## ABSTRACT

Robby Achmad Sugandi, Relationship of the Power of Arm Muscles and the Balance of Airbone Fly Control to Student Faculty of Sport Sciences State University of Jakarta. The purpose of this study was to determine the relationship between muscle strength and exercise. Free Fall Airbone, the link between muscle strength and violence.

This research was conducted on July 15, 2017, where the data taken in Multipurpose Building Faculty of Sport Sciences State University of Jakarta using descriptive method with analytical techniques, the sample of this study is very useful 10 students of the Faculty of Sport Science State University of Jakarta by using Purposive Sampling . Data collection by measurement technique and measurement of correct measurement result.

Trials use the dynamic balance test bass test, and skill tests. By nickname. Data analysis in this study using simple and multiple concepts with the F test at significant level α = 0.05, based on data analysis of research results as follows 1). There is a significant relationship between arm muscle strength to Free Fall Airbone skill acquired rx1y = 0.89 coefficient of determination = 0,758541 which means for additional muscle to Free Fall Airbone muscle equal to 75,85%. 2). There is a significant relationship between the balance of Free Fall Airbone skills resulting from rx2y = 0.86 coefficient of determination = 0.7396 which means equivalent to Free Fall Airbone skills of 73.96%. 3). There is a significant relationship between muscle strength and balance to Free Fall Airbone skills resulting from the test results rx1x2y ¬ = 0.99 coefficient of determination = 0.9801 which means equivalent muscle strength and balance to Free Fall Airbone skills simultaneously of 98.01% .

Thus it can be concluded that there is a relationship between muscle strength and balance to the skills of Free Fall Airbone on Student Faculty of Sport Sciences State University of Jakarta.