



Date: 21<sup>st</sup> of April 2021

Dear **Imran Akhmad<sup>1</sup>, Syed Kamaruzaman<sup>2</sup>, Rahma Dewi<sup>3</sup>, Amir Supriadi<sup>4</sup>, Suharjo<sup>5</sup>, Nurkadri<sup>6</sup>**

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### REVIEW REPORT

**Title of  
paper:**

**THE EFFECT OF SAQ TRAINING FOR 6 WEEKS ON THE SPEED OF REACTION OF ARMS AND LEGS IN YOUNG BOXER ATHLETES**

For sections A & B, please tick a number from 0 to 5, where 0 = strongly disagree and 5 = strongly agree.

#### A. Technical aspects

- |  |                            |                            |                            |                            |                            |                                       |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------------------|
| 1. The paper is within the scope of the Journal. | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 2. The paper is original.                        | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 3. The paper is free of technical errors.        | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |

#### B. Communications aspects

- |  |                            |                            |                            |                            |                            |                                       |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------------------|
| 1. The paper is clearly readable.                                  | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |
| 2. The figures are clear & do clearly convey the intended message. | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5            |
| 3. The length of the paper is appropriate.                         | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 5 |

#### C. Comments to the authors (You may use another sheet of paper.)

This investigation analyzes the impact of SAQ preparing on the speed of response of arms and legs for youthful competitors. It isn't accepted that the improvement of the response season of youthful competitors can be gotten through routine preparing. To increment happened required new information about practice recurrence of the medicines is sure about its turn of events. SAQ practice is

an action that can create different angles like the speed of movement, balance, deftness, snappiness power, coordination, the equilibrium of insight. Fighter competitors require more speed, deftness and force than grapplers who will in general need perseverance and adaptability. SAQ activities can be fluctuated relying upon the requirements of the game. The hand to hand fighting, the speed required is the speed of moving when avoiding and assaulting. Readiness is required while changing the situation of the body and shift the course of the body rapidly and precisely. Then again, the greatest response is required when assaulting and reacting to the improvement given by the rival. The discoveries in this investigation are in accordance with past examinations that show that the advancement of quicker response time toward the start of Taekwondo practice contrasted and grown-up competitors. Moreover, research shows that there is a quick expansion in SAQ preparing in response time however doesn't matter to the improvement of general actual wellness. This examination was led on youthful competitors in fighter matured 14-17 years. This examination was led with two arrangement of premises every arrangement comprises of multiple times treatment SAQ drills. The outcomes showed that in the first arrangement variable arm response speed acquired t check 2.63 and leg response speed 2.48 and t table worth 2.21 with a huge level  $\alpha = 0.05$ . These outcomes presumed that there was a critical impact between SAQ preparing on the speed of response of arms and legs in youthful competitors. SAQ practice is a cutting edge preparing framework that outcomes from the incorporation of different actual capacities. The coordination expects to frame a body position while going after that requires speed as the principle part, speed to alter course, snappiness and spryness. In the subsequent arrangement, the arm response speed variable acquired t check worth of 3.22 and leg response speed of 3.27 and the worth of t table 2.21 with a huge level  $\alpha = 0.05$ . This implies that a huge distinction between the speed of the response SAQ practice an excessively high price on youthful fighter. The speed up the arms and legs aftereffects of this investigation can be utilized as a rule that the nonstop and customized SAQ preparing will speed up particularly for youthful competitors matured 14-17 years (. A quick or moderate response season of arms and legs relies upon the degree of neurosensory framework reaction and neuromotor variation. Additionally, development and sex are factors that can cause deterrents in motoric execution, paying little heed to the hour of activity. Changes to the speed up toward the start of the activity will in general be quicker than in the subsequent arrangement. This can be found in the rate speed up in the primary arrangement of 2.56% while in the second arrangement of 1.01%. While the adjustment of response rate leg at 1.21% arrangement and the subsequent arrangement diminished by 1:01%. SAQ preparing is done automatically and consistently will speed up response of the arms and legs for youthful warriors. The preparation led at 9 gatherings in the first arrangement showed an increment more quicker than the preparation of 9 gatherings in the second arrangement. Ought to be accepted that the youthful fighter competitors who need to improve the speed of response of the arms and legs can utilize this type of SAQ practice accurately.

**D. Recommendation** (Tick one)

1. Accepted without modifications.
2. Accepted with minor corrections.
3. Accepted with major modification.
4. Rejected.

Yours Sincerely,



**Prof. Hocine Adamatzky,**

Editorial Office

Linguistica Antverpiensia



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