

ABSTRAK

DWI AHMAD AKBAR RIFAI. MODEL OF MAWASHI GERI USHIRO EXERCISE VARIATION ON KARATE SPORT. Thesis. Sport Education Coaching Program. Faculty of Sport Sciences Jakarta State University, 2019.

This research is a study that aims to develop a variety of ushiro mawashi geri kick training models in karate sports. This study uses a research and development model (Research and Development) from Borg and Gall. This study involved 3 experts in the field of karate as expert judgment. The validation test in this study is to use an expert justification test, where the model that has been made is tested and then consulted and assessed by experts with the subject of research as many as 30 senior age karate athletes or eighteen years and above.

The purpose of this study was to develop a variation of the ushiro mawashi geri kick training model which later became the material of the trainers used for a more interesting training process and could stimulate the enthusiasm of each athlete to be able to exercise with high enthusiasm

Through the validity test carried out by using an expert justification test, it produced a product in the form of a manual using the variation of ushiro mawashi geri kick practice in karate as many as 39 training models.