

ABSTRAK

Yolla Primadona JAMPIL. Increase Vertical Sweep Techniques By Media Toya Students of SMP Pencak Silat Young Generation Branch Ratio Education Quality Assurance Institute Jakarta: Sports Coaching Study Program Concentration, Achievement Sports Department, Faculty of Sport Science, State University of Jakarta, June 2016

This study aims to improve the techniques Swoop Upright with Media Toya Students in Junior Pencak Silat Young Generation Branch Ratio LPMP Jakarta. This research was conducted on May 21, 2016 and ended June 3, 2016, Pencak Silat Young Generation Branch Ratio LPMP Jakarta. The subject of this research is student or athlete Pencak Silat Pencak Silat PAMUR.

The method used in this research is descriptive research method with a Classroom Action Research, by giving special treatment to athletes to improve on the Upright Sweep techniques Pencak Silat. Indicators measured in this study are: movement preparation, movement Earlier, 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 a sweep technique is upright in Pencak Silat Young Generation Rate LPMP Jakarta branch. With one cycle of action research. The success rate of students in the initial tests amounted to 2, or 10%, then after being trained by the method perbagian part in the first cycle of students who were 18 or 90% complete.