

ABSTRAK

Febiola Simanjuntak. (NIM. 6183121036). “KONTRIBUSI LATIHAN *SINGLE LEG SPEED HOP* DAN *HANUMANASANA* TERHADAP HASILTENDANGAN *MAWASHI GERI* PADA ATLET PUTRA DOJO KKI YAPIM MEDAN TAHUN 2021”

(Pembimbing : Dr.Imran Akhmad, M.Pd)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021)

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *Single leg speed hop* dan *hanumanasana* terhadap Hasil Tendangan *Mawashi Geri* atlet putra dojo KKI yapim Medan 2021

Metode yang digunakan dalam penelitian ini adalah metode eksperimen. Populasi dalam penelitian ini berjumlah 30 orang. Teknik pengambilan sample yang digunakan adalah *Purposive Sampling*. Jumlah sampel atlet yang di gunakan sebanyak 14 orang. Penelitian ini di laksanakan selama 8 minggu dengan frekuensi latihan 5 kali setiap minggu.

Hasil yang diperoleh dari uji hipotesis menunjukkan bahwa: (1). Latihan *Single leg speed hop* memberikan kontribusi sebesar 58,3% terhadap Hasil Tendangan *Mawashi Geri* atlet putra dojo KKI yapim Medan 2021 (2). Latihan *hanumanasana* memberikan kontribusi sebesar 40,1% terhadap Hasil Tendangan *Mawashi Geri* (3). Terdapat kontribusi yang signifikan secara bersama-sama antara latihan *Single leg speed hop* dan *hanumanasana* terhadap Hasil Tendangan *Mawashi Geri* sebesar 59,6%.

Kata Kunci : Kontribusi *Single leg speed hop*, *hanumanasana*, Hasil Tendangan *Mawashi Geri*

ABSTRACT

Febiola Simanjuntak. (NIM. 6183121036. “CONTRIBUTION OF SINGLE LEG SPEED HOP AND HANUMANASANA TRAINING ON THE RESULTS OF MAWASHI GERI AT THE PUTRA DOJO KKI YAPIM MEDAN IN 2021” (Supervisor : Dr.Imran Akhmad, M.Pd)

Thesis : Faculty of Sport Sciences UNIMED 2021)

This study aims to determine the contribution of single leg speed hop and hanumanasana exercises to the mawashi geri kick results for the male athlete of the KKI yapim medan 2021 dojo. The method used in this research is an experimental method of experimentation. The population in this study amounted to 30 people. The sampling technique used is purposive sampling. The number of samples of athletes used were 14 people. This research was carried out for 8 weeks with a frequency of exercise 5 times every week. The results obtained from hypothesis testing indicate that: (1). The single leg speed hop exercise contributed 58.3% to Mawashi Geri's Kick Results for the male athlete of the KKI dojo Yapim Medan 2021 (2). Hanumasana training contributed 40.1% to Mawashi Geri's Kick Results (3). There is a jointly significant contribution between Single leg speed hop and hanumanasana exercises on Mawashi Geri's kick results of 59.6%.

Keywords: *Contribution of Single leg speed hop, hanumanasana, Mawashi Geri Kick Result*