ABSTRAK

Mujahid Sulaeman Agung "RELATIONSHIP BETWEEN POWER OF MICROWAVE MUSCLE AND BALANCE WITH SPEED OF SABIT AT SETTLEMENT AT THE ATLET AREA OF SATRIA MUDA INDONESIA". Thesis Physical Education Education Program Health and Recreation, Faculty of Sport Sciences State University Of Jakarta 2017.

The purpose of this study was to determine the relationship between explosive muscle limb muscle and equilibrium with the speed of crescent kick at the athletes of Pencak Silat Satria Muda Indonesia College.

Implementation of the test was conducted in pendopo UKM Pencak Silat Satria Muda Indonesia STKIP Setia Budhi Rangkasbitung Jl.budi utomo no.22, Rangksbitung, Banten Province. Where the Muscle Ledak Ability The limb uses a three-jump test and balance using a standing stroke balance test and a sickle-kick speed by using a ten-second kick speed test using a sansak or kick target. This data retrieval and processing took place on 5 June 2017.

Begin by using the explosion test of leg muscle, then test the balance and last test the speed of sickle kick at the martial arts college athletes Satria Muda Indonesia who actively practice and follow the game as many as 20 people.

Relationship of explosive power of limb muscle (power) with ability Sickle-kick speed with regression equation that is = 0,04219 + 0,81393X1. It can be known by the regression equation if the variable (X1) is known. Limb muscle explosive power (X1) with ability Sickle cycling speed (Y) is shown by correlation coefficient rX1Y = 0.567.

Test the success of the correlation coefficient above shows that thitung = 5.60 is greater than ttable = 2.10. The coefficient of determination of explosive muscle limb power in the ability of the sickle kick speed (rX1Y) 2 = 0.325 this means that the explosive muscle power explosive variable contributes 32.5% to the ability of the sickle-kick velocity. While the remaining 67.5% comes from other factors namely balance, speed, strength, and so forth.

Relationship Balance and Capacity The speed of a crescent is expressed by the regression equation = 1.189 + 0.770X2. This means that the ability of the sickle-kick velocity can be known by the regression equation if Balance (X2) with the ability of the Crescent Cutting speed (Y) is shown by the correlation

coefficient rX2Y = 0.647. Test the success of the correlation is shown that tcount = 4.74 is greater than ttable = 2.10. Coefficient of determination Equilibrium with the ability of a sickle kick speed (rX2Y) 2 = 0.419 this means that the Balance variable gives a contribution rate of 41.9% against the ability of the sickle-kick velocity.

Relationship of explosive power of leg muscle and Balance with ability Sickle-kick velocity is expressed by regression equation 0,21 + 0,452X1 + 0,556X2 relation of those three variables expressed by rX1X2Y = 0,943. Test of coefficient success shows that Fcount = 63,57 bigger than Ftable = 3,59 mean correlation coefficient (rX1X2Y) 2 = 0,942 this means that variable of explosion of leg muscle and Balance give contribution figure 88,7% to ability Sickle kick speed . From this research, it was found that there was a correlation between explosive power of leg muscle and balance with sickle-kick velocity, as evidenced by the research data stating that 88.7% of the ability of sickle kick velocity is obtained from explosive muscle limb power and Balance. Thus the higher the explosive power of the leg muscle and the Balance the higher the value of the ability of the sickle kick speed.