

## ABSTRACT

**AYU INDRIYANI, "EYE COORDINATION AND RELATIONS WITH LEGS leg muscle strength MAWASHI GERI KICK TO SPEED ON ATHLETES randori Shorinji Kempo JAKARTA STATE UNIVERSITY". Thesis Program Concentrations of Sport Science Sport Coaching, Achievement Sports Department, Faculty of Sport Science, State University of Jakarta in 2017.**

The purpose of this study was to determine the relationship with the Coordination of Eye and Foot Limb Muscle Strength Against MAWASHI Geri Kick Speed in Athletes Randori Shorinji Kempo Jakarta State University.

This research was conducted at the Laboratory Somatokinetika Jakarta State University Campus B, using quantitative methods and the correlation techniques. Where eye coordination and quick feet using a trainer, leg muscle strength with 1 RM 12 reps using methods maxload and speed kick MAWASHI geri with kinovea method. Retrieval and data processing took place on December 1, 2016.

Beginning with the use of eye and foot coordination tests, and tests of muscle strength tungai and final speed test MAWASHI geri kick in athletes randori Shorinji Kempo Jakarta State University who actively practice and follow the game as many as 20 people.

The relationship between the Coordination of Eye and Foot (X1) and a Limb Muscle Kekautan (X2) the results of Kick Speed MAWASHI Geri (Y) is expressed by the regression equation  $y = 4:23 \text{ to } 0:58 X1 + X2 \text{ } 00:34$ . While the relationship between these three variables declared by multiple correlation coefficient = 0.85 correlation coefficient  $R_{y1-2}$  double it, shall be tested in advance of or significance before it is used to draw conclusions. Significance test of correlation coefficient above shows that  $F_{hitung} = 22:17$  is greater than  $F_{tabel} = 4.49$  which means the  $R_{y1-2}$  multiple correlation coefficient = 0.85 is significant. It thus hypothesis that there is a relationship that is positive between the Coordination of Eye and Foot and Muscle Strength Limbs on the Result of Free Kick MAWASHI Geri supported by research data, which means increased Coordination of Eye and Foot and leg muscle strength will increase as well Results Free kick MAWASHI Geri.