

# The Stability of The Combat Technique in Seni Silat Cekak Malaysia

## Abstract

This paper presents the stability of the performer of Seni Silat Cekak Malaysia (SSCM) when performing the combat technique of SSCM buah jatuh, especially the Buah Kilas Hadapan (BKH). Comparisons are made when SSCM practitioners perform the movement with and without a sparring partner. The analysis of the study refers to the Center of Gravity (COG-Centre of Gravity) on the sole of the left foot that supports the SSCM performer's body when performing the movement of BKH. This study was conducted using Motion Capture System. The Oqus (camera) is placed around the platform which is used to record the movement of the human body through markers attached to the body. The data obtained is stored and processed through Qualisys Track Manager (QTM) and Visual 3D software. Data on the movement of BKH was recorded on two SSCM respondents of different genders. The Center of Gravity Point on the left foot of the SSCM practitioner was compared and analyzed. Axis changes on the left foot of SSCM respondents are mainly focused on the medial and lateral axis (left and right) when performing the BKH. The results of this study show a minimal coordinate change on the axis (0.02m to 0.06m) from the medial and lateral angles of the Center of Gravity on the left leg of the SSCM respondents proving that the BKH is stable.