

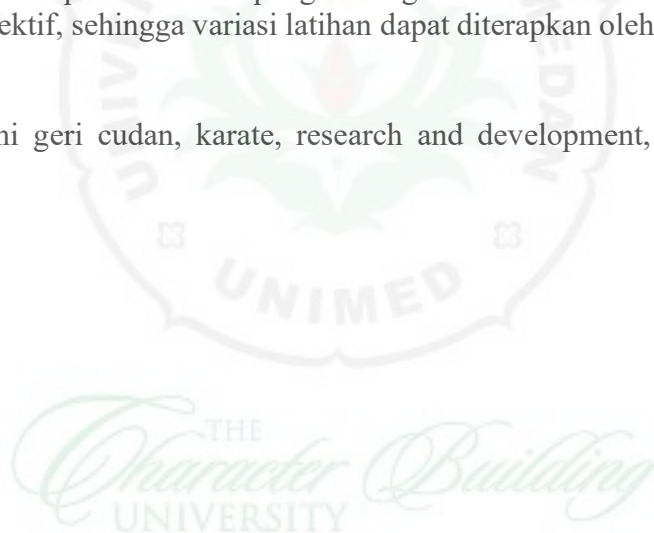
ABSTRAK

Kevin Salomo Hutagalung. NIM (6203111022). "Pengembangan Variasi Latihan *Mawashi Geri Cudan* Pada Atlet Putra Beladiri Karate." (Pembimbing: Dr. Samsuddin Siregar, S.Pd., M.Or.) Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2025.

Penelitian ini bertujuan untuk mengembangkan variasi latihan *Mawashi Geri Cudan* pada atlet putra karate. Subjek penelitian terdiri dari atlet dengan tingkatan sabuk putih, kuning, dan oranye, yang terbagi dalam dua kelompok uji coba: 10 atlet pada coba produk dan 20 atlet pada uji coba pemakaian. Penelitian dilaksanakan pada November 2024 di Dojo HKBP Teladan, Pangeran Antasari, dan AHB Marelan, dengan menggunakan metode Research and Development (R&D) dari Sugiyono. Teknik pengumpulan data menggunakan kuesioner, sementara analisis data yang dilakukan adalah teknik deskriptif kuantitatif dengan persentase.

Hasil penelitian menunjukkan bahwa uji coba produk memperoleh persentase 80% dengan kategori "layak," sementara uji coba lapangan memperoleh 88% dengan kategori "sangat layak". Penilaian oleh ahli olahraga menunjukkan hasil 82% dengan kategori "sangat layak," penilaian oleh ahli pelatih menunjukkan hasil 90% dengan kategori "sangat layak," dan validasi oleh ahli bahasa menunjukkan hasil 84% dengan kategori "sangat layak." Berdasarkan hasil tersebut, dapat disimpulkan bahwa pengembangan variasi latihan *Mawashi Geri Cudan* ini dinilai baik dan efektif, sehingga variasi latihan dapat diterapkan oleh pelatih dalam latihan atlet karate.

Kata Kunci: *Mawashi geri cudan*, karate, research and development, variasi latihan, atlet pemula



ABSTRACT

Kevin Salomo Hutagalung. Student ID (6203111022). "Development of Mawashi Geri Cudan Training Variations for Male Karate Athletes." (Supervised by: Dr. Samsuddin Siregar, S.Pd., M.Or.) Thesis: Faculty of Sports Science, UNIMED, 2025.

This study aims to develop variations of Mawashi Geri Chudan training for male karate athletes. The research subjects consisted of athletes with white, yellow, and orange belts, divided into two trial groups: 10 athletes in the small group and 20 athletes in the large group. The study was conducted in November 2024 at the HKBP Teladan Dojo, Pangeran Antasari, and AHB Marelan, using the Research and Development (R&D) method by Sugiyono. Data collection techniques involved questionnaires, while data analysis employed descriptive quantitative techniques using percentages.

The results of the study show that the product trial obtained a percentage of 80% with the category of "feasible," while the field trial obtained 88% with the category of "highly feasible." Evaluation by a sports expert showed a result of 82% with the category of "highly feasible," evaluation by a coaching expert showed 90% with the category of "highly feasible," and validation by a language expert showed 84% with the category of "highly feasible." Based on these results, it can be concluded that the development of the Mawashi Geri Cudan training variation is considered good and effective, making it suitable to be implemented by coaches in karate athlete training..

Keywords: *mawashi geri chudan, karate, research and development, training variation, beginner athletes*



