

## ABSTRAK

**DINI AWALIYAH, relations endurance abdominal muscle and the level of the balance with technique shokuto geri on club shorinji kempo jakarta state university. The faculty of sports jakarta state university. 2017**

The purpose of this research is to find ( 1 ) a relation between endurance muscle abdominal (  $x_2$  ) , to technique shokuto geri ( 2 ) a relation between the level of balance (  $X_2$  ) , to technique shokuto geri (  $y$  ) .( 3 ) and know the relationship between endurance muscle abdominal ( $X_1$ ) , with a balance (  $X_2$  ) in technique shokuto geri (  $y$  ) .

First , there are the relations which it implies between endurance muscle abdominal in technique shokuto geri , with equation a line linear  $\hat{Y}=12.63+0.74X_1$ , a correlation coefficient (  $r_{y_1} = 0.747$  and coefficients determination (  $r_{y_1} )^2 = 0.558$  which means that variable endurance muscle abdominal contribute to technique shokuto geri of 55.8 % .Of this outcome can be concluded that endurance muscle abdominal large will be easy in doing technique shokuto geri .

Second , there are the relations which it implies between the level of balance in shokuto geri technique, with equation a line linear  $\hat{Y}=16.492+0.670 X_2$ , a correlation coefficient (  $r_{y_2} = 0.670$  and coefficients determination (  $r_{y_2} )^2 = 0.448$  which means to a variable degree balance contribution in technique shokuto geri of 44.8 % . 2 of this result can be

inferred that the level of balance is also the physical component of which have quite large contribution against shokuto geri technique .The better the level of balance princess kempo athletes will be increasingly good too ability in conducting movements that uses the technique shokuto geri .

Third , there are the relations which it implies between endurance abdominal muscle and the level of balance in technique shokuto geri , with a line of linear equation  $\hat{Y}=1.960+0.554X_1 +0.407 X_2$ , a coefficient kolerasi  $ry_{2-1} = 0,829$  determination and coefficients  $( ry_{2-1} )^2 = 0,687$  which means variable endurance abdominal muscle and the level of balance is contributing to technique shokuto geri 68,7 % as much as . The results of this could be concluded that durability muscles abdominal and the balance in bersama-sama contribute very large local shokuto geri technique .