



Color Guard Body Exercise Form for Dancers' Body Endurance

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ABSTRACT

Physical exercise for a dancer is a form of basic training activity that is carried out regularly and sequentially, covering the muscles, joints and all parts of the body. The function of physical exercise is to prepare a body that is not yet ready to be ready for dance activities. The aim of this research is to explain the color guard form of exercise and its relevance to dancers' endurance. The research method used is a qualitative descriptive-analytical method with data sources through observation, interviews, and documentation studies. Color Guard is a division in a marching band that specializes in displaying visual beauty. Based on research results, Color Guard is based on physical exercise to train flexibility and endurance. The color guard form of exercise can be applied to dancers, especially for flexibility and endurance training. Body movements include: 1) Position, 2) Saute, 3) Plie, 4) Ground Plie, 5) Rond De Jambe, 6) Pase, 7) Pirouettes, 8) Turning, 9) Jazz run, 10) Grand Jette, 11) Plank, 12) Split. Exercise color guard Used to strengthen leg muscles and train flexibility. For dancers, having strong legs is the key to being able to dance both traditional and contemporary modern. Exercise color guard relevant for training the endurance and flexibility of the dancer's body in line with the increasing endurance of the dancer's body marked by increasing training intensity from time to time.

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1. INTRODUCTION

Dance is a field of art that uses physicality as a medium of expression. A dancer's physique is an asset that must be well-maintained (Badaruddin, 2023). Sumedi (1997) said that physical exercise is body training created with the aim of preparing the body's organs and muscles so they are ready to move and develop the person in harmony. It can be concluded that physical exercise aims to prepare the human body, which was previously not ready, to be ready to carry out all physical activities. Exercise can be done with a regular training arrangement that optimally covers the muscles, joints and all parts of the body. Physical exercise is not only trained in dance, but also in the Color Guard. Color Guard is a division of the Marching Band. Kirnadi (2011) the color guard functions as a dancer, but the dancers in the Marching Band are somewhat different from dancers in general. Color guard is a dancer who brings equipment. The equipment is in the form of flags (flags), rifles (guns), sabers (swords) and others as performance equipment. Color guard has the task of providing color and adding visual effects. From this statement, color guard and dancers have similarities, namely using movement as a medium of expression and is strengthened by (Purwatiningsih, 1999) who said that the main element of dance is movement.

Color Guard has many meanings, including color guard, color troop, color guide, and many more. There are two basic types of material in Color Guard, namely: equipment movements and body movements. Equipment movements include flag technique, rifle technique, saber technique. Meanwhile, Color Guard's basic movement technique is ballet. The bodybuilding exercises in Color Guard function for balance and strength. Other research related to this research includes "Color Guard Performance Style at the Bandung Marching Band Championship" written by (Asnan, 2018) which focuses on the performance style or form of color guard packaging as a whole. The second research, namely "Color Guard Selection Decision Support System with the Vicor and Borda System" by Nurjannah and (Utomo, 2020) focuses on the color guard selection system for the Ginanda Marching Band. Next, the research on the Process of Forming Collaboration in Team Section Color Guard Drum Corps Saraswati ISI Yogyakarta" by (Pamungkas, 2021) focuses on exploring the ability of color guard team collaboration as well as social intelligence and creative processes by prioritizing uniformity. This research focuses on the forms of bodywork used by the color guard as basic color guard training and can be used as references and variations of bodywork for dancers.

Types of physical exercise are divided into 3 parts, namely endurance exercise, flexibility exercise, and skill exercise (Subagiyo, 2013). These exercises are described according to the needs of Color Guard members, including:

a) Endurance exercise

Endurance exercise is a training process where muscles can maintain their performance under certain loads. This endurance exercise focuses on the endurance of the leg muscles, abdominal muscles and hand muscles. The principle of endurance exercise training is repetitive exercise.

b) Flexibility exercise

Flexibility exercise is a process to train the softness or suppleness of the muscles so that the muscles can stretch far enough and allow the joints to act optimally and not cause injury to the muscles. Exercises focus on the spine, legs and arms.

c) Bodybuilding skills

Skill sports are a form of exercise that focuses on skill, speed and agility. Skills sports are the result of flexibility and endurance sports. There are several types of skills training, such as self-defense, tool gymnastics, and tool games. This skill training focuses on movement concentration. The movement is focused on the Color Guard movement.

Color Guard is part of the Marching Band which displays the visual beauty of the movements and instruments played (Banoe, 2003). Color guard was originally a depiction of war soldiers marked by tools in the form of flags, guns and swords. Color Guard players often travel with bands that play patriotic songs as identity flag bearers, then progress to becoming part of the Marching Band in charge of visuals. The name Marching Band is a development of the Military Band (Bartner, 1963). Military Bands originated in France and Germany and were created around the middle of the 19th century, then this tradition was brought to America as encouragement during the revolutionary war. By John Philip Sousa, the Military Band was taken on tour throughout America under the name The United State Marine Band (1880-1892) and is now developing under the name Marching Band (Hermawan, 2010).

The dance exercises given in lectures are not focused on certain exercises but rather train the whole so that you only get a few movement patterns and are not in-depth. Limited time for each meeting also causes dance exercise to not have much effect on the endurance, resilience and flexibility that dancers really need. Sultan Ageng Tirtayasa University's Performing Arts Education has physical exercise courses with diverse student backgrounds and very few have a foundation in dance. For this reason, color guard sports are applied in dance sports courses to support the achievement of courses in the aspects of endurance, resilience and flexibility. This research is useful for introducing color guard exercise in the arts environment, especially dance, to add a variety of movements that focus on certain parts of the body. Apart from that, it can also be used as a reference for basic dance training.

2. METHODS

The research was conducted using descriptive analytical methods with a qualitative approach. Qualitative research is research to reveal problems in society, sports, arts, and culture (Gunawan, 2013). Bogdan and Taylor (Moleong, 1975) define qualitative research as a research procedure that produces descriptive data in the form of written or spoken sentences from people that can be observed and directed at the individual as a whole. Qualitative research is defined as a type of research where the findings are not obtained through statistical data but rather through an in-depth understanding and interpretation of the object being studied. Qualitative research on the other side is research that utilizes open interviews to examine and understand a person's attitudes, views, feelings, and behavior (Moleong, 1989).

The participants in this research were students of Performing Arts Education at Sultan Ageng Tirtayasa University, totaling 50 students from various arts backgrounds to see the effectiveness of the color guard exercise that was applied. Research related to sports was carried out in Yogyakarta, which has the largest color guard community in Indonesia

Indonesia with sources who are experienced in this field, namely the head of the Yogyakarta color guard community who has experience abroad and three other experts who train color guards in many marching bands in Indonesia. The data sources used in this research are participant observation, in-depth interviews, and documentation studies.

Data analysis was carried out by analyzing work with Bogdan & Biklen data in (Moleong, 2012). The analysis uses a data reduction stage by summarizing the description to determine

the main points of the research topic related to the color guard form of exercise. The next stage displays data from a collection of information compiled about everything obtained from observations, interviews and documentation studies. The final stage is drawing conclusions from the reduction results and displaying the data obtained to answer the research focus. Test the validity of the data using the source triangulation model by comparing the data with results from various data sources.

3. RESULTS AND DISCUSSION

3.1. Color Guard Body Exercise Form

Color Guard in Marching Band they have the same role as dancers. Dancers are dance performers or people who dance a dance (Badaruddin, 2023; Kusnadi, 2009) in the book *Learning the Art of Dance* states that movement is divided into two parts, namely pure movement and meaningful movement. Pure movement is movement that prioritizes its beautiful form, while meaningful movement is movement that prioritizes meaning or implies something in it (Badaruddin, 2019). From this statement, Color Guard aims at pure movement that prioritizes beauty in movement. Color Guard moves using properties, these properties include:

a) *Flags* (Flag)

Flags is the most basic tool to learn. The technique used is relatively easier than other tools. The flag in Color Guard has two parts, namely the stick and the flag. Flags are the biggest visual contributor and are mandatory in a Marching Band performance. The basic techniques taught to beginners are spin (turning the flag) and toss (throwing the flag). From these basic techniques it can be developed into a variety of new forms and techniques.

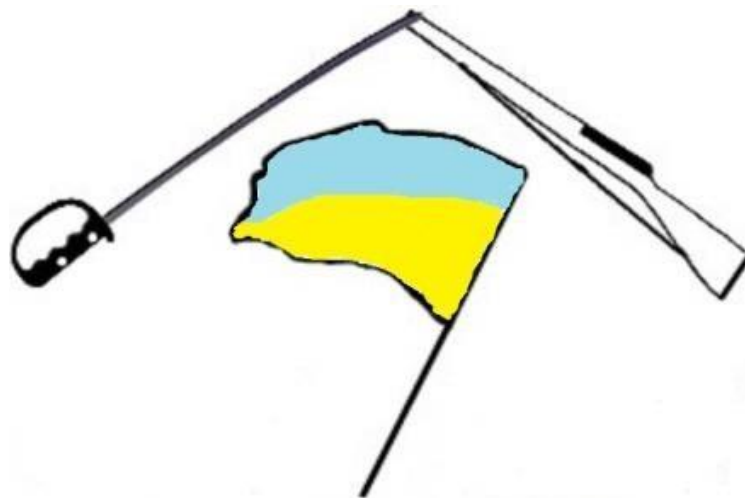


Figure 1. Saber, Flag, Riffle (Basic Principles of Classical Ballet)

b) *Riffles* (Gun)

An advanced technique learned by Color Guard players is the riffle. The technique of playing a riffle has a high level of difficulty, because the riffle is made of wood. The basics used are spin and toss. However, the technique used is different and the riffle requires more energy to play.

c) *Sabre* (Sword)

This sword-shaped tool is the last tool as the main tool in Color Guard. Sabers are made of steel, but are lighter and smaller than ruffles. The way to play it is not much different from the ruffle, it's just that less energy is used.

Endurance is a branch of physical fitness in sports. Suharno (1985), endurance is the human ability to carry out activities for a long time without causing significant fatigue. Meanwhile, according to (Bompa, 2000), endurance is the human ability to support physical activity for a long time. This opinion is the same as the opinion (Muhajir, 2006) in the book on physical education, sports and health, which states that endurance is the human ability to carry out physical activities such as working and exercising for a long time without causing excessive fatigue.

Color Guard is a sweetener at a Marching Band performance. The Color Guard in the Marching Band adopts ballet as its basic movement. The use of ballet in Color Guard is for wider movement. However, depending on the theme presented by a Marching Band performance, it is possible to use traditional Indonesian dance, even if it is only basic (Coach Erin, interview, 2022). Color Guard is the only dancer who moves using equipment. Just like dance, Color Guard requires physical exercise to flex and train muscle strength. (Coach Anggo, interview, 2022) physical exercise is very important for building body muscles when dancing using tools.

According to Coach Dody (interview, 2022), physical exercise functions for body strength, balance and flexibility to achieve broad and flexible movements. In contrast to classic ballet where you stand on your fingertips, in Color Guard you only need to stand on your tiptoes to move and display. The forms of exercise used by the Color Guard Marching Band are summarized and divided into 3 stages, namely stretching exercises, core exercises and cool-down exercises:

1) Stretching exercises (warm-up)

Stretching or warm-up exercises, namely body movement exercises, function to increase circulation and gradually stretch muscles. The exercises include:

a. *Planking*

Planking is an exercise to build hand strength, especially the upper arms and train the abdominal and leg muscles. This exercise is quite heavy exercise because it has to support body weight, especially if people are overweight. The way to do planking is:

- (1) Prone
- (2) Both legs together
- (3) Both hands are forward and together to form a triangle
- (4) Raise your body. Upper arms as body support
- (5) From head to toe you will form a straight sloping line.
- (6) The whole body will become stiff, especially the stomach.

b. *Floor*

Flooring is the term for lower level movement in the Color Guard. There are many versions of floor training, each Color Guard unit in Indonesia has a different version depending on the goals achieved. The various movements carried out are as follows:

- (1) Sit with both thighs straight together forward and on point
- (2) Kiss your knees as much as possible
- (3) Lie on the floor in a straight position
- (4) Lift one of your right/left legs alternately and pull to the maximum (done with a partner)
- (5) Lie facing the right/left side alternately

- (6) Lift one of your right/left legs alternately and pull to the maximum (done with a partner)
 - (7) Change position to be prone
 - (8) Raise both legs to the maximum but do not lift your body
 - (9) Do a split with 1 leg, and the other leg bent
 - (10) Body leads to bent legs (done alternately right and left)
 - (11) *Handstand*, where standing with both hands to strengthen the hand muscles.
- c. *Split*
Split is a position where both legs form a straight line. Splits function to flex the legs and create a longer leg effect. Before doing the splits, the Color Guard members together do a split warm-up. A split warm-up is also useful for initial leg strengthening exercises. Warming up and how to do it include:
- (1) *Split* with 2 legs forming a straight line or do it as much as possible for those who can't.
 - (2) Push your body forward as much as possible against the floor.
- d. *Aircraft*
 The shape of the plane is an exercise in balance in movement. The form of movement is:
- (1) Feet in position 1
 - (2) Right foot forward
 - (3) Make a half circle backwards and lift it to form a plane with 1 leg
 - (4) Alternating right and left.



Figure 2. Training with color guard sports (Tiyas, 2022)

2) Core training

Core training is a series of basic movement exercises that are trained according to the goal. The main training in Color Guard aims to form the Body Language and Balancing Posture of Color Guard players in playing the instrument. the exercises include:

a. *Position*(position)

There are five basic foot positions used in this basic movement. The five basic foot positions are positions that must be performed in all movements.

b. *Tendu*

Tendu has a complete term, namely "Battement Tendu". Meaning of *tendu* in language French is "drawn". This exercise is useful for training the muscles from the hips to the legs. To perform battement tendu, first tighten the hip muscles in position one (1) as explained above. Then push the leg outward with the leg muscles (forward, to the front corner, to the side, to the back corner, and straight back).

As in the picture above, position your feet at a fixed point and attached to the floor. If the feet are not attached, then it is no longer battement tendu.

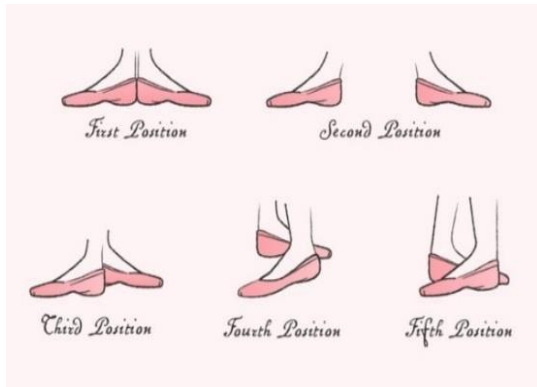


Figure 3a. Foot positions for basic ballet (Basic Principles of Classical Ballet)

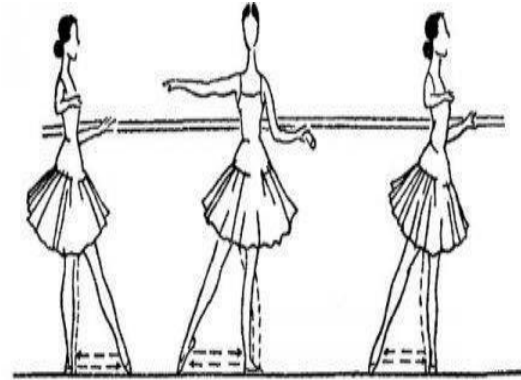


Figure 3b. *Battement tendu* (ballet term definition)

c. *Saute*

Saute is a pointe exercise where the position from the base to the toe of the foot is straight moving forward, sideways, backwards, and also at the top and bottom corners evenly. This position is useful for tightening the leg muscles and also making the legs longer. This movement is repeated many times to get used to the leg muscles.

d. *Plie* (sawhorse)

In dance, *plié* is also called *mendhak* (horse stance) with a movement that involves bending both knees together which functions to strengthen the legs. There are two types of *plié* taught, namely *demi plié* and *ground plié*.

- (1) *For the sake of pliés* to bend both knees until they are shaped like a rhombus.
- (2) *Ground pliés* is a position where both knees are bent but lower than a rhombus until almost squatting.

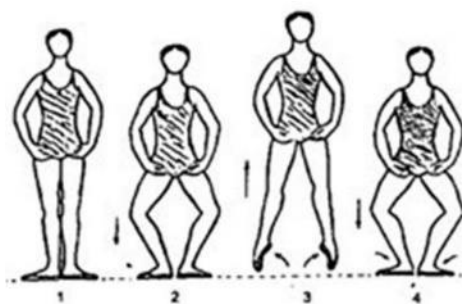


Figure 4a. *Sauté* (ballet term definition)

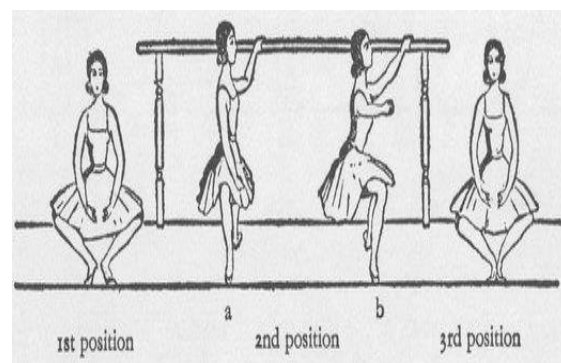


Figure 4b. *Ground plié* (Basic Principles of Classical Ballet)

e. *Rond De Jambe*

Rond De Jambe is a combination of *pointe* and *demi pli  *. *Rond De Jambe* is also a basic ballet exercise taught at Color Guard which functions to strengthen the legs. The way to do this is:

- (1) Feet in position one
- (2) Starting from the left leg straight ahead (*point*) then making a half circle until it ends behind the right leg and *pli  *
- (3) Continue with the right leg straight forward (*point*) then make a half circle until it ends behind the left leg and *pli  *, and so on

f. *Pase*

Pase is a body exercise for leg strength and balance. *Pase* functions to maintain the balance of the Color Guard when moving using tools or not. How to do *pase* is quite easy, but if it is not done with the correct technique it can cause leg cramps.

- (1) Feet in position one
- (2) Jump up and *point*
- (3) Returns to normal without making a sound

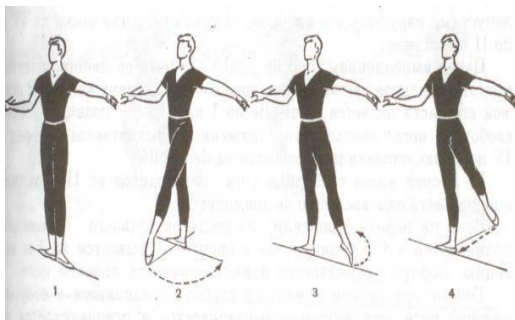


Figure 5a. *Rond de jambe* (ballet term definition)

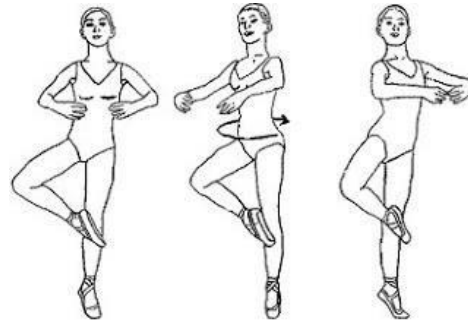


Figure 5b. *Pirouettes* (ballet term definition)

g. *Pirouettes*

Pirouettes is a rotating movement on one foot which is useful for training leg strength and body balance. *Pirouettes* can be done both right and left with balance. At first it will not be easy to do this movement because if you are not used to it you will get dizzy with the twisting of your body and you can also get cramps if you do it with the wrong technique. The way to do this is:

- (1) The right foot makes a half circle and the *point* ends behind the left foot
- (2) *Plie*
- (3) The right leg rises until the fingertips touch the knee of the left leg at the same time as turning the body
- (4) End in position 4, namely the right foot is in front of the left foot.

h. *Turning*

Turning is a circular motion with both legs at the same time. Like other movement functions, turning functions to train balance without swaying. The way to do this is:

- (1) Feet in position 1
- (2) Legs opened both right/left
- (3) Tiptoe and turn
- (4) Return to starting position.

i. *Jazz run*

Jazz run is the way of walking or displaying used by the Color Guard. Different from other divisions, the Color Guard walks on tiptoe both forwards, backwards, sideways, and at different angles. Jazz run is a fast walking technique without swaying which is useful for stabilizing movement when displaying. The way to do this is:

- (1) Both legs together
- (2) Tiptoe
- (3) *Plie*
- (4) Walk without changing position

j. *Grand Jette*

Grand Jette it can be interpreted as split jumping is a technique to train balance and flexibility of the legs. Even though this technique is not used when performing, this movement must be done to improve balance and train leg flexibility. The way to do this movement is:

- (1) Both legs together
- (2) *Jazz run*
- (3) Split jump. As much as possible both legs are straight in one line
- (4) *Jazz run* and stop in its original position.



Figure 6. *Grand Jette* (ballet term definition)

3) Cooling Down Exercises

Cooling or cooling exercises (warm-down) are exercises that aim to maintain light circulation, use body warmth and give the muscles the opportunity to benefit from the exercise. Coach Erin said that cooling down is usually done with breathing exercises so that Color Guard members can better control their breath when moving and displaying. Breathing exercises start with small movements such as raising your arms up while inhaling then slowly lowering while exhaling ([interview, 2022](#)). There are many variations to breathing exercises, but in Color Guard the breathing exercises used are standard exercises such as inhaling, holding and exhaling. This exercise is repeated many times until the body temperature returns to normal.



Figure 7. Cooling down exercise (Tiyas, 2022)

Above is a series of physical exercises carried out in Color Guard. Physical exercise is carried out twice a week, the main task of the Color Guard is to move using tools so that the training portion is focused on the technique of using the tools. With sufficient training time, Color Guard members can achieve the desired goal, namely maximizing every detail of movement.

Physical exercise is important to train flexibility and endurance. So, the body will get used to doing movements that feel heavy and require special techniques to do them. The need for consistency and repetition of each exercise can produce maximum results within a certain period of time.

3.2. Discussion

Movement is an important element in color guard as a medium of expression. Dance and color guard movements have different styles. The art of dance focuses on how to process the whole body in various forms, while the color guard mostly moves using tools while still paying attention to the detailed forms of body movements. Style or style itself refers to the characteristics of personal or individual characteristics (Hadi, 2007). Likewise, each color guard community's style has its own distinguishable characteristics. But the basis of color guard movements universally uses ballet.

Every movement produced is influenced by the person's background because each individual has different characteristics and tastes in movement. Movement is the main requirement in dance and also by moving the muscles will become trained and will become stronger in the process. The Marching Band, especially the Color Guard division, trains these two things, apart from sports, also moving or dancing. So that the body's endurance increases more noticeably. Maulinda (research participant) said that Color Guard exercise was very useful for increasing her body's endurance, which previously was not strong enough to stand for a certain amount of time and became strong enough to dance for quite a long time (interview, 2022). If someone is active in dance and also takes part in Marching Band activities, that person definitely has good endurance.

Color Guard exercise is not only for training strength and balance, but also for Balancing Posture and overall flexibility. Body flexibility in physical exercise is the main asset in performing color guard choreography (Diana, 2018). The bodywork used in dance and Color Guard is almost the same, only the uses are different (Maulinda, interview, 2022). Dance exercise is useful for strengthening body posture in traditional dancing, while Color Guard

exercise serves to strengthen ballet posture in performing. With physical exercise, body parts that were previously stiff become more flexible and easier to move (Dian, interview, 2022). Physical exercise can be summarized into 3 parts, namely: 1) Hand endurance; 2) Abdominal and back (body) endurance; 3) Leg endurance (Coach Dody, interview, 2022). The physical exercises in Color Guard and in Dance are not much different because they both involve physical movements. Dian also said that with physical exercise, carrying out the movements given by the trainer becomes easier (interview: 2022). To simplify the description regarding the relevance of Color Guard exercise and dancers' endurance, it is contained in the following table:

Table 1. The Relevance of Color Guard Exercises on the Body Endurance of Dancers.

Dancer's Endurance	Color Guard Body Exercise
Hand endurance	Planking <i>Planking</i> is the position of holding body weight with the hands. This position is very effective for strengthening hand muscle strength. Hand stands <i>Hand stands</i> is a standing position with both hands. This position uses the strength of the hand muscles. If the hands are not strong, then doing a hand stand will definitely shake.
Conclusion:	Several Color Guard body movements are relevant for increasing the endurance of a dancer's hands, of course if done gradually.
Abdominal and back endurance	Honey <i>Honey</i> is a position where the hands and feet act as support. This position can strengthen the abdominal muscles and stretch the back. The abdominal muscles play a role in helping to support the weight of the arms and legs. Position <i>Position</i> is the basic ballet position in Color Guard. Even though it is the legs that are moving, the body position remains upright and the stomach is held so that breathing becomes easier and the perfect position. Plie <i>Plie</i> has many functions, apart from strengthening the leg muscles, plié also strengthens the stomach and back. When doing this, the body cannot move. Pase <i>Pase</i> is the position of jumping up with the point leg to beautify and add to the effect of long legs. When doing the pase, you are required to hold your stomach so that it doesn't sway and the jump becomes lighter.

Jazz run

Jazz run is a fast way that Color Guard uses to display. The same as the other movements, to do the jazz run you also hold your stomach so that your body is lighter and it seems as if you are floating without any weight.

Conclusion:

Several Color Guard body movements are relevant for increasing a dancer's abdominal and back endurance if done correctly and gradually.

Leg endurance

Position

Position is the basic position used by Color Guard. There are 5 standard positions available, these positions help with habituation and also the process of making the leg muscles stronger.

Plie

Plie is the position most often used anywhere in the fields of sports and arts that use physicality. The plié position is a position where you bend both knees and hold them. This position is very effective for strengthening leg muscles.

Ground plie

The same as the plié, only the ground plié is lower to almost a squat. This position is very effective for strengthening the leg muscles, the legs as a support for supporting body weight.

Grand Jette

Grand Jette is a jumping movement with the legs forming a straight line or you could say a split jump. Apart from training leg strength, this position also trains leg flexibility.

Pase

Pase is an upward jumping movement and a point foot position. This movement is also effective for training leg strength, especially for training the leg joints because after jumping, landing using a plié and returning to the starting position. If done repeatedly, it is good for training leg strength and flexibility.

Pirouettes

Pirouettes is a circular motion with one leg. If your legs are not strong and unbalanced you will not be able to do pirouettes correctly. Pirouettes are useful for training leg muscle strength and balance.

Conclusion:

Several body movements used by Color Guard are relevant to increasing leg muscle strength in dancing.

Body endurance	Marching Band warm-up is done by: 12-minute running, Push-ups, Abdominal sit-ups, Leg sit-ups, Resistance sit-ups, planking and Backups
Conclusion:	Warming up in such a way, which can be said to be quite heavy, is to help increase a person's endurance because one of the requirements for increasing endurance is regular exercise.

Color Guard exercise is relevant to a dancer's endurance because Color Guard exercise trains the endurance and flexibility that dancers need. This color guard exercise needs to be done correctly and regularly to get the benefits. However, general endurance is obtained through routine warm-ups such as running a marathon for 12 minutes and head-to-toe warm-ups carried out by all color guard members before entering core training. With a fairly heavy warm-up, the exercise session will feel easier to do.

4. CONCLUSION

The body exercises used in Color Guard are divided into 3 parts, namely: 1) hand muscle training; 2) abdominal and back muscle training, 3) leg muscle training. Physical exercise is also divided into 3 training sessions, namely: 1) warm-up; 2) core training; 3) cooling. The forms of exercise used by the Color Guard include position, pli  , ground pli  , pase, pirouettes, saut  , grand jette, jazz run, planking, split, plane, turning, rond de jambe. Most of the exercises used in Color Guard are to strengthen the leg muscles. Without strong legs, a member of the Color Guard or Marching Band will not be able to perform well, as well as dancers must also have strong legs to perform both traditional and modern dance movements. With a disciplined portion of exercise, you can produce better endurance than before. The Color Guard form of exercise is relevant for increasing body endurance, endurance, and flexibility obtained through regular exercise with specified movements within a certain time.

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