

SUMMARY

Sigid KAMSENO, Effort Upgrades Shooting Air Rifle 10 meter Article Search Google ON Students Practicing Balance Exercises Advanced Shooting, (Action Research In School Shooting PERBAKIN Kota Jakarta) Thesis. Jakarta, Major: Sports Performance, Faculty of Sport Science, State University of Jakarta, in December 2016.

Singer Research aims to improve the ability to shoot water at the reviews Rifle10 meter Advanced Training Students Shoot Shoot (LLM) school shooting PERBAKIN Jakarta through practicing balance. The method used is Action Research CYCLE WITH 2 Yang do. CYCLE First performed 5 Meetings And CYCLE both do as much as 4 meeting.

Which way is used to review the upgrade is practicing balance. Research Singer stated SUCCEED IN CYCLE II THE LEAD IN findings The Action Research singer is THE CYCLE I as much as 6 From Students Students Period totaled 10 Advanced Shooting Practice (LLM) already reached the target. While AT CYCLE II as many as 10 From Students Students LLM totaled 10 goals already reached. CYCLE II of the findings of the 10 states already LLM Students SUCCESSFUL.