

DAFTAR PUSTAKA

- A. Pribadi, Benny. 2010. *Model Desain Sistem Pembelajaran*. Jakarta: Dian. A
- Abrori, M. S., Wicaksono, Y., & Tripitasari, D. (2021). *System Approach and Design Models of PAI Learning*. *Journal of Contemporary Islamic Education*, 1(2), 111–124.
- Acıkada, C., Hazır, T., Asçı, A., Amarcusytar, S. H., & Tınazcı, C. (2019). *Effect Of Heart Rate On Shooting Performance In Elite Archers*. *Heliyon*, 5(3), 1–11. <https://doi.org/10.1016/J.Heliyon.2019.E01428>
- Algani, P. W., Yuniardi, M. S., & Masturah, A. N. (2018). *Mental toughness dan competitive anxiety pada atlet bola voli*. *Jurnal Ilmiah Psikologi Terapan (JIPT)*, 6(1), 93-101.
- Ali, Erah & Constantino, Kaitlyn & Hussain, Azhar & Akhtar, Zaiba. (2018). *The Effects of Play-Based Learning on Early Childhood Education and Development*. *Journal of Evolution of Medical and Dental Sciences*. 7. [10.14260/jemds/2018/1044](https://doi.org/10.14260/jemds/2018/1044).
- Antunes, M. M., Rodrigues, A. I. C., & de Almeida, J. J. G. (2018). *Martial Arts and Combat Sports For People With Disabilities: Scientific Production In The Brazilian Graduate Program*. *IOSR Journal of Sports and Physical Education*, 5(6), 1–6. <https://doi.org/10.9790/6737-05060105>
- Arisman. (2018). *Pengaruh Metode Latihan Sirkuit Terhadap Keterampilan Memanah*. *Gelanggang Olahraga: Jurnal Pendidikan Jasmani dan Olahraga*. Vol. 2, No.1, hal: 150–157.
- Arvinen-Barrow, M. (2014). *The Psychology of Sport Injury and Rehabilitation*. *The Psychology of Sport Injury and Rehabilitation*. <https://doi.org/10.4324/9780203552407>
- Bagley, W. C. (2020). *On The Correlation Of Mental And Motor Ability In School Children*. *The American Journal of Psychology*, 193–205.
- Baker, J. (2013). *Talent Identification and Development in Sport*. *Talent Identification and Development in Sport*, 7(1), 177–180. <https://doi.org/10.4324/9780203850312>
- Balyi, I., Way, R., & Higgs, C. (2020). *Physical Literacy*. *Long-Term Athlete Development*. <https://doi.org/10.5040/9781492596318.ch003>
- Behnke, M., Tomczak, M., Kaczmarek, L. D., Komar, M., & Gracz, J. (2019). *The Sport Mental Training Questionnaire: Development and Validation*. *Current*

Psychology, 38(2), 504–516. <https://doi.org/10.1007/s12144-017-9629-1>

Bompa, T., & Buzzichelli, C. (2015). *Periodization Training for Sports-3rd Edition*.

Bompa, T., & Charles, W. (2007). *Does power indicate capacity? 30-S wingate anaerobic test vs. maximal accumulated O₂ deficit*. *International Journal of Sports Medicine*, 28(10), 836–843. <https://doi.org/10.1055/s-2007-964976>

Borg, W., R. & Gall, M. D. (2007). *Educational Research: An Introduction*. Longman.

Bsa, S., Nurkholis, N., & Jannah, M. (2019). *Pengaruh Latihan Progressive Muscle Relaxation dan Imagery Terhadap Konsentrasi, Tingkat Kecemasan, dan Ketepatan Memanah Jarak 8 Meter Cabang Olahraga Panahan Pada Siswa Ekstrakurikuler SD Luqman Al-Hakim*. *Jendela Olahraga*, 4(1), 18–25. <https://doi.org/10.26877/jo.v4i1.2952>

Bremer, E., & Cairney, J. (2018). *Fundamental Movement Skills and Health-Related Outcomes: A Narrative Review of Longitudinal and Intervention Studies Targeting Typically Developing Children*. *American Journal of Lifestyle Medicine*, 12(2), 148–159. <https://doi.org/10.1177/1559827616640196>

Bryce, T. G. K. . E. B. (2010). *Gender effects in children's development and education*. *International Journal of Science Education* (Vol. 23, Issue september).

Charles, A. M. (2011). *School Sports Psychology, Perspectives, Programs and Procedures*. In *Routledge* (Vol. 29, Issue 3). <https://doi.org/10.1097/dbp.0b013e31817aef06>

Ciesielski, T. H., Aldrich, M. C., Marsit, C. J., Hiatt, R. A., & Williams, S. M. (2017). *Transdisciplinary approaches enhance the production of translational knowledge*. *Translational Research*. <https://doi.org/10.1016/j.trsl.2016.11.002>

Coker, C. A. (2021). *Motor Learning and Control for Practitioners*, Fifth Edition. <https://doi.org/10.4324/9781003039716>

Collins, H., Booth, J. N., Duncan, A., & Fawcner, S. (2019). *The effect of resistance training interventions on fundamental movement skills in youth: a meta-analysis*. *Sports Medicine - Open*, 5(1). <https://doi.org/10.1186/s40798-019-0188-x>

Darllis, N., F, F., & Miaz, Y. (2020). *Pengembangan Desain Pembelajaran Model Assure Berbasis Problem Based Learning Menggunakan Komik di Sekolah*

Dasar. Jurnal Basicedu, 5(1), 334–342.
<https://doi.org/10.31004/basicedu.v5i1.689>

Deni Mudian, P. R. (2020). *Penerapan Metode Latihan Keterampilan Psikologis untuk Meningkatkan Kinerja Wasit dalam Memimpin Pertandingan Futsal*. Jurnal Ilmiah Fakultas Keguruan Dan Ilmu Pendidikan, 6(1), 176–181.

Dick, W., Carey, L. & Carey, J.O. (2001). *The systematic design of instruction* (5th). New York: Longman.

Dony Dwi Sukma Yulianto, Soegiyanto, T. H. (2015). *Pengaruh Latihan Hand Grip Terhadap Peningkatan Ketepatan Tembakan Anak Panah Ke Sasaran Trianggeltarget Face Pada Klub Panahan Mustika Blora Tahun 2013*. JSSF (Journal Of Sport Science And Fitness), 4(2), 27–30.

Edwards, W. H. (2011). *Motor Learning and Control: From Theory to Practice*. In SAS for Epidemiologists.

Effendi, H. (2016). *Peranan psikologi olahraga dalam meningkatkan prestasi atlet*. Nusantara (Jurnal Ilmu Pengetahuan Sosial), 1(1), 22–30.

Eroglu, İ., Çilli^a, M., Ertan, H., & Knicker, J. A. (2014). *Assessment Of Target Performance In Archery*. 152, 451–456.
<https://doi.org/10.1016/J.Sbspro.2014.09.230>

Eyre, E. L. J., Clark, C. C. T., Tallis, J., Hodson, D., Lowton-Smith, S., Nelson, C., Noon, M., & Duncan, M. J. (2020). *The effects of combined movement and storytelling intervention on motor skills in south asian and white children aged 5–6 years living in the United Kingdom*. International Journal of Environmental Research and Public Health, 17(10).
<https://doi.org/10.3390/ijerph17103391>

Fahrizqi, E. B., Gumantan, A., & Yuliandra, R. (2021). *Pengaruh latihan sirkuit terhadap kekuatan tubuh bagian atas unit kegiatan mahasiswa olahraga panahan*. Multilateral: Jurnal Pendidikan Jasmani dan Olahraga, 20(1), 43–54.

Ferrari, G. (2016). *Examining physical training versus physical and mental training programmes in Swimrun semi-professional athletes: A randomised, controlled, trial*. Journal of Health and Social Sciences, 13, 199–210.
<https://doi.org/10.19204/2016/gndr22>

Fitts, P. M., & Posner, M. I. (1967). *Human performance*.

Frank, M. L., Flynn, A., Farnell, G. S., & Barkley, J. E. (2018). *The differences in physical activity levels in preschool children during free play recess and structured play recess*. Journal of Exercise Science and Fitness, 16(1), 37–42. <https://doi.org/10.1016/j.jesf.2018.03.001>

- Gamble, P. (2011). *Training for Sports Speed and Agility*. <https://doi.org/10.4324/9780203803035>
- Gaul, D., & Issartel, J. (2016). *Fine motor skill proficiency in typically developing children: On or off the maturation track?* *Human Movement Science*, 46, 78–85. <https://doi.org/10.1016/j.humov.2015.12.011>
- Giriwijoyo, H.Y.S.S., & Dikdik Z.S. (2012). *Ilmu faal olahraga (fisiologi olahraga)*. Bandung: PT. Remaja Rosdakarya
- Granacher, U., & Borde, R. (2017). *Effects of sport-specific training during the early stages of long-term athlete development on physical fitness, body composition, cognitive, and academic performances*. *Frontiers in Physiology*, 8(OCT), 1–11. <https://doi.org/10.3389/fphys.2017.00810>
- Haibach-Beach, P. S., Reid, G. D., & Collier, D. H. (2016). *Motor Learning and Development*.
- Hakan, K., & Seval, F. (2011). *CIPP evaluation model scale : development, reliability and validity*. 15, 592–599. <https://doi.org/10.1016/j.sbspro.2011.03.146>
- Hardi, V. J. (2018). *Frekuensi Latihan Push Up Menggunakan Tumpuan Jari-Jari Tangan Dalam Meningkatkan Kekuatan Otot Pada Teknik Anchoring Cabang Olahraga Panahan*. *Jurnal Kepelatihan Olahraga*, 10(1).
- Hodges, M., Hodges Kulinna, P., & Lee, C. (2014). *Teaching healthy behaviour knowledge in primary school physical education*. *Biomedical Human Kinetics*, 6(1), 1. <https://doi.org/10.2478/bhk-2014-0006>
- Hoffmann, J. J., Reed, J. P., Leiting, K., Chiang, C. Y., & Stone, M. H. (2014). *Repeated sprints, high-intensity interval training, small-sided games: Theory and application to field sports*. *International Journal of Sports Physiology and Performance*, 9(2), 352–357. <https://doi.org/10.1123/IJSP.2013-0189>
- Humaid, H. (2014). *Influence of arm muscle strength, draw length and archery technique on archery achievement*. *Asian Social Science*, 10(5), 28–34. <https://doi.org/10.5539/ass.v10n5p28>
- Hurlock, E. B. (1988). *Perkembangan Anak Jilid I*. PT. Gelora Aksara Pratama.
- Ilham, M. (2014). *Hubungan konsentrasi kekuatan otot lengan dan keseimbangan tangan dengan ketepatan memanah*. *Jurnal Sport Pedagogy*, 4(2), 19–24.
- Jiyuan, Y. (2010). *The Mean, The Right And Archery*. *Procedia - Social And Behavioral Sciences*, 2(5), 6796–6804. <https://doi.org/10.1016/J.Sbspro.2010.05.030>

- Jones, D., Innerd, A., Giles, E. L., & Azevedo, L. B. (2020). *Association between fundamental motor skills and physical activity in the early years: A systematic review and meta-analysis*. *Journal of Sport and Health Science*, 9(6), 542–552. <https://doi.org/10.1016/j.jshs.2020.03.001>
- Kadek Dian Vanagosi. (2015). *Analisis kinesiologi teknik cabang olahraga panahan*. *Acta Universitatis Agriculturae Et Silviculturae Mendelianae Brunensis*, 16(2), 39–55. <https://doi.org/10.1377/Hlthaff.2013.0625>
- Kemmis, S., McTaggart, R., & Nixon, R. (2014). *Introducing critical participatory action research*. In *The action research planner* (pp. 1–31). Springer.
- Khalid, Z., Farheen, H., Tariq, M. I., & Amjad, I. (2019). *Effectiveness of resistance interval training versus aerobic interval training on peak oxygen uptake in patients with myocardial infarction*. *JPMA. The Journal of the Pakistan Medical Association*, 69(8), 1194–1198.
- Kim, E. J., Kang, H. W., & Park, S. M. (2021). *The effects of psychological skills training for archery players in Korea: research synthesis using meta-analysis*. *International Journal of Environmental Research and Public Health*, 18(5), 2272.
- Kisik Lee And Robert De Bondt. (2005). *Total Archery* (Samick Sports CO.,LTD.
- Lavallee, D. (2013). *Sport psychology: contemporary themes*. *Choice Reviews Online*, 41(09), 41-5354-41-5354. <https://doi.org/10.5860/choice.41-5354>
- Lim, I.-S. (2018). *Comparative analysis of the correlation between anxiety, salivary alpha amylase, cortisol levels, and athletes' performance in archery competitions*. *Journal of Exercise Nutrition & Biochemistry*, 22(4), 69.
- Lo Presti, D., Romano, C., Massaroni, C., D'Abbraccio, J., Massari, L., Caponero, M. A., Oddo, C. M., Formica, D., & Schena, E. (2019). *Cardio-respiratory monitoring in archery using a smart textile based on flexible fiber Bragg grating sensors*. *Sensors*, 19(16), 3581.
- Lobraico, M. A., Issacs, J., & Singer, M. (2011). *Succession Planing for Family Business*. BPS.
- Lu, Y., Rong, X., Hu, Y.-S., Chen, L., & Li, H. (2019). *Research and development of advanced battery materials in China*. *Energy Storage Materials*, 23, 144–153.
- Magill, R. A., & Anderson, D. I. (n.d.). *Motor Learning and Control*.

- Marcus, R., Jones, N., Harper, C., & Laws, S. (2013). Research for development: A practical guide. *Research for Development*, 1–440.
- Marzuki, B. K., Rihatno, T., & Subandi, O. U. (2019). *Peningkatan Keterampilan Memanah Menggunakan Metode Latihan Menggunakan Busur Buatan*. *Jurnal Pendidikan Jasmani dan Adaptif*, 2(02), 63-69.
- Morrison, G.R., Ross, S.M., Kalman, H.K., Kemp, J.E. Kemp. 2011. *Designing Effective Instruction, Sixth Edition*. New York: John Wiley & Sons, INC.
- Nakagawa, K., Takemi, M., Nakanishi, T., Sasaki, A., & Nakazawa, K. (2020). *Cortical Reorganization Of Lower-Limb Motor Representations In An Elite Archery Athlete With Congenital Amputation Of Both Arms*. *Neuroimage: Clinical*, 25, 102144. <https://doi.org/10.1016/j.Nicl.2019.102144>
- Nikanor Asaribab, S. (2015). *Identifikasi bakat olahraga panahan pada siswa sekolah dasar di kabupaten manokwari*. *Jurnal Keolahragaan*. Vol. 3(1), 39–55.
- Nurkholis. (2017). *Goal Setting: Pendampingan Pada Atlet Panahan PPLP Jawa Timur*. *Indonesia Performance Journal*, 1(2), 119–124.
- Nusufi, M. (2016). *Kontribusi daya tahan otot lengan dan panjang lengan dengan ketepatan memanah pada atlet panahan pengprov perpani aceh tahun 2015*. 15(1), 11–25.
- Parena, A. A., & Rahayu, T. (2017). *Manajemen Program Pembinaan Olahraga Panahan Pada Pusat Pendidikan Dan Latihan Pelajar (PPLP) Provinsi Jawa Tengah*. *Journal Of Physical Education And Sports*, 6(1), 1–6. [Http://Journal.Unnes.Ac.Id/Sju/Index.Php/Jpes%0A](http://journal.unnes.ac.id/sju/index.php/jpes%0A)
- Parnabas, V. (2015). *The Effect of Imagery on Sports Performance among Track and Field Athletes*. II(10), 14809–14815.
- Penuel, W. R., Riedy, R., Barber, M. S., Peurach, D. J., LeBouef, W. A., & Clark, T. (2020). *Principles of collaborative education research with stakeholders: Toward requirements for a new research and development infrastructure*. *Review of Educational Research*, 90(5), 627–674.
- Platvoet, S., Pion, J., de Niet, M., Lenoir, M., Elferink-Gemser, M., & Visscher, C. (2020). *Teachers' perceptions of children's sport learning capacity predicts their fundamental movement skill proficiency*. *Human Movement Science*, 70(May 2019), 102598. <https://doi.org/10.1016/j.humov.2020.102598>

- Prasetyo, Y., Nasrulloh, A. (2018). *Identifikasi bakat istimewa panahan di kabupaten sleman*. Jurnal Olahraga Prestasi. Vol. 14 (2), 195–205.
- Purnama, S. (2013). *Produk Pembelajaran Bahasa Arab*. Literasi, 4(1), 19–32.
- Racil, G., Elmontassar, W., Rommene, I., Tourny, C., Chaouachi, A., & Coquart, J. B. (2017). *Benefits of a regular vs irregular rhythm-based training programme on physical fitness and motor skills in obese girls*. Journal of Endocrinological Investigation, 40(11), 1227–1234. <https://doi.org/10.1007/s40618-017-0689-8>
- Ribeiro, J. M. C., Godina, R., Matias, J. C. de O., & Nunes, L. J. R. (2018). *Future perspectives of biomass torrefaction: Review of the current state-of-the-art and research development*. Sustainability, 10(7), 2323.
- Rihatno, T. (2017). *Hubungan Kepemimpinan dan Komunikasi Interpersonal dengan Kerjasama Tim Mahasiswa Anggota Klub Olahraga Prestasi Softball Universitas Negeri Jakarta*. Jurnal Segar, 6(1), 44–60. <https://doi.org/10.21009/segar.0601.05>
- Schinke, R. (2011). *Introduction to sport psychology: Training, competition and coping*.
- Sepadya, P. P., Program, T., Psikologi, F., Fakultas, D. A. N., Islam, A., & Surakarta, U. M. (2019). *Internalisasi Nilai-Nilai Pendidikan Karakter Dalam Olahraga Panahan*.
- Septiana, L., Widiyanto, W., & Wali, C. N. (2020). *Analisis Gerak Teknik dan Performa Memanah Nomor 70 Meter Recurve Atlet PPLP Panahan Daerah Istimewa Yogyakarta*. Media Ilmu Keolahragaan Indonesia, 10(2), 28-38.
- Setiawati, R., Netriwati, N., & Nasution, S. P. (2018). *Desain Model Pembelajaran Gerlach Dan Ely Yang Berciri Nilai-Nilai Ke-Islaman Untuk Meningkatkan Kemampuan Komunikasi Matematis*. Jurnal Aksioma, 7(3), 371-379. doi:<http://dx.doi.org/10.24127/ajpm.v7i3.1593>
- Sheehan, D., Katz, L., & Kooiman, B. (2015). *Exergaming and physical education: A qualitative examination from the teachers' perspective*. Canadian Journal of Education, 4, 1–14.
- Sigmundsson, H., Englund, K., & Haga, M. (2017). *Associations of Physical Fitness and Motor Competence With Reading Skills in 9- and 12-Year-Old Children: A Longitudinal Study*. SAGE Open, 7(2). <https://doi.org/10.1177/2158244017712769>
- Simon, R., Hartati, T., Arsilah, & Faridah, I. (2019). *Model Permainan Di Sekolah Dasar Berdasarkan Pendekatan DAP (Developmentally Appropriate Practice)*. Journal Of Chemical Information And Modeling, 53(9), 1689–1699.

- Sitorus, E. N. (2017). *Pengaruh Model Pembelajaran Gerlach Dan Ely Terhadap Kemampuan Komunikasi Matematis Siswa*. 337-342.
- Sole, C. J. (2018). *Plyometric training*. *Advanced Strength and Conditioning*. <https://doi.org/10.4324/9781315542348-16>
- Spires, Hiller. (2015). *Digital Game-Based Learning*. *Journal of Adolescent & Adult Literacy*. 59. 10.1002/jaal.424.
- Sudrajat, Ahmad. (2008). *Pengertian, Pendekatan, Strategi, Metode dan Model Pembelajaran*. Bandung: Sinar Baru Algensindo
- Suffa, Y. F., Hartono, M., & Soenyoto, T. (2019). *Study Of Development Philosophy Of Indonesian Archery Sports (Study At The National Sports Museum)*. 8(2), 94–101.
- Subarjah, Herman. (2010). *Dasar-dasar Kepeleatihan*. Jakarta: Universitas Terbuka.
- Sugiono. (2009). *Metodologi Penelitian Kualitatif dan R&D*. Alfabeta.
- Sugmadinata, Nana S. (2010). *Metode Penelitian Pendidikan*. Bandung: PT. Remaja Rosdakarya.
- Sukadiyanto. (2010). *Pengantar Teori dan Metodologi Melatih Fisik*. Yogyakarta: FIK UNY.
- Supriyoko, A., & Mahardika, W. (2018). *Kondisi Fisik Atlet Anggar Kota Surakarta*. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 4(2), 280-292.
- Susanto, S. (2015). *Pengaruh Latihan Sirkuit Terhadap Peningkatan Kebugaran Jasmani Dan Ketepatan Membidik Panahan Pada Anak Usia Dini*. Ta'allum: *Jurnal Pendidikan Islam*, 3(2), 185–199. <https://doi.org/10.21274/Taalum.2015.3.2.185-199>
- Tadaura, H. (2020). *Human Fundamental Movement: Spiral and Parallel by Motion Analysis*. *Health Sciences*, 2020, 1–10. <https://doi.org/10.15342/hs.2020.360>
- Taha, Z., Musa, R. M., P.P. Abdul Majeed, A., Alim, M. M., & Abdullah, M. R. (2018). *The Identification Of High Potential Archers Based On Fitness And Motor Ability Variables: A Support Vector Machine Approach*. *Human Movement Science*, 57, 184–193. <https://doi.org/10.1016/j.humov.2017.12.008>

- Tangkudung, James & Apta, 2017, *Mental Training (Aspek-aspek Psikologi Dalam Olahraga)*, Penerbit Cakrawala Cendekia, Bekasi
- Tamami, A. A., & Dwiningsih, K. (2020). *3-dimensions of interactive multimedia validity to increase visual-spatial intelligence in molecular geometry*. *Jurnal Kependidikan: Penelitian Inovasi Pembelajaran*, 4(2), 241–255.
- Techniques, M. T., Kumari, S., & Kumar, J. (2016). *Mind Training Techniques And Sports Psychology : An Integrated Approach To Sports psychology : - Sports psychology and mental toughness : -*. 4(3), 523–535.
- Tenison, C., Fincham, J. M., & Anderson, J. R. (2016). *Phases of learning: How skill acquisition impacts cognitive processing*. *Cognitive Psychology*, 87, 1–28.
- Tinazci, C. (2011). *Shooting Dynamics In Archery: A Multidimensional Analysis From Drawing To Releasing In Male Archers*. *Procedia Engineering*, 13, 290–296. <https://doi.org/10.1016/j.proeng.2011.05.087>
- Tursi, D., & Napolitano, S. (2014). *Technical Movements In Archery*. *Journal Of Human Sport And Exercise*, 9, S570–S575. <https://doi.org/10.14198/Jhse.2014.9.Proc1.48>
- Utle, A. (2018). *Motor Control, Learning and Development*. *Motor Control, Learning and Development*. <https://doi.org/10.4324/9781315102481>
- Vendrame, E., Belluscio, V., Truppa, L., Rum, L., Lazich, A., Bergamini, E., & Mannini, A. (2022). *Performance assessment in archery: a systematic review*. *Sports Biomechanics*, 1–23.
- Ward, S., Bélanger, M., & Leis, A. (2020). *Comparison between the Healthy Start-Départ Santé online and in-person training of childcare educators to improve healthy eating and physical activity practices and knowledge of physical activity and fundamental movement skills: A controlled trial*. *Preventive Medicine Reports*, 20. <https://doi.org/10.1016/j.pmedr.2020.101264>
- Westcott, W. L., & Baechle, T. R. (2015). *Strength training past 50*. 257.
- Widiastuti. (2011). *Tes Dan Pengukuran Olahraga*. Jakarta: Bumi Timur Jaya.
- Wijaya, H., & Arismunandar, A. (2018). *Pengembangan Model Pembelajaran Kooperatif Tipe STAD Berbasis Media Sosial*. *Jurnal Jaffray*, 16(2), 175. <https://doi.org/10.25278/jj71.v16i2.302>
- World Archery Rulebook. (2021). *Constitution and Rules*. World Archery.

Yusnita, I., Masykur, R., & Suherman. (2016). *Modifikasi Model Pembelajaran Gerlach Dan Ely Melalui Integrasi Nilai-Nilai Keislaman Sebagai Upaya Meningkatkan Kemampuan Representasi Matematis*. *Al-Jabar*. Jurnal Pendidikan Matematika, 7(1), 29-38.

Zakariah, M. A., Afriani, V., & Zakariah, K. M. (2020). *Metodologi Penelitian Kualitatif, Kuantitatif, Action Research, Research And Development (R n D)*. Yayasan Pondok Pesantren Al Mawaddah Warrahmah Kolaka.

