

DAFTAR PUSTAKA

- Akhmad, I., Suharjo, Hariadi, Dewi, R., & Supriadi, A. (2022). The Effects of Learning Strategies on Senior High School Students' Motivation and Learning Outcomes of Overhead Passing in Volleyball. *International Journal of Education in Mathematics, Science and Technology*, 10(2), 458–476. <https://doi.org/10.46328/ijemst.2291>
- Andri Ansyah, R. (2023). Pengaruh Latihan Kick Target Samsak Terhadap Kecepatan Tendangan Mawashi Geri Pada Dojo Raja Karate Team. *Journal of Physical Education (JouPE)*, 4(1), 42–48.
- Anindya, C., & Setiakarnawaijaya, Y. (n.d.). Model Latihan Keterampilan Tendangan (CA) Menggunakan Media Latihan Pada Karate-ka Pemula.
- Aprianti, S., & Ilham, Z. (2022). Pengembangan Alat Bantu Latihan Tendangan Mawashi Geri Pada Klub Karate Dojo Tanah Lapang Binjai. *Jurnal Ekonomi Teknologi & Bisnis (JETBIS)*, 1(3), 116–123. <https://jetbis.al-makkipublisher.com/index.php/al/index>
- Arikunto, S. (2021). *Prosedur penelitian: Suatu pendekatan praktik*. Jakarta: Rineka Cipta.
- Aryantara, E., Kurniawan, W. R., & Setiawan, R. (2024). Model Latihan Tendangan Mawashi Geri Menggunakan Media Gawang Untuk Siswa Ekstrakurikuler Karate di Smp Kabupaten Demak. *Indonesian Journal for Physical Education and Sport*, 5(1), 287–296. <https://journal.unnes.ac.id/journals/inapes>
- Baechle, T. R., & Earle, R. W. (2008). *Essentials of Strength Training and Conditioning* (3rd ed.). Human Kinetics
- Bremaeker, M. de., & Faige, Roy. (2010). *Essential Book of Martial Arts Kicks*. Tuttle Pub.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training* (5th ed.). Human Kinetics.
- Budianto, S. (2012). *Metodologi Latihan Olahraga*. Universitas Negeri Malang.
- Capulis, S., Dombrovskis, V., & Guseva, S. (2014). Karate-Do as a Means to Implement Humanistic Approach in Sports Education. *Procedia - Social and*

Behavioral Sciences, 112, 141–146.
<https://doi.org/10.1016/j.sbspro.2014.01.1148>

- Chu, D. A., & Myer, G. D. (2013). *Plyometrics* (2nd ed.). Human Kinetics.
- Creswell, J. W. (2020). *Research design: Pendekatan kualitatif, kuantitatif, dan mixed*. Yogyakarta: Pustaka Pelajar.
- Danardono. (n.d.). *Sejarah, Etika Dan Filosofi Seni Beladiri Karate*.
- Dwojaczny, B., Bejtka, M., Iermakov, S., Potop, V., Yermakova, T., & Cieřlicka, M. (2021). Effects of karate training on cognitive functions in young athletes. *Journal of Physical Education and Sport*, 21(5), 2473–2479.
<https://doi.org/10.7752/jpes.2021.05333>
- Ericsson, K. A., et al. (2006). *The Cambridge Handbook of Expertise and Expert Performance*. Cambridge University Press.
- Fandayani, W. (2019). Analisis Teknik Tendangan Dominan terhadap Perolehan Poin pada Pertandingan Kumite Cabang Olahraga Karate. *Jurnal Kepelatihan Olahraga*, 11(1), 21–29. <http://ejournal.upi.edu/index.php/JKO>
- Fitra Wanda, D., Nurseto, F., & Husin, S. (2018). Kontribusi Power Tungkai Dan Kecepatan Reaksi. *Jurnal Olahraga Prestasi*, 14(2).
- Gentile, A. M. (2000). Skill acquisition: Action, movement, and neuromotor processes. In J. H. Carr & R. B. Shepherd (Eds.), *Movement Science*.
- Gunawan Manullang, J., Handayani, W., & Hermansah, B. (2022). Kontribusi Kekuatan Otot Tungkai Terhadap Banyaknya Tendangan Mawashi Pada Atlet Karate Wadokai Dojo Universitas PGRI Palembang. *Jurnal Keolahragaan*, 1(2), 70–75. <https://doi.org/10.5281/zenodo.7127062>
- Hadjarat, H., Massa, S., Haryanto, A., Suarkida, & Haryani, M. (2022). Latihan Menggunakan Ankle Weight Dan Rubber. *Journal of Sport and Exercise Science*, 5(2), 72–78.
- Hariri, S., & Sadeghi, H. (2018). Biomechanical Analysis of Mawashi-Geri in Technique in Karate: Review Article. *International Journal of Sport Studies for Health*, 1(4). <https://doi.org/10.5812/intjssh.84349>
- Kautzner, N., & Junior, M. (2022). Punch And Kick Impact Of The Karate: A Review. *Marathon*, 14(2), 66–76. <https://doi.org/10.24818/mrt>
- Kibler, W. B., Press, J., & Sciascia, A. (2006). The role of core stability in athletic function. *Sports Medicine*, 36(3), 189–198.

- Knudson, D. (2007). *Fundamentals of Biomechanics* (2nd ed.). Springer.
- McGinnis, P. M. (2013). *Biomechanics of Sport and Exercise* (2nd ed.). Human Kinetics.
- Moleong, L. J. (2021). *Metodologi penelitian kualitatif* (Edisi revisi). Bandung: Remaja Rosdakarya.
- Muhabibi, M. (2018). *Pengembangan Speed Punch Reaction Sebagai Alat Bantu Latihan Kecepatan Reaksi Pukulan Bagi Atlet Karate*. Universitas Negeri Semarang.
- Nurhadi, M., Gustiawati, R., & Wijaya, H. H. (2023). Analisis Biomekanika Gerakan Karate Teknik Tendangan. *Jurnal Arena Olahraga*, 3(2), 35–41. <http://ojs.stkippgri-lubuklinggau.ac.id/index.php/PEJS/index>
- Oktavian, I. D., Sugiyanto, & Syaifullah, S. M. (2022). Relationship between Agility, Speed, Leg Muscle Strength, Dynamic Balance with Mawashi Geri Kick Accuracy in Karate. *International Journal of Multidisciplinary Research and Analysis*, 5(9). <https://doi.org/10.47191/ijmra/v5-i9-17>
- Purba, P. H. (n.d.). *Pembelajaran Kihon Dalam Olahraga Beladiri Kaarate*. In Juli-Desember (Vol. 14).
- Purba Pangondian Hotliber, Hasibuan Rosmaini, & Sahputra Ramlan. (2020). *Karate*. Fakultas Ilmu Keolahragaan UNIMED.
- Putri, A. (2021). *Kecerdasan Kinestik Pada Siswa Melalui Kegiatan Ekstrakurikuler Bela Diri Karate Di MI Negeri 1 Banyumas Skripsi*.
- Quinzi, F., Camomilla, V., Di Mario, A., Felici, F., & Sbriccoli, P. (2016). Repeated kicking actions in karate: Effect on technical execution in elite practitioners. *International Journal of Sports Physiology and Performance*, 11(3), 363–369. <https://doi.org/10.1123/ijsp.2015-0162>
- Rahmadi. (2011). *Pengantar Metodologi Penelitian* (Syahrani, Ed.). Antasari Press.
- Rangkuti, Y. A., Novita, N., Purnomo, E., & Kurniawan, R. (2020). Pengembangan Variasi Latihan Tendangan Mawashi Geri Jodan Pada Atlet Karate Kategori Kumite. 5(2), 1–8. <https://performa.ppj.unp.ac.id/index.php/kepel>
- Ratamess, N. A. (2012). *ACSM's Foundations of Strength Training and Conditioning*. Wolters Kluwer

- Rinaldo Tambunan, A., & Yunis Bangun, S. (2020). Development of Learning Pocket Books Pencak Silat Extracurricular as Junior High School Learning Resources. *Advances in Health Sciences Research*, 23. <https://www.atlantispress.com/proceedings/unicoss-19/125935551>
- Risal, Z., Hakim, R., & Abdullah, A. R. (2023). *Metode Penelitian dan Pengembangan Research and Development (R&D) – Konsep, Teori-Teori, dan Desain Penelitian*. Penerbit Litnus. ISBN 978-623-495-434-0. Hal 1.
- Saharullah, H. (n.d.). *Dasar-Dasar Ilmu Kepeleatihan*.
- Saharullah Hasyim. (n.d.). *Metodologi Kepeleatihan Olahraga*.
- Sasmita, N., Januarto, O. B., & Kurniawan, A. (2022). Upaya Meningkatkan Keterampilan Teknik Dasar Tendangan Mawashi-Geri Beladiri Karate Menggunakan Metode Drill Bagi Karate Inkado. *Sport Science and Health*, 4(1), 83–93. <https://doi.org/10.17977/um062v4i12022p83-93>
- Sastra, F. P., Arafat, Y., & Kristina, P. C. (2022). The Effect of Circuit Training on Word Performance in Forki Palembang Karate Athletes. *International Journal of Religion Education and Law*, 1(2).
- Schmidt, R. A., & Lee, T. D. (2011). *Motor Control and Learning: A Behavioral Emphasis* (5th ed.). Human Kinetics.
- Setiawaty, I. (2020). *Fanatisme Pada Perguruan Cabang Olahraga Karate Ditinjau Dari Budaya Dan Olahraga (Studi Kasus Pada Dojo Di Kabupaten Jepara)*. Universitas Negeri Semarang.
- Siff, M. C., & Verkhoshansky, Y. V. (2009). *Supertraining* (6th ed.). Supertraining Institute
- Simbolon, R. F., & Siahaan, D. (2020). Pengembangan Instrumen Tes Kecepatan Tendangan Mawashi Geri Pada Cabang Olahraga Karate. *Jurnal Prestasi*, 4(2), 49–54. <https://jurnal.unimed.ac.id/2012/index.php/jpsi/index>
- Sinulingga, A., Pasaribu, A. M. N., Bangun, S. Y., Ningrum, D. T. M., & Mahyudi, Y. V. (2023). Plyometric Exercise and Speed on the Power of Sabit Kick in Pencak Silat. *International Journal of Human Movement and Sports Sciences*, 11(3), 591–597. <https://doi.org/10.13189/saj.2023.110311>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif*. ALFABETA.
- Sugiyono. (2021). *Metode penelitian dan pengembangan (Research and Development/R&D)*. Bandung: Alfabeta.
- Suharsimi, A. (2006). *Metodelogi Penelitian*. Bina Aksara.

- Tarigan, R. (2016). Pengembangan Variasi Latihan Tendangan Ushiro Mawashi Geri Jodan Pada Atlet Kumite Karate Tahun 2016. Universitas Negeri Medan.
- Togatorop, R. R., & Endriani, D. (2022). Pengembangan Variasi Latihan Tendangan Ushiro Mawashi Geri Pada Atlet Kumite Karate. *Journal Physical Health Recreation*, 2(2), 172–178.
- Udara, E. G. D. N., & Suraj Chandana, A. W. S. (n.d.). Biomechanics of Roundhouse (Mawashi-Geri) Kicking in Karate : A Review.
- Wardani, I., Syahrudin, S., Mappaompo, A., Hudain, Muh. A., & Rusli, R. (2024). Pengaruh Daya Ledak Tungkai, Kelentukan Otot Abduktor, Dan Keseimbangan Terhadap Kemampuan Tendangan Mawashi Geri Karate. *Riyadhoh : Jurnal Pendidikan Olahraga*, 7(1), 43. <https://doi.org/10.31602/rjpo.v7i1.14172>
- World Karate Federation Kumite Copetition Rules. (2024).
- Yudhistira, D., Suherman, W. S., Wiratama, A., Wijaya, U. K., Paryadi, Faruk, M., Hadi, H., Siregar, S., Jufrianis, & Pratama, K. W. (2021). Content Validity of the HIIT Training Program In Special Preparations to Improve The Dominant Biomotor Components of Kumite Athletes. *International Journal of Human Movement and Sports Sciences*, 9(5), 1051–1057. <https://doi.org/10.13189/SAJ.2021.090527>
- Yudhistira, D., & Tomoliyus. (2020). Content validity of agility test in karate kumite category. *International Journal of Human Movement and Sports Sciences*, 8(5), 211–216. <https://doi.org/10.13189/saj.2020.080508>
- Yunis Bangun, S. (2017). Development Center and Student Sport Training of North Sumatera. *International Journal of Science and Research*, 6(4). <https://doi.org/10.21275/23031701>