

## ABSTRACT

**M. ALFIAN NUR, NIM. 6173321035. Differences in Effect of Drill and Moving Target Exercise on Mawashi Geri's Kick Accuracy in Karate Dojo Waikiki Athletes Medan in 2021. Thesis. Sports Coaching Education Study Program, Faculty of Sports Science, Medan State University. 2022**

This study aims to determine the difference in the effect of drill training and moving target training on the accuracy of Mawashi Geri's kicks in the karate Dojo Waikiki athletes in Medan. The location of this research was carried out at the Waikiki Housing Complex, Jl. Tj Selamat, Kec. Profit Field. This type of research is experimental research. The population in this study was 25 people, and the sample obtained was 10 people. The data collection technique used was by taking pre-test, treatment and post-test. From the results of the data research analysis that has been done, it is known that the t-count value of the first hypothesis is obtained by 10.03 and the t-table is 2.13, so  $t\text{-count} (10.03 > 2.13)$  So there is a significant effect of exercise the effect of drill practice and the accuracy of the mawasi geri kick. the second hypothesis is obtained at 15.11 and the t table is 2.13, so  $t\text{-count} (15.11 > 2.13)$  so that there is a significant effect of target training on the movement of kick accuracy. And the third hypothesis shows that the value of  $t\text{count} > t\text{table}$  is  $2.71 > 2.17$ , so  $H_0$  is rejected and  $H_a$  is accepted. This means that the difference in the effect of training, the effect of drill exercises and moving targets on the accuracy of the mawasi geri kick on the waikiki karate dojo athlete.

**Keywords : Karate Drills and Moving Target Exercises, Mawashi Geri's Kicking Accuracy**



## ABSTRAK

**M. ALFIAN NUR, NIM. 6173321035. Perbedaan Pengaruh *Drill* Dan Latihan Target Bergerak Terhadap Ketepatan Tendangan Mawashi Geri Pada Atlet Karate Dojo Waikiki Medan Tahun 2021. Skripsi. Program Studi Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan. 2022**

Penelitian ini bertujuan untuk perbedaan pengaruh latihan *Drill* dan latihan target bergerak terhadap ketepatan tendangan *Mawashi Geri* pada atlet karate *Dojo Waikiki* Medan. Lokasi penelitian ini dilakukan di Komplek Perumahan Waikiki Jl. Tj Selamat, Kec. Medan Tuntungan. Jenis penelitian adalah penelitian eksperimen. Populasi dalam penelitian ini adalah 25 orang, dan sampel berjumlah 10 orang. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test*, *treatment* dan *post-test*. Dari analisis hasil data yang telah dilakukan diketahui bahwa nilai thitung hipotesis pertama yaitu di peroleh sebesar 10,03 dan t-tabel adalah 2,13 maka t-hitung ( $10,03 > 2,13$ ) Sehingga terdapat pengaruh yang signifikan latihan pengaruh latihan *drill* dan terhadap ketepatan tendangan mawashi geri. hipotesis kedua diperoleh sebesar 15,11 dan t tabel yaitu 2,13 maka t-hitung ( $15,11 > 2,13$ ) sehingga terdapat pengaruh yang signifikan latihan pengaruh latihan target bergerak terhadap ketepatan tendangan mawashi geri. Dan hipotesis ketiga menunjukkan bahwa nilai ba-hwa thitung  $>$  ttabel yaitu  $2,71 > 2,17$  maka  $H_0$  ditolak dan  $H_a$  diterima. Artinya terdapat perbedaan pengaruh latihan pengaruh latihan *drill* dan target bergerak terhadap ketepatan tendangan mawashi geri pada atlet karate dojo waikiki medan.

**Kata Kunci : Karate Latihan Drill dan Latihan Target Bergerak, Ketepatan Tendangan Mawashi Geri**

