

ABSTRACT

DWI ARYANTI, “Model of Basic Techniques Training Uses Rhythms to Improve Motivation of Kempo’s Kenshi State University of Jakarta”. Essay. Jakarta: Faculty of Sport Sciences State University of Jakarta, 2019.

The research is aiming for develop the model of basic techniques training uses rhythms. The method used in this research is method of research and development (research and development)

Subjects in this research were 4 (four) members of DKI Jakarta Shorinji Kempo athlete as the subject of small group trials and 17 (seventeen) members of State University of Jakarta Shorinji Kempo as the subject of large group trials and (field practice). in this study the researchers worked with 3 (three) experts in their fields. The validation test used in this study is by using expert’s justification test. Where the model of exercise that has been created and developed is tested and the consulted and assessed by experts in Shorinji Kempo and Rhythmic Gymnastics sports.

The initial model in this study was 23 (twenty-three), Through validation test by using expert justification test, this study produced a product in the form of model basic technique uses rhythms as many 21 (twenty-one) model items. Model of basic technique uses rhythms can be developed to be more varied and innovative.

The purpose of developing this model is to improve the motivation of kempo’s kenshi in training. Especially in practicing basic techniques. This model can be used as a reference by the coaches in giving training for basic technique of kempo.