

ABSTRACT

REFLY AKBAR YUANDHIKA. Efforts to Improve Skills Kicking T or Side By Media tools tire Students of Pencak Silat Setia Hati Brotherhood Terate Rayon SMK Negeri 34 Jakarta: Sports Coaching Study Program Concentration, Achievement Sports Department, Faculty of Sport Science, State University of Jakarta, May 2016

This study aims to improve the skills of the side with a kick or ban media tools on Student Brotherhood Pencak Silat Setia Hati Terate Rayon SMK Negeri 34 Jakarta. This research was conducted in April 2016 for training Rayon SMK N 34 Jakarta. The subject of this research is student or athlete martial arts fraternity Faithful Heart Terate SMK Negeri 34 Jakarta.

The method used in this research is descriptive research method with a Classroom Action Research, by giving special treatment to students to improve their skills or Side T-kick in Pencak Silat. Indicators measured in this study are: movement preparation, movement execution, continued movement, and the final movement.

Based on this research can be concluded that: the research and action research method perbagian part in coaching, can increase the skills of T-kick in Pencak Silat Setia Hati Brotherhood Terate Rayon SMK Negeri 34 Jakarta. With two cycles of action research. From the success rate of students in initial tests amounted to 2, or 10%, then after the trained in methods section partially in the first cycle of students who successfully numbered 13 or 65%, and because we are not achieving the target is continued until the second cycle where the second cycle student success reached 18 people or 90% complete.