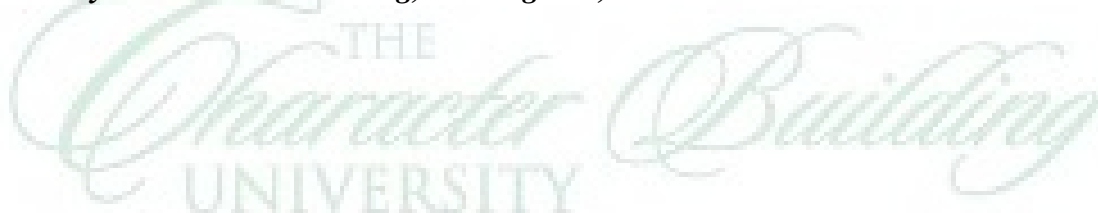


## ABSTRACT

**Manahan Berutu. NIM. 6151121032. *Development of Intructional Video Variations of Attack Training Using Paching PAD Taekwondo Beginner Athletes in 2021. (Guide: Rahma Dewi) Medan Thesis: Faculty of Sports Sciences UNIMED 2022.***

*This study aims to find out how the feasibility of intructional video variations of attack training using paching pad in taekwondo novice athletes in 2020. The study was conducted on product trials at taekwondo clubs. TVRI Medan. Address on JL. Kapt. Batu Sihombing. Comp. TVRI, Club Taekwondo Taruna Nusantara Medan which is located at Jl. Karya Jaya. Comp. Jaya Syafira. Medan Johor and at Taekwondo Club Gaperta Medan. The study subject is a whole object where there are several sources or informants who can provide information about the video intructional attack training product using a paching pad in development research. The research method is the Research and Development (R&D) method. The results of the development of video intructional attack training using paching pad taekwondo novice athletes from the sports aspect have been categorized very well with a percentage of 87.5%, thus the development product can be categorized as viable and can be used. The development of video intructional attack training using paching pad taekwondo novice athletes from taekwondo coaches has been categorized very well with a percentage of 96.6%, thus the development product can be categorized as feasible and usable. The development of video intructional attack training using paching pad taekwondo novice athletes from media experts has been categorized very well with a percentage of 92%, Thus the development product can be categorized as viable and usable. Conclusion of the development of video intructional attack training using paching pad is an intructional video variation of attack training using paching pad in taekwondo novice athletes in 2021 has an excellent category and is worth using.*

**Keywords: Attack Training, Paching Pad, Taekwondo**



## ABSTRAK

**Manahan Berutu. NIM. 6151121032. Pengembangan Video *Intructional* Variasi Latihan Serang Menggunakan *Paching PAD* Atlet Pemula Taekwondo Tahun 2021. (Pembimbing: Rahma Dewi) Skripsi Medan : Fakultas Ilmu Keolahragaan UNIMED 2022.**

Penelitian ini bertujuan untuk mengetahui Bagaimanakah kelayakan video *intruactional* variasi latihan serangan menggunakan *paching pad* pada atlet pemula Taekwondo Tahun 2020. Penelitian ini dilaksanakan pada uji coba produk pada club Taekwondo komp. TVRI Medan. Alamat di JL. Kapt. Batu Sihombing. Komp. TVRI, Club Taekwondo Taruna Nusantara Medan yang beralamat di Jl. Karya Jaya. Komp. Jaya Syafira. Medan Johor dan pada club Taekwondo Gaperta Medan. Subjek penelitian yaitu keseluruhan objek dimana terdapat beberapa narasumber atau informan yang dapat memberikan informasi tentang produk video *intruactional* latihan serangan menggunakan *paching pad* pada penelitian pengembangan. Metode penelitian yang dilakukan adalah metode Research and Development (R&D). Hasil pengembangan video *intruactional* latihan Serang menggunakan *paching pad* atlet pemula taekwondo dari aspek olahraga sudah dikategorikan sangat baik dengan persentase **87,5%**, dengan demikian produk pengembangan dapat dikategorikan layak dan dapat digunakan. Pengembangan video *intruactional* latihan Serang menggunakan *paching pad* atlet pemula taekwondo dari pelatih taekwondo sudah dikategorikan sangat baik dengan persentase **96,6%**, dengan demikian produk pengembangan dapat dikategorikan layak dan dapat digunakan. Pengembangan video *intruactional* latihan Serang menggunakan *paching pad* atlet pemula taekwondo dari ahli media sudah dikategorikan sangat baik dengan persentase **92%**, dengan demikian produk pengembangan dapat dikategorikan layak dan dapat digunakan. Kesimpulan pengembangan video *intruactional* latihan Serang menggunakan *paching pad* yaitu video *intruactional* variasi latihan serangan menggunakan *paching pad* pada atlet pemula Taekwondo Tahun 2021 memiliki kategori sangat baik dan layak digunakan.

Kata Kunci : Latihan Serang, *Paching Pad*, Taekwondo