

DAFTAR GAMBAR

GAMBAR	Hal
1. Gambar Proses Tendangan <i>Deol O Chagi</i>	15
2. Gambar <i>Power</i> Otot Tungkai	18
3. Gambar Penambahan Beban Secara Bertahap (<i>Bompa</i>)	20
4. Gambar <i>Double Leg Bound</i>	22
5. Gambar <i>Single Leg Bound</i>	23

UNIVERSITAS NEGERI
MEDAN
UNIMED

THE
Character Building
UNIVERSITY