

A SERIES OF ENGLISH FOR PHYSICAL EDUCATION AND SPORT

TRADITIONAL SPORTS

STORIES FROM
INDONESIA



English Comics of Traditional Sports in Indonesia:
English for Physical Education Purpose Practical Materials

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Ihsan Hasani, Audi Yundayani, et. al.



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FOREWORD

Allah, the Almighty God, be praised for His compassion and mercy, which enabled the author to complete the book, **A Series of English Books for Physical Education and Sports** incorporating **Traditional Indonesian Sports Stories**. Furthermore, it is with gratitude that we say Salawat and Salam to the Great Prophet Muhammad SAW, who enabled us to emerge from obscurity and follow a more promising trajectory.

We want to extend our gratitude to all those who contributed to the successful completion of this book, beginning with the writing and ending with its publication. We have devoted every effort to ensuring that readers find this book to be as beneficial as feasible.

We acknowledge that there are still numerous shortcomings and inaccuracies concerning this publication that could be rectified. We therefore request reader feedback and suggestions regarding the content of this book so that we may continue to enhance its quality.

This book is in English and intended for physical education and sports audiences to facilitate readers' comprehension and provide them with valuable insights into traditional sports stories from Indonesia.

Jakarta, February 19th, 2024

The Authors

KATA PENGANTAR

Segala puji bagi Allah, Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga penulis dapat menyelesaikan buku, *a series of English for physical education and sport* yang terintegrasi dengan *traditional sports stories from Indonesia*. Tak lupa juga, kami mengucapkan shalawat serta salam semoga senantiasa tercurahkan kepada Nabi Besar Muhammad SAW, karena berkat beliau, kita mampu keluar dari kegelapan menuju jalan yang lebih terang.

Kami mengucapkan terima kasih kepada pihak-pihak yang mendukung lancarnya buku ini mulai dari proses penulisan hingga proses terbit. Buku ini telah selesai kami buat secara semaksimal dan sebaik mungkin agar menjadi manfaat bagi pembaca. Dalam buku ini, kami menyajikan *traditional sports stories from Indonesia* sebagai bagian dari *a series of English for physical education and sport*.

Kami menyadari masih banyak luput dan kekeliruan yang tentu saja jauh dari sempurna terkait buku ini. Oleh sebab itu, kami mohon agar pembaca memberi saran dan juga masukan terhadap karya buku ini agar kami dapat terus meningkatkan kualitasnya.

Buku ini kami buat dengan harapan agar pembaca dapat memahami informasi dan juga mendapatkan wawasan mengenai *traditional sports stories from Indonesia* yang kami sajikan dalam *a series of English for physical education and sport*.

Jakarta, 19 Februari 2024

Penulis

Traditional Sports: The Overview

Ihsan Hasani

The tendency of children today is to choose practical games; this condition is feared to have an impact on becoming an individualist and asocial person. The technology industry continues to develop, making gadgets easier to use by many people, including children, who also use them as a means of playing. Although it is used as a means of playing, teachers and parents need to respond to these conditions to bring children to their nature as playing creatures (*homo ludens*) and as social creatures.

The development of the times has both beneficial and worrying impacts. Today's development, which is very close to technology, makes it easier for many people to carry out life activities to the point that even playing can be done through computer media, cell phones, or other devices. This situation needs to be anticipated so that the nation's successors are able to handle the ease of technology. Children need to cultivate physical skills and movement in an effort to maintain their motor quality and fitness. One that can be used as a medium of play is through traditional sports.

Indonesia has a wide variety of games. The Indonesian people own more than 2000 types of games; it is just that today's children only know a few of these games. Meanwhile, the games inherited from our ancestors contain many elements and values. The values contained in them are character education and physical fitness education. One example is the Egrang game, which is taken from Lampung Language. The Egrang game is a walking game using bamboo that is climbed with a foothold made. This game also has different names in the region: in Kalimantan, known as Batungkau, and in West Sumatra, by the name of Tengkak-tengkak.

In the Egrang game, we are taught to maintain a humble character despite being able to walk on bamboo. When playing the Egrang, we must focus on looking down so that the pace of the Egrang when walking does not fall. The Egrang game also contains physical learning. Children who play Egrang will be trained in maintaining physical abilities of balance and leg and hand strength. If they play Egrang on a track with other children, the next fitness element is the physical ability of speed. So folk games, which are the heritage of our ancestors, can be optimized as the strength of our nation. Moreover, the game contains elements of sports. Some of the requirements for games that can be grouped as sports include that the game uses large muscles, is regulated

by game rules, and there is an element of competition, both competitions and matches.

The younger generation now needs to innovate to publicize the types of traditional sports because Indonesian traditional sports can also be played by other countries, such as the sport of Kabaddi, which is a traditional sport from India, or the sport of Petanque, which comes from France.

This book is deliberately presented as a reference for children's movement activities, containing a variety of traditional sports equipped with stories, how to play, the equipment needed, pictures and human values contained therein. This book is very appropriate for children in providing a stimulus for reading literacy and movement literacy.

English Comics of Traditional Sports in Indonesia: English for Physical Education Purpose Practical Materials

Audi Yundayani

The notion that course design and instruction in English for Specific Purposes (ESP) ought to consistently be grounded in the needs of the students is generally accepted (Dudley-Evans et al., 1998; Hutchinson & Waters, 1991). ESP course should prehend and distribute subject matter specific to each student's area of expertise while encouraging the acquisition of competencies applicable to their unique professional environments by tailoring instruction to specific rather than general learning purposes (Salmani-Nodoushan, 2020). ESP courses cater to the needs and interests of students so they can effectively apply the knowledge and abilities they have gained and refined to their present and forthcoming professional environments (Hutchinson & Waters, 1991).

English for physical education purposes, an element of ESP, endeavors to assist non-native English speakers in their English communication endeavors within physical education (Clancy & Hruska, 2005; Nguyen & Watanabe, 2013; Sato et al., 2019). It pertains to English communication abilities that are necessary for particular objectives. Furthermore, an extensive collection of literature that caters to the needs of non-native English speakers by assisting in various aspects of study skills. Nevertheless, ESP continues to confront its pedagogical obstacles concerning the most effective means of motivating students to acquire the target languages and maintain their interest in the class.

Multimodal texts, including photographs, images, diagrams, and drawings, have become commonplace in education today (Parkinson, 2019). Students additionally reside and operate in a society replete with multimodal resources. Learners are better prepared for authentic scenarios of discipline-specific communication by incorporating multimodal forms of instructional resources into ESP programs (Kohnke, 2021). By integrating visual aids into their lessons and furnishing pertinent contextual information, teachers can capitalize on the cultural climate to assist students.

Irrespective of the reader's first or second language proficiency, they concurrently performed various cognitive tasks and mental processes while dealing

with multimodal texts. This exemplifies the principles of multimodality, which encompass the expanding integration and diversity of significant modes of meaning-making—including the visual, auditory, spatial, behavioral, and other senses—in which the textual is interconnected with other sensory modalities (Jacobs, 2007). A unique multilayer format displayed the text's meaning in a manner that necessitated the deciphering of multiple codes by the reader.

Comics are merely one type of visual representation capable of conveying discipline-specific meanings. A comic can increase a student's motivation and interest in learning by capturing their attention by combining a few words and images (Kohnke, 2021). In addition, by integrating comic elements into the learning process, an ESP classroom can foster a more student-centered environment and encourage students to express their creativity through multimodal resources (Parkinson, 2019). Assigning visual components to discipline-specific instruction should be considered an essential component of ESP courses.

Comics are classified as a literary medium because of four recurring elements that facilitate reader comprehension: mental imagery of the characters' dialogue, comprehension of the text, and visualization of supplementary literary elements within a narrative. Comic book authors and creators typically illustrate these elements via sequential art, consistent dialogue, and a text that contains only elementary vocabulary. A conceptual framework that outlines the potential of comics to enhance language learning and visual literacy in foreign language courses by emphasizing the use of two distinct types of codes: (1) linguistic codes and (2) visual codes (Brown, 1977). Moreover, comics have the potential to facilitate the teaching of linguistics, literature, and culture, which were previously discussed synonymously throughout the academic program. A comic book is not solely an accessible or simplistic introduction to text-based literacy.

English comics depicting traditional sports in Indonesia served as a mandatory English textbook for physical education and a platform to educate students about our nation's proud traditional sports, emphasizing the significance of all local cultures and traditions within the national context in support of Pancasila's humanitarianism. Indonesia's vast expanse and island characteristics, with its substantial mountain ranges and extensive dense rainforest, have fostered the emergence and sustainability of an extensive array of activities (Adams, 2010). In response to the risk that modernization and westernization would erode traditional values in Indonesia, the government opted to promote ethnic activities to preserve traditional cultures actively. Indonesia is home to many traditional sports activities, some confined to a small, isolated region. In contrast, others are prevalent throughout the

nation and the surrounding area. It acknowledges these endeavors' pedagogical merit in transmitting and preserving regional culture while fortifying communal identity.

The primary objective of this conventional comic book was to offer amusement, with its subject matter about Indonesian traditional sports that are revered in a particular society. Justifications for the wide- ranging appeal of comic books to individuals of all ages, including youths, adults, and children. Furthermore, integrating concluding remarks and punch lines from comics heightens the reader's anticipation, cultivating a deeper engagement with the text's subject matter.

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THE AMAZING TAKRAW



**TRADITIONAL
GAMES REVIVED**



**On the bustling streets of a small town,
where the echoes of modernity
meet the whispers of tradition**



**Two friendly junior high school students
enthusiastically walking to school
with excitement in their eyes**



Royi and Fatmi are best friends in the junior high school

Someday they look at other students who playing ball at the field

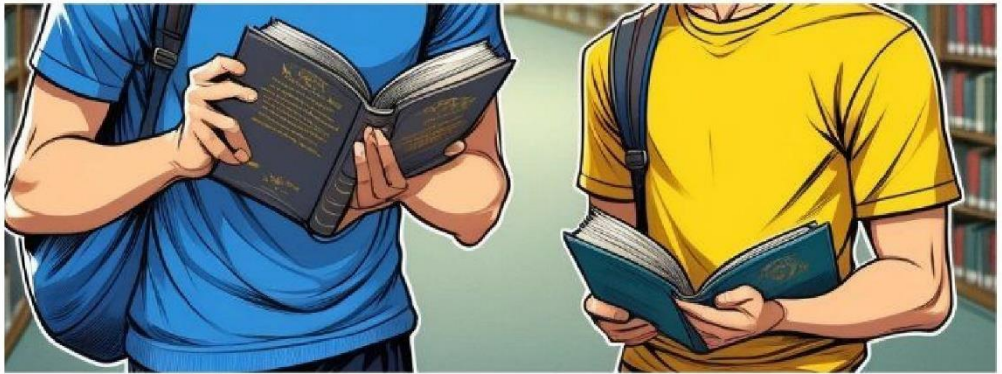


Royi asks Fatmi about what kind of ball that is, but Fatmi have no idea



They decided to find out and read some books at library

They found the book and the explanation
but still don't get the whole point

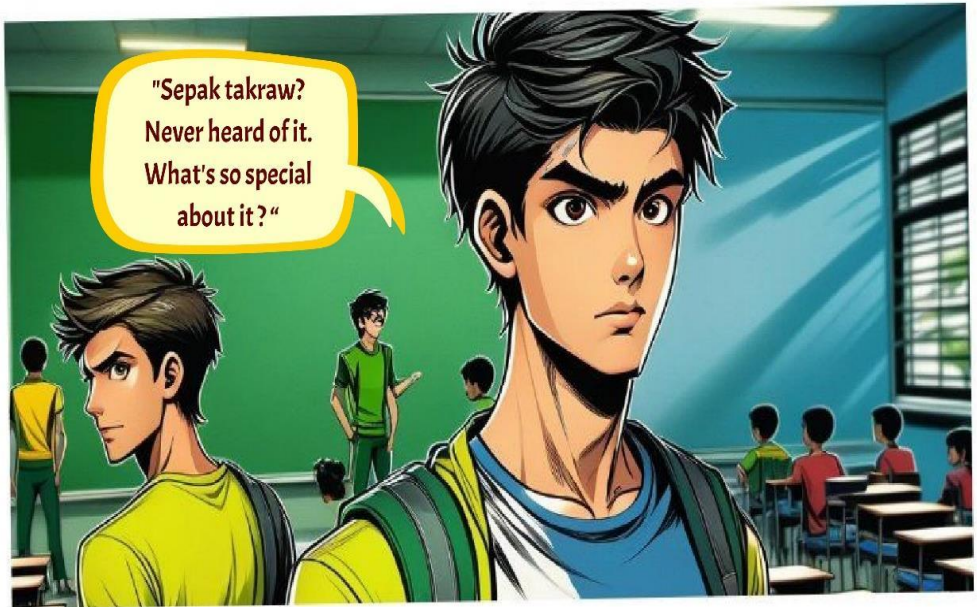


Royi and Fatmi watch Takraw
match closer to ask the Coach
more question





"Royi! Have you heard about sepak takraw? It's this amazing traditional game!"



"Sepak takraw? Never heard of it. What's so special about it?"




It's like volleyball, but you can't use your hands. Just your feet, head, knees – any part of your body except your hands




Whoa! That looks intense. We should totally give it a shot

Look at that!

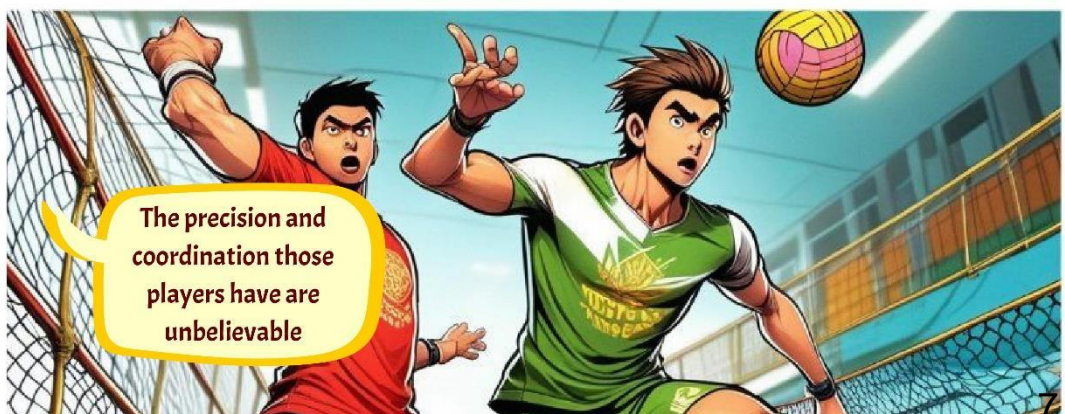
...
(point the match)



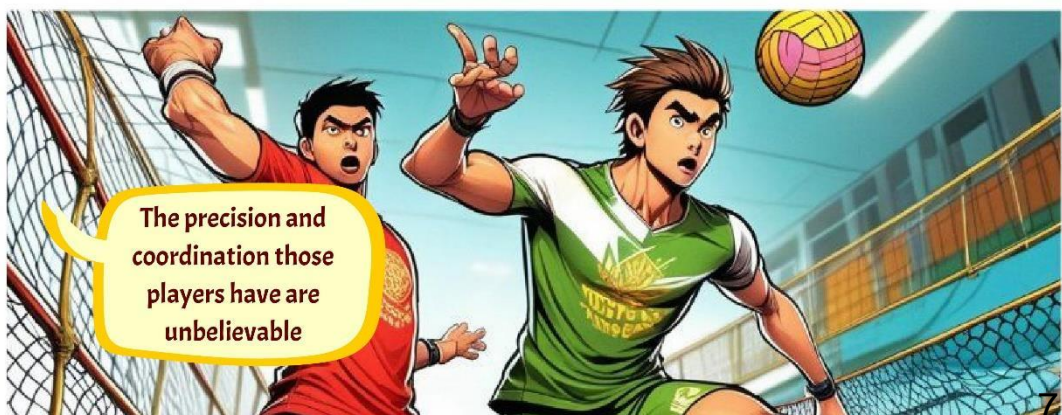
Those crazy kicks
and acrobatic
moves? That is
mind-blowing!



This match was on
another level



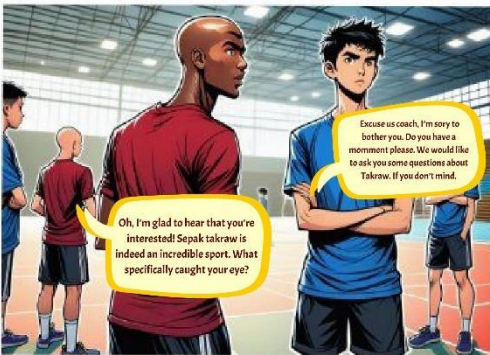
The precision and
coordination those
players have are
unbelievable





Let's go get him

Why don't we ask the Coach for more explanation?



Oh, I'm glad to hear that you're interested! Sepak takraw is indeed an incredible sport. What specifically caught your eye?

Excuse me coach, I'm sorry to bother you. Do you have a moment please. We would like to ask you some questions about Takraw. If you don't mind.



We can start with the basics, work on your footwork, and gradually introduce you to the more advanced techniques. It's all about progression and enjoying the learning process.

Of course! Everyone starts somewhere. Sepak takraw is a sport that welcomes newcomers.

Do you think someone like me, who's never played before, could get into sepak takraw? I mean, it looks pretty advanced



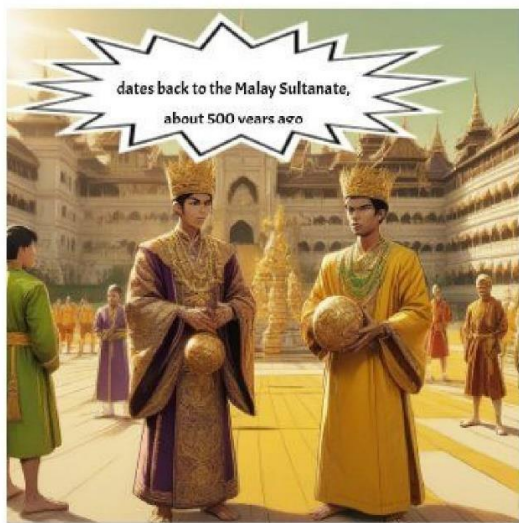
Those acrobatic moves, like the bicycle kick or the somersault spike? How do they pull those off without losing control?

The key is to hit the ball with the sweet spot of the foot, usually the instep, to generate maximum power. They also use a snapping motion with their ankle, similar to a martial arts kick. It takes a lot of practice to master the coordination required for such powerful and accurate shots

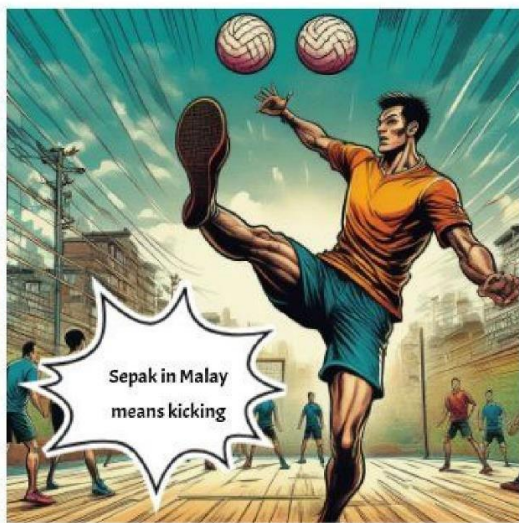
For the bicycle kick, they need to time their jump perfectly, flip backward, and kick the ball mid-air. It's a risky move, but when executed well, it can be a game-changer. As for the somersault spike, it's all about timing and spatial awareness.

Thanks, Coach! It seems like there's so much to learn and enjoy in sepak takraw

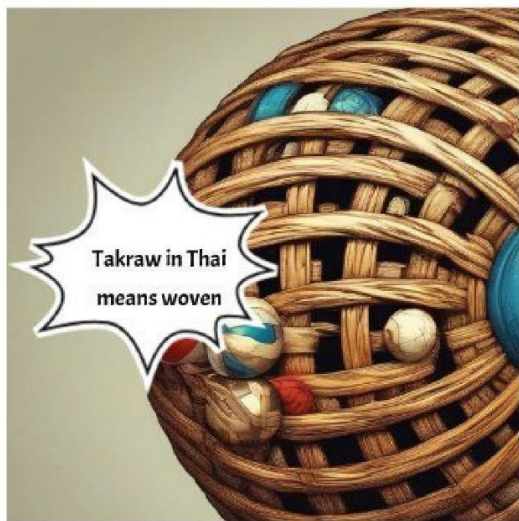
Let me tell the history of Sepak Takraw



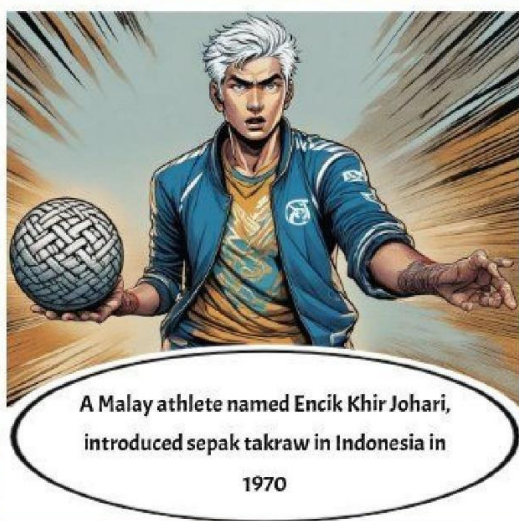
dates back to the Malay Sultanate,
about 500 years ago



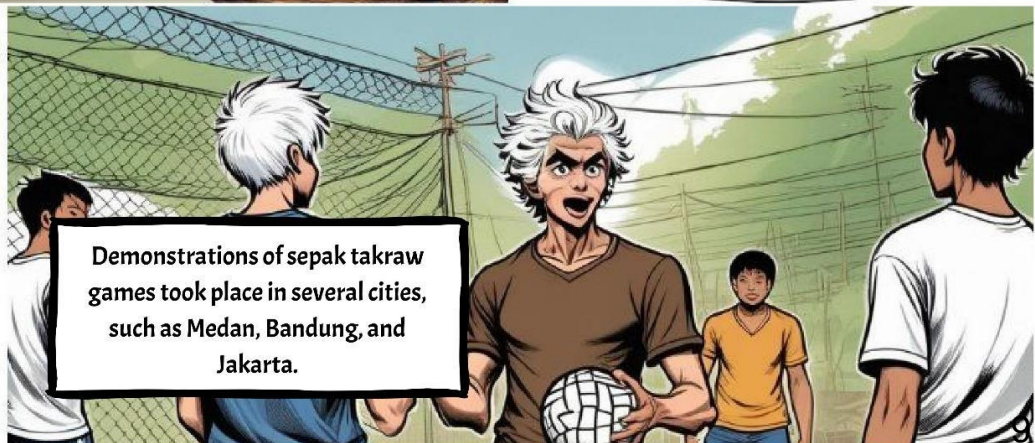
Sepak in Malay
means kicking



Takraw in Thai
means woven

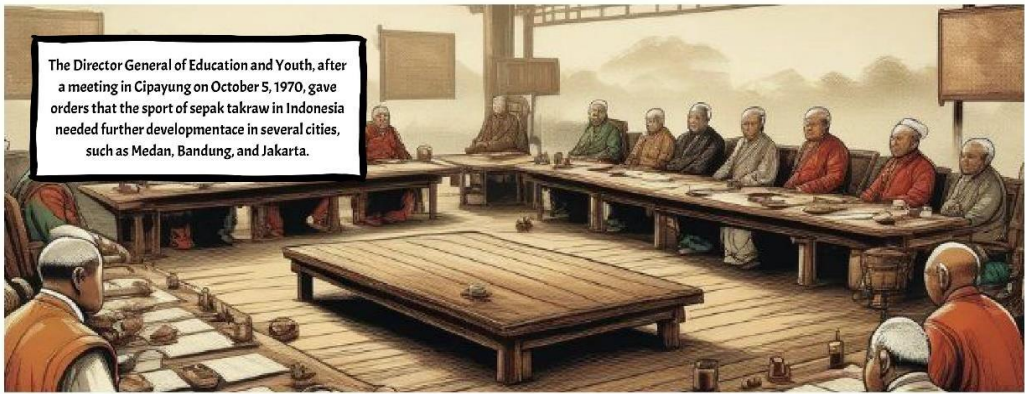


A Malay athlete named Encik Khir Johari,
introduced sepak takraw in Indonesia in
1970



Demonstrations of sepak takraw
games took place in several cities,
such as Medan, Bandung, and
Jakarta.

The Director General of Education and Youth, after a meeting in Cipayung on October 5, 1970, gave orders that the sport of sepak takraw in Indonesia needed further development in several cities, such as Medan, Bandung, and Jakarta.



In 1971, the Parent Organization of Indonesian Sepak Takraw was formed under the name Perserasi (Persatuan Sepak Raga Seluruh Indonesia), which is currently called Persatuan Sepak Takraw Indonesia, abbreviated as PSTI.



In 1982, the Asian Sepak Takraw Federation (ASTAF) was formed. The initial organization of the sepak takraw federation in the Asian region



And so, the timeless legacy of Sepak Takraw was born, passing through generations



No problem! It's such a unique sport with a rich history. Glad you enjoyed learning about it!

Wow, I never knew sepak takraw was so intense! Thanks for explaining, it's amazing!



Oh, looks like it's time to head back to class. See you around!

Sure thing! Have a great day!



And so, as the bell signaled the return to routine, the echoes of sepak takraw's vibrant world lingered, leaving a lasting impression on Royl and Fatmi

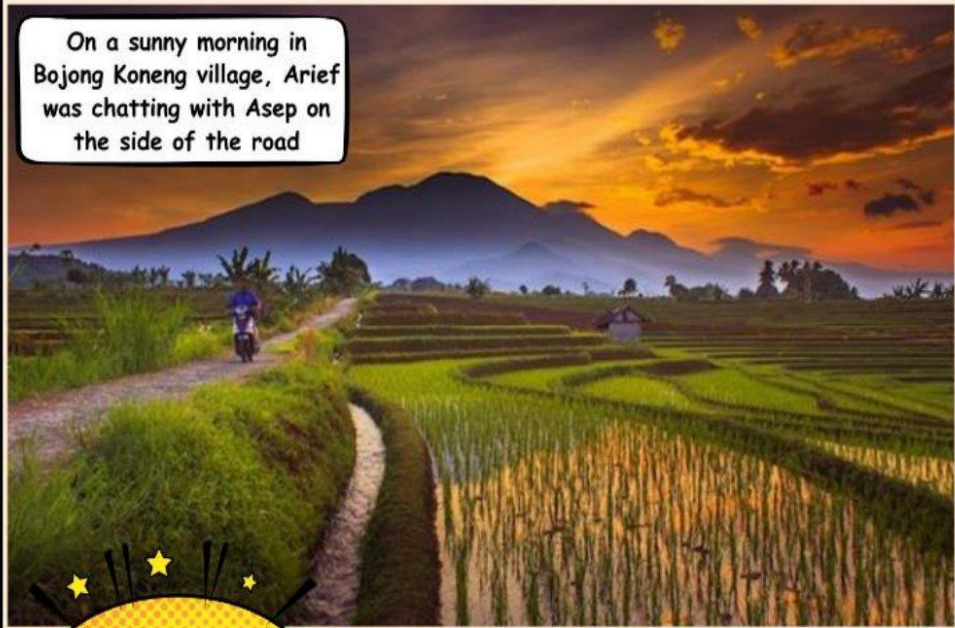
-The End-

SPECIAL
EDITION

Egrang

The Traditional Sport

On a sunny morning in Bojong Koneng village, Arief was chatting with Asep on the side of the road



HELLO!





**THIS IS
EGRANG**





Wow, right? Egrang is indeed a favorite game in this village. What are they doing?

They use wooden boundaries to make their arena in front of Mr. Budi's house. Then, one by one, they take turns riding the egrang.



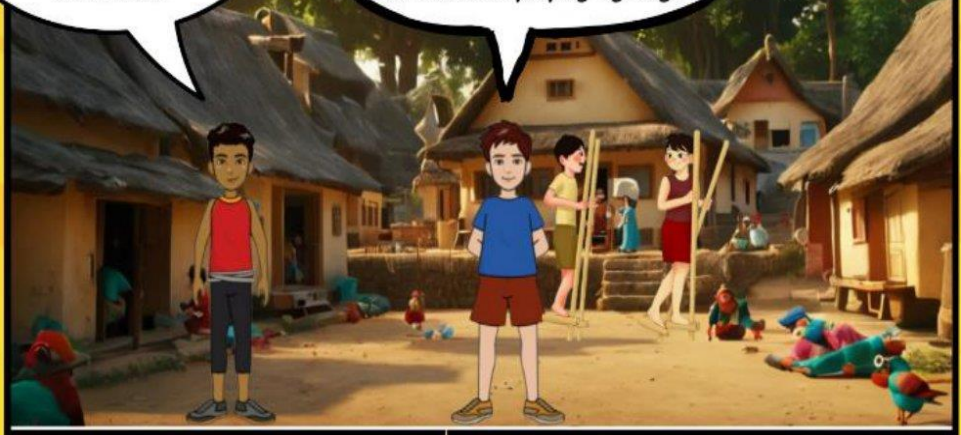
How exciting! Egrang does have its charm. How did the children perform?



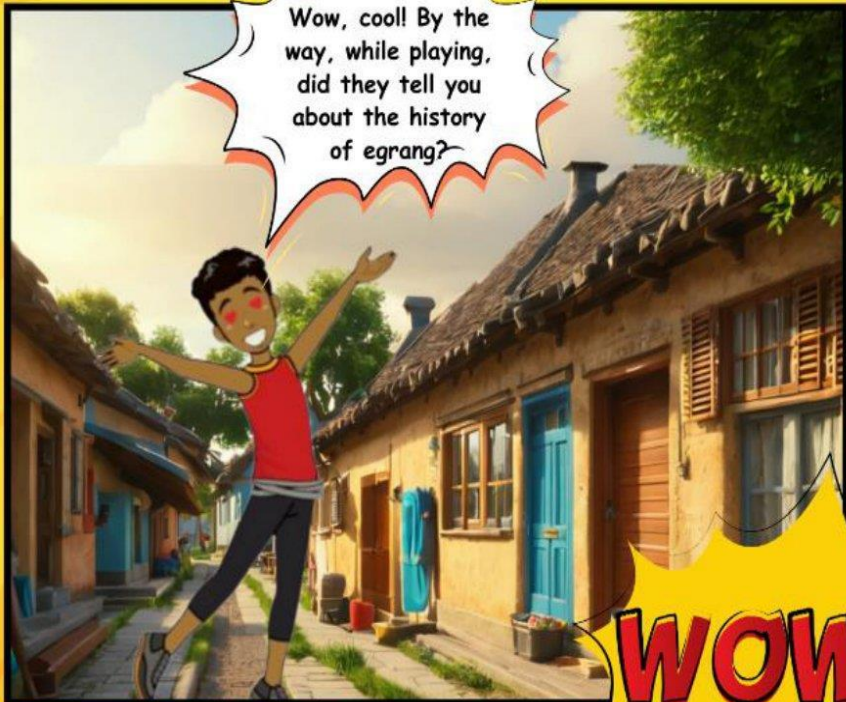
At first, some of them tried to shake it, but they became good at it over time.

It's really fun! But, I heard that there was also a competition to jump high above the obstacles. Is that true?

Yes, Arief! So, we can jump over the obstacles that are placed in front of us. It's like an extra challenge for our skills in playing egrang.



Wow, cool! By the way, while playing, did they tell you about the history of egrang?



WOW!



Yes, they did! They said that egrang was a traditional game our ancestors played. So, not only is it fun, but it also has traditional values.



That's true. The history is indeed rich. What else did they tell you?

They also told us that egrang used to be used as a means of transportation in rural areas, not just for playing. So, it's not just a game, but also a part of history.

That's a cool concept. I'm curious, where did this egrang come from?

COOL!



They say it's from Java, Arief. It's been around since the Majapahit era, you know. So, this is a very traditional game.



Wow, so it's been a long time. But, it's still in demand now, isn't it?

Yes, Arief! Despite modern times, many local communities still preserve egrang. They like to organize festivals or traditional art performances to promote regional culture.

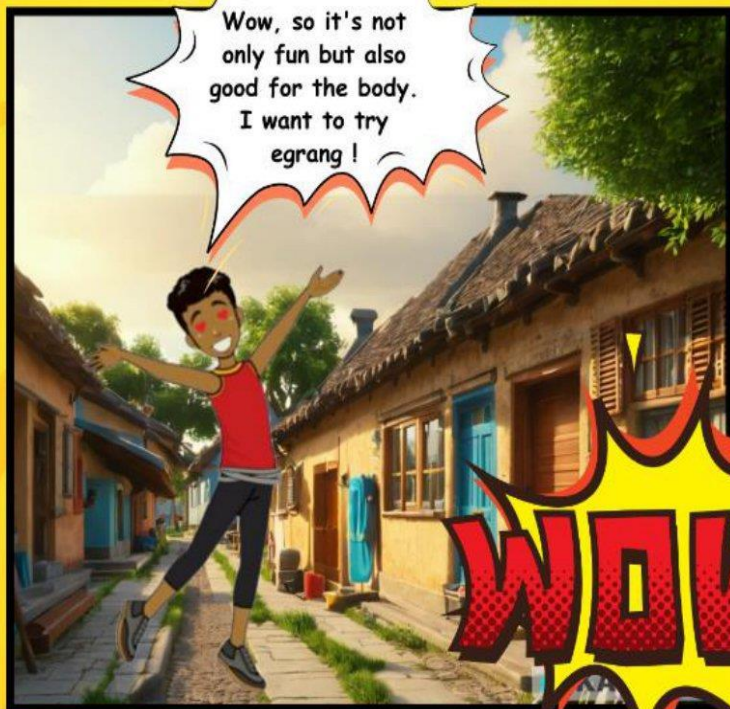


I think it's cool. Besides being fun, what are the benefits of playing egrang?

There are many benefits, Arief. It is said that playing egrang can make our body balance better, and our legs stronger. In addition, we can also learn about perseverance and tenacity from this game.

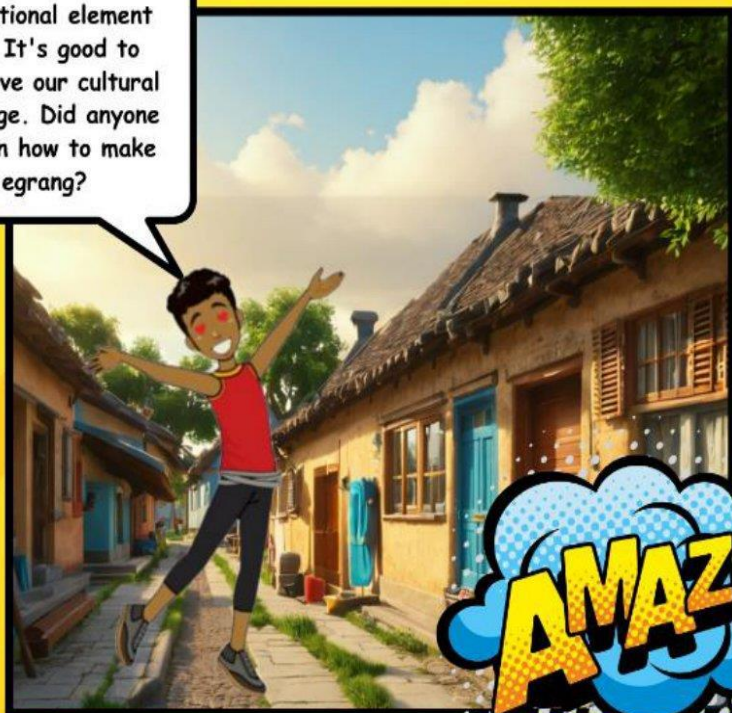


Wow, so it's not only fun but also good for the body. I want to try egrang !



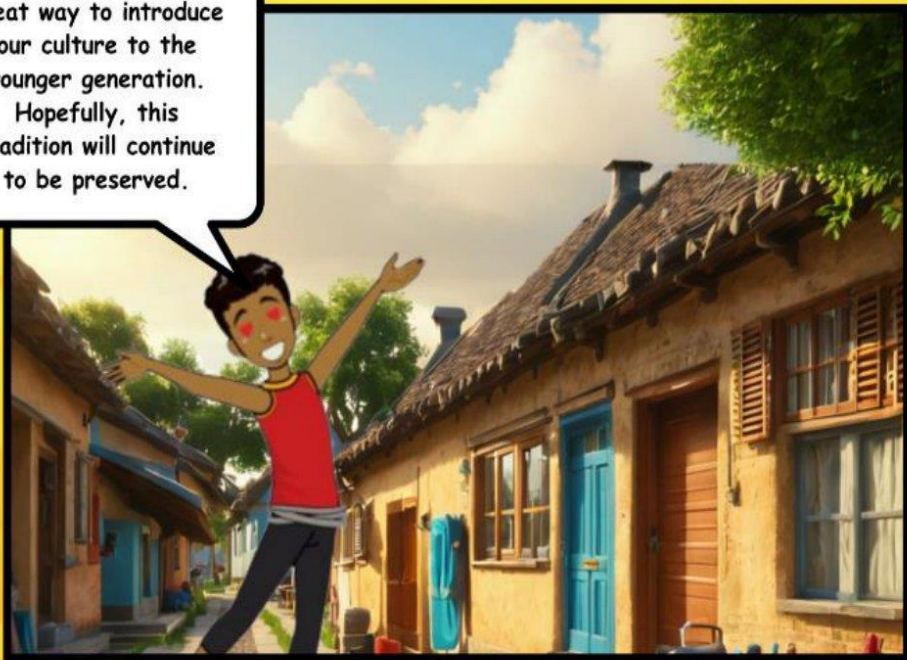


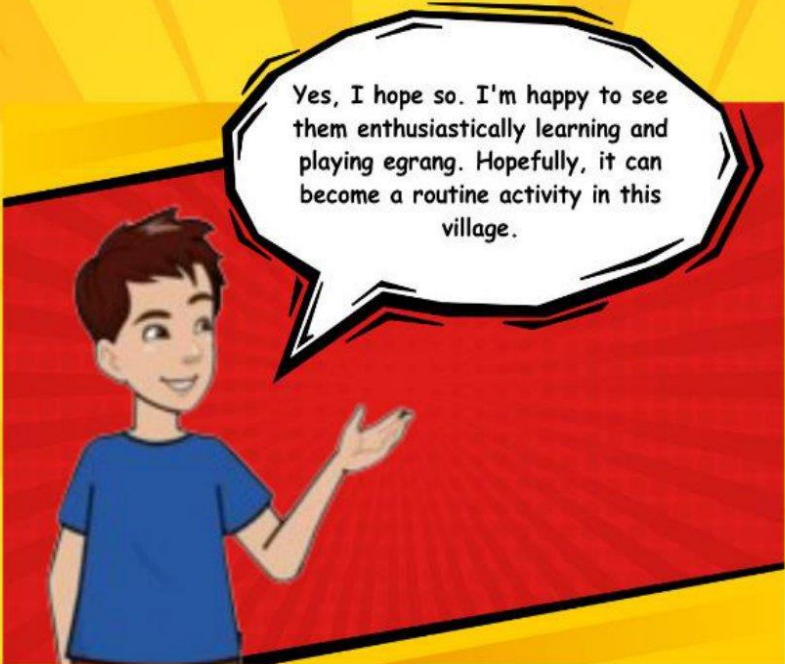
Wow, I didn't expect that. There's an educational element too. It's good to preserve our cultural heritage. Did anyone explain how to make egrang?






Great! So, not only playing but also learning. This is a great way to introduce our culture to the younger generation. Hopefully, this tradition will continue to be preserved.





Yes, I hope so. I'm happy to see them enthusiastically learning and playing egrang. Hopefully, it can become a routine activity in this village.

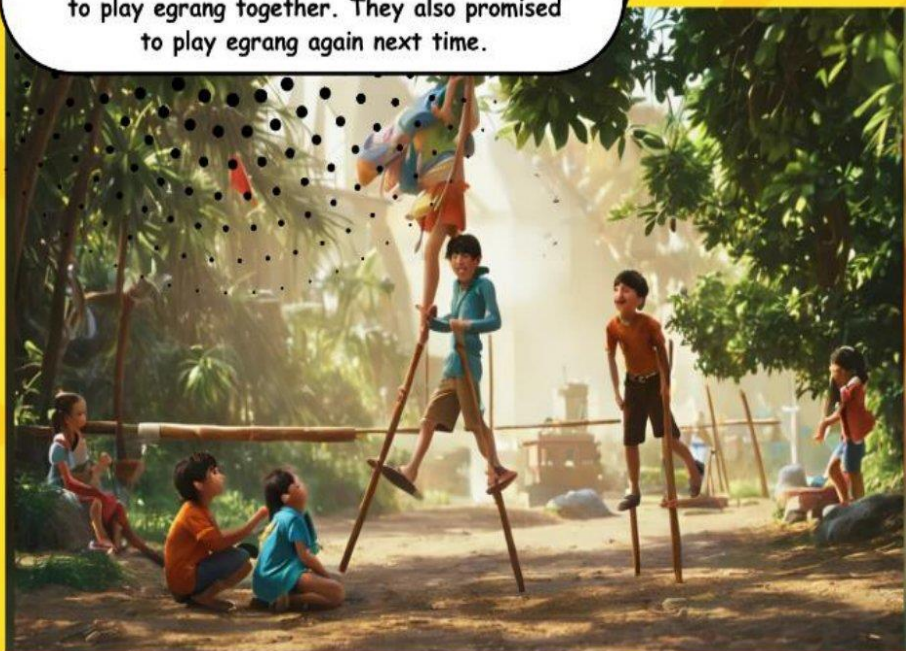


Agree, Asep. Let's support them and continue to preserve this traditional game.



SUPER!

Asep and Arief continue to play egrang until late afternoon. They were pleased to be able to play egrang together. They also promised to play egrang again next time.

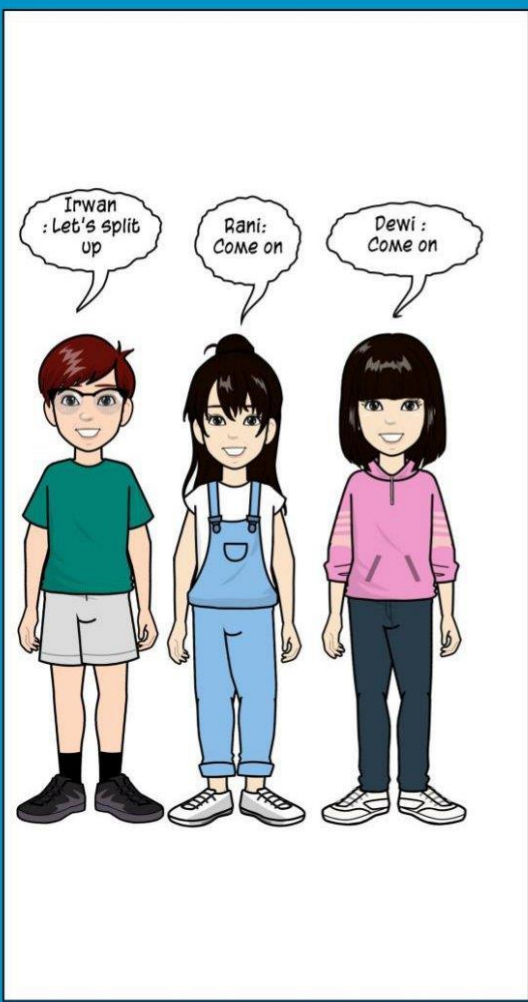


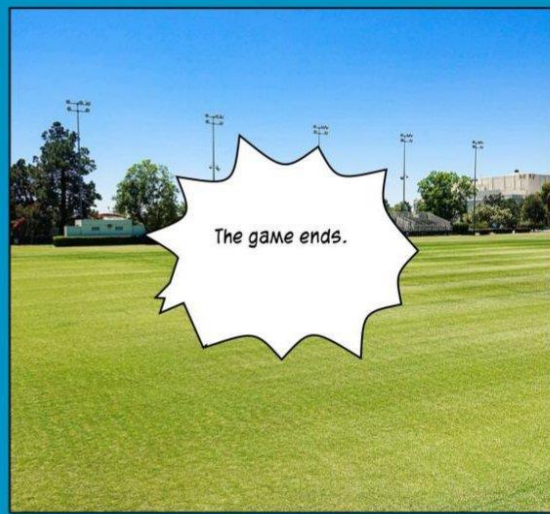
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TRADITIONAL GAME COMIC BITE SEVEN








PACU JALUR

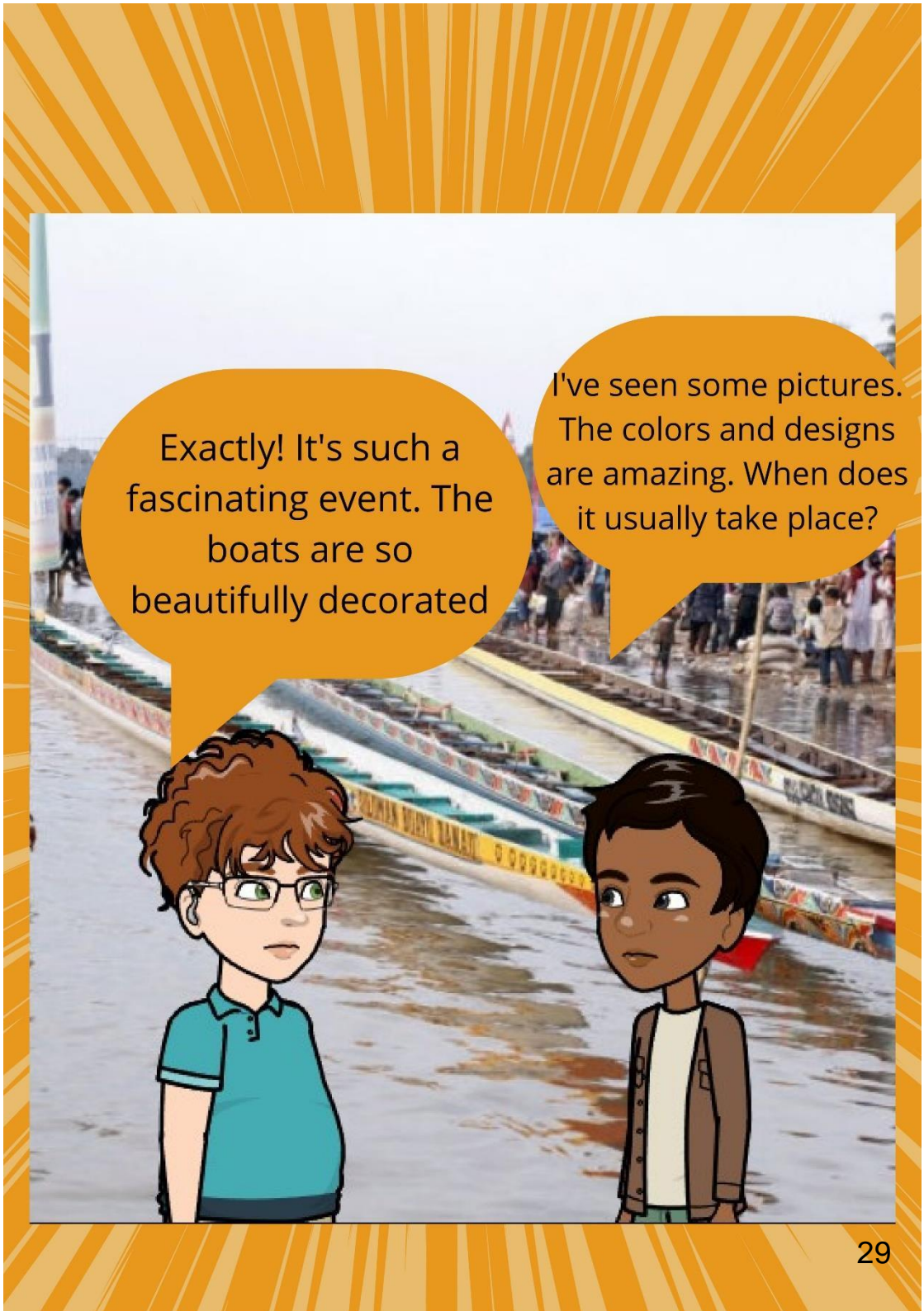
One day, on the river bank there were two children named Tono and Zidan, discussing the traditional sport of track racing





Hey, Tono! Have you ever heard of Pacu Jalur?


Oh, yes! It's that traditional boat race in Minangkabau, right?



Exactly! It's such a fascinating event. The boats are so beautifully decorated

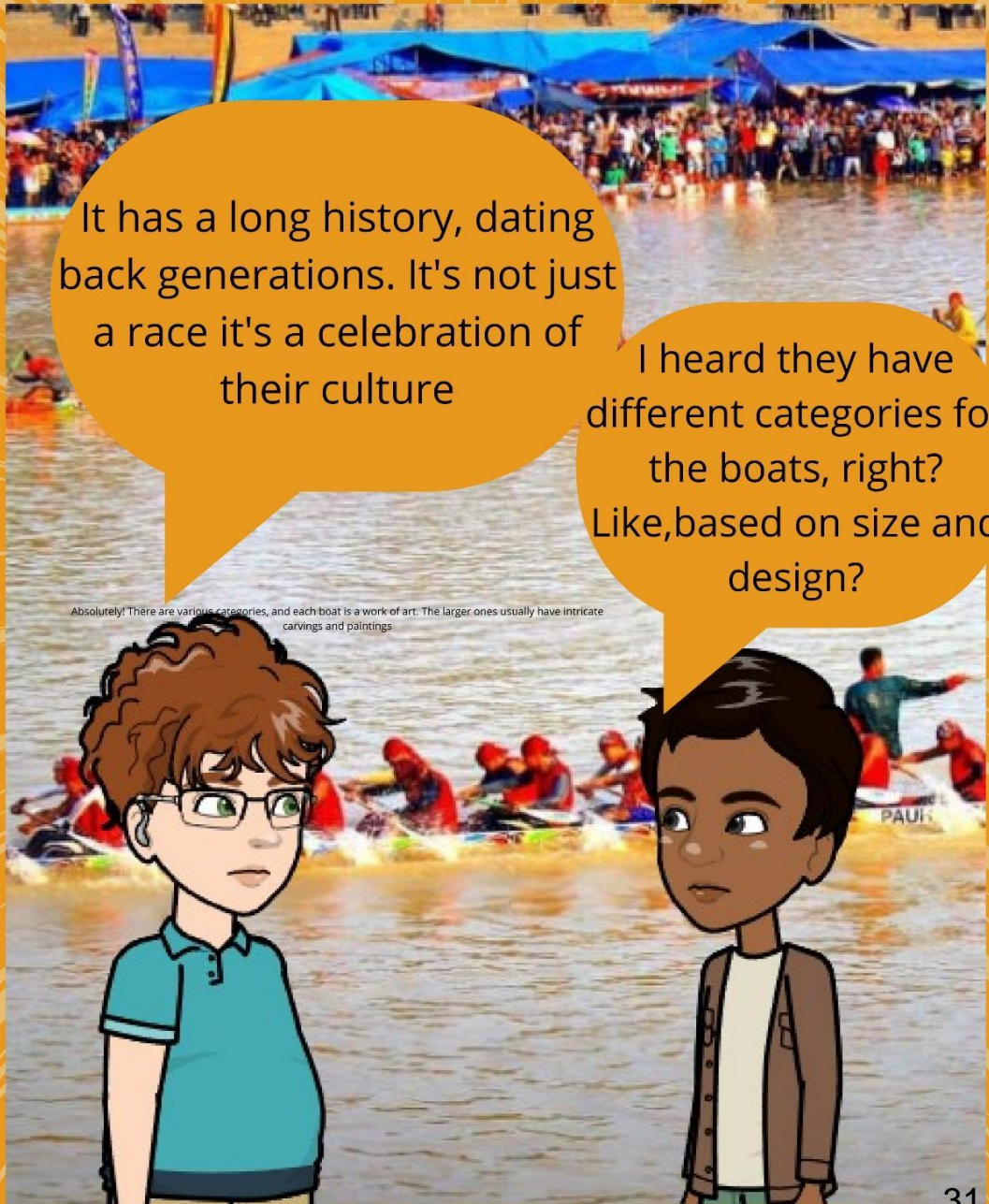
I've seen some pictures. The colors and designs are amazing. When does it usually take place?





It typically happens during the rice harvesting season. The community comes together for this exciting competition

Sounds like a lot of fun. How long have they been doing this tradition?

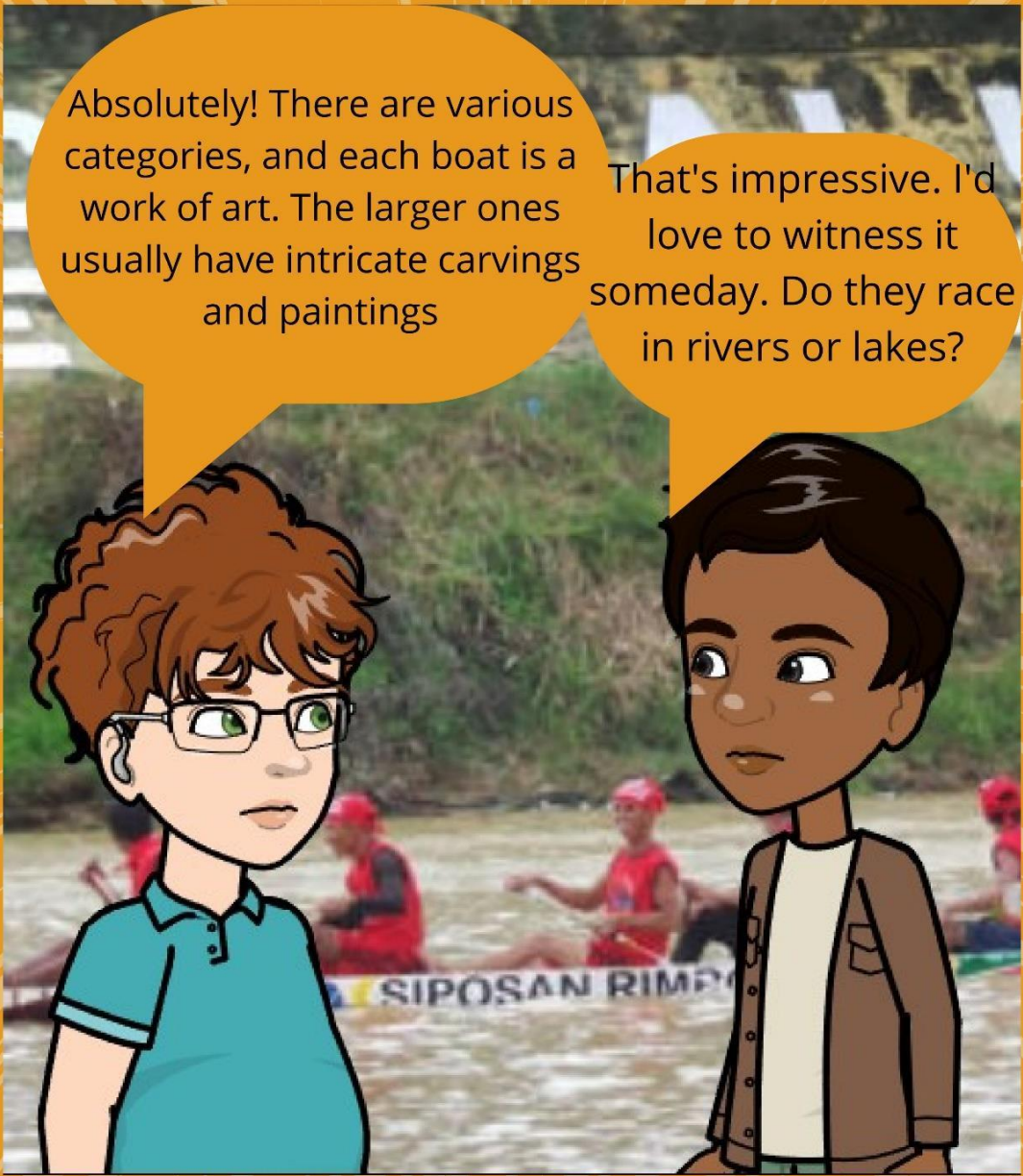


It has a long history, dating back generations. It's not just a race it's a celebration of their culture

I heard they have different categories for the boats, right? Like, based on size and design?


Absolutely! There are various categories, and each boat is a work of art. The larger ones usually have intricate carvings and paintings






Absolutely! There are various categories, and each boat is a work of art. The larger ones usually have intricate carvings and paintings

That's impressive. I'd love to witness it someday. Do they race in rivers or lakes?



Most races take place in rivers. The boats race downstream, and it's quite a spectacle.

I can imagine. Do they have any rituals or ceremonies associated with Pacu Jalur?



Yes, before the races begin, there are ceremonies to invoke blessings for a safe and successful event. It adds a spiritual touch to the whole affair.

It sounds like a unique cultural experience. I hope I get a chance to see it in person one day



You should! It's not just a race
it's a vibrant celebration of
Minangkabau heritage



Jemparingan

Traditional sport

on a sunny afternoon, Putra and Tasya are chatting casually about traditional sports.



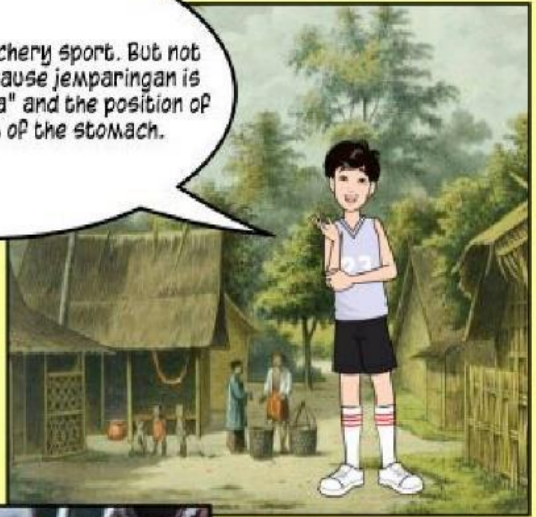








Jemparingan is an archery sport. But not ordinary archery, because jemparingan is done by sitting "Bersila" and the position of the bow is in front of the stomach.



Oh, it's interesting too

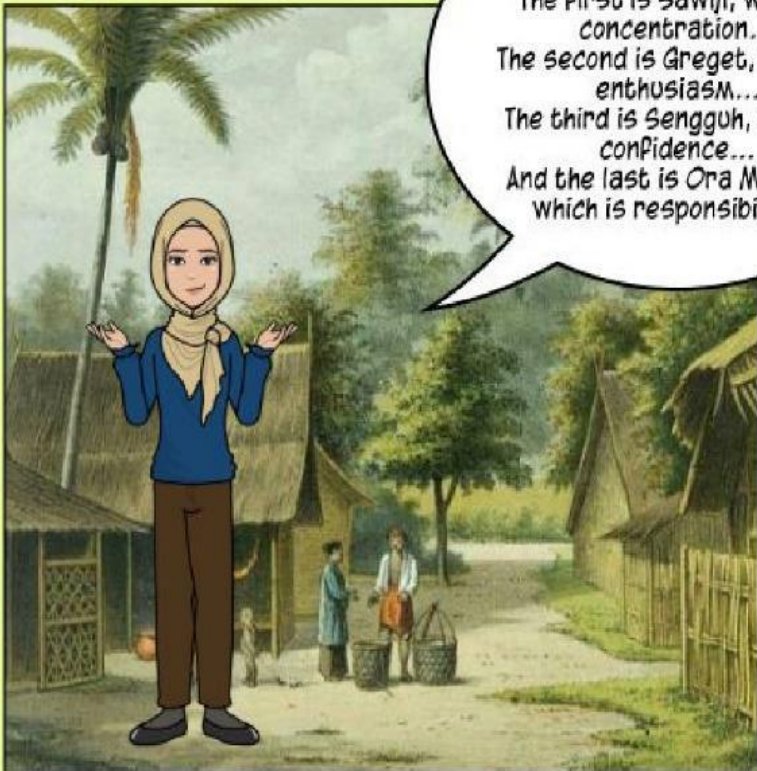








This sport has a warrior nature...
The first is Sawiji, which is concentration...
The second is Greget, which is enthusiasm...
The third is Sengguh, which is confidence...
And the last is Ora Mingkuh, which is responsibility...





Yes, of course. . .
It turns out that there are
very diverse cultures in
Indonesia...

It's
amazing...

END

GOBAK SODOR

well today's lesson is about the game gobak sodor



gobaksodor or salted galah is the special region of yogyakarta. the gobak sodor game is a game of blocking your opponent from reaching the finish line

can anyone explain what the gobak sodor game is ?



right, bobi can you explain how to play



This game is played by two temas, each consisting of three people. one team as an attacker. gobak sodor is played on a square field whose boundaries are marked with chalk. the position of the attacker and guard are swapped when the attacking player is touched by the blocking player







they played the game gobak sodor happily, and team B won the game

THE END

LOMPAT TALI

IN A VILLAGE WHERE THERE ARE STILL MANY CHILDREN WHO LIKE TO PLAY JUMP ROPE ADIT AND YOGA TALK ABOUT HOW THE JUMP ROPE GAME IS







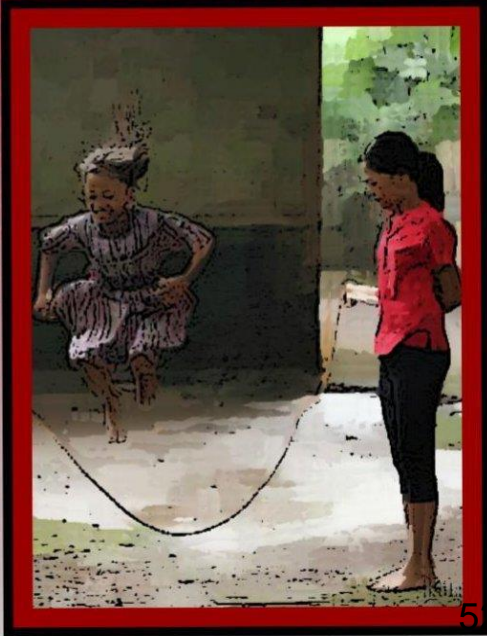
Do you like traditional sports
yoga ?



Yes, I really like
them. One of them
that I like is jumping
rope. How about you



Oh, jumping rope! That's really fun. I used to play it a lot as a kid. Do you know if there's a longer variation of jumping rope?



Wow, really? I've never tried the longer one. How do you do it?



Well, instead of just one rope, we join several ropes together. Usually, my friends and I take about five or six ropes, then we tie the ends together.

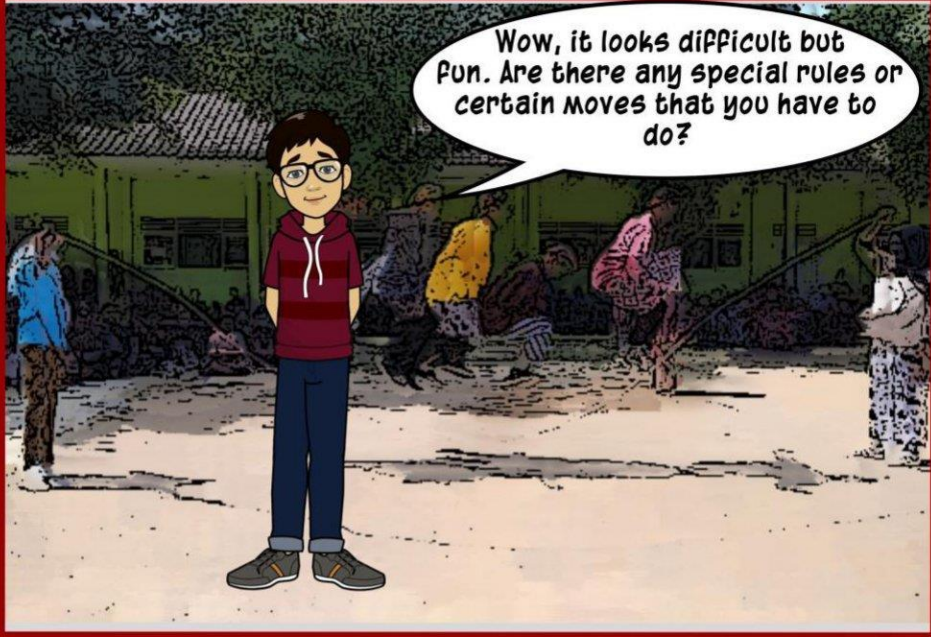


Sounds interesting! So, what do you do after that?

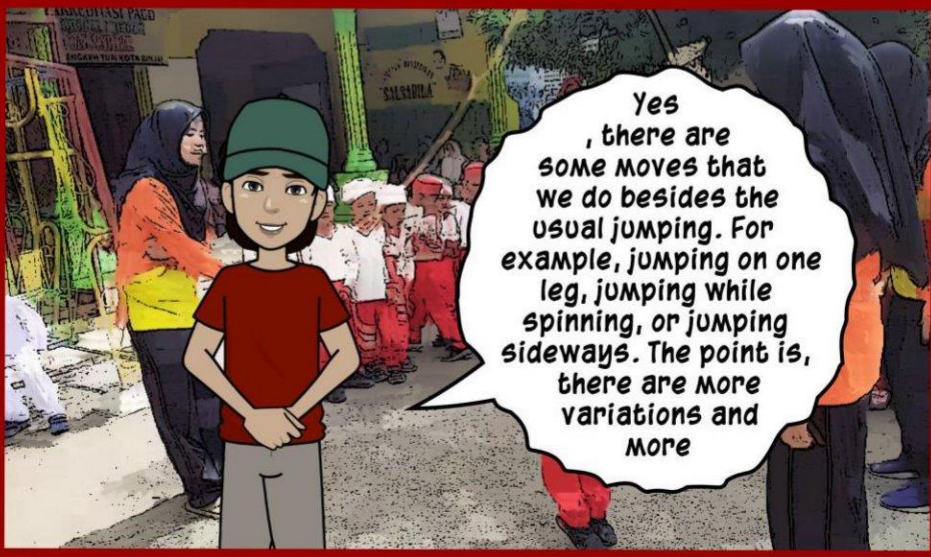


After that, we find two friends who want to spin the rope. They stand opposite each other and stretch the rope that we've tied between them. Then, those of us who play jump rope have to jump over the long rope.






Wow, it looks difficult but fun. Are there any special rules or certain moves that you have to do?



Yes, there are some moves that we do besides the usual jumping. For example, jumping on one leg, jumping while spinning, or jumping sideways. The point is, there are more variations and more

A cartoon illustration of a boy with black hair and glasses, wearing a maroon hoodie with white stripes. He is standing in a park-like setting with trees and other people in the background. A speech bubble is coming from him.

Cool! It can definitely be a fun challenge. Especially with longer ropes, it definitely requires concentration and good coordination.

A cartoon illustration of a boy wearing a green baseball cap, a red t-shirt, and grey pants. He is standing in a park with other people in the background. A speech bubble is coming from him.

That's right. Not only is it fun, but it also makes us more agile and stronger. If you want, we can try it together later.





PENCAKSILAT

Pencak silat match announcement



I don't know either, let's just listen to Mr. Willy's explanation.

Why were we called here?



next week there will be a pencak silat match



Permission to ask sir, who will compete in the match



I want you to practice to prepare for the match.

The two of you who will participate in the pencak silat match

show your skills to your opponents, UNDERSTAND?!

yoga and milan make plans to prepare for that match





we must practice
hand dexterity



Yes, that's right. To be able to read
your opponent's movements.



we must also strengthen
our stance



Is it like this?

The day has come, the fight begins. The fighters, moving quickly, show beautiful and powerful Pencak Silat moves.

THE BATTLE IS ABOUT TO
BEGIN



Get ready you ! I'll fight
you with tiger stance



no need to talk much,
let's just prove it!



Alright, let's watch
the pencak silat battle
today.

Nimble steps, precise punches - this is the art of Pencak Silat!

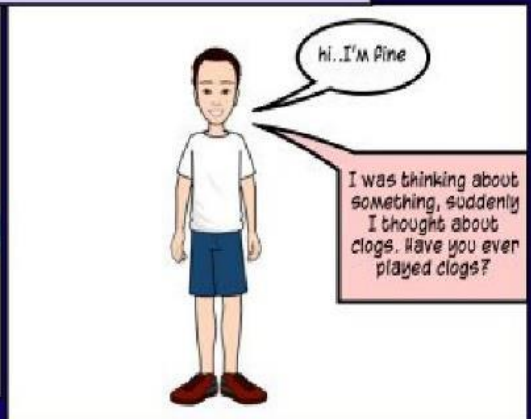


the match ended, and was won by yoga and milan



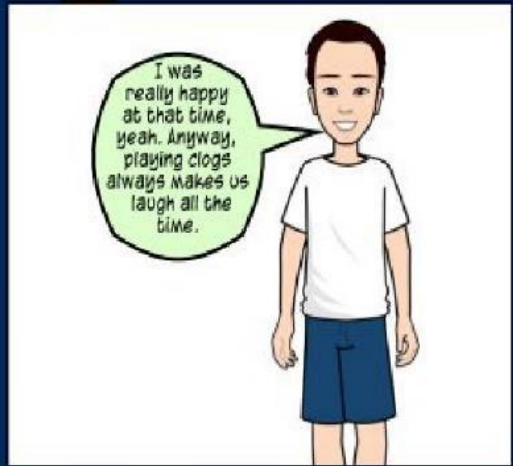
BAKIAK

ONE DAY IN YOUR VILLAGE, 2 OLD FRIENDS MET EACH OTHER AND TALKED ABOUT A VERY OLD GAME





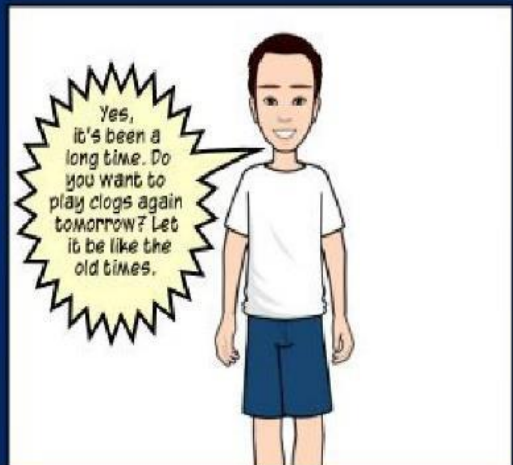
That's true too. So I remember the time when the two of us were chasing each other wearing clogs, and then we laughed until we were tired.



I was really happy at that time, yeah. Anyway, playing clogs always makes us laugh all the time.



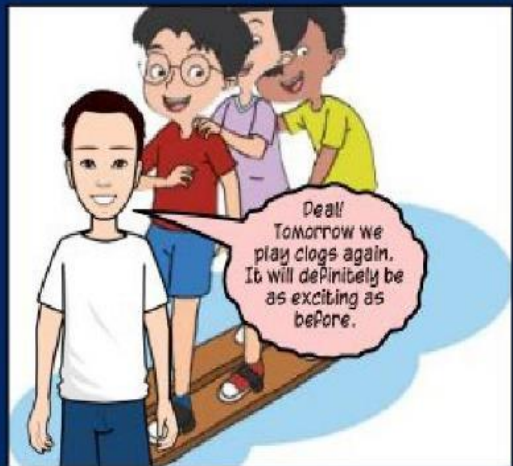
Yes, clogs do have special memories for us. It's been a long time since you played clogs, hasn't it?



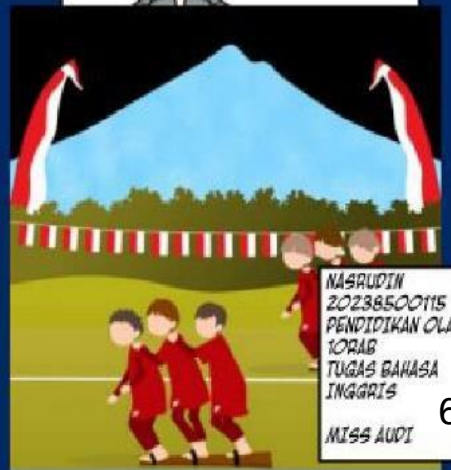
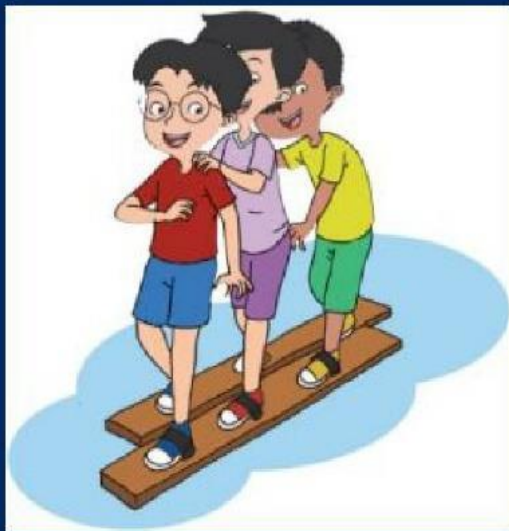
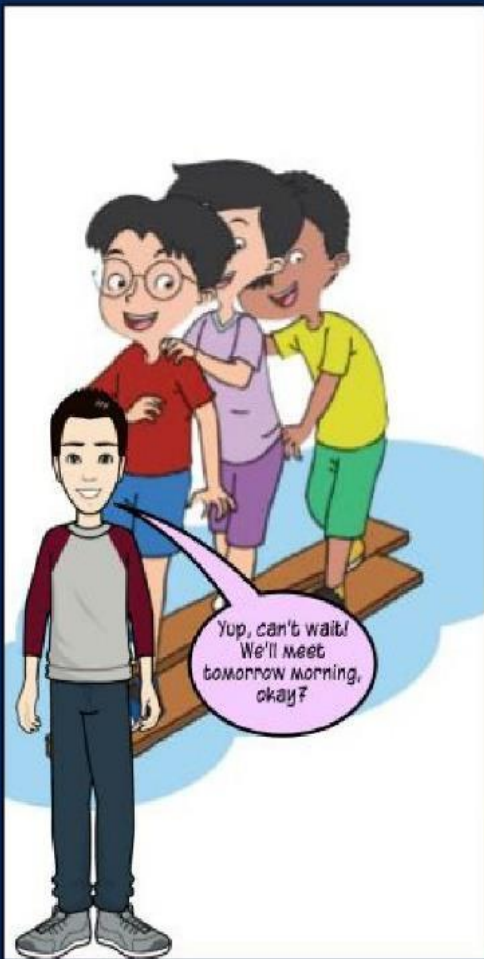
Yes, it's been a long time. Do you want to play clogs again tomorrow? Let it be like the old times.



That's fun! Let's look for clogs first, let's continue playing in the park like before.

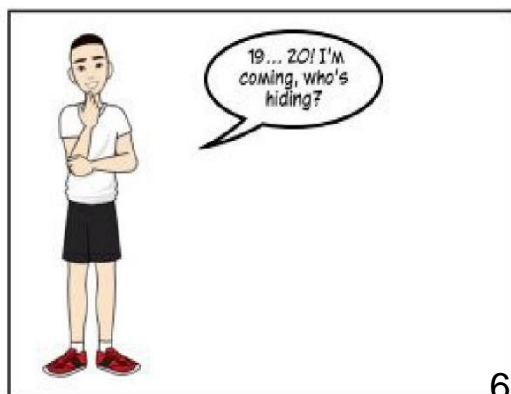
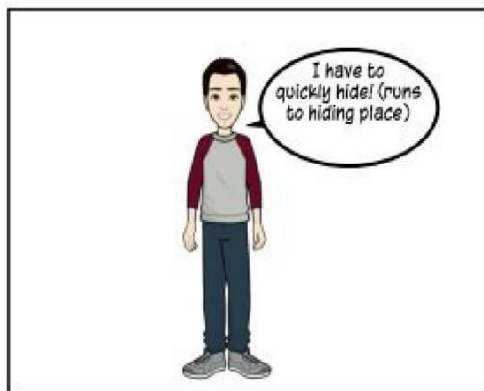


Deal! Tomorrow we play clogs again. It will definitely be as exciting as before.



NASRUDIN
20238500115
PENDIDIKAN OLAH RAGA
TORAB
TUGAS BAHASA
INGGRIS
MISS AUDI

PETAK UMPET



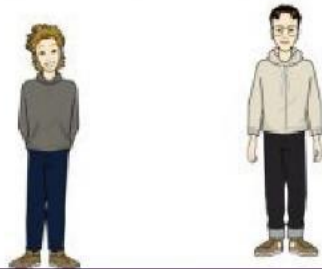


traditional fort game

On a large field, two different teams stood on the sides of the field, ready to start a game of rook. The field looks neat with clear dividing lines.



Team A, wearing uniforms of one color, and Team B, wearing uniforms of a different color, looked at each other face to face with excited looks.



Jarjit: Let's get started. Your words here...



A referee in the middle of the field gives a signal with his whistle, signaling the start of the game. The referee's facial expression was full of concentration.

Players from Team A held the ball tightly and enthusiastically threw it towards Team B's fortress. The ball looked like it was moving fast.

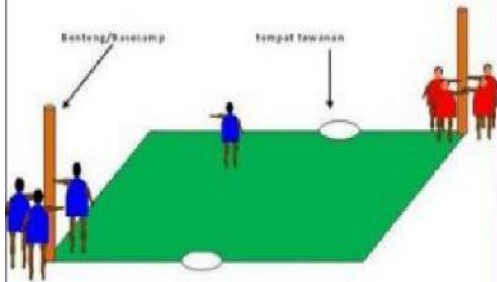
Upin: I started first



Ipin: Ready



The ball crossed the perimeter of Team B's fort, creating excitement among the Team A members who celebrated their point with various happy expressions.



Ipin: I will attack with my plan
Your words here...



Your words
Team B plans a counter strategy with intense communication. They seemed focused on avenging their defeat.
ds here...

Your words
The ball passes over the perimeter of Team A's fort, and the members of Team B celebrate their point with excitement. There is tension between the two teams.
here...

Ipin: you have to throw as hard as you can



Your words
The ball passes over the perimeter of Team A's fort, and the members of Team B celebrate their point with excitement. There is tension between the two teams.
here...

Ipin: yes very good

Upin: Good grief



Upin: it's very high

Your words here...



Your wordsBoth teams prepared for the next round with increasing intensity. The spotlight is on the increasingly fierce game. here...



Your words here...Players from Team A managed to catch the ball with a neat catch, showing their individual skills in



With a swift movement, a player from Team A threw the ball towards Team B's castle, creating tension on the field.

The ball reaches the perimeter of Team B's fortress, and the members of Team A celebrate their victory with joy. Team A is











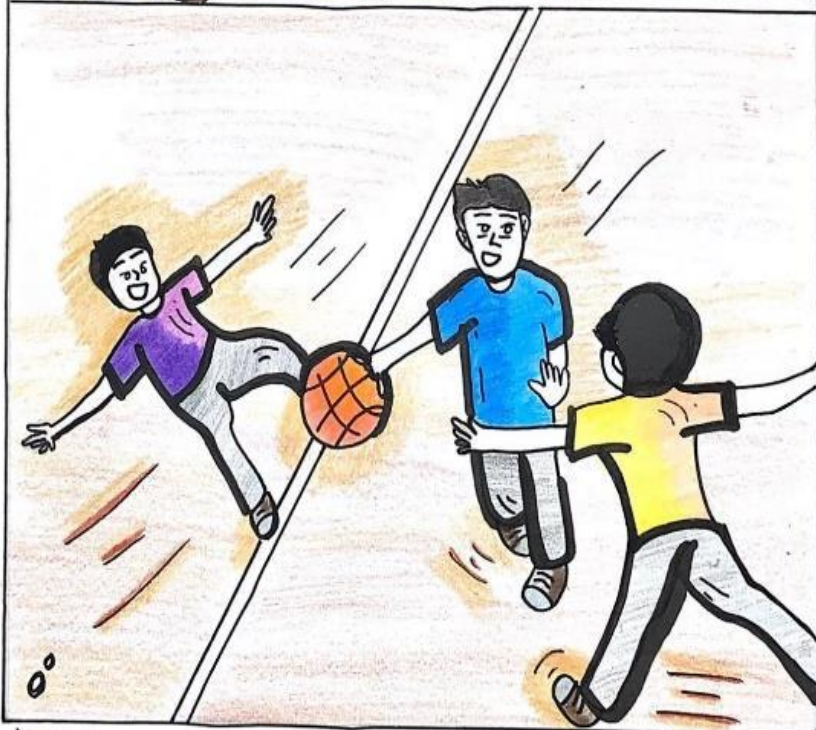




GOBAK SODOR

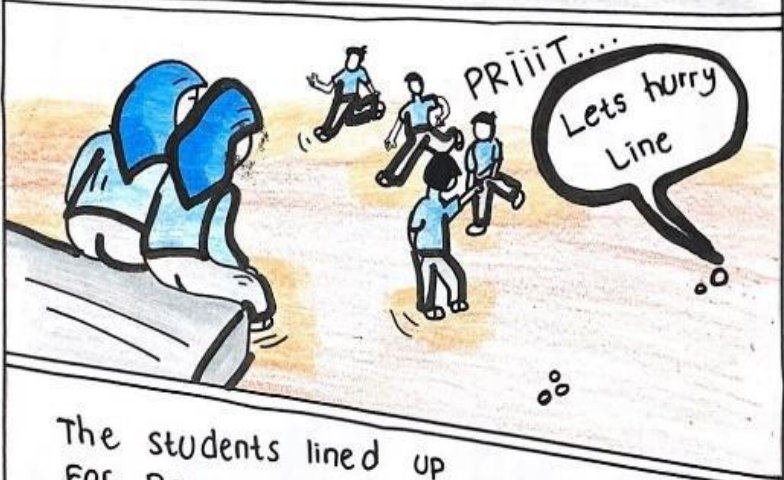
(WITH)

BASKET BALL





In the morning...



The students lined up
for Prayer and attendance.



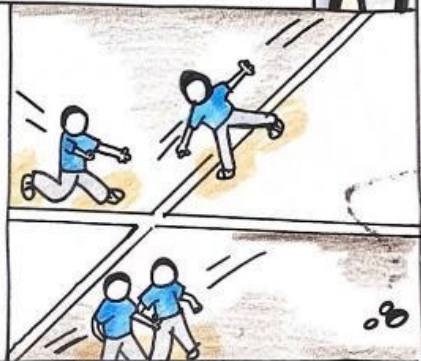
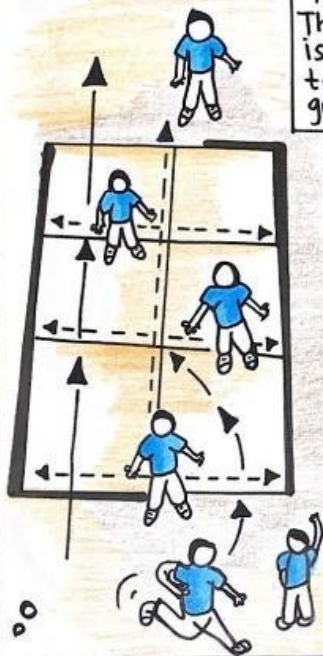
Now, you are warming up by playing the gobak sodor



The gobak sodor game is a team game consisting of two teams, the attacking team and the guard team. Each team consists of 3 people of 5 people.

The point of this game is to block the attacking team from crossing the guard team.

- The game is played on a rectangular field then squares are made according to the number of players.



When students are playing Gobak Sodor, the teacher finds the idea to combine the game of gobak Sodor with using a basket ball.

10 minutes have passed



Priit...

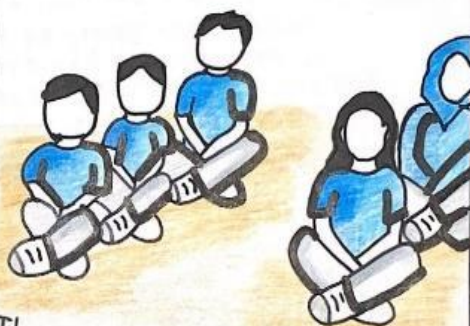


You take a five minutes break... and then get back in line

After the break the students line UP again



OK, now you
sit down



The students
sat cross-legged

our lesson today is big ball, namely the basic techniques of playing basket ball. we will modify the traditional game "gobak sodor" by playing gobak sodor with basket ball



How do you
play it sir..
?!!

the teacher starts to explain



You Play Gobak Sodor like us usual then add a basket ball.

Basket ball must be dribbled when you walked or a team namely by passing, you can use the top pass, horizontal pass or bottom Pass

The ball should not be released or caught by the Openent or guard team

The team of the attack team managed pass the guard team and return to their original place for getting theree points, the game is determined by ten minutes. The guard team may not get out of the guard line. The attacking team cannot behit by the guard time and the ball or without the ball IF It is hit then the attacking team becomes the guard team. Now let's try !!

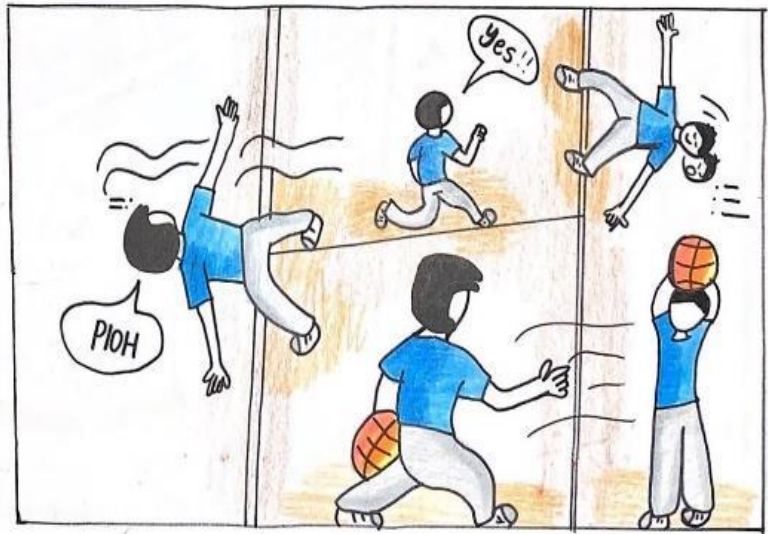


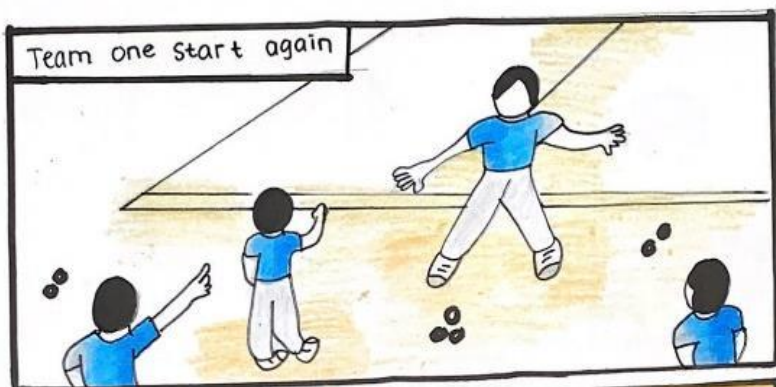
The students are Formed Five in a team

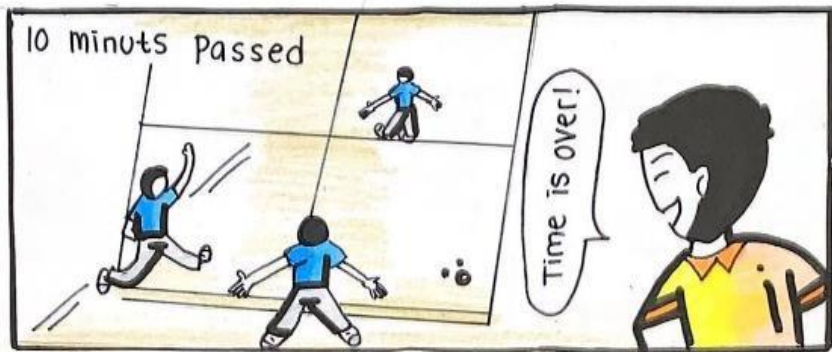
the student make a noine For looking Friends in a team









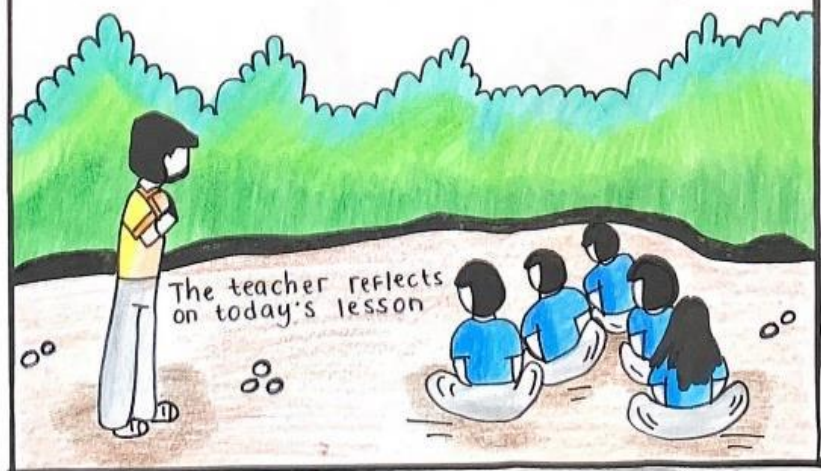


Followed by the next team to play gobak sodor with the ball

After understanding how to play They are Very happy.



After the break the student gathered





FAHOMBO THE STONE JUMPING

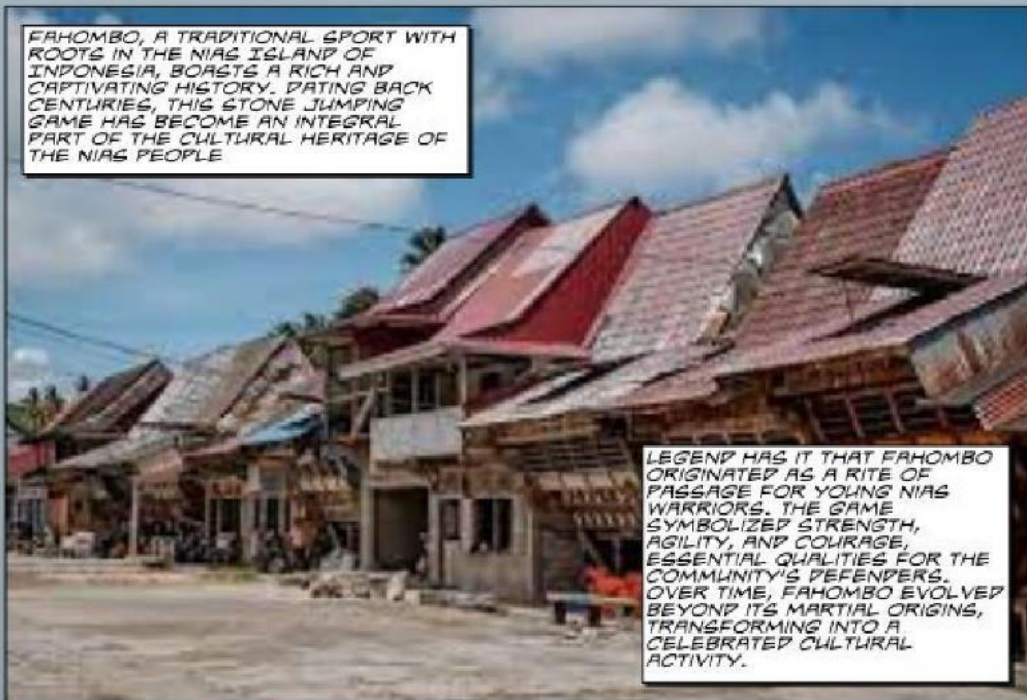
THE SUN SETS OVER THE ENCHANTING LANDSCAPES OF NIAS, CASTING A WARM GLOW OVER TRADITIONAL NIAS HOUSES AND STONE FORMATIONS



IN THE HEART OF NIAS, WHERE TIME DANCES WITH TRADITION...

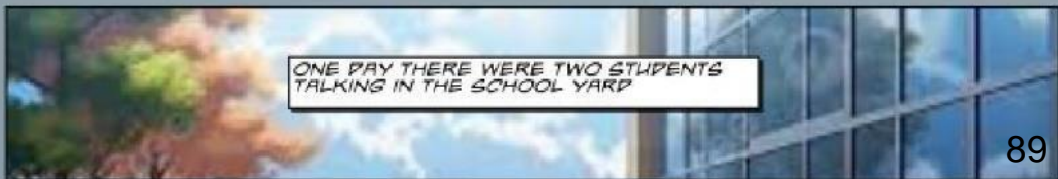


FAHOMBO, A TRADITIONAL SPORT WITH ROOTS IN THE NIAS ISLAND OF INDONESIA, BOASTS A RICH AND CAPTIVATING HISTORY. DATING BACK CENTURIES, THIS STONE JUMPING GAME HAS BECOME AN INTEGRAL PART OF THE CULTURAL HERITAGE OF THE NIAS PEOPLE



LEGEND HAS IT THAT FAHOMBO ORIGINATED AS A RITE OF PASSAGE FOR YOUNG NIAS WARRIORS. THE GAME SYMBOLIZED STRENGTH, AGILITY, AND COURAGE, ESSENTIAL QUALITIES FOR THE COMMUNITY'S DEFENDERS. OVER TIME, FAHOMBO EVOLVED BEYOND ITS MARTIAL ORIGINS, TRANSFORMING INTO A CELEBRATED CULTURAL ACTIVITY.

ONE DAY THERE WERE TWO STUDENTS TALKING IN THE SCHOOL YARD





IT'S VERY BORING
HERE



THAT'S
RIGHT...OUTSIDE IS
VERY BORING



HOW ABOUT WE
PISCHÉS
SOMETHING
INTERESTING

WHERE ARE YOU
GOING ALIF??

I WANT TO GO
TO CLASS

ABOUT WHAT?
LET'S TALK ABOUT IT
IN CLASS. I'M BORED
OUTSIDE ALREADY.



WHAT IF WE TALK ABOUT TRADITIONAL SPORTS? HOW DOES THAT SOUND ALIF?

I DON'T REALLY LIKE OLD-FASHIONED THINGS BUT I LIKE TALKING ABOUT NEW THINGS WITH YOU SHELLY.

SHELLY AGE 18 IS PASSIONATE ABOUT HISTORY

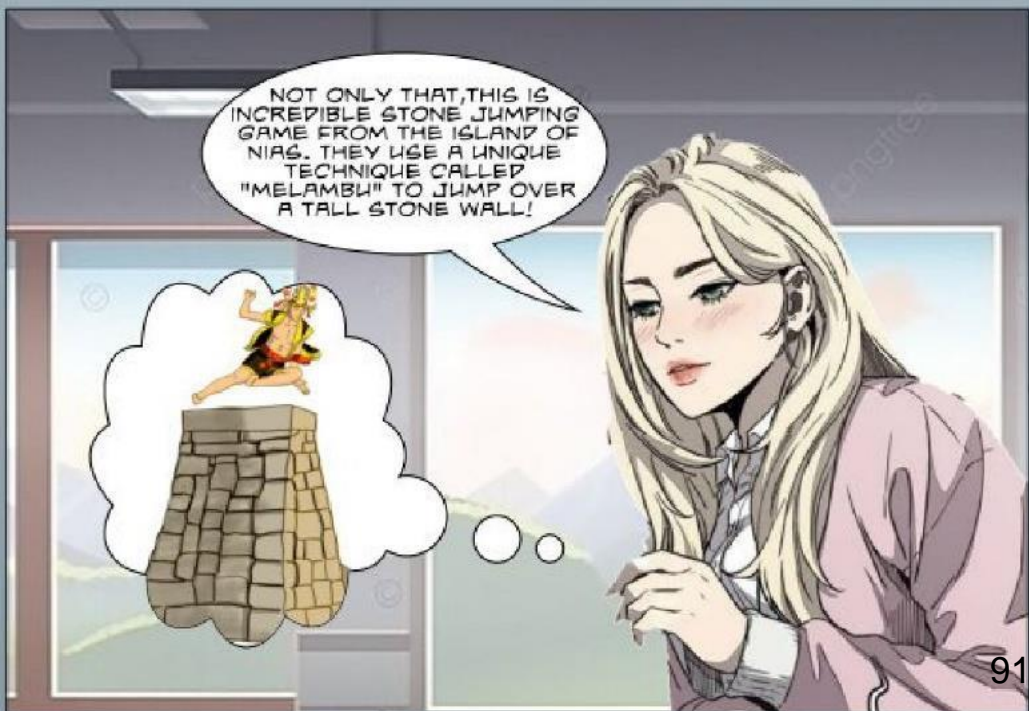
ALIF, AGE 18, LOVES SPORTS AND TECHNOLOGY



HAVE YOU EVER HEARD OF FAHOMBO? IT'S A TRADITIONAL SPORT FROM INDONESIA




WELL, FAHOMBO IS A TRADITIONAL SPORT FROM THE ISLAND OF NIAS IN INDONESIA




NOT ONLY THAT, THIS IS INCREDIBLE STONE JUMPING GAME FROM THE ISLAND OF NIAS. THEY USE A UNIQUE TECHNIQUE CALLED "MELAMBU" TO JUMP OVER A TALL STONE WALL!








CERTAINLY!
FAHOMBO IS A
STONE JUMPING
GAME. THE PLAYERS,
KNOWN AS "HOMBO
BATH," STAND ON A
STONE PEDESTAL AND
TAKE TURNS JUMPING
OVER A HIGH STONE
WALL




THE WALL CAN BE
AS TALL AS 1.8
METERS, AND THE
OBJECTIVE IS TO
CLEAR IT WITH A
SINGLE JUMP

THEY USE A
JUMPING TECHNIQUE
CALLED "MELAMBH,"
SWINGING THEIR
ARMS BACK AND
FORTH TO GAIN
MOMENTUM BEFORE
THE JUMP.



JUMPING OVER A
STONE WALL
SOUNDS
CHALLENGING! ARE
THERE ANY
PARTICULAR RITUALS
OR CEREMONIES
ASSOCIATED WITH
FAHOMBO?



ABSOLUTELY. BEFORE
PARTICIPATING IN
FAHOMBO, THERE ARE OFTEN
RITUALS AND CEREMONIES
PERFORMED TO SEEK
BLESSINGS FROM THE
ANCESTORS AND ENSURE A
SAFE AND SUCCESSFUL
EVENT.



THE STONES USED IN THE GAME ARE CONSIDERED SACRED, AND THE ENTIRE PROCESS IS A WAY FOR THE COMMUNITY TO CONNECT WITH THEIR CULTURAL HERITAGE.



THAT ADDS A SPIRITUAL ASPECT TO THE SPORT. HOW WIDELY IS FAHOMBO PRACTICED TODAY?

WHILE FAHOMBO REMAINS IMPORTANT TO NIAS CULTURE, IT HAS FACED CHALLENGES IN RECENT TIMES. THE YOUNGER GENERATION IS NOT AS INVOLVED IN TRADITIONAL ACTIVITIES, AND MODERN INFLUENCES HAVE LED TO A DECLINE IN ITS POPULARITY.



HOWEVER, THERE ARE ONGOING EFFORTS TO PRESERVE AND PROMOTE FAHOMBO, INCLUDING EVENTS, COMPETITIONS, AND EXHIBITIONS.



IT WOULD BE A SHAME TO LOSE SUCH A RICH CULTURAL TRADITION. WHAT INITIATIVES OR EVENTS ARE IN PLACE TO PRESERVE FAHOMBO?



CULTURAL ORGANIZATIONS, LOCAL COMMUNITIES, AND EVEN THE GOVERNMENT ARE WORKING TOGETHER TO ORGANIZE EVENTS AIMED AT RAISING AWARENESS ABOUT FAHOMBO



COMPETITIONS AND EXHIBITIONS SHOWCASE THE SPORT, ENSURING ITS SURVIVAL AND PASSING IT ON TO FUTURE GENERATIONS.



THAT'S GREAT TO HEAR! IT'S CRUCIAL TO PRESERVE THESE UNIQUE CULTURAL PRACTICES. THANKS FOR SHARING THIS FASCINATING INFORMATION ABOUT FAHOMBO

HAHA, YOU KNOW I REALLY LIKE IT WHEN I SEE YOU ALWAYS CURIOUS AND EXCITED EVERY TIME I TELL YOU SOMETHING ABOUT THE STORY.



I LIKE IT BECAUSE IT'S YOU, NOT SOMEONE ELSE.



AWW, YOU MAKE ME EMBARRASSED ALIF




HAHA..I LIKE SEEING YOU LIKE THAT, WANT TO GO HOME FROM SCHOOL TOGETHER?

WOW.. ARE YOU ASKING ME OUT ON A DATE NOW? OF COURSE I WILL I'VE BEEN WAITING FOR THIS FOR SO LONG HAHHAHA

HOW CAN YOU ASSUME THAT I'M ASKING YOU OUT ON A DATE?

COME ON, I KNOW YOU LIKE IT.

MAYBE.....



IN THE END WE
STILL GO HOME
TOGETHER HIIHI

YES I KNOWHEY
SHELLY THANKS FOR
SHARING INFORMATION ABOUT
FAHOMBO IT'S VERY
INTERESTING.

YOU'RE WELCOME,IT'S
ALWAYS EXCITING TO LEARN
ABOUT THE DIVERSE AND RICH
CULTURAL HERITAGE AROUND THE
WORLD. IF YOU EVER GET THE
CHANCE, WITNESSING A FAHOMBO
COMPETITION IN PERSON IS AN
EXPERIENCE YOU WON'T
FORGET

I WILL THINK
ABOUT THAT

NEXT PAY



UNFORTUNATELY I
HAVE TO REFUSE YOUR
STUPID INVITATION

HEY ALIE...WANT
TO TRY PLAYING
FAHOMBO AT
SCHOOL?

OH COME ON YOU
KNOW I'M JUST
KIPPING HAAAA





Thio, do
you know
sepak
takraw?

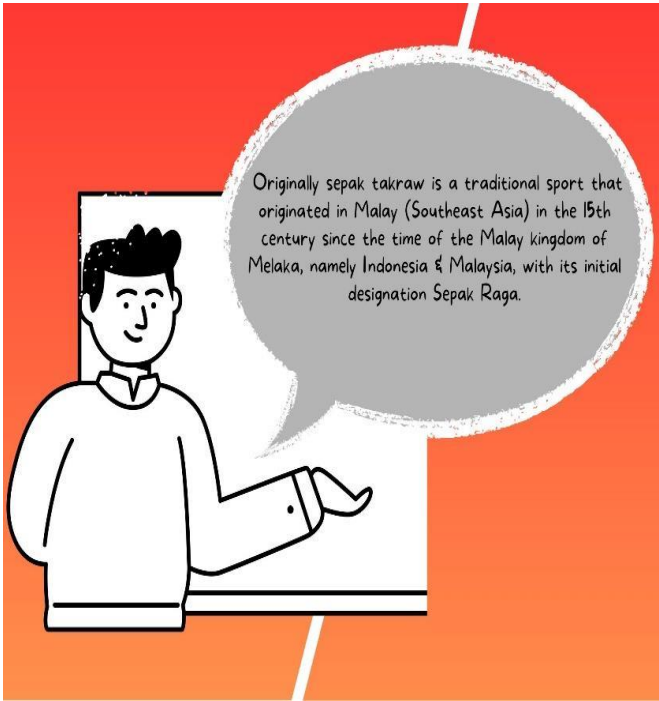
Yes, I know,
why?



Do you know the history &
development of sepak
takraw?

I don't
know about
its history
and
developmen
t.
What is it?



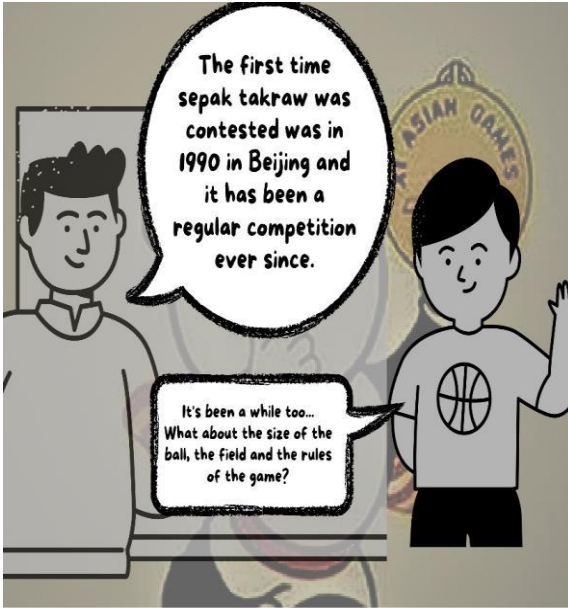


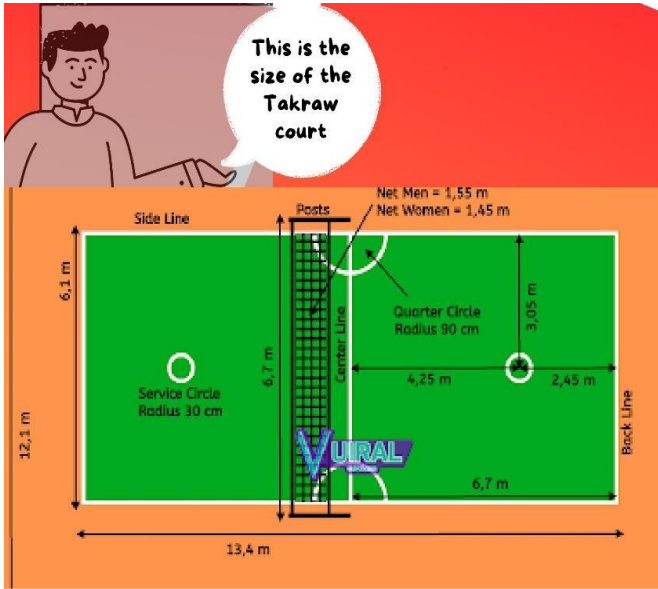


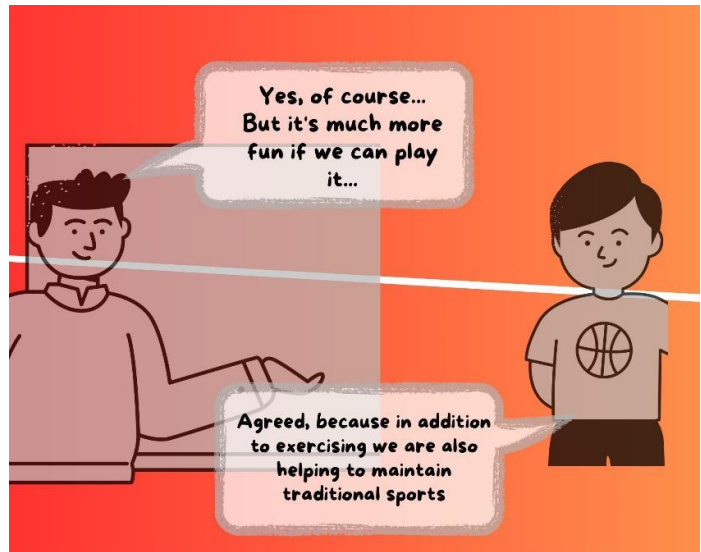
Yes, there are even historical records that say that Thailand has been playing sepak takraw since the Ayutthaya kingdom era.



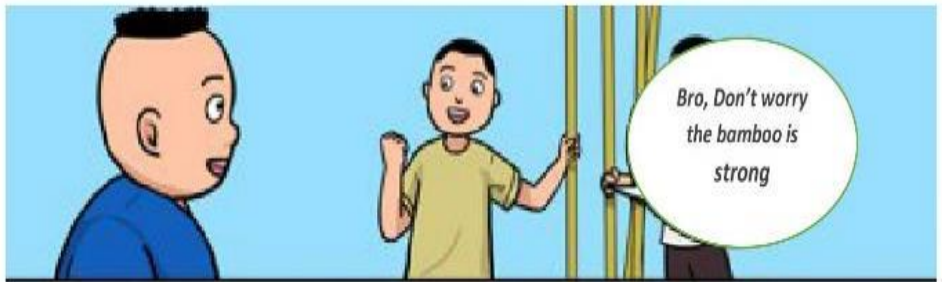
So, what was the first time sepak takraw was contested until the Sea Games?





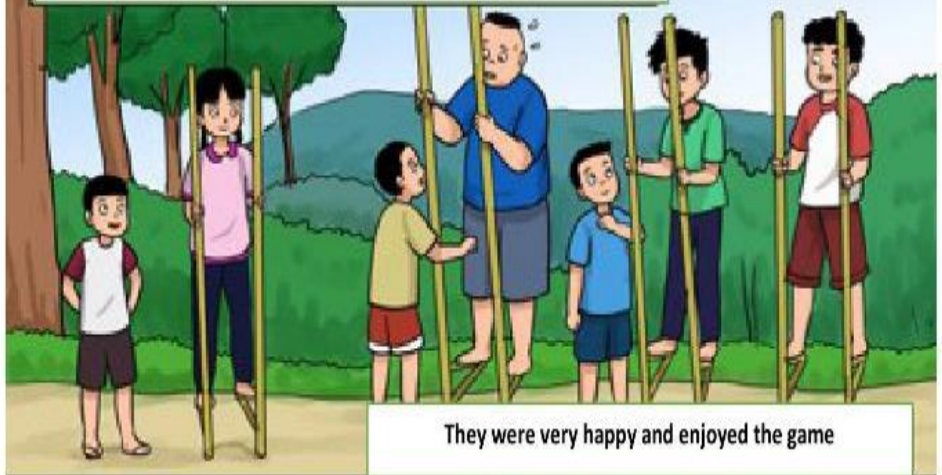






Finally, Buki Sina Apin and odi also joined in playing stilts. At first they couldn't, but tanto And his friends patiently taught them until they could.

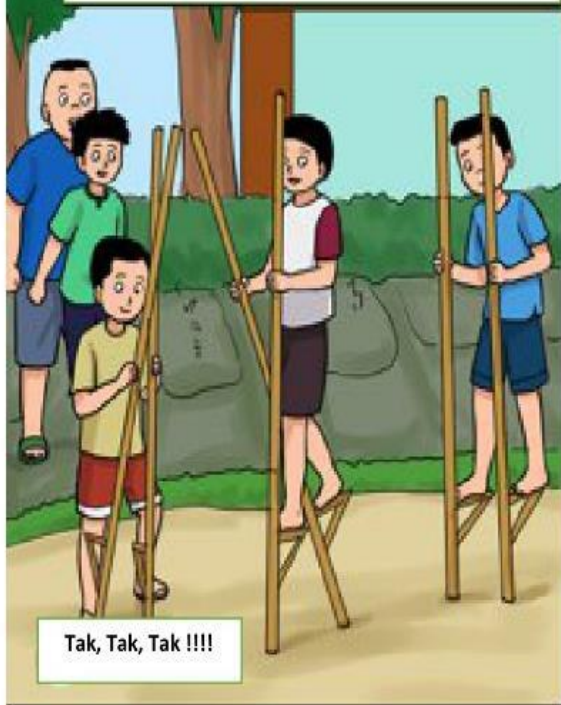
Tak, Tak, Tak !!



When they arrived at grandma's house it was already afternoon, the bodies covered sweat

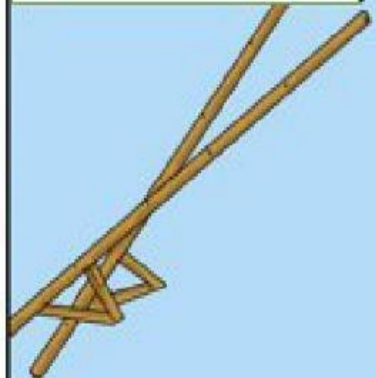


Buki sina apin and odi approached the group of children, it turned out that village children were playing stilts



Tak, Tak, Tak !!!!

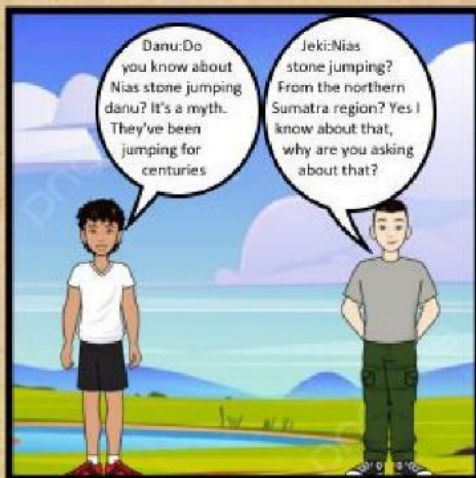
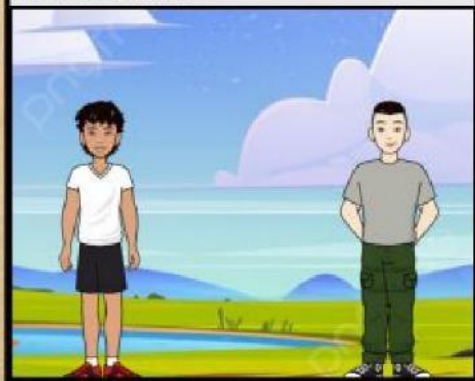
Stilts are a game made from two pairs of round bamboos ranging in length from two meters to three meters and with footrests at the bottom, the distance between the ends of the bottom bamboo and the flat footrest is one meter. The way to play is that we can climb onto the steps and walk using the stilts



Hai Everyone See
You Again!
Playing The Stilts

TRADITIONAL STONE JUMPING

In the field who were participating in a long jump competition, spontaneously their friend asked about the Nias stone jump.



THIS IS AN ILLUSTRATION OF 18 YEARS NIAS STONE JUMPING...



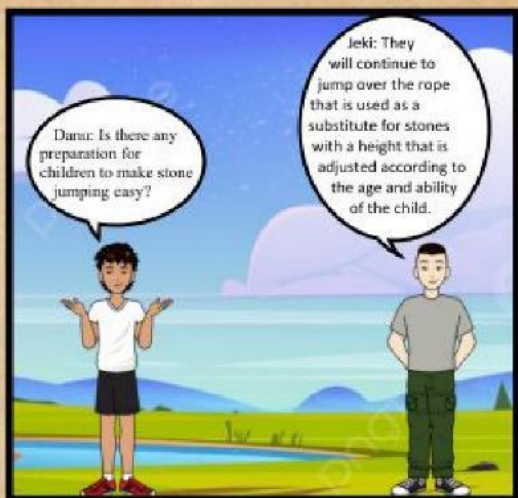
ILLUSTRATION BEFORE 18 YEARS OLD, THEY WILL CONTINUE TO JUMP OVER THE ROPE THAT IS USED AS A SUBSTITUTE FOR STONE



Danu: Do you know about the stone? The one that stands 2 meters high?

Jekid: do know about the stone. If a man manages to jump over a 2-meter-high stone with a thickness of 40 centimeters, it is considered heroic for the individual, the family, and the whole village.







SEPAK TAKRAW







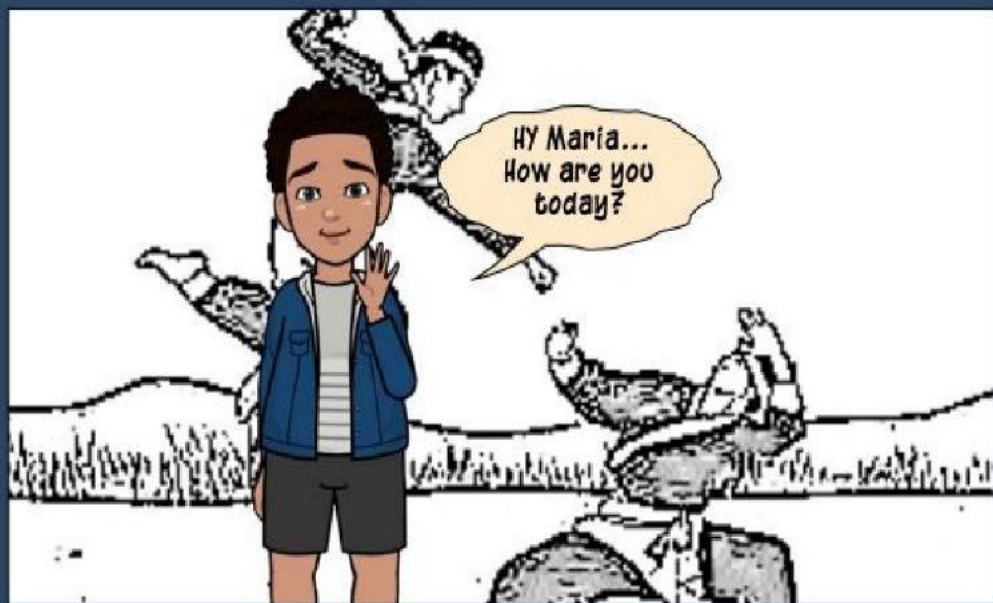




PENCAK SILAT

in the afternoon, Pachry and maria were talking casually about their favorite sports

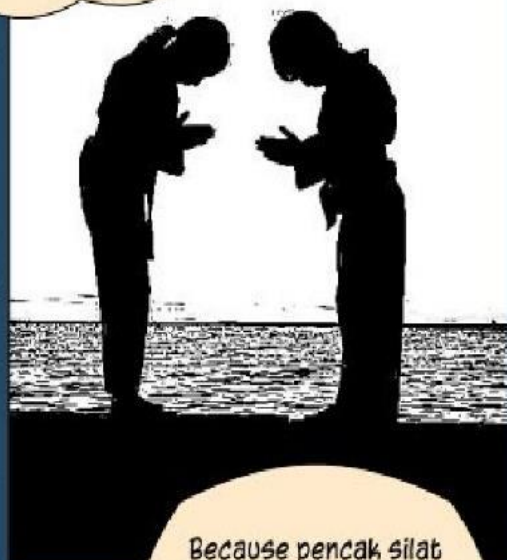






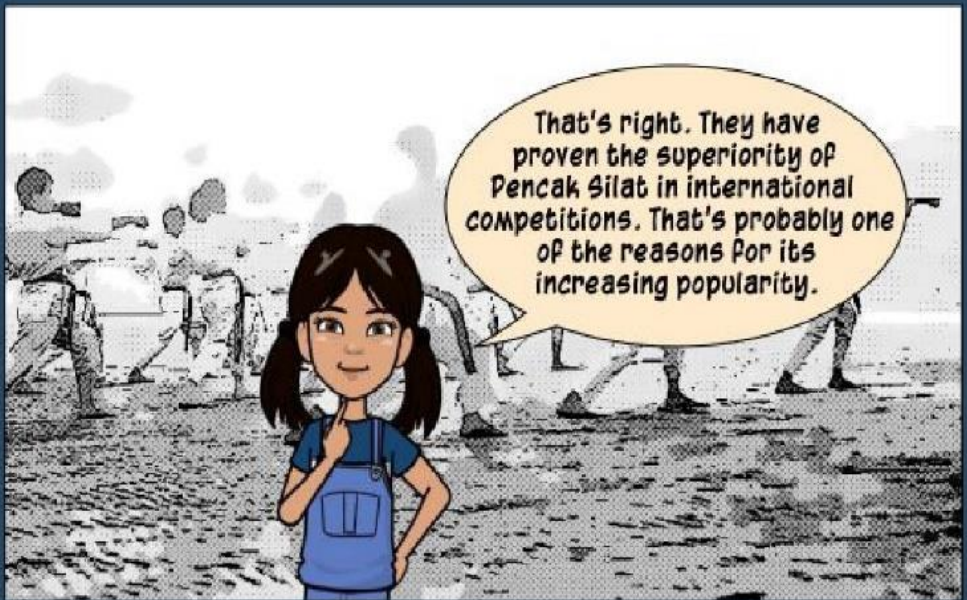
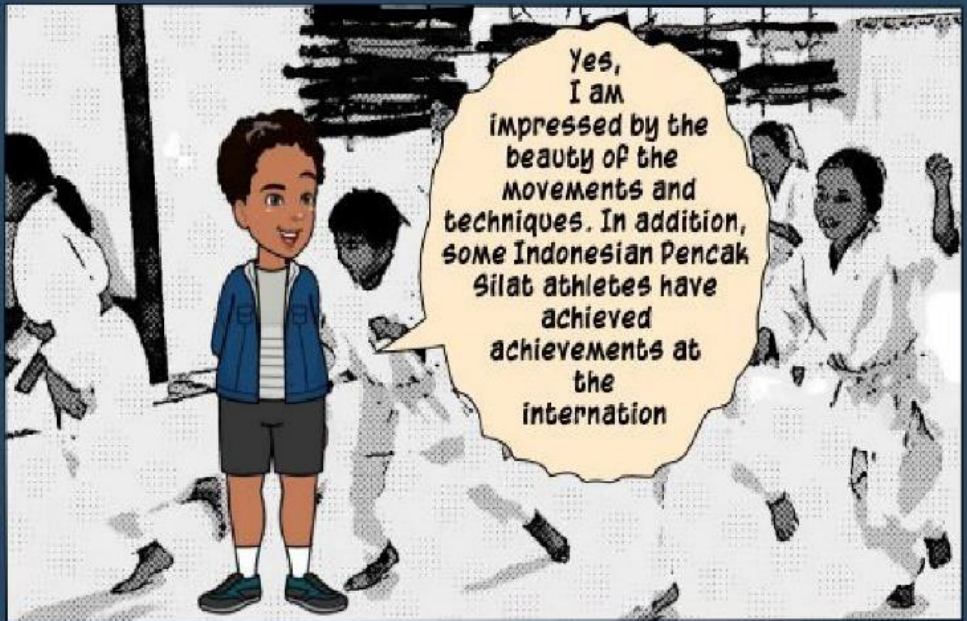


That's interesting, why are you interested in pencak silat?



Because pencak silat makes me happy, pencak silat is also an original Indonesian sport. Are you also interested?









yes, that's right!
Pencak Silat will be
part of the Olympics.
This is a great
achievement and will
definitely increase its
popularity globally.

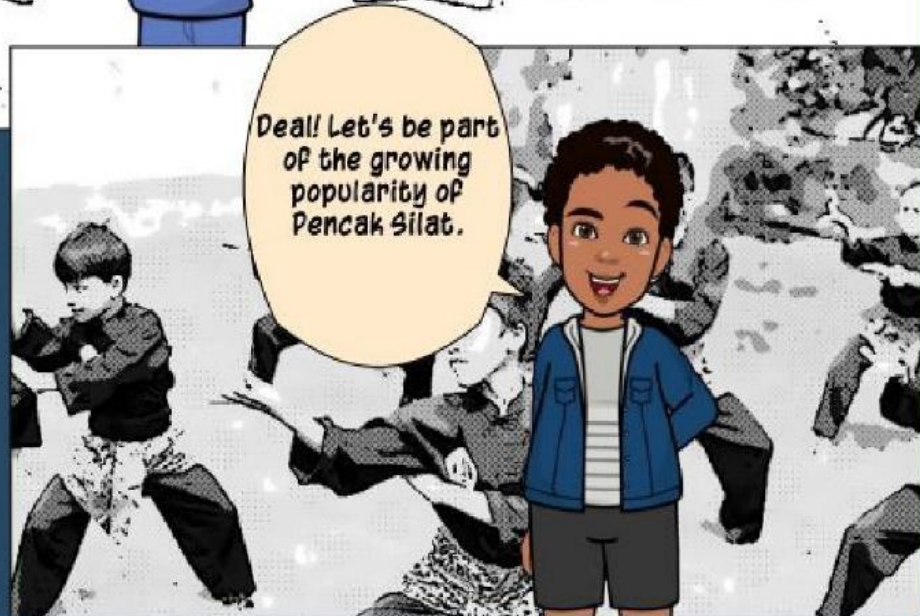
Wow, how cool! I
hope with the
inclusion of Pencak
Silat in the
Olympics, more
people will be
interested and
want to learn.

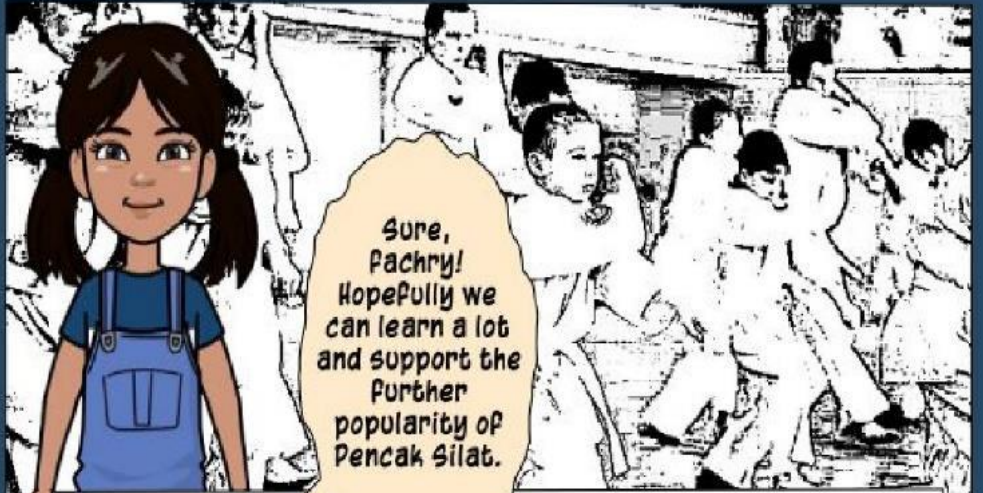
Definitely. Besides, Pencak Silat also reflects our cultural heritage. So, the more people who know about it, the more we can preserve our traditional values.



That's right. Maybe I'll try to join a Pencak Silat class. Who knows, I could be part of this movement.







Sure,
Pachry!
Hopefully we
can learn a lot
and support the
further
popularity of
Pencak Silat.

END



PLAYING ENGRANG

one beautiful morning,
there were two boys playing enggrang in the field,
they are both name Fadil and Naufal,
and there are two girls who are having fun watching it the two daughters,
were name Siti and putri

wow it
turns out my enggrang
is taller than yours



but i'm better
than at playing
enggrang

ion

okey, let's
prove
it then



you are are cool,i like

wow guys,you are really good



Fadil,
please teach us both
to play enggrang



ahh,
how can you
playing enggrang is difficult



thats right siti

hey you guys,
don't talk like that to us



ok just use
my enggrang
Siti and putri





I told you
that playing enggrang
is difficult you don't believe it


if you just try once,
how can we learn



here is my enggrang,
if it keep falling
it can be defective




finally they left Naufal and Fadil,
they went to grandfather's house




what's wrong
my granddaughter,
why do you look sad

well then,
it's better for grandpa to
make it enggrang batok

Fadil and Naufal
did not want to lend
us enggrang



it looks cool,
thanks grandpa,
for making me
enggrang batok



enggrang batok was done,
then Siti and Putri went to
the field to play on the field

Naufal, what do they bring?



hey Siti and Putri,
what games
do you bring?

yes Dik,
what do they bring?



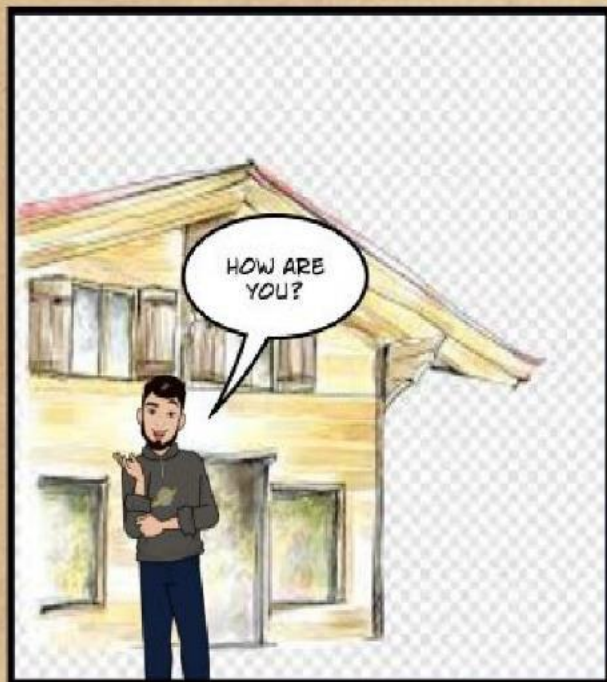
owhh,
this is
enggrang batok kelapa

Of course
you can,
but can
borrow yours

Can
Naufal and I
lend it?



COW RACING







The End

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