



Muay Aerobics Based on Nusantara Dance as a Design of Multicultural Education

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ABSTRACT

Muay Aerobics is one of the art in the Muay Thai sport in the form of competitive performances and is open. So, it can be created with a variety of creativity. Lembaga Adat Karatwan Galuh Pakuan captures this opportunity by accommodating Nusantara dance-based Muay Aerobics that can appreciate diversity, pride in cultural identity. This is done because based on the facts in the field there is a gap, where there is no clear regulation based on the work process, general rules and assessment criteria. This research aims to design a design to create Muay Aerobics based on Nusantara dance. The method used to solve the problems that researchers face is design-based research by taking the stages of exploration, designing, evaluating and reflecting. Data were collected by means of participant observation and digital-based observation, interviews, documentation studies and focus discussion groups. After the data is obtained, the data is analyzed by selecting the main things, presenting the data and drawing conclusions. The results of the research findings that the creation of Muay Aerobics works based on Nusantara dance must pay attention to the identity of each culture.

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1. INTRODUCTION

This research is motivated by the existence of cultural diversity which is the main focus of considering that Indonesia is a pluralistic country. On the one hand, diversity is a wealth. However, on the other hand, diversity actually creates potential problems. In the era of globalization this is important for we learn other cultures, however It is also important for us to preserve national culture. The phenomenon in the field is that the Lembaga Adat Karatwan (LAK) Galuh Pakuan has implemented multicultural education. One of them is by accommodating the sport of Muay Aerobics. Muay Aerobics is one of the artistic competitions in the sport of Muay Thai. Muay Aerobics is open to creativity with other arts. Seeing this opportunity, LAK Galuh Pakuan responded by combining Muay Thai culture from Thailand with Indonesian culture. It is hoped that this sport can become an effective educational medium for introducing Muay Thai in Indonesia, introducing Indonesian dance to the international community and as a means of multicultural education. Masunah (2020) explains that multicultural education aims to support the realization of a country that is more democratic and prioritizes human and cultural values. The fact is that in the field there is a gap where there are no clear regulations based on the work process, general rules or assessment criteria in Muay Aerobics performances. Therefore, researchers created a design for creating Muay Aerobics based on Indonesian dance as a multicultural education design.

Muay Aerobics is included in the art of Muay. Initially in Thailand Muay Aerobics was known as Muay Thai dance performance. According to Mesomsak (2019), it is said that the Muay Thai boxing dance performance is a development of the martial art "Muay Thai". Muay Thai changed its form of presentation from a martial sport to a form of performing art since 2009 in the form of competition. Muay Aerobics is an innovative fitness sport from aerobic exercise genre. According to Irwansyah (2006, p. 81), even though it has various names, it is still part of the criteria for aerobic exercise. From this explanation, Muay Aerobics is a Muay Thai martial art that has changed its function from a practical martial art to a creative martial art. Indonesia welcomed this new innovation in the world of fitness and martial arts when it arrived in 2020 and immediately became the first competition to be introduced in Indonesia. Silviadi expressed this in an interview (2023) who said that "Muay Thai Aerobics was first demonstrated before it became an achievement sport at that time, around 2017 in the Muay Thai One Night Championship activity in Ciater, Subang Regency. Mrs. Noviyanti (West Java) tried to collaborate with Jaipong gymnastics combined with Muay Thai techniques. From there, Mr. Sudirman (Chairman of PBMI) thought it was important that this could be used as one of the art classes at PBMI for the Muay Thai sport. After that, it was realized more or less in March 2020."

Researchers who have an academic background in the field of arts education feel motivated to study the arts class competition numbers, especially Muay Aerobics, and modify them according to Indonesia's diverse culture. Technical Hands Book (2022) states that, Muay Aerobics choreography must contain 80% basic Muay Thai movements and 20% creative arts. Thus, the researcher wants to utilize the 20% provision to include elements of Indonesian dance. The aim of this research is to produce a design for the creation of Muay Aerobics works that combine the identity of Muay Thai movements and various Indonesian dance identities as a design. Multicultural education. Dance is used as a medium for cultivating multicultural education with the aim of understanding people and their culture to increase appreciation and tolerance in society. Muay Aerobics work based on Indonesian dance can foster character, insight and form a strong young generation who

appreciates diversity and is proud of their identity and is able to develop the potential within themselves to be creative. Therefore, researchers conducted research with the title "Muay Aerobics based on Indonesian dance as a multicultural educational design."

Cultural pluralism concept in multicultural dance education, it is a relevant theory for understanding the phenomena that occur. Multicultural dance education is a concept to introduce understanding and introduce the use of various dance forms from different cultures with the aim of being democratic, socially responsible and meaningful in the family, community, state and nation. Cultural pluralism strengthens the existence and maintains each ethnic group to maintain its cultural heritage and respect each other among other cultures (Masunah, 2020). Culture pluralism anticipates society by not interfering with disrupting different interests, beliefs and ways of life and can accommodate temporary peaceful coexistence. A concrete example of the existence of Thai culture, namely Muay Thai, which entered Indonesia does not mean that we fully follow/don't follow that culture. Likewise, those who come from Thai culture must fully follow or not follow Indonesian culture, but rather how to get around this so that these differences are in harmony with mutual growth and development so that they are accepted by all levels of society. Therefore, the concept used as a reference to support this research is the cultural pluralism concept on Multicultural dance education.

This research aims to create a design for the creation of Indonesian-based Muay Aerobics, a creativity whose ideas are based on existing works, namely Muay Thai martial arts and Indonesian dance. Each content has its own characteristics and standard movement essence which is developed in the form of high impact aerobic exercise. So the theory he uses is the composition theory introduced by Smith with the contraction method. The steps for constructing a work by Smith (1985) are as follows.

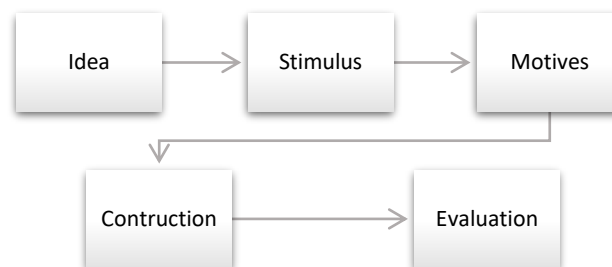


Chart 1. Stages of construction methods in the design of creating Muay Aerobics based on Indonesian dance

2. METHODS

This research uses the Design Based Research (DBR) method. According to Plomp (2007) design based research is a systematic study to design, develop and evaluate educational interventions (such as programs, learning strategies and materials, products and systems) with the aim of solving complex problems in education. The essence of design based research is about wanting changes in education, oriented towards theory, so as to produce knowledge to solve an educational problem. Data collection was carried out through observation, interviews, documentation studies and group discussion forums. After the

data was collected, the researcher carried out data analysis by reducing, displaying the data and verifying.

In carrying out design based research, McKenney & Reeves identifies three stages that include,

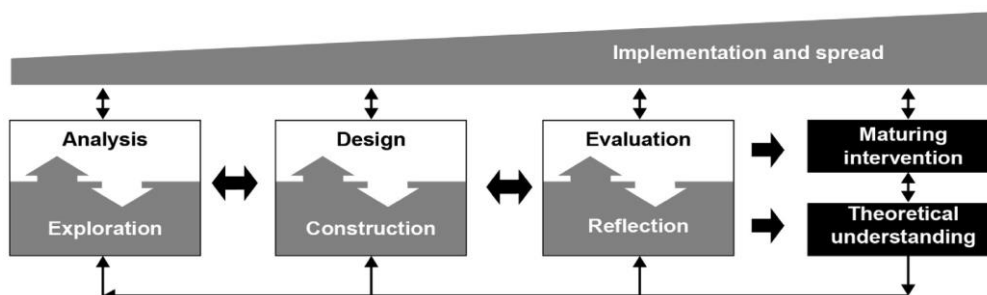


Chart 2. Stages implementation design based research method

Stages of design based research that the researcher used in making the design for creating Muay Aerobics was the stages of analysis, design, evaluation and reflection. This research didn't get to the implementation stage, but it only created a conceptual design.

3. RESULTS AND DISCUSSION

Based on information collected by means of observation, interviews, documentation studies and *focus group discussions* (FGD), researchers obtained the following results and discussions.

3.1. Movement structure, music, culture and presentation of Indonesian and Thai Muay Aerobics.

Muay Aerobics is a performance in competitions (Mesomsak, 2019) so there are general rules that serve as a reference in creating the work. Based on general rules in Thailand and Indonesia, researchers found several points.

Table 1. General rule Muay Aerobics competition.

Content	Thailand	Indonesia
Personal amount	7-9 People.	3 people.
Duration	6 minutes (<i>warm up, work out and cool down</i>).	5 minutes (deduction).
Costume	Using <i>mongkon</i> and <i>prajiad</i> , design modified costumes for Muay Boran costumes).	Using <i>mongkon</i> and <i>prajiad</i> , design the costume according to the angle.
Music	Free according to creativity, starting with the obligatory <i>wai kru music</i> .	The music begins with a <i>wai kru feel</i> , music without singing and the music is handed over to the operator.

Based on the designs worked on, both Muay Aerobics in Thailand and Indonesia can be identified as follows.

Table 2. Structure of Muay Aerobic movements.

Muay Aerobics Thailand		Indonesian Muay Aerobics	
Basic Movement	Transition movement.	Basic Movement	Transition Movement
Punches, elbows, knees, kicks	– Traditional dance movement motifs – Modern dance movement motifs	Punches, elbows, knees, kicks	– Traditional dance movement motifs – Modern dance movement motifs
Large space for movement	Large space for movement	Large space for movement	Large space for movement
Fast time	Fast time	Fast time	Fast time
Strong power	Strong/heavy power	Strong power	Strong power

Table 3. Structure of Muay Aerobics Music.

Muay Aerobics Thailand		Indonesian Muay Aerobics	
Basic Music	Transition Music	Basic Music	Transition Music
Traditional and Modern Thai	Traditional and Thai Modem	Traditional Modern free	Traditional and Thai Marson
Audio recording	Audio recording	Audio recording	Audio recording
Fast tempo	Fast tempo	Fast tempo	Fast tempo
There are vowels	There are vowels	Instrumental	Instrumental

Table 4. Muay Aerobics Clothing Structure.

Muay Aerobics Thailand		Indonesian Muay Aerobics	
Mandatory clothing	Design	Mandatory clothing	Design
Using <i>mongkon</i>	Design according to creativity	Using <i>mongkon</i>	Design according to creativity
Using <i>prajiad</i>	Color according to creativity	Using <i>prajiad</i>	Color according to creativity
Make-up is not required	Decorations are not required	Make-up is not required	Decorations are not required
Hairstyle according to creativity	Hairstyle according to creativity	Hairstyle according to creativity	Hairstyle according to creativity

Tables 1,2,3,4 show Muay Aerobics in Thailand and Indonesia has a form of movement derived from basic Muay Thai movements. It has large movement space and strong energy intensity and there is creativity originating from traditional dance or modern dance. It has music with varied designs, starting with *wai kru* music and has a fast tempo. Has various clothing designs, modifications to Muay clothing Boran. When using accessories, you must use *mongkon* and *prajiad*.

Based on the assessment criteria, researchers did not find match assessment implemented in Thailand. In Indonesia, researchers found assessment criteria with several assessment points.

Table 5. Criteria Muay Aerobics assessment in Indonesia.

No.	Assessment Aspects	Indicator
1.	Authenticity & creativity of costumes	Must wear <i>mongkon</i> during <i>opening</i>
2.	Identity	Authentic Posture, Form, Choreography & Teamwork
3.	Form Realistic Techniques	Strength, Speed, Control
4.	Art	Continuity, Elegance and Emotion
5.	<i>Performance</i>	Team Cohesion

6. Accompanying Music

Just the sound of music, the rhythm of music and movement in rhythm with the music.

3.2. The Initial Design for Muay Aerobics was Based on Indonesian Dance as a Multicultural Educational Design.

Based on the design, the researchers used a form of movement derived from basic Muay Thai movements, using a large movement space and strong energy intensity and incorporating creativity in the form of Indonesian dance consisting of Papuan, Balinese and Sundanese dances. Using music with a tempo of 150 bpm, with instrumental types with modern traditional nuances, starting with *wai kru* ritual music and using music whose melody can raise the spirit. As Trisnawan (2010, p. 12) said, the music used to do aerobic exercise should choose music that is fun or cheerful, energetic, and whose rhythm is able to move the body. Wearing clothing with modified Muay Boran clothing and wearing mandatory *mongkon* and *prajiad* accessories. Regarding the use of clothing, it has also been explained by Trisnawan (2010) that appearance when exercising must pay attention to the comfort of movement without paying attention to the ethics of appearance during aerobic exercise, including appropriate and polite exercise clothing, choosing good colors, not using excessive accessories, and arranging a neat hairstyle. Even though clothing is not the main point of Muay Aerobics assessment, dress ethics are still considered. Dress etiquette that must be considered is paying attention to comfort and paying attention to the value of modesty.

The Muay Aerobics design uses a presentation structure including an opening filled with *wai kru* movements, a core performance filled with Muay Thai movements and movements from three types of Indonesian dance and ending with a closing filled with Muay Thai movements. The researchers created the working process using the construction method. The construction method uses the stages of exploring ideas, searching for stimuli, selecting and developing movements, composing and forming movements and evaluating (Smith, 1985).

Based on general rules, researchers create designs using several points.

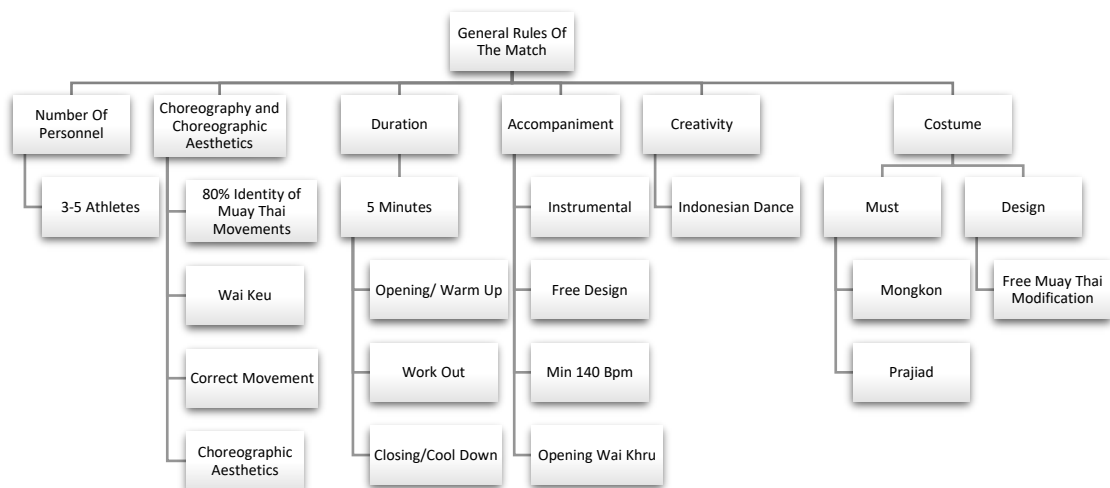


Chart 3. Preliminary Design Rules General Muay Aerobics Archipelago.

The chart above regulates about:

- 1) The personal number of 3-5 researchers is used with the consideration that Muay Aerobics is a group performance. So, the greater the number of personalities displayed will result in more creative development. This is in accordance with the statement that a greater number of personnel in a performance will result in a more varied or diverse choreographic composition (Indrayuda, 2012)
- 2) Choreography, Choreography Points and choreographic aesthetics. This point regulates what elements are indicators of the formation of Muay Aerobics work and aesthetics in producing better Muay Aerobics work. As for these indicators, the creation of Muay Aerobics work must be sourced from and dominated by Muay Thai movements by 80%. The work must include the *wai kru dance* as an element of respect.
- 3) Duration points. This point regulates the time that must be taken into account when preparing Muay Aerobics work. The design at the duration point of the researcher set 5 minutes with three segments including the opening for 30 seconds - 1 minute filled with *wai kru* movements, the main performance for 3-4 minutes filled with Muay Thai identity movements and Indonesian dance movements and the closing 30 seconds - 1 minute filled with Muay Thai movements.
- 4) This point regulates what elements of creativity can be included in the creative elements of Muay Aerobics. The researcher directed that Indonesian dance should be better inserted into the creative element of Muay Aerobics to show the identity of Indonesia which has very rich cultural diversity. So, the 540 ethnicities in Indonesia have the potential to show diversity according to region and imagination in applying creativity.
- 5) Musical accompaniment points. At this point, the researchers determine how music should be used to accompany Muay Aerobics. Muay Aerobics musical accompaniment indicators must have a minimum tempo of 140 bpm, use the type of music according to creativity, the initial music uses *wai kru ritual music*, the music must be able to raise the spirit.
- 6) Make-up and fashion. The most important thing for make-up is neat and clean. Meanwhile, clothing can be designed according to creativity which refers to Muay Boran clothing. Using *Mongkon* and *Prajiad* accessories is mandatory. In a Muay Aerobics performance which is heavy on high-intensity movements, it is recommended that clothing pay attention to comfort and not be distracting freedom moment move.

Based on the assessment criteria, the researcher created a design by applying several assessment points as follows.

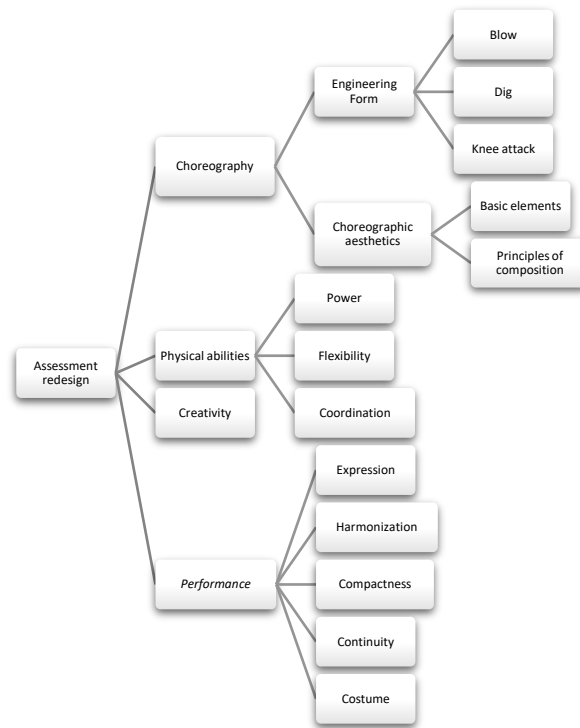


Chart 4. Initial design criteria Nusantara Muay Aerobics assessment.

The researchers' considerations for designing the assessment criteria are as follows.

1) Choreography

Movement motifs, movement variations and other aspects related to movement are regulated in the science of composition or commonly known as choreography. Choreography in a construction is the art of creating and arranging movements in a work, including Muay Aerobics. Construction is very important in determining the quality of a Muay Aerobics performance or match. The essence of the Muay Aerobics performance is the performance of Muay Thai movement identity motifs in an interesting way. So, in the construction of a Muay Aerobics work, basic construction elements and group composition principles are needed in order to obtain a work that is suitable to be performed in a Muay Aerobics competition. The identity of Muay Thai movements is the main aspect in assessing choreography, both in terms of the authenticity of the movements and the development of the movements, which must show clarity and completeness of the forms and movement techniques. Choreography can improve skills that support the quality of movement.

2) Physical Ability

Muay Aerobics is a development of Muay Thai movement motifs packaged in the form of aerobic exercise. The physical abilities of team personnel greatly influence performance in performances or competitions because they have to carry out movements with strong energy intensity because they are of the high impact type. So, it becomes an important point in assessing Muay Aerobics. Comes with strong energy intensity because it is a high impact type. According to Mintarto (2019), these physical components include power, flexibility and coordination.

The aspect of strength or power intensity is a concern in the assessment aspect of Muay Aerobics. The consideration is that the strength and intensity of energy required to perform Muay Aerobics movements is taken into account. This can be a measure of the athlete's ability to exert energy and maintain the intensity of movement for a specified duration of time. The higher the strength and energy intensity demonstrated by the participant, the better the performance of the Muay Aerobics performance that can be displayed. Apart from that, aspects of strength and power intensity are also very important in minimizing the risk of injury to athletes. When an athlete's body is able to produce large amounts of force, they can maintain better stability and body control. This can help prevent injuries to muscles, joints and bones that may occur due to extreme movements and high intensity in high impact sports such as Muay Aerobics. Thus, the strength aspect becomes a criterion in assessing Muay Aerobics. Teams that can display and maintain greater strength and power intensity can perform better.

Flexibility is the body's ability to perform movements with the maximum range of motion of the joints. Good flexibility can help reduce the risk of injury when performing movements. Thus, flexibility can be an important factor in assessing Muay Thai Aerobics.

Agility is a motor skill required in Muay Aerobics. In the context of Muay Aerobics, agility refers to the ability to move quickly, easily, and coordinated. The ability to switch from one movement to another quickly and efficiently is the key to executing Muay Aerobics movements correctly and effectively. Apart from that, agility is also important to carry out proper defensive and attacking movements in Muay Aerobics. In Muay Aerobics assessments, agility can be measured by looking at how quickly and efficiently a person performs movements, as well as how well the athlete can follow his body movements to music and rhythm. Therefore, agility is an important aspect that must be considered when assessing Muay Aerobics.

Balance is one aspect that needs attention in Muay Aerobics. Balance is an aspect of the ability to maintain a stable body position considering that Muay Aerobics is done quickly, strongly and precisely. Balance is very important to perform movements well, especially movements that require stability and control of body movements. In the Muay Aerobics assessment. Good balance can also help prevent injury and allow a person to perform more complex movements better. Therefore, balance is one of the important aspects assessed in Muay Aerobics.

3) Creativity

Muay Aerobics is a competitive performance that is creative in nature. This is in accordance with Meesomsak and Makpa's (2018) statement that Muay Thai dance performances are not about showing a strong body (producing fighters) rather that they can be creative by thinking and developing Muay Thai movements in their own style. Nusantara dance-based Muay Aerobics is a form of aerobic exercise that combines Muay Thai movements with traditional Indonesian dance accompanied by energetic music. Muay Aerobics, art and creativity, are used to measure the assessment criteria for how creative the team is in presenting Indonesian dance movement motifs. By using art and

creativity in Muay Aerobics based on Indonesian dance, Muay Aerobics must be an interesting and fun performance. Apart from that, Muay Aerobics based on Indonesian dance can also be a medium for introducing the richness of Indonesian culture to international eyes. So that it can increase feelings of love and pride in Indonesian culture. Muay Aerobics to increase awareness of the importance of developing creativity and physical endurance.

4) Performance

– Expression

Expressions are facial expressions to convey impressions, intentions, feelings and ideas. Muay Thai Aerobics is a form of fitness sport that uses music and a fast tempo to display energetic movements. So, you must show an expression that shows confidence, enthusiasm and cheerfulness to help increase motivation and produce additional energy in *performance*. A smile can give a positive aura. Self-confidence can increase concentration so that you are able to perform at your best. Cheerfulness can grow strength and motivate yourself and others.

– Harmonization

Muay Aerobics is a competitive performance so the performances presented must be able to show the best *performance*. A very important component to pay attention to is that the movements displayed must be in rhythm with the tempo of the music being played. Suitability of movements to the competition arena, suitability between dancers, suitability of Muay Thai movements with creative movements.

– Compactness

In a performance played by a team, a very important point is unity. Cohesion can be seen from communication activities between team personnel (not highlighting each other's egos). Moreover, in Muay Thai aerobics, many teams present *unison movements* that is, they display abilities and skills evenly in terms of form and technique. So good team work is needed.

– Continuity

Continuity or the connection between movements from the beginning to the end is important.

– Fashion

The clothing aspect is a provision that is not a priority because Muay Aerobics focuses on movement skills. However, Muay Thai Aerobics has the mandatory requirement of using *mongkon* and *prajiad*. Therefore, the clothing aspect in Muay Thai Aerobics must pay attention to these provisions. Although there are no specific provisions for clothing worn on the body, it must pay attention to suitability for the performance, beauty and harmony between the costume and movements. Apart from that, the costumes used must also pay attention to comfort, safety and uniformity factors for team personnel. The costumes used must also pay attention to the neatness of appearance.

3.2. Experts' views regarding the design of Muay Aerobics based on Indonesian dance as multicultural education design.

Expert statements regarding the design of Nusantara Muay Aerobics as a multicultural educational design, it is explained that, based on a choreographic point of view, in the process of creating Muay Thai works based on Indonesian dance, there must be clarity of movement, both showing movements originating from Muay Thai movements, as well as sourced from other additional forces. The main focus on Muay Thai choreography needs attention, and emphasis is placed on the importance of maintaining clarity and complete identity of Muay Thai movements in Muay Aerobics performances. So that Muay Thai movements are not lost or changed due to creative elements added to the performance, athletes must demonstrate Muay Thai movements completely and correctly by displaying forms that comply with Muay Thai principles. This statement highlights the need for athletes to maintain Muay Thai authenticity in their performances. Although creativity is important, it should not be sacrificed or changed by basic Muay Thai movements.

Choreographically, Muay Thai is an applied style from other countries, in this case Muay Thailand, then must follow the rules and regulations of the Muay art genre. In Indonesia, in Muay Aerobics rules there is a rule that 80% of Muay Thai movements and the remaining 20% can be filled with Indonesian dance creativity. Because apart from achievements, we also cannot forget the richness of typical dances from 540 ethnic groups that can be accommodated in Muay Thai Aerobics. However, when it comes to showing identity, sometimes it is necessary to limit or narrow the scope of that identity in order to convey the desired message clearly and precisely. Therefore, showing one ethnicity will be better in Indonesian dance creativity because it can provide a better and more accurate representation, as well as strengthen ethnic identity, and fight for the values contained in that ethnic group.

Based on the presentation structure, experts concluded that a Muay Aerobik Nusantara work must be dominated by the identity of Muay Thai movements. Nusantara dance as an element of creativity must be presented by performing a dance that reflects a regional identity. This is intended to strengthen the identity of each culture. Based on the assessment criteria, the experts agreed with the design made. The emphasis is only on the choreography assessment points which highlight the identity indicators that must be included in the assessment points.

A temporary conclusion from the expert's views based on the design and assessment criteria, the experts agreed to the design created by the researcher. It's just that there is an emphasis on the importance of maintaining the identity of Muay Thai movements and the identity of Indonesian dance movements in Muay Aerobics performances. Athletes must demonstrate clarity of movement completely and correctly; this is aimed at maintaining the authenticity of Muay Thai movements and Indonesian dance movements. So, the identity of each culture can be seen clearly. Incorporating creative elements into performances is permitted, as long as it complies with applicable regulations.

3.3. Redesign of Muay Aerobics based on Indonesian Dance as a Multicultural education design

Based on the views of experts, the creation of Muay Aerobics works based on Indonesian dance should refer to one regional dance identity in the archipelago in each work. In the redesign process, the researchers removed the series of Papuan dance and Balinese dance movements contained in the initial design that the researchers made. Then change it with a Muay Thai movement motif. Apart from that, researchers also only use creative movements from Jaipongan dance elements to strengthen the Indonesian identity. The researcher changed the structure of the movement presentation from the initial design as follows.

Elemen konstruksi dan Prinsip koreografi kelompok

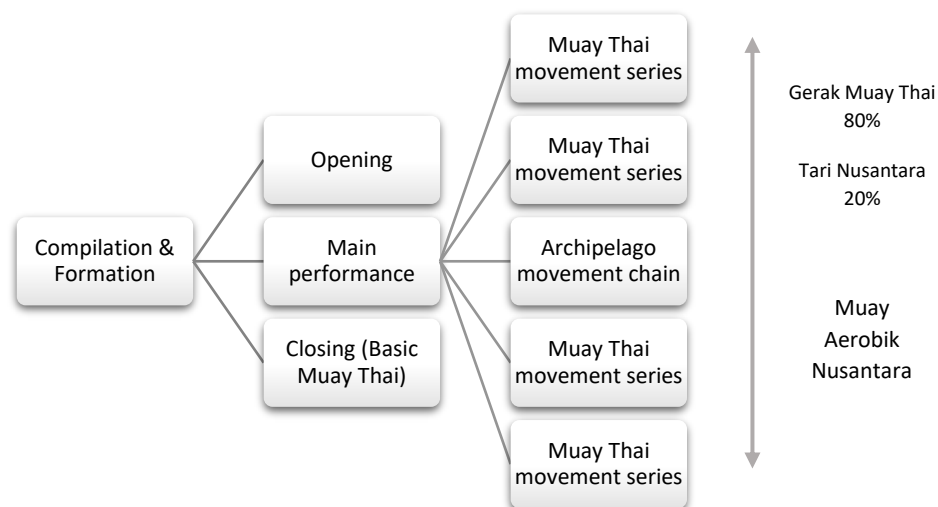


Chart 5. Redesign of the presentation structure of Nusantara Muay Aerobics

The arrangement and formation of the movement sequence in the redesign of Nusantara Muay Aerobics consists of an opening filled with *wai kru* movements for 30 seconds. Followed by a 4 minutes main event to showcase Muay Thai skills and identity. In this performance, a series of Indonesian dance movements are in the middle, the main performance and the closing are filled with a series of 30 second Muay Thai movements.

This design was chosen according to input submitted by experts during the FGD process. This design was chosen so that the original identity of Muay Thai and also the identity of Indonesian dance was clearly visible in the Muay Aerobics work based on Indonesian dance that was created.

The presentation based on the general rules of the competition that the researchers created and have received approval from experts is as follows.

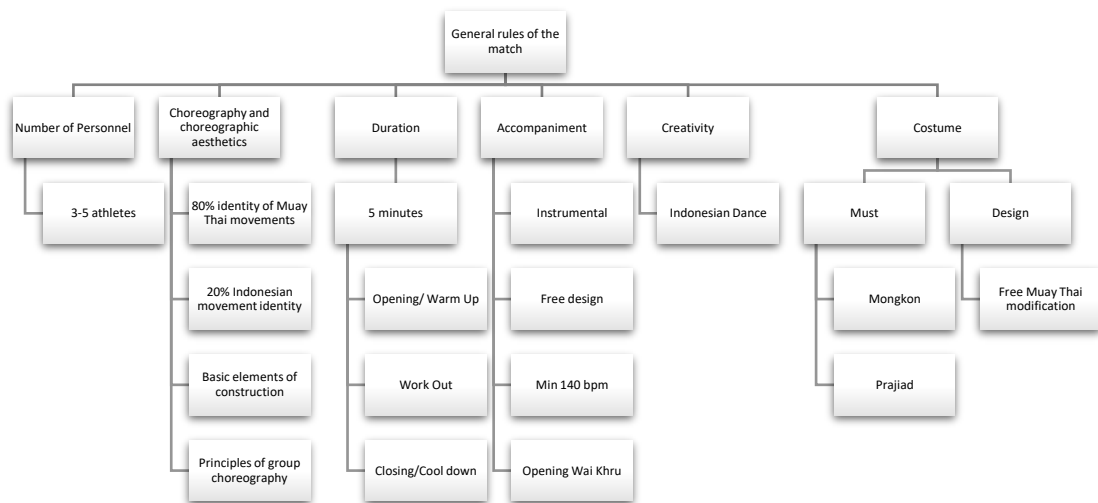


Chart 6. Redesign rule General Muay Aerobics Archipelago

Based on the views of experts in the FGD (2023), the general rules need to be redesigned in point 1. Choreography. This is to refine and clarify the rules so they can be more easily understood. Redesign point 1. The choreography clarifies the rule that when creating a Muay Aerobik Nusantara work it must be dominated by the identity of Muay Thai movements with a presentation of 80% of the entire work consisting of *basic* Muay Thai movements and wai kru included in it. 20% include creativity filled with an Indonesian dance according to the region the participant comes from. When composing a work, the choreographer must pay attention to the aesthetics of the choreography so that the work created has good aesthetic value. The choreographic aesthetics in question must contain elements of choreographic construction including Motif, Variation, contrast, transition, repetition, climax, proportion, logical development and unity (Smith, 1985). Apart from that, we must pay attention to the principles of group composition according to simultaneous needs, *balancing, alternate, cannon, broken* (Hadi, 2012) as explained in sub- chapter previously.

The presentation based on the general rules of the competition that the researchers created and have received approval from experts is as follows.

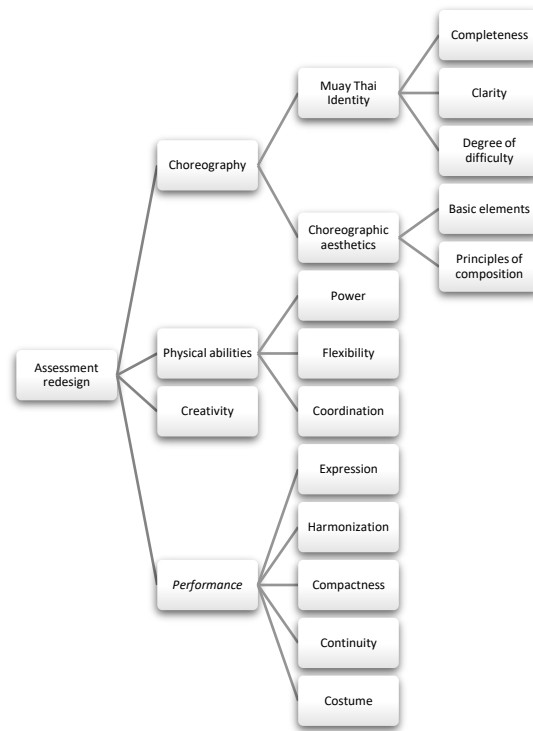


Chart 7. Redesign criteria Nusantara Muay Aerobics assessment

Based on the views of experts in the FGD (2023), it is necessary to redesign point 1) choreography. The redesign carried out only includes emphasis on identity indicators. In the design of the choreography assessment points, indicators must show the correct form and technique of punches, elbows, knee attacks and kicks which are redesigned with indicators of completeness, clarity and level of difficulty. The researchers considered designing the assessment criteria, namely movement motives, movement variations and other aspects related to movement arranged in the science of composition (construction) or commonly known as choreography.

Choreography in a construction is the art of creating and arranging movements in a work, including Muay Aerobics. Construction is very important in determining the quality of a Muay Aerobics performance or match. The essence of the Muay Aerobics performance is the performance of Muay Thai movement identity motifs in an interesting way. So, in the construction of a Muay Aerobics work, basic construction elements and group composition principles are needed in order to obtain a work that is suitable to be performed in a Muay Aerobics competition. The identity of Muay Thai movements is the main aspect in assessing choreography, both in terms of the authenticity of the movements and the development of the movements, which must show clarity and completeness of the forms and movement techniques. Choreography can improve skills that support the quality of movements. Other assessment points did not receive redesign, meaning they were in accordance with the design plan made.

The conclusion is that from the design plans made there are several points that need improvement. In essence, the redesign is based on general rules, the design work and the assessment criteria in the work of Muay Aerobics Nusantara refer to

identity points. The identity point is very important and is the main concern of the *experts* in creating Muay Aerobics based on Indonesian dance because it is considered a differentiator and concerns national identity. So, even though these two cultures unite in a work and become a culture in a certain area, they will still maintain the characteristics of each culture. Muay Thai is an applied art that we accept as a foreign cultural treasure, while Indonesian dance in Muay Aerobics choreography is used as a distinctive identity (characteristic). They are references when presenting the performance.

4. CONCLUSION

Muay Aerobics based on Indonesian dances or Muay Aerobics Nusantara is a fitness sports innovation whose choreography is specifically designed from the identity of Muay Thai movements and the identity of traditional Indonesian dance movements. This choreography is carried out continuously following a fast musical tempo. Traditional Indonesian dance which is elaborated in Muay Thai Aerobics choreography refers to the cultural pluralism concept in multicultural dance education. Based on the results of data processing and analysis through design-based research methods in the Indonesian dance-based Muay Aerobics research that has been carried out, it can be concluded that there is a need for design to be a guide for creating works. This is because currently Muay Aerobics is a form of performance that is competed at both national and international levels, so the creation of Muay Aerobics works must be based on the work process design, general rules and competition assessment criteria. The working process design provides information related to the construction, where there are several construction stages. These include ideas, stimuli, selection and development of movement motifs, preparation and formation of movement motifs and evaluation. Based on general rules, the creation of Muay Aerobics works based on Indonesian dance must be guided by general rules so that they comply with the competition regulations. These rules are based on considerations of personal numbers, duration, choreography, creativity, music and clothing, and guided by assessment criteria which include choreography, physical ability, creativity and performance.

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