

**IMPLEMENTASI LATIHAN
MENGUNAKAN RESISTANCE BAND DAN PUNCHING BALL
UNTUK MENINGKATKAN POWER TENDANGAN SAMPING
PADA ATLET TARUNG DERAJAT PUTRI**

TESIS

**Diajukan Untuk Memenuhi Sebagian Syarat Memperoleh Gelar Magister
Pendidikan Bidang Studi Pendidikan Olahraga Sekolah Lanjutan**



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UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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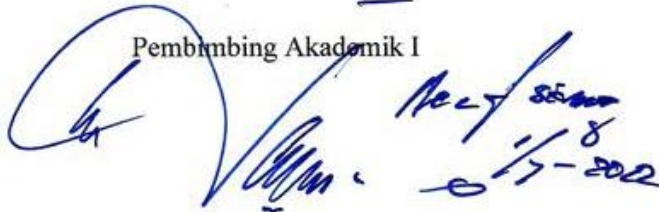
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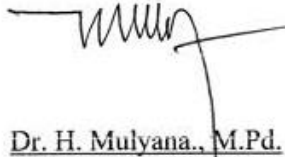
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Abstrak

Penggunaan Resistance Band dan Punching Ball sangat membantu latihan yang bervariasi dalam meningkatkan prestasi atlet. Penelitian ini bertujuan untuk mengetahui pengaruh latihan menggunakan Resistance Band dan Punching Ball untuk meningkatkan power tendangan samping pada atlet Tarung Derajat putri. Metode yang dilakukan adalah menggunakan metode eksperimen, dengan desain yang digunakan yaitu Two Group Pretest Posttest Design yaitu dengan adanya pretest-posttest untuk memastikan efektivitas perlakuan yang diberikan. Populasi penelitian adalah atlet Tarung Derajat putri di Kota Bandung. Sampel diambil secara purposive sampling yaitu atlet Tarung Derajat putri yang memiliki kualifikasi sabuk merah di Kota Bandung dengan jumlah 20 orang dan sedang mengikuti persiapan Porprov XIV Jabar tahun 2022. Instrument tes yang digunakan adalah alat ukur 'KP&P Protector Scoring System'. Pada alat ini dapat diukur beberapa komponen yang dapat dilihat yaitu power dan akurasi. Hasil observasi dibuat menjadi 2 kelompok ujicoba dengan 10 orang melakukan latihan dengan menggunakan Resistance Band dan 10 orang menggunakan Resistance Band dan Punching Ball dengan metode ABBA. Hasil kesimpulan penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan latihan dengan menggunakan Resistance Band dan Punching Ball terhadap peningkatan power tendangan samping pada atlet Tarung Derajat putri.

Kata kunci : Tarung Derajat, tendangan samping, Resistance Band, Punching Ball

**EXERCISE IMPLEMENTATION
USING RESISTANCE BANDS AND PUNCHING BALLS
TO INCREASE THE POWER OF THE SIDE KICK
ON WOMEN'S TARUNG DERAJAT ATHLETES**

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Abstrac

The use of Resistance Bands and Punching Balls is very helpful in various exercises in improving athlete performance. This study aims to determine the effect of training using Resistance Bands and Punching Balls to increase the power of side kicks in female Tarung Derajat athletes. The method used is the experimental method, with the design used is Two Group Pretest Posttest Design, namely with the pretest-posttest to ensure the effectiveness of the treatment given. The research population is female Tarung Derajat athletes in the city of Bandung. The sample was taken by purposive sampling, namely female Tarung Derajat athletes who have red belt qualifications in the city of Bandung with a total of 20 people and are taking part in the preparation of West Java Province XIV in 2022. The test instrument used is the 'KP&P Protector Scoring System' measuring instrument. This tool can measure several components that can be seen, namely power and accuracy. The results of the observations were made into 2 experimental groups with 10 people doing exercises using a Resistance Band and 10 people using a Resistance Band Punching Ball with the ABBA method. The conclusions of this study indicate that there is a significant effect of training using Resistance Bands and Punching Ball on increasing the side kick power of female Tarung Derajat athletes.

Keywords: *Tarung Derajat, side kick, Resistance Band, Punching Ball*

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