

## ABSTRAK

**ADE SYAFITRI. Nim: 6151121003. Pengembangan Latihan Kombinasi Fisik dan Teknik Taekwondo Kategori *Poomsae* Tahun 2020. (Pembimbing: Rahma Dewi) Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2021.**

Penelitian ini bertujuan untuk mengetahui kelayakan variasi latihan kombinasi fisik dan teknik taekwondo kategori *Poomsae* Tahun 2020. Metode penelitian ini merupakan jenis penelitian pengembangan atau *Research and Development* (R&D). Subjek penelitian ini diambil dari *Dojang* Mandiri, Exco, Scorpion, LTC, dan Esspana. Uji coba kelompok kecil melibatkan 10 atlet. Uji coba kelompok besar melibatkan 20 atlet. Variasi latihan ini telah dibuat dan di validasi oleh 3 orang ahli yaitu, ahli olahraga, ahli pelatih, dan ahli bahasa.

Hasil uji kelompok kecil menunjukkan bahwa bentuk variasi latihan kombinasi fisik dan teknik taekwondo kategori *Poomsae* memenuhi kriteria untuk di lanjutkan dalam uji coba kelompok besar dengan persentase 63% - 100%.

Hasil uji kelompok besar menunjukkan bahwa bentuk variasi latihan kombinasi fisik dan teknik taekwondo kategori *Poomsae* memenuhi kriteria dengan persentase 73% - 100 %.

Dapat disimpulkan bahwa pengembangan latihan kombinasi fisik dan teknik taekwondo kategori *Poomsae* dapat dikategorikan “sangat baik” dengan makna layak dan dapat digunakan. Karena hal tersebut penting dalam meningkatkan latihan maupun pertandingan dan dapat memudahkan pelatih dalam melakukan latihan *Poomsae*.

**Kata kunci:** pengembangan, latihan kombinasi fisik dan teknik, *Poomsae*.



## ABSTRACT

**ADE SYAFITRI. Nim: 6151121003. Development of Combined Physical Training Exercises and Taekwondo Techniques in the Poomsae Category in 2020. (Advisor: Rahma Dewi) Thesis: Faculty of Sports Science, UNIMED 2021**

*This study aims to determine the feasibility of variations in the combination of physical training and taekwondo techniques in the Poomsae category in 2020. This research method is a type of research and development (R&D). The subjects of this study were taken from Dojang Mandiri, Exco, Scorpion, LTC, and Esspana. The small group trial involved 10 athletes. The large group trial involved 20 athletes. The variation of this exercise has been made and validated by 3 experts, namely, sports expert, expert trainer, and linguist.*

*The results of the small group test showed that the form of variations in the combination of physical training and taekwondo techniques in the Poomsae category fulfilled the criteria to be continued in the large group trial with a percentage of 63% - 100%.*

*The results of the large group test showed that the various forms of combination physical training and taekwondo techniques in the Poomsae category met the criteria with a percentage of 73% - 100%.*

*It can be concluded that the development of combination physical training and taekwondo techniques in the Poomsae category can be categorized as "very good" with the meaning of being feasible and usable. Because this is important in improving training and competition and can make it easier for coaches to do Poomsae training.*

*Keywords: development, physical and technical combination training, poomsae.*