more often employed in defense or space control, with the goal not being to score points directly, but to manage movement and tempo during the match.

Considering the percentage results, in student kumite competitions, the Ura Mawashi Geri kick is more effective in scoring points compared to the Mae Geri kick. This technique has a higher success rate, reflecting its superiority in speed, surprise, and the ability to strike more sensitive areas of the opponent's body. Meanwhile, the Mae Geri kick, although still important in defense and space control strategies, is less effective in terms of point-scoring achievement.

CONCLUSION

Based on the results of the research obtained through various stages, ranging from direct observation to data processing and analysis regarding the effectiveness of the Ura Mawashi Geri and Mae Geri kicks in scoring points at the Brawijaya University Karate Championship 2024, the author draws significant conclusions. This study aims to compare the effectiveness of these two kicking techniques in scoring points during the final kumite round, which is a crucial part of karate competitions. In this context, the author conducted direct observations of the matches, followed by recording data on the success rates of both techniques, and subsequently analyzed the results to draw more in-depth conclusions regarding their effectiveness.

The research findings indicate that the effectiveness of the Ura Mawashi Geri technique in the final kumite round of the Brawijaya University Karate Championship 2024 is 74%. This value suggests that the Ura Mawashi Geri technique is highly effective in scoring points at this competitive level. The Ura Mawashi Geri is a circular, backward-oriented kick used to target crucial areas such as the head or torso of the opponent. The success of this technique in scoring points is influenced by several factors, including speed, accuracy, and the athlete's ability to capitalize on moments when the opponent is unprepared. This technique is also difficult for opponents to predict due to its circular motion and relatively quick execution, making it harder for them to anticipate and avoid the kick, thereby increasing the chances of scoring points.

On the other hand, the research findings show that the effectiveness of the Mae Geri technique in the final kumite round of the Brawijaya University Karate Championship 2024 is only 30%. The Mae Geri, known as the front straight kick, is one of the fundamental techniques in karate frequently used by athletes. While this technique is an important part of the kicking arsenal in competition, the study found that its success rate in scoring points in this event was relatively low. This may be attributed to several factors, one of which is the predictable nature of the technique. The Mae Geri, being more direct and straightforward, offers fewer opportunities for the athlete to deceive or surprise the opponent with an unexpected movement. Additionally, this technique requires a high degree of precision to hit the target accurately, which increases the likelihood of failure to score points.

Based on the observations and analysis, it can be concluded that in the context of the karate competition during the final kumite round of the Brawijaya University Karate Championship 2024, the Ura Mawashi Geri kick is more effective than the Mae Geri in scoring points. The effectiveness of the Ura Mawashi Geri indicates that in high-level competitions, techniques that are more varied and rely on elements of surprise and accuracy have a greater potential to score points compared to basic techniques that are easier to predict.

This conclusion provides significant contributions to the development of strategies in karate, particularly in selecting the appropriate techniques to achieve victory. The research highlights the importance of mastering more complex and unpredictable techniques, such as the Ura Mawashi Geri, to increase an athlete's chances of scoring points. Therefore, the findings of this study can serve as a valuable evaluation tool for coaches and athletes in formulating more effective competition strategies and improving less effective techniques, such as the Mae Geri, by focusing on enhancing accuracy and incorporating elements of surprise in their execution. Furthermore, the results can be used as a basis for developing training programs that focus more on kicking techniques with high potential for scoring points in high-level karate competitions.

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CONFLICT OF INTEREST

The authors declare no conflict of interest

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