

DAFTAR TABEL

	Halaman
Tabel 3.1 Desain Penelitian.....	34
Tabel 3.2 Norma Tes Tendangan <i>Mawashi Geri</i>	37
Tabel. 4.1 Data Penelitian Perlakuan Latihan <i>Resistance Band</i> dan <i>Split Squat Jump</i>	40
Tabel 4.2 Deskriptif Statistik <i>Pre-test</i> dan <i>Post-test</i> Latihan <i>Resistance Band</i> dan <i>Split Squat Jump</i>	42
Tabel 4.3 Distribusi Frekuensi <i>Pre-test</i> dan <i>Post-test</i> Latihan <i>Resistance</i> <i>Band</i> dan <i>Split Squat Jump</i>	43
Tabel 4.4 Uji Homogenitas	44
Tabel 4.5 Hipotesis.....	45

