

ABCTRAK

“ COMPARING BETWEEN SKIPPING PRACTICE WITH TAKE A STEP TO UPSTAIRS OR DOWNSTAIRS ON LADDER TO IMPROVE OUR LEGS MUSCLES POWER FOR LONGTIME AS A MAWASI GERY TECHNIQUE OF KEMPO GROUP STUDENTS”. An Experiment of Education Phsyical Exercises, And More Focus on Practice of Exercises, From Achievement Of Sports, Education of Phsyical Exercises Faculty, Jakarta Nation University 2017.

Purpose of the Experiment are to inform of Comparing Between Skipping Practice with Take a Step Upstairs or Downstairs on Ladder to improve the Power of Our Legs Muscles for Long time as A Mawasi Gery Technique of UNJ's Kempo Group Students.

The Experiment is held at Somato Kinetika Laboratory, B University Area , Jakarta Nation University, using Descriptive Method as an explanation, with whole Sample while we Prove it with using a Cover Body Tool or Do (Japan Name) and Mawasi Gery Technique withe Kinovea method. The whole process is held on 22 July 2017.

The First step as a begining is Mawasy Gery Test for 2 minutes, then the Power of Our Legs muscles Test and the Last test is Mawasi Gery Kick Off Technique by 20 active students as a UNJ's Kempo Group Students.

Analysis Result from the first test untill the Last Skipping Test has explained that Average of Deviation value (Md) = 7,8 Standard deviation (Sd) = 2,2 Fault mean Standard (SEmd) = 0,73. That Result described into t-Tabel on Freedom degree (dk) = n - 1 = 9 , with significant standard as high 5 % . It gave us Crytical poin t-tabel =(2,26) Futhermore poin of t- count (10,685) more high from t-tabel (t-count > t - tabel), it has explained H0 is rejected H1 is Accepted, while it mean there is Increase for our Legs, and Skipping as a Source.

Analysis Result from the first step until last test with using Take a stel to upstairs or downstairs has explained that Average of Deviation (Md) = 1,1 Standard Deviation (Sd) = 0,735 and Fault mean Standard (SEmd) = 0.245. That Result described t - tabel on Freedom Degree(dk) = n -1 = 9 with trusted Standard as high 5% it gave us crytical poin t - tabel = 2,26. Futhermore poin of t-count (4,49) more high from t - tabel (t-count > t - tabel). It has explained H0 is rejected, H1is accepted, while it mean there is increase for our legs, and Take a step to uptairs or downstairs as a source.