Description of Basic Gymnastics Floor Movement Skills for Beginner Athletes of Persani Gymnastics Club Malang Regency

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Article Info	Abstract
	This study aims to describe the basic movement skills of beginner athletes in practicing floor gymnastics at the PERSANI Gymnastics Club in Malang Regency. The focus of this study is to practice three types of basic floor gymnastics movements, namely forward rolls, backward rolls, and handstands. The method used is quantitative descriptive with data collection techniques through systematic observation using performance assessment sheets. The subjects of the study consisted of four beginner athletes. The results of the study showed that in general the athletes' movement skills were in the good to very good category, although there were still shortcomings such as imperfections in leg straightness during handstands and imperfect landings on backward rolls. This study emphasizes the importance of routine training, technical assistance, and periodic evaluations in the coaching process for beginner athletes to improve their basic movement skills.

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1. INTRODUCTION

Gymnastics is a sport that is well known among the public, both as an activity that supports a healthy lifestyle through physical activity and as a competitive sport. Gymnastics has developed throughout the world since before Christ, pioneered by Dr. J.F. Williams, Dr. Dubly Sorgen, and Thomas D. Wood (Arfanda & Nurulita, 2024). Gymnastics consists of several types, such as floor gymnastics, rhythmic gymnastics, artistic gymnastics, zumba, physical fitness gymnastics (SKJ), and others.

Known as one of the sports in Indonesia, the word gymnastics is taken from the English word Gymnastics which is taken from the original language which is an adoption of Greek, namely *gymnos* which means naked (History & Indonesia, 1918). Floor gymnastics or floor *exercise* is a type of gymnastics that includes movements such as rolling, bouncing, balance, jumping, and leaping. These movements are performed on the floor using a mat to reduce the risk of impact and injury due to the many movements that come into contact with the floor (Hidayat, R, et al, 2023). According to Budiyanto (2010), floor gymnastics exercises can improve physical fitness by focusing on increasing muscle strength, mobility, and body adjustment. Floor gymnastics also has the advantage of creating body flexibility. This is very important for children's physical development, especially when maintaining muscle and joint flexibility (Rahmadani et al., 2025).

In the context of education, gymnastics is one of the sports subjects taught in schools as a means of improving physical fitness and as a foundational learning tool for achieving athletic achievement. According to Winarata (2020), student health must be given utmost attention because it significantly influences the acceptance of the learning material provided by teachers. Therefore, the implementation of sports activities, one of which is gymnastics, has begun to be implemented in almost all schools in Indonesia (Pratiwi & Nugraheni, 2024).

In Indonesia, the development of floor gymnastics continues to progress, both at the school and club levels, and even at the national level. However, many beginner athletes within gymnastics clubs still struggle with basic floor gymnastics movements. This can be due to several factors, including a lack of understanding of proper technique, poor physical fitness, a lack of skilled floor gymnastics instructors, and a lack of mental capacity to cope with the demands of floor gymnastics. Therefore, research into the skills of beginner athletes in practicing basic floor gymnastics movements is crucial.

This research is expected to provide useful insights into the movement skills of a beginner athlete in practicing basic floor gymnastics movements, as well as to identify factors that can influence these skills. This research also aims to provide insight and knowledge to the public about understanding the techniques in floor gymnastics, as well as to identify effective learning techniques for beginner athletes in mastering basic floor gymnastics movements, thereby improving the quality of training and athletes to support the development of gymnastics in Indonesia.

2. RESEARCH METHOD

This study used a quantitative descriptive method. The goal was to describe the basic movement skills of beginner floor gymnastics athletes objectively and measurably. Data were collected through systematic observation using a performance assessment sheet containing indicators of floor gymnastics movement techniques, including forward rolls, backward rolls, and handstands. The assessment was conducted by assessing the athletes' technical accuracy, flexibility, balance, and courage in performing the movements.

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

1. Student Name   : Muhammad Raihan Muzakki

A. Forward Roll (*Forward Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Hand strength	5	Both hands converge well and are stable
3	Head goes in when trying to roll	5	The head position is good; the chin is touching the chest.
4	Final position is balanced and standing back up	5	Stand back up balanced and neat

B. Roll Back (*Back Roll*)

No	Assessment Indicators	Score	Notes

1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Dropping body movement with control	5	Body control is excellent; position changes are smooth.
3	Hands are placed beside the ears as support.	5	Very good technique, hand placement is precise and symmetrical.
4	Powerful backward thrust of the leg, landing precisely and the knee does not bend.	5	Very good push, stable landing, and straight knees.
5	Active hands support when rolling is done	5	Hand stabilization is excellent, supporting with perfect control

C. Handstand (*Handstand*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Position of both hands when supporting the body	5	Both hands support the body well
3	Position the legs straight up and together	4	The legs are straight, but not close enough.
4	Body balance when the feet are on top	5	Very good balance, body stable when feet are on for at least 3 seconds
5	Final movement down with control	5	The transition to the final position is very smooth and well controlled.

Assessment Score:
● 5 = Very Good
● 4 = Good
● 3 = Enough
● 2 = Less
● 1 = Very Poor
Recapitulation of Values:
Maximum Score Movement Obtained
● Forward Roll   : 20
● Roll Back   : 25
● Handstand   : 25
Max   : 70
The final result   : 68

Muhammad Raihan Muzakki demonstrated excellent mastery of basic movements, especially when practicing forward and backward rolls. He executed most aspects of the handstand correctly. However, he found some deficiencies in the straight leg upward movement, with the knee still slightly bent. He also lacked balance when the leg was in the air. By consistently and regularly training shoulder strength and balance, these deficiencies can be corrected.

2. Student Name : Fathir Akbar Rafsanjani
   A. Forward Roll (*Forward Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Hand strength	5	Both hands converge well and are stable
3	Head goes in when trying to roll	5	The head position is good, the chin is touching the chest.
4	Final position is balanced and standing back up	5	Stand back up balanced and neat

B. Roll Back (*Back Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Dropping body movement with control	5	Body control is excellent; position changes are smooth.
3	Hands are placed beside the ears as support.	5	Very good technique, hand placement is precise and symmetrical.
4	Powerful backward thrust of the leg, landing precisely and the knee does not bend.	5	Very good push, stable landing, and straight knees.
5	Active hands support when rolling is done	5	Hand stabilization is excellent, supporting with perfect control

C. Handstand (*Handstand*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Position of both hands when supporting the body	5	Both hands support the body well
3	Position the legs straight up and together	5	Legs perfectly straight, close together, and pointing straight up
4	Body balance when the feet are on top	5	Very good balance, body stable when feet are on for at least 3 seconds
5	Final movement down with control	5	The transition to the final position is very smooth and well controlled.

Assessment Score:
- 5 = Very Good

- 4 = Good
- 3 = Enough
- 2 = Less
- 1 = Very Poor

Recapitulation of Values:

Maximum Score Movement Obtained

- Forward Roll   : 20
- Roll Back   : 25
- Handstand   : 25

Max   : 70

The final result   : 70

Fathir Akbar Rafsanjani demonstrated excellent mastery of basic floor gymnastics movements. He executed forward rolls, backward rolls, and handstands with excellent technique and results. He maintained consistency in these movements. This ability reflects discipline, neatness, muscle strength, and well-trained coordination.

3. Student Name   : Sister Putri Cantika Susanto
    A. Forward Roll (*Forward Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Hand strength	5	Both hands converge well and are stable
3	Head goes in when trying to roll	5	The head position is good; the chin is touching the chest.
4	Final position is balanced and standing back up	5	Stand back up balanced and neat

B. Roll Back (*Back Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Dropping body movement with control	5	Body control is excellent; position changes are smooth.
3	Hands are placed beside the ears as support.	5	Very good technique, hand placement is precise and symmetrical.
4	Powerful backward thrust of the leg, landing precisely and the knee does not bend.	4	The push is quite strong, but when landing the knees are slightly bent.
5	Active hands support when rolling is done	4	Active hands support even though they are still not strong enough

C.   Handstand (*Handstand*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	5	The starting position is perfect, the body is straight and the arms are straight up.
2	Position of both hands when supporting the body	5	Both hands support the body well
3	Position the legs straight up and together	4	The legs are straight, but the knees are slightly bent.
4	Body balance when the feet are on top	3	Maintain balance for 1 second and wobble slightly
5	Final movement down with control	4	The descent is almost perfect, but needs more fine control.

Assessment Score:
- 5 = Very Good
- 4 = Good
- 3 = Enough
- 2 = Less
- 1 = Very Poor

Recapitulation of Values:

Maximum Score Movement Obtained
- Forward Roll   : 20
- Roll Back   : 25
- Handstand   : 25

Max   : 70

The final result   : 64

Adinda Putri Cantika Susanto demonstrated excellent forward roll skills and technique. However, her backward roll landing was still a little lacking, with most aspects performed correctly. However, she found a flaw in her landing position, as both legs were still slightly bent after the roll. Adinda supported her body well in her handstand, but still needed to improve her balance and leg alignment. With regular, targeted hand strength and balance training, she has the potential to achieve perfect results in all movements.

4.   Student Name   : Daania Ayra Cahismi

A.   Forward Roll (*Forward Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	4	Upright position, arms slightly bent upwards
2	Hand strength	5	Both hands converge well and are stable
3	Head goes in when trying to roll	5	The head position is good; the chin is touching the chest.
4	Final position is balanced and standing back up	5	Stand back up balanced and neat

B.   Roll Back (*Back Roll*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	4	Upright position, arms slightly bent upwards
2	Dropping body movement with control	5	Body control is excellent; position changes are smooth.
3	Hands are placed beside the ears as support.	5	Very good technique, hand placement is precise and symmetrical.
4	Powerful backward thrust of the leg, landing precisely and the knee does not bend.	3	The push is strong enough, but the knees bend.
5	Active hands support when rolling is done	5	Active hands support even though they are still not strong enough

C.   Handstand (*Handstand*)

No	Assessment Indicators	Score	Notes
1	Starting position: standing straight, hands straight up	4	Upright position, arms slightly bent upwards
2	Position of both hands when supporting the body	5	Both hands support the body well
3	Position the legs straight up and together	3	Knees are still bent and feet are not close together
4	Body balance when the feet are on top	4	Balance is good enough for a few seconds
5	Final movement down with control	4	The descent is almost perfect, but needs more fine control.

Assessment Score:
- 5 = Very Good
- 4 = Good
- 3 = Enough
- 2 = Less
- 1 = Very Poor

Recapitulation of Values:

Maximum Score Movement Obtained
- Forward Roll   : 20
- Roll Back   : 25
- Handstand   : 25

Max   : 70

The final result   : 61

Daania Ayra Cahismi demonstrated excellent skills in several floor gymnastics skills. However, her starting position, with her arms extended upward, was still not quite straight in each movement. In the forward roll, Daania performed quite well, maintaining a strong posture and stable movement control. In the back roll, her

technique was generally excellent, particularly in body control and hand placement. However, her leg thrust upon landing still needs to be strengthened to prevent her knees from bending. In the handstand, Daania was able to support her body well and maintain balance for several seconds, but still needs improvement in leg alignment and control upon descent. With regular strength and flexibility training, and most importantly, focus and concentration during the movements, she can achieve maximum results in all movements.

3.2 Discussion

Based on the results of observations on how students master basic floor gymnastics movement skills, it can be concluded that students achieve different levels of achievement, with the average being in the good to very good category. The analysis focused on three types of floor gymnastics movements, namely forward rolls, backward rolls, and handstands. The purpose of this study was to evaluate the mastery of basic floor gymnastics movements, performed by four beginner athletes from the PERSANI gymnastics club in Malang Regency, including Muhammad Raihan Muzakki, Fathir Akbar Rafsanjani, Adinda Putri Cantika Susanto, and Daania Ayra Cahismi. Observations were made by looking at several aspects such as technique, body posture, movement control, strength and balance.

In the forward roll movement, all four students demonstrated good mastery in executing the movement. A forward roll is a body movement that rolls forward through the back of the body, starting from the shoulders, back, and hips until returning to the starting position. It also requires good flexibility, coordination, and body control (Subaya & Jaya, 2022). This movement was performed very well by Muhammad Raihan Muzakki. He was able to perform the forward roll with good posture and a smooth flow of movement. He also had quite stable body control during the movement, which indicates a good understanding of the technique. In addition, Fathir Akbar Rafsanjani achieved very satisfactory results. He has the ability to maintain both technical consistency and neatness of his movements. His forward roll movement demonstrated excellent movement coordination with strong hand support and smooth transitions. Adinda Putri Cantika Susanto, when practicing the forward roll movement, was able to perform the movement well and demonstrated good abdominal and back muscle strength to support the body. The technique demonstrated was quite good, but still needs to be improved with regular practice. Meanwhile, Daania Ayra Cahismi, although she's already mastered most of the techniques for the forward roll, finds her hands aren't fully straight at the start, making her less prepared for the roll. She needs more concentration and focusses when executing the move.

In the backward roll movement, the four students demonstrated varying levels of technical mastery. This movement is more complex than the forward roll because it requires better body control and strength in the hands and feet when pushing the body backward. According to Satrio Ahmad Y. (2007), a backward roll is a movement that begins with a squat with the palms up and then rolls backward by rolling both legs straight backward (Ramadin et al., 2021). Observations of the backward roll movement showed that Muhammad Raihan Muzakki and Fathir Akbar Rafsanjani were able to perform the backward roll with precise hand placement and strong leg thrust, resulting in a perfect landing position. They both performed the backward roll technique well and correctly. Meanwhile, for Adinda Putri Cantika Susanto and Daania Ayra Cahismi, both athletes' technical abilities were quite good in executing the movement, especially in terms of control and coordination of movement. However, there was a similarity in terms of improvement, namely when landing. After landing,

both Adinda and Daania's knees were still slightly bent. This suggests that leg muscle strength should be increased as well as more focused landing training.

The third movement is standing using your hands or what is usually called handstand. The handstand movement means an inverted position where the body is supported by both hands, with the head below and the feet above. This movement is useful for strengthening the shoulders, arms, and wrists (Setira, 2024). When performing the standing movement using the hands, the four beginner athletes generally demonstrated good basic skills for doing a handstand, especially in terms of supporting themselves and maintaining position. The handstand movement can be done by Fathir Akbar Rafsanjani with a stable body position, straight legs, and good balance. However, beginner athletes Muhammad Raihan Muzakki, Adinda Putri Cantika Susanto, and Daania Ayra Cahismi still need to improve body balance and leg straightness. Strengthening the arm and shoulder muscles and further balance training are needed because the body position is not yet fully upright and the knees are still slightly bent.

5. CONCLUSION

The assessment of four novice athletes from the Persani Gymnastics Club in Malang Regency—Muhammad Raihan Muzakki, Fathir Akbar Rafsanjani, Adinda Putri Cantika Susanto, and Daania Ayra Cahismi—showed that their mastery of basic floor gymnastics skills was generally good to excellent. Despite the satisfactory results, several important points were noted. Several athletes encountered similar issues, such as an unstable body position during a handstand, bent knees during a backward roll landing, and uneven legs during a handstand. This suggests that the training provided has not fully addressed each individual's technical weaknesses. Furthermore, direct support during training is crucial for providing timely technical corrections. Regular evaluation of athletes' progress is crucial to tailoring the training program to individual needs. All four athletes can achieve even better results in the future if they continue to train diligently.

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