

ABSTRACT

comparison exercise techniques shakehand grips and techniques penholder grips to consistency a blow rally forehand table tennis to their students class xi smk institutions cikini north jakarta .Thesis: course of study ikor kko , of sports achievement , the faculty of sport , jakarta state university , january 2017 .Research aims to understand comparison exercise techniques shakehand grips and exercise techniques penholder grips to consistency a blow rally forehand table tennis to their students class xi smk institutions cikini north jakarta .Of research in pavilion smk institutions cikini north jakarta .This study began of october 2016 until the moon in november 2016 , and schedule for exercise tuesday , thursday , and friday at 10 a.m. until 12 pm by wearing a table .This study began from the date 25 october 2016 up to november 26 2016 .This research uses experimental methods , with a population of class xi 120 students Smk college cikini north jakarta . And 30 people are taken as samples by the use of sampling purposive , then from the selection results of a test early divided and is found 15 people to exercise techniques shakehand grip and 15 people to exercise techniques penholder grip with using a technique of sampling systematic .Data analysis technique used in this research is used a technique of analysis uji-t dependent and independent uji-t while significance & # 945; = 5 percent .

File from of test results the end of group model exercise techniques shakehand grips and exercise techniques penholder grips obtained value thitung of 0,068 next tested with ttabel the first significant 5 percent and degree of freedom ($n_1 + n_2$) to 2 = 28 obtained ttabel of 1,701 which means value thitung & gt; ttabel thus test t concluded that the results of the model exercise techniques shakehand grips and exercise techniques penholder grips there is a difference , so H_0 received and H_1 rejected .Based on the results of data test end find and it has been calculated in statistika test t , the results not there is a difference significantly or intermediate results exercise techniques shakehand grips more important than exercise techniques penholder grips .