

ABSTRAK

PENGARUH METODE LATIHAN KARET TERHADAP KECEPATAN TENDANGAN MAWASI MUKA DAN MAWASI PUNGGUNG PADA TEKNIK KUMITE KARATE DI FORKI PRINGSEWU

TUBAGUS REFADHIAN WIBISONO

18114070

The purpose of this study was to determine the effect of rubber bands training on the results of front mawasi kick speed and to find out how much influence resistance bands had on the results of back mawasi kicks in karate athletes at FORKI Pringsewu. This study uses a descriptive statistical quantitative method. The subjects used in this study were FORKI Pringsewu karate athletes. In this study the researchers made 1 group, namely the experimental group was carried out pretest before posttest after being given treatment. Thus the player gets the results of the Pretest and posttest which are obtained on the Test Instrument, namely: Advance Observation Skills. The average value of the initial test is 13.75 and the average value of the final test is 7.85. The magnitude of the increase in backhand accuracy is 514 points or 23% . And the back control skills average the initial test of 14.65 and the average value of the final test is 8.55. The magnitude of the increase in the accuracy of the Smash was 113 points or %. The results of the normality test obtained the Kolmogrov-Smirnov significance value in the pretest-posttest of the face-to-face kick on athlete Forki Pringsewu of $0.005 > 0.005$ (significant). And the face-to-face kick is $0.011 > 0.05$ (significant). And for the homogeneity test, the significance value of the research data was obtained for the front mawasi kick of $0.693 > 0.05$ and for the back mawasi kick $0.789 > 0.05$ (homogeneous). From the sample T test it is known that the significance is the front mawasi kick of $0.000 < 0.05$ and Smash $0.000 < 0.05$. So the conclusion is that there are significant differences in learning outcomes before being given the treatment and after the treatment using rubber.

Keyword : Sport , Rubber Training , Karate