

ABSTRACT

Ade Setiawan. *Development Of The Uppercut Punch Exercises In Sports Club Athletes Achievement Of Boxing in Jakarta State University.* Thesis, Jakarta, Faculty Of Sports Sciences, State University Of Jakarta, 2019.

The study aims to develop the form of uppercut punch exercises in sports club athletes achievement of the Jakarta State University boxing. The method used in this research is a research and development method. This form of exercise can be used as a reference for trainers in making training programs, especially uppercut punch technique exercises.

Data retrieval is conducted in Somatokinetika laboratory and in the boxing ring area of the State University Faculty of Sports Sciences Jakarta, the research time is conducted about 10 months, namely from Pengajuan title and filing Supervisor Lecturer in November 2018, then in May until June 2019 carried out data retrieval conducted in laboratory Somatokinetika and the boxing ring area of the Department of Sports Jakarta. The collection of this research data uses research and development methods, where this method is also the method used to produce certain products.

At this research the samples used were student sports Club boxing Achievements Jakarta State University, as many as 8 athletes in the trial trials. The validation test used is the expert justification test, in which the model that has been created and developed further tested, then consulted and judged by sports experts in the field of boxing.

The expert justification test for the product is a form of uppercut punch exercises that can be developed into more varied and innovative. The purpose of this form of training is not another in order to be a reference for boxing trainers to be able to provide training programs especially punch uppercut to be more varied and efficient according to the development of the era.

In this research development form blow exercises uppercut in sports club athletes achievement of boxing State University Jakarta memiliki 92% Feasibility or there are 12 forms of developed exercises that are declared worthy of 13 forms of exercise Proposed.