



Understanding basic snatch techniques for beginner weightlifters PABSI Aceh

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Weightlifting is a sport that competes to lift heavy weights called barbells, which is performed with a combination of strength, flexibility, concentration, ability, discipline. The formulation of the problem in this study is the need for good and correct mastery of the basic snatch force technique in weightlifting. The purpose of this study was to analyze the basic techniques of the snatch style and to analyze the initial to late movements of the snatch technique, in Aceh Weightlifting Athletes. This research is a qualitative research using survey method. The population in this study was beginner athletes at the Seuramoe Lifter Aceh weightlifting club with a total sample of 5 athletes, the total sampling technique was sampling. The research states that from the analysis of the Star Position, First Pull, Transition, and Scnd Pull movements, with the correct movement position, the average movement of the Seuramoe lifter Aceh Club weightlifter has not seen the Star Position, First Pull, Transition, and A good Scnd Pull is in accordance with the research guidelines with a 75% safety percentage. The movements are carried out correctly.

INTRODUCTION

Efforts to increase achievement require coaching in the long term to achieve optimal achievement goals. Coaching is given through several stages that aim to achieve a change from the sport being pursued (Nassis et al., 2017). Thus, efforts to grow sports achievements require patience to achieve achievements in the sport they are involved in. Weightlifting is a sport that is competed for lifting heavy weights called barbells, which is done with a combination of strength, flexibility, concentration, ability, discipline, athletics, fitness, technical strength, mental and physical. In Indonesia, the body that oversees the sport of weightlifting is PB PABSI (Indonesian Weightlifting and Bodybuilding Association). However, in achieving good results, you cannot ignore the exercises that have been determined to achieve these achievements (FIK-UNP et al., 2018).

Thus, for all physical components, a coaching and training program is needed that helps athletes improve their skills and achievements as much as possible. In addition, in achieving achievements in the field of sports, especially weightlifting, it is very important to achieve good achievements. In some sports, high posture with ideal body weight and good physical condition will support the achievement of high sports achievements. Efforts to improve maximum performance need coaching and a good training program to achieve perfect results and are determined by proper physical exercise (Siciliano et al., 2020). Thus, for all physical components, a coaching and training program is needed that helps athletes improve their skills and achievements as much as possible. In addition, in achieving achievements in the field of sports, especially weightlifting, it is very important to achieve good achievements. In some sports, high posture with ideal body weight and good physical condition will support the achievement of high sports achievements. Efforts to improve maximum performance need coaching and a good training program to achieve perfect results and are determined by proper physical exercise. Thus, for all physical components, a coaching and training program is needed that helps athletes improve their skills and achievements as much as possible. In addition, in achieving achievements in the field of sports, especially weightlifting, it is very important to achieve good achievements. In some sports, high posture with ideal body weight and good physical condition will support the achievement of high sports achievements. Efforts to improve maximum performance need coaching and a good training program to achieve perfect results and are determined by proper physical exercise. In some sports, high posture with ideal body weight and good physical condition will support the achievement of high sports achievements. Efforts to improve maximum performance need coaching and a good training program to achieve perfect results and are determined by proper physical exercise. In some sports, high posture with ideal body weight and good physical condition will support the achievement of high sports achievements. Efforts to improve maximum performance need coaching and a good training program to achieve perfect results and are determined by proper physical exercise.

Weightlifting is a sport that relies on strength to lift material from iron. In England, this sport is called weightlifting and the athletes are called lifters (Caparrós et al., 2017). Athletes from weightlifting

must have good physical and mental strength compared to other sports, because in competition, weightlifters need physical activity, especially muscle strength and endurance to try to lift as much weight as possible so they must have a good level of strength in weightlifting. achieve performance. Optimal. Thus, good primal strength becomes the main capital applied in the match.

At the weightlifting branch there are 2 types of lifts namely Snatch and Clean & Jerk. Each type is given a chance for 3 generations, in each class. The lifter is given the opportunity to lift the barbell 3 times according to his ability. The second batch can be added another 5 Kg, the third batch added another 2.5 Kg and so on. Valid lifts get values, then add up and get what is called Total Lift for each lift type. Those who have the highest number of points are determined as winners (Iskandar et al., 2018).

Physical condition is the main factor that must be owned by an athlete although it does not leave other aspects such as technical aspects, tactics, and mental aspects. The physical condition of an athlete is different, to be able to have, maintain and improve physical condition well, humans must try and also pay attention to the factors that influence it (Tuti Sarwita & Zulheri Is, 2021) . Weightlifting is different from other sports, growing muscle strength, increasing size, content and shaping a beautiful body. Muscular strength is a powerful motivation and to some extent needed by all sports and by everyone. So in training various sports, weightlifting appears at various levels of muscle strength development (Edwarsyah, 2016)).

Sports with heavy weights are not easy to implement. The movement of weightlifters in lifting heavy barbells, with respect to the angle of lift, is very complicated and is the result of the work of certain muscles, the result of complex conditions of achievement, and is limited by the conditions established by the rules of competition (Campos et al., 2006).

To facilitate learning and exercise, classifications in weightlifting exercises are held according to their characteristics. Usually, all weightlifting exercises are divided into: classic and support (classic and assistance). Classical strength is what is done in international competitions, namely Snatch and Clean and Jerk (Gupta & Goswami, 2001). Supporting exercises are carried out in daily practice. These are further divided into specific exercises with a barbell, and general development exercises with or without resistance (Huang et al., 2021).

The simple movements we do when lifting dumbbells can be very beneficial for the process of forming an ideal body. This process will make our muscles more 'tough' against injury (Asensio et al., 2015). So actually, when we routinely do weightlifting, we indirectly have formed stronger muscle tissue. And overall, the body will feel less injured alias stress because the muscles become more flexible (Sobolenko et al., 2020). Plus weight training will also be felt, a series of calorie burning exercises during a weight loss program becomes easier to do. And in the world of sports health, weight training will create a domino effect for the body. The domino effect is: burn 40 percent more body fat, burn more calories, shape the body to be more beautiful (Prieto-González & Sedlacek, 2021).

RESEARCH METHODS

The type of research used in this study is a descriptive qualitative approach, as described by (Arikunto, 2019) research evaluation requires requirements that must be met, namely the existence of criteria, benchmarks, or standards, which are used as comparisons for the data obtained, after the data is processed and is the real condition of the object under study. The research design or research design is a design made by researchers, as a design for the activities to be carried out". So the research design in this study was to measure/analyze the snatch technique in the Seuramoe Lifter Aceh Club Weightlifting Athlete by looking at the angle of body position and style of the athlete. Weightlifting world (video/image). associated with the weightlifting ability of Seuramoe lifter Aceh Club. The population in this study were all novice athletes seuramoe lifter Aceh Club. The sample in this study was the Seuramoe lifter Aceh Club weightlifting athlete, totaling 5 people with total sampling technique.

Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better in the sense of being fast, complete, systematic, so that they are easier to process. In this study, research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better in the sense of being fast, complete, systematic, so that they are easier to process. In this study the instruments needed include: The sample in this study was the Seuramoe lifter Aceh Club weightlifting athlete, totaling 5 people with total sampling technique. Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better in the sense of being fast, complete, systematic, so that they are easier to process. In this study, research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better in the sense of being fast, complete, systematic, so that they are easier to process. In this study the instruments needed include: The sample in this study was the Seuramoe lifter Aceh Club weightlifting athlete, totaling 5 people with total sampling technique.

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Position Angle Instrument

The body position angle instrument in this study used markers, white stickers on the athlete's joints, and assisted by video recordings. With the analysis of the angle of movement using the help of softwaresolidworks 2010.

Video and Image Cropping Instruments

Cutting video images per frame is to use movie maker software (version 2.6). Other supporting instruments include video recorders (Handycam), Laptops, Tripods, weight scales, meters, and barbells according to the lifting class.

RESEARCH RESULT

The results presented are the values taken through live video recordings from the field. A weightlifter who had good snacking technique on the three occasions listed in the appendix. To analyze the angle of motion performed by novice weightlifters Seuramoe lifter Aceh Club, the data presented is in the form of observations. The following is a presentation of data for each athlete from video images starting from movement *Stars Position*, *Firspulls*, *Transition*, *Scond Pull*.

The results of the research on the angle of movement carried out by PABSI Weightlifting beginner athletes show that: (1) the angle of motion of the Star Position where the limbs are form an angle 78° , and the waist forms an angle of 53° . (2) Based on the Firs Pull motion angle where the limb form an angle 130° , and the waist forms an angle of 89° . (3) Based on corner, transition movement where are the limbs forming an angle of 127° , and the waist forms an angle of 121° . (4) At the time of Scond movement Pull the limbs form an angle 137° , and the waist forms an angle of 164° .

Based on the results of the weightlifting movement, the first sample of weightlifting athletes Seuramoe lifter Aceh Club from *Star Position*, *First Pull*, *Transition*, and *Scond Pull* movements, it can be concluded that the movement is almost close to the parameters seen according to moh. Kusuma et al (2018:12) Movement Star Position Limb angle 75° and Waist angle 47° , *Firs Pull* Limb angle 145° and Waist angle 90° , *Transition* Limb angle 130° and Waist angle 126° , and *Scond Pull* Limb angle 170° and Waist angle 190° .

1. Second sample movement

Table 4.2 The results of the weightlifting angle of Seuramoe lifter Aceh Club

Athlete Name	Movement	Leg Angle	Waist Angle
		Degrees (0)	Degrees (0)
Sample 2	1	74	49
	2	142	93
	3	127	128
	4	162	190

Table 4. 2 above is the angle of motion performed by the weightlifter Seuramoe lifter Aceh Club which shows that: (1) the angle of motion of the Star Position where the limbs areform an angle 68° , and the waist forms an angle of 56° . (2) Based on the Firs Pull motion angle where the limbform an angle 142° , and the waist forms an angle of 94° . (3) Based oncorner, Transition movementinwhere are the limbsform an angle 127° , and the waist forms an angle of 130° . (4) At the time of Scond movement Pull the limbsform an angle 150° , and the waist forms an angle of 190° .

Based on the results of the weightlifting movement, the first sample of weightlifting athletes Seuramoe lifter Aceh Clubfrom movement *Star Position*, *First Pull*, *Transition* and *Scond Pull*,it can be concluded that the movement is almost close to the parameters, it's just that the position of the limbs is a bit lower while the waist position is slightly straighter so that it affects the pull of the two movements (4) athletes are less than optimal seen from the shape of the legs that are not maximally straight while the waist is in an upright position. According to (riki, 2021) Movement Star PositionLimb angle 75° and Waist angle 47° , *FirsPull* Limbangle 145° and Waist angle 90° ,*Transition*Limb angle 130° and Waist angle 126° ,and*Scond Pull* Limb angle 170° and Waist angle 190°

2. The angle of movement of the third sample

Table 4.3 The results of the angle of motion of the Seuramoe lifter Aceh Club weightlifter.

Athlete Name	Movement	Leg Angle	Waist Angle
		Degrees (0)	Degrees (0)
Sample 3	1	77	50
	2	143	89
	3	125	122
	4	168	190

Table 4. 3 above is the angle of motion performed by the weightlifter Seuramoe lifter Aceh Club which shows that: (1) the angle of motion of the Star Position where the limbs areform an angle 77° , and

the waist forms an angle of 50° . (2) Based on the First Pull motion angle where the limb forms an angle 143° , and the waist forms an angle of 89° . (3) Based on corner, Transition movement in where the limbs make an angle of 125° , and the waist forms an angle of 122° . (4) At the time of Second movement Pull the limbs form an angle 168° , and the waist forms an angle of 190° .

Based on the results of the weightlifting movement, the first sample of weightlifting athletes Seuramoe lifter Aceh Club from movement *Star Position, First Pull, Transition and Second Pull*, it can be concluded that the movement is almost perfect according to the parameters, it's just that in the Start Position (1) movement position the limbs are slightly higher and the waist is slightly more upright. According to Moh Kusuma et al (2018:12) movement *Star Position* limb angle 75° and Waist angle 47° , *First Pull* Limb angle 145° and Waist angle 90° , *Transition* Limb angle 130° and Waist angle 126° , and *Second Pull* Limb angle 170° and Waist angle 190° .

3. Fourth sample movement

The result of the Seuramoe lifter Aceh Club's weightlifting angle.

Athlete Name	Movement	Leg Angle	Waist Angle
		Degrees (0)	Degrees (0)
Sample 4	1	78	55
	2	144	88
	3	132	129
	4	169	188

Table 4. 4 above is the angle of motion performed by the weightlifter Seuramoe lifter Aceh Club which shows that: (1) the angle of motion of the Star Position where the limbs form an angle 78° , and the waist forms an angle of 55° . (2) Based on the First Pull motion angle where the limb forms an angle 144° , and the waist forms an angle of 88° . (3) Based on corner, Transition movement in where the limbs form an angle 132° , and the waist forms an angle of 129° . (4) At the time of Second movement Pull the limbs form an angle 169° , and the waist forms an 188° angle.

Based on the results of the weightlifting movement, the first sample of weightlifting athletes Seuramoe lifter Aceh Club from movement *Star Position, First Pull, Transition and Second Pull*, it can be concluded that the movement is almost perfect according to the parameters, it's just that in the Start Position (1) movement position the limbs are slightly higher and the waist is slightly more upright. (Kolliari-Turner et al., 2021). *Movement Star Position* limb angle 75° and Waist angle 47° , *First Pull* Limb angle 145° and Waist angle 90° , *Transition* Limb angle 130° and Waist angle 126° , and *Second Pull* Limb angle 170° and Waist angle 190° .

4. Movement of the fifth sample

The result of the Seuramoe lifter Aceh Club's weightlifting angle.

Athlete Name	Movement	Leg Angle	Waist Angle
		Degrees (0)	Degrees (0)
Sample 5	1	75	48
	2	141	64
	3	128	125
	4	160	182

Discussion

Based on the data that has been presented regarding the results of the analysis of the Basic Technical Mastery of the Weightlifting Forces at Seuramoe lifter Aceh Club 2021, the authors interpret these data as follows:

1. First sample

Based on the results of the weightlifting movement of the first sample weightlifter Seuramoe lifter Aceh Club from the Star Position, First Pull, Transition, and Second Pull movements, the angle of motion of the Star Position where the limbs form an angle of 75^0 , and the waist forms an angle of 48^0 . Based on the angle of motion of First Pull where the limbs form an angle of 141^0 , and the waist forms an angle of 64^0 . Based on the angle, the Transition movement in which the limbs form an angle of 128^0 , and the waist forms an angle of 125^0 . During the Second Pull movement the limbs form an angle of 160^0 , and the waist forms an angle of 182^0 based on the results From the research it can be concluded that the movement is almost perfect according to the parameters seen in (Wilson, 2014)

2. Second sample

Based on the results of the first weightlifting sample of the Seuramoe lifter Aceh Club weightlifter from the Star Position, First Pull, Transition, and Second Pull movements, the angle of motion of the Star Position where the limbs form an angle of 68^0 , and the waist forms an angle of 56^0 . Based on the angle of the First Pull motion where the limbs form an angle of 142^0 , and the waist forms an angle of 94^0 . Based on the angle, the Transitional movement in which the limbs form an angle of 127^0 , and the waist forms an angle of 130^0 . During the Second Pull movement the limbs form an angle of 150^0 , and the waist forming an angle of 190^0 . Based on the results of the study, it can be concluded that the movement is almost perfect according to the parameters seen in (Wilson, 2014).

3. Third sample

Based on the results of the weightlifting movement, the first sample weightlifter Seuramoe lifter Aceh Club from the Star Position, First Pull, Transition, and Scond Pull movements,) the Star Position motion angle where the limbs form an angle of 77° , and the waist forms an angle of 50° . Based on the angle of the Firs Pull motion where the limbs form an angle of 143° , and the waist forms an angle of 89° . Based on the angle, the Transition movement in which the limbs form an angle of 125° , and the waist forms an angle of 122° . During the Scond Pull movement the limbs form an angle of 168° , and the waist forming an angle of 190° . Based on the results of the study, it can be concluded that the movement is almost perfect according to the parameters seen in (Kolliari-Turner et al., 2021).

4. Sample four

Based on the results of the weightlifting movement of the first sample of the Seuramoe lifter Aceh Club weightlifter from the Star Position, First Pull, Transition, and Scond Pull movements, the angle of motion of the Star Position where the limbs form an angle of 75° , and the waist forms an angle of 47° . Based on the angle of the Firs Pull motion where the limbs form an angle of 143° , and the waist forms an angle of 91° . Based on the angle, the Transition movement in which the limbs form an angle of 128° , and the waist forms an angle of 130° . During the Scond Pull movement the limbs form an angle of 169° , and the waist forming an angle of 190° . Based on the results of the study, it can be concluded that the movement is almost perfect according to the parameters seen in (Kolliari-Turner et al., 2021)

5. Sample Five

Based on the results of the weightlifting movement of the first sample weightlifter Seuramoe lifter Aceh Club from the Star Position, First Pull, Transition, and Scond Pull movements, the angle of motion of the Star Position where the limbs form an angle of 75° , and the waist forms an angle of 48° . Based on the angle of the Firs Pull motion where the limbs form an angle of 141° , and the waist forms an angle of 64° . Based on the angle, the Transitional movement in which the limbs form an angle of 128° , and the waist forms an angle of 125° . During the Scond Pull movement the limbs form an angle of 160° , and the waist forming an angle of 182° . Based on the results of the study, it can be concluded that the movement is almost perfect according to the parameters seen in (Wilson, 2014)

Based on the results of the study, it was stated that from the analysis of the Star Position, First Pull, Transition, and Scond Pull movements, with the correct movement position, the average movement of the novice weightlifting athlete Seuramoe lifter Aceh Club did not show any Star Position, First Pull, Transition movements. , and a good Scond Pull in accordance with the research guidelines with a 75% safety percentage. The movements performed were correct. In accordance with the results of research, (riki, 2021) must be maximized in carrying out movements so that athletes understand the technique. In doing the

exercise, it is necessary to have the correct movement so that the athlete does not cedar while doing the exercise (Wilson, 2014).

CONCLUSION

Based on the data obtained, the results of the analysis of the snatch technique of the weightlifter Seuramoe lifter Aceh Club and the discussion of the results of the research in the previous chapter, the writer can draw conclusions based on the snatch technique of the Star Position, First Pull, Transition, and Scond Pull movements, that the movement is almost perfect according to parameters, it's just that attention or strengthening of the scond pull technique is needed so that athletes have a more maximal pull.

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