

# Full of Ups and Downs, UPNVJ Students Successfully Win Gold and Bronze Medals in the 2021 Shorinji Kempo PON XX Papua Sport

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**Kampus Merdeka**  
KEMERDEKAAN BELAJAR

**PON XX**  
PEKAN OLAHRAGA NASIONAL  
PAPAN  
2021

*Atlet  
SKJ  
Jakarta*

SELAMAT & SUKSES

# Renasti P

MAHASISWI FAKULTAS ILMU KESEHATAN 2018  
*Atas perolehan*  
**MEDALI EMAS & PERUNGGU**  
CABANG OLAHRAGA SHORINJI KEMPO  
BERPASANGAN PUTRI & BEREGU PUTRI

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**HumasUPNVJ** - Similar to four other students who excel as athletes in various sports at the XX Papuan National Sports Week (PON) 2021, Renasti, Student of the Faculty of Health Sciences class of 2018 also won two medals at once, gold and bronze in the Women's Pair Shorinji Kempo sport and Girls Team.

Public Relations of the Jakarta Veterans National Development University conducted an online interview with Renasti, in her story with the public relations team, Renasti talked a lot about her process in preparing to take part in this prestigious competition, "PON XX is for me a benchmark for how far each province has prepared itself for PON, also serves as a friendly event between athletes from other provinces because this is the first match to be held *offline* because previously matches were conducted *online* as a result of the

Covid-19 pandemic. Incidentally, I played in the art number, namely the Kyukenshi Women's Paired Embu and the Women's Team Embu. Where in the art number itself considers technique, cohesiveness, enthusiasm and tidiness as an assessment, "explained Renasti

"The preparation for facing the XX Papua PON is quite long and lengthy because before facing the XX Papua PON we were faced with Pre-PON as a selection event or PON Qualification Round. In fact, what was really hard was the Pre-PON event because here we athletes fought as much as we could to qualify for the XX Papua PON, in Pre-PON we were also faced with all provinces for each number (about 20 more participants for each number), we also try harder because we don't know the movements to the strategies of the opponents from each region. The difficulty of this PON is that the number of participants who have passed is less than the previous PON, namely we have to be in the top four to be able to continue our struggle for PON, "continued Renasti in his written statement.

"There were lots of ups and downs while the DKI Jakarta Shorinji Kempo Team prepared for this PON competition, such as sharing time between study/work and practice, leaving the family to attend the Training Center (TC) to differences of opinion during practice. But there were also lots of happy stories that were formed while we were preparing for this activity, such as the formation of cohesiveness and togetherness in the team. Hopefully what has been achieved in the PON this time makes me not feel satisfied quickly and continue to learn, practice and develop to increase my flying hours so that I can reach even higher stages in the future. Then a message to my friends, take advantage of your time for useful things such as organizing or being active in various competitions to make yourself, your family, friends, university, region proud to be able to make Indonesia proud," he concluded.

The total number of participants in the Shorinji Kempo sport totaled 140 participants from 20 provinces in Indonesia and was held at the STT GIDI Sports Hall, Jayapura Regency, Papua, 09-13 October 2021.

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