

## **ABSTRAC**

**JEREMIA SIREGAR. COMPARISON Exercise Rope Climbing And Pull Up To The Power of Wrestling Athletes grip on PPOPDKI Jakarta and Ragunan SKO 2016** Thesis, Jakarta, Sports coaching Education, State University of Jakarta, in December 2016.

Research Singer aims to review the training methods compare prayer BETWEEN climbing rope and pull grip strength against AT wrestling athletes PPOP Jakarta and Ragunan SKO 2016.

Research conducted at the Hall of singers Wrestling Ragunan, South Jakarta Ragunan Sports Center. Time data collection Starting from September 26 to 21 November 2016 WITH A total of 24 meetings. The method used is an experimental method of careful study sample 22 orangutans wrestling athletes. Samples determined WITH total sampling.

The study concluded: (1). There is an increase in grip strength athletes wrestling PPOP Jakarta and Ragunan SKO taxable income given practice climbing rope WITH LEAD value calculation results of the average deviation (MD) = 7.73 and standard deviation (SD) = 2.9. The results yielded ttabel ON degrees of freedom (df) =  $n - 1 = 11 - 1 = 10$  WITH confidence level ( $\alpha$ ) = 0.05 TIN Crisis Values table = 2,228. Article Search Google so much MORE thitung Value From Value ttabel ( $t = 8844 > \text{table} = 2,228$ ). (2). There

is an increase in grip strength athletes wrestling PPOP Jakarta and Ragunan SKO given practice taxable income calculation LEAD WITH findings raise the average value of deviation (MD) = 0.91 and standard deviation (SD) = 0.73. The results yielded ttable ON degrees of freedom (df) =  $n - 1 = 11 - 1 = 10$  WITH confidence level ( $\alpha$ ) = 0.05 TIN Crisis Values table = 2,228. Article Search Google so much MORE thitung Value From Value ttable ( $t = 4.1344 >$  table = 2,228). (3) rope exercise climbing more effective than exercise captivate improve grip strength ON wrestling athletes PPOP Jakarta and SKO Ragunan 2016 WITH calculation findings tested WITH table ON degrees of freedom (df) =  $n_1 + n_2 - 2 = 20$  and the confidence level ( $\alpha$ ) = 0.05 Value crisis desk TIN = 2228 ( $t = 2.588 >$  table = 2,228).