

DAFTAR PUSTAKA

- Akehurst, E., Southcott, J., & Lambert, K. (2020). Kick start–martial arts as a non-traditional school sport: an Australian case study of Taekwondo for Years 7–12 students. *Curriculum Studies in Health and Physical Education*, 11(1), 83–98. <https://doi.org/10.1080/25742981.2019.1635507>
- Aminoto, T. (2018). Pengaruh Latihan Keseimbangan Terhadap Peningkatan Konsentrasi Belajar Mahasiswa. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 3(2), 115–120. <https://doi.org/10.30604/jika.v3i2.88>
- Amstrong, N. (2013). *Taekwondo: The Unity of Body, Mind and Spirit* (H. Kim (ed.); p. 11). Korean Essentials.
- Anindhika, A. B. (2016). Kontribusi Konsentrasi Terhadap Ketepatan Passing Lambung Saat Melakukan Tendangan Sudut Pada Pemain Ssb Mitra Surabaya U-14. *Artikel E-Journal Unesa*, 5(2), 35–40. <https://jurnalmahasiswa.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/15255>
- Aron, A., Powell, J., Kim, E., Gidu, D., Jagger, K., & Paul, A. (2020). The Effect of Localized Upper Extremity Fatigue on Balance in Young and Older Adults. *Physical and Occupational Therapy in Geriatrics*, 0(0), 1–11. <https://doi.org/10.1080/02703181.2020.1781321>
- Asdi, F., & Rifki, M. S. (2020). Pengaruh Daya Ledak Otot Tungkai, Koordinasi Mata Tangan Dan Konsentrasi Terhadap Kemampuan Block Bolavoli. *Sporta Saintika*, 5(2), 176–190. <https://doi.org/10.24036/sporta.v5i2.142>
- Astanto, B. D. (2018). HUBUNGAN ANTARA KOORDINASI MATA-TANGAN DAN KELINCAHAN TERHADAP KONSISTENSI FOREHAND GROUNDSTROKE DAN BACKHAND GROUNDSTROKE DALAM BERMAIN TENIS MAHASISWA PRODI PJKR FIK UNY. *Jurnal Pendidikan Jasmani Dan Rekreasi-SI*, 7(08), 1–14.
- Aviana, R., & Fatichatul Hidayah, F. (2015). Pengaruh Tingkat Konsentrasi Belajar Siswa Terhadap Daya Pemahaman Materi. *Jurnal Pendidikan*, 03(1), 1–4. <https://doi.org/https://doi.org/10.26714/jps.3.1.2015.30-33>
- Babu, M. S., & Kumar, P. P. S. P. (2014). Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Soccer Players I . Introduction Aerobic Physical work out are done with oxygen . Use of oxygen in the body metabolic or energy generating process to perform th. *Journal of Physical Education and Sports Management*, 1(1), 33–41.
- Brown, M. N., Char, R. M. M. L., Henry, S. O., Tanigawa, J., & Yasui, S. (2019). The effect of firefighter personal protective equipment on static and dynamic balance. *Ergonomics*, 62(9), 1193–1201. <https://doi.org/10.1080/00140139.2019.1623422>
- Cowen, A. P., Nesti, M. S., & Cheetham, M. (2014). The Psychology of Dynamic Balance and Peak Performance in Sport: Correction Theory. *Quest*, 66(4), 421–432. <https://doi.org/10.1080/00336297.2014.936620>
- Cox, Ri. H. (2011). Sport Psychology Concepts and Applications (Second Edition). In *Journal of Sport and Exercise Psychology* (Vol. 14, Issue 2). Mc Graw Hill. <https://doi.org/10.1123/jsep.14.2.222>

- DeMet, T., & Wahl-Alexander, Z. (2019). Integrating Skill-Related Components of Fitness into Physical Education. *Strategies*, 32(5), 10–17.
<https://doi.org/10.1080/08924562.2019.1637315>
- Ervilha, U. F., Fernandes, F. de M., Souza, C. C. de, & Hamill, J. (2020). Reaction time and muscle activation patterns in elite and novice athletes performing a taekwondo kick. *Sports Biomechanics*, 19(5), 665–677.
<https://doi.org/10.1080/14763141.2018.1515244>
- Fusion, S. (2019). *About Fusion Sport*. <https://www.fusionsport.com/about/>
- Gürkan, A. C. (2016). Comparison of right- and left-leg balance points in female volleyball players and sedentary controls. *Anthropologist*, 24(3), 746–750.
<https://doi.org/10.1080/09720073.2016.11892071>
- Hajir, A. (2019). PENGARUH KELENTUKAN, KEKUATAN DAN KESEIMBANGAN TERHADAP KEMAMPUAN TENDANGAN LURUS KEDEPAN ATLET PENCAK SILAT KOTA PALOPO. *Universitas Negeri Makasar*.
- Hakam, M., Sudarno, & Hoyyi, A. (2015). Analisis Jalur Terhadap Faktor-Faktor Yang Mempengaruhi Indeks Prestasi Kumulatif (Ipk) Mahasiswa Statistika Undip. *Jurnal Gaussian*, 4(1), 61–70.
- Hanief, Y. N., & Purnomo, A. M. I. (2019). Petanque: Apa saja faktor fisik penentu prestasinya? *Jurnal Keolahragaan*, 7(2), 116–125.
<https://doi.org/10.21831/jk.v7i2.26619>
- Hidayat, A. (2018). Pengaruh Daya Ledak Tungkai, Koordinasi Mata, Kaki dan Keseimbangan Terhadap Kemampuan Shooting Ke Gawang Pada Permainan Sepakbola Siswa SMA Negeri 14 Sinjai. *Program Pascasarjana Universitas Negeri Makassar*, 1–14.
- Hill, S. (2012). *Roundhouse Kick Basic Steps*. Holden Maine 04429.
<http://www.martialyou.com/forms/Roundhouse-Kick-Guide-Poster-8192x5689.jpg>
- Hrysomallis, C. (2011). Balance ability and athletic performance. *Sports Medicine*, 41(3), 221–232. <https://doi.org/10.2165/11538560-000000000-00000>
- Humaedi, & Andi Sultan Brilin, S. E. . (2017). Sumbangan Kelincahan dan Keseimbangan Dinamis terhadap Kemampuan Menggiring Bola dalam Permainan Futsal pada Mahasiswa PJKR. *Tadulako Jurnal Sport Sciences and Physical Education*, 6(1), 81–94.
- Ihsan, N. (2018). Sumbangan Konsentrasi terhadap Kecepatan Tendangan Pencak Silat. *Sumbangan Konsentrasi Terhadap Kecepatan Tendangan Pencak Silat*, 8(1), 1–6. <https://doi.org/10.15294/miki.v8i1.11873>
- Irawan, F. A., Permana, D. F. W., Akromawati, H. R., & Yang-tian, H. (2019). Biomechanical Analysis of Concentration and Coordination on The Accuracy in Petanque Shooting. *Journal of Physical Education, Sport, Health and Recreations*, 8(2), 96–100.
- Iskandar, F. A., & Rismayadi, A. (2019). Jurnal Kepelatihan Olahraga , Universitas Pendidikan Indonesia Penerapan Latihan Media Bosu Ball terhadap Peningkatan Keseimbangan Atlet Bolabasket. *Jurnal Kepelatihan Olahraga*, 11 (1), 51–58.
- Iswoyo, T., & Junaidi, S. (2015). Sumbangan Keseimbangan, Koordinasi Mata Tangan Dan Power Lengan Terhadap Ketepatan Pukulan Boast Dalam

- Permainan Squash. *JSSF (Journal of Sport Science and Fitness)*, 4(2), 43–48.
- Jäger, T., Kiefer, J., Werner, I., & Federolf, P. A. (2017). Could Slackline Training Complement the FIFA 11+ Programme Regarding Training of Neuromuscular Control? *European Journal of Sport Science*, 17(8), 1021–1028. <https://doi.org/10.1080/17461391.2017.1347204>
- Jannah, M. (2017). Kecemasan dan Konsentrasi Pada Atlet Panahan. *Jurnal Psikologi Teori Dan Terapan*, 8(1), 53–60.
- JCalicuAustralia. (2014). *Taekwondo Kicks*. Taekwondo Uniforms Taekwondo Gear Australia Worldwide. <https://www.jcalicaustralia/photos/a.1442588435992039/1443743312543218/>
- Johnson, J. A. (2018). Taekwondo and peace: How a killing art became a soft diplomacy vehicle for peace. *International Journal of the History of Sport*, 35(15–16), 1637–1662. <https://doi.org/10.1080/09523367.2019.1618838>
- Johnson, J. A. (2020). Transcending Taekwondo Competition to Sustain Inter-Korean Sports Diplomacy. *International Journal of the History of Sport*, 0(0), 1–18. <https://doi.org/10.1080/09523367.2020.1826440>
- Karim, A., & Ikadarny, I. (2020). Kontribusi Koordinasi Mata Tangan, Kekuatan Otot Lengan dan Kelentukan Terhadap Kemampuan Passing Bawah Permainan Bola Voli SMA Negeri 14 Gowa. *Jendela Olahraga*, 6(1), 106–112. <https://doi.org/10.26877/jo.v6i1.6947>
- Kenta, M. F. (2020). HUBUNGAN KEKUATAN OTOT, DAYA TAHAN TUNGKAI, KOORDINASI, DENGAN KEMAMPUAN TENDANGAN SABIT PADA MAHASISWA FIK UNIMA. *BABASAL Sport Education Journal*, 1(1), 23–32.
- Komarudin. (2015). *Psikologi Olahraga Lartihan Keterampilan Mental dalam Olahraga Kompetitif* (Y. Hidayat (ed.); 1st ed.). Remaja Rosdakarya.
- Kristriawan, A., & Sukadiyanto, S. (2016). Pengaruh metode latihan dan koordinasi terhadap smash backcourt atlet bola voli yunior putra. *Jurnal Keolahragaan*, 4(2), 122. <https://doi.org/10.21831/jk.v4i2.10890>
- Link, N., & Chou, L. (2011). *Anatomy of Martial Arts*. ULYSSES PRESS.
- Lopes, M., Lopes, S., Patinha, T., Araújo, F., Rodrigues, M., Costa, R., Oliveira, J., & Ribeiro, F. (2019). Balance and proprioception responses to FIFA 11+ in amateur futsal players: Short and long-term effects. *Journal of Sports Sciences*, 37(20), 2300–2308. <https://doi.org/10.1080/02640414.2019.1628626>
- Ma, M. Y., & Wei, C. C. (2016). A comparative study of children's concentration performance on picture books: age, gender, and media forms. *Interactive Learning Environments*, 24(8), 1922–1937. <https://doi.org/10.1080/10494820.2015.1060505>
- Mansur, L. K. (2015). *EFEKTIVITAS TENDANGAN YEOP CHAGI TERHADAP PEROLEHAN NILAI PADA WORLD TAEKWONDO GRAN-PRIX FINAL TAHUN 2014 DI MEXICO*. Universitas Negeri Yogyakarta.
- McKeon, P. O., Ingersoll, C. D., Kerrigan, D. C., Saliba, E., Bennett, B. C., & Hertel, J. (2008). Balance training improves function and postural control in those with chronic ankle instability. *Medicine and Science in Sports and Exercise*, 40(10), 1810–1819.

- <https://doi.org/10.1249/MSS.0b013e31817e0f92>
- Monsma, E., Perreault, M., & Doan, R. (2017). Focus! Keys to Developing Concentration Skills in Open-skill Sports. *Journal of Physical Education, Recreation & Dance*, 88(7), 51–55.
<https://doi.org/10.1080/07303084.2017.1340207>
- Mylsidayu, A. (2015). *Psikologi Olahraga* (Suryani (ed.); 2nd ed.). Bumi Aksara.
- Nurhidayah, & Sukoco, P. (2015). Pengaruh Model Latihan Dan Koordinasi Terhadap Keterampilan Siswi Ekstrakurikuler Bola Basket Smrn I Bantul. *Jurnal Keolahragaan*, 3(1), 66–78. <https://doi.org/10.21831/jk.v3i1.4970>
- Nurjaya, R. N. (2012). PEMBINAAN ATLET JANGKA PANJANG CABOR ROWING LTAD (Long-Term Athlete Depelovment). *PEMBINAAN ATLET JANGKA PANJANG CABOR ROWING LTAD*, 4(2), 108–123.
- Nusufi, M. (2016). Melatih Konsentrasi Dalam Olahraga. *Ilmu Keolahragaan*, 15, 54–61. <https://doi.org/10.24114/jik.v15i2.6139>
- Oliver, A., McCarthy, P. J., & Burns, L. (2020). Teaching Athletes to Understand Their Attention Is Teaching Them to Concentrate. *Journal of Sport Psychology in Action*, 0(0), 1–15.
<https://doi.org/10.1080/21520704.2020.1838980>
- Ouergui, I., Hssin, N., Franchini, E., Gmada, N., & Bouhlel, E. (2013). Technical and tactical analysis of high level kickboxing matches. *International Journal of Performance Analysis in Sport*, 13(2), 294–309.
<https://doi.org/10.1080/24748668.2013.11868649>
- Park, C., & Kim, T. Y. (2016). Historical views on the origins of Korea's Taekwondo. *International Journal of the History of Sport*, 33(9), 978–989.
<https://doi.org/10.1080/09523367.2016.1233867>
- Pérez-Gutiérrez, M., Valdes-Badilla, P., Gómez-Alonso, M. T., & Gutiérrez-García, C. (2015). Bibliometric analysis of taekwondo articles published in the web of science (1989-2013). *Ido Movement for Culture*, 15(3), 27–34.
<https://doi.org/10.14589/ido.15.3.4>
- Petri, K., Bandow, N., Salb, S., & Witte, K. (2019). The influence of facial expressions on attack recognition and response behaviour in karate kumite. *European Journal of Sport Science*, 19(4), 529–538.
<https://doi.org/10.1080/17461391.2018.1536170>
- Rachmahani, W. (2016). Efektivitas Tendangan Checking Yeop Chagi , Dollyo Chagi Dan Idan Dollyo Chagi Dalam Membuka Serangan Di Upi Challenge National Taekwondo Championship Tahun 2016 Effectiveness of Checking Yeop Chagi , Dollyo Chagi and Idan Dollyo Chagi in Opening the Atta. In *Pendidikan Jasmani Kesehatan dan Rekreasi: Vol. VI* (Issue 4). Universitas Negeri Yogyakarta.
- Radwan, S. G. (2014). The impact of development of the special coordination abilities on the general skill ability for table tennis juniors under 12 years old. *International Journal of Science Culture and Sport*, 2(4), 30–30.
<https://doi.org/10.14486/ijscs71>
- Rasyono. (2016). Ekstrakurikuler Sebagai Dasar Pembinaan Olahraga Pelajar. *Journal of Physical Education Health and Sport*, 3(1), 44–49.
<https://doi.org/10.15294/jpehs.v3i1.6501>
- Rizal, doni. (2016). PEMBINAAN ATLET USIA MUDA. *Jurnal Performa Olahraga*, 1(02 SE-Articles). <https://doi.org/10.24036/jpo85019>

- Rosita, T., Hernawan, H., & Fachrezzy, F. (2019). Pengaruh Keseimbangan, Kekuatan Otot Tungkai, dan Koordinasi terhadap Ketepatan Shooting Futsal. *Jurnal Terapan Ilmu Keolahragaan*, 4(2), 117–126.
<https://doi.org/10.17509/jtikor.v4i2.18991>
- Sari, R. M., Valentin, R. G., & Samosir, A. (2017). Upaya Meningkatkan Konsentrasi Melalui Latihan Relaksasi Atlet Senam Ritmik Sumut. *Sains Olahraga : Jurnal Ilmiah Ilmu Keolahragaan*, 1(1), 52–63.
<https://doi.org/10.24114/so.v1i1.6132>
- Shim, A., Harr, B., & Waller, M. (2018). Does a Relationship Exist Between Lower Body Power and Balance Scores Among Older Adults? *The Permanente Journal*, 22, 1–4. <https://doi.org/10.7812/TPP/17-096>
- Shim, A., & Rose-Woodward, J. (2019). Dynamic Balance Drills to Promote Skill Acquisition and Prevent Injuries in Children. *Strategies*, 32(3), 3–11.
<https://doi.org/10.1080/08924562.2019.1585703>
- Simpson, J. D., Miller, B. L., O’Neal, E. K., Chander, H., & Knight, A. C. (2018). External load training does not alter balance performance in well-trained women. *Sports Biomechanics*, 17(3), 336–349.
<https://doi.org/10.1080/14763141.2017.1341546>
- Söögüt, M. (2016). Gross motor coordination in junior tennis players. *Journal of Sports Sciences*, 34(22), 2149–2152.
<https://doi.org/10.1080/02640414.2016.1211311>
- Stoica, M. (2014). The Influence of Modern Means on the Coordination Component in Junior 1 Soccer Players. *Procedia - Social and Behavioral Sciences*, 117, 442–446. <https://doi.org/10.1016/j.sbspro.2014.02.242>
- Sugiono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. ALFABETA.
- Supriadi, A. (2015). HUBUNGAN KOORDINASI MATA-KAKI TERHADAP KETERAMPILAN MENGGIIRNG BOLA PADA PERMAINAN SEPAKBOLA. *Jurnal Ilmu Keolahragaan*, 14(1), 10–17.
<https://doi.org/https://doi.org/10.24114/jik.v14i1.6097>
- Syakur, M. A., Badruzaman, , & Paramitha, S. T. (2017). Pengembangan Alat Bantu Latihan Pelontar Bola Futsal Berbasis Mikrokontroler Dengan Menggunakan Software Pemograman Arduino. *Jurnal Terapan Ilmu Keolahragaan*, 2(1), 29. <https://doi.org/10.17509/jtikor.v2i1.4963>
- TaekwondoCanada. (2008). Long-Term Athlete Development Taekwondo for Life. In *National Coaching Certification Program*. Taekwondo Canada.
- Tan, Y. L., & Krasilshchikov, O. (2015). Diversity of attacking actions in Malaysian junior and senior taekwondo players. *International Journal of Performance Analysis in Sport*, 15(3), 913–923.
<https://doi.org/10.1080/24748668.2015.11868840>
- Taufik, M. S. (2019). Hubungan Tingkat Konsentrasi Dengan Keterampilan Bermain Futsal Unit Kegiatan Mahasiswa Futsal Universitas Suryakancana. *Gladi : Jurnal Ilmu Keolahragaan*, 10(02), 68–78.
<https://doi.org/10.21009/gjik.102.01>
- Tirtawirya, D. (2011). Agility T Test Taekwondo. *Jurnal Olahraga Prestasi*, 7(7), 27–31. <https://doi.org/10.21831/jorpres.v7i7.10283>
- Watson, M. A., Black, O., & Crowson, M. (2016). The Human Balance System: A Complex Coordination of Central and Peripheral Systems. *Vestibular*

- Disorders Association*, 1–4.
- Wibowo, A. T., & Gupita, E. C. (2020). Karakteristik Psikologis Pemain Futsal Kabupaten Sleman dalam Ajang PORDA Yogyakarta Tahun 2019. *Program Studi Pendidikan Jasmani Dan Kesehatan*, 08(22).
<https://doi.org/https://doi.org/10.32682;bravos.v8i2.1505>
- Widiastuti. (2015). *TES DAN PENGURUKAN OLAHRAGA*. PT. RajaGrafindo Persada.
- Wojtaś, A., Unierzyski, P., & Hurnik, E. (2017). Fitness and skill performance characteristics of Polish female national taekwondo squad members. *International Journal of Performance Analysis in Sport*, 7(3), 1–8.
<https://doi.org/10.1080/24748668.2007.11868404>
- World Taekwondo. (2019). Competition rules 2019. In *Opera*.
- Yang, X., Zhao, X., Tian, X., & Xing, B. (2020). Effects of environment and posture on the concentration and achievement of students in mobile learning. *Interactive Learning Environments*, 0(0), 1–14.
<https://doi.org/10.1080/10494820.2019.1707692>
- Yoda, I. K. (2020). Peran Olahraga Dalam Membangun Sdm Unggul Di Era Revolusi Industri 4.0. *Jurnal IKA*, 18(1), 1–22.
- Zulkifli. (2015). Pengaruh Keseimbangan, Kelentukan Sendi Panggul dan Koordinasi Mata Kaki Terhadap Keterampilan Sepak Mula Atas Sepaktakraw. *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*, 14(2), 129–142.
<https://ppjp.ulm.ac.id/journal/index.php/multilateralpjkr/article/view/2476/2177>
- Zulman, Umar, A., & Atradinal. (2018). Keterampilan Sepak Sila Pemain Sepaktakraw Smp Negeri 2 Batang Anai. *Jurnal Menssana*, 3, 77–88.
<https://doi.org/10.24036/jm.v3i1.68>
- Zulvikar, J. (2016). Pengaruh Latihan Core Stability Statis (Plank dan Side Plank) dan Core Stability Dinamis (Side Lying Hip Abduction dan Oblique Crunch) Terhadap Keseimbangan. *Journal of Physical Education Health and Sport*, 3(2), 96–103. <https://doi.org/10.15294/jpehs.v3i2.6550>