

DAFTAR PUSTAKA

- Abdurrojak, H., & Imanudin, I. (2016). Hubungan Antara Reaction Time Dan Kekuatan Maksimal Otot Lengan Dengan Kecepatan Pukulan Pada Cabang Olahraga Tinju. *Jurnal Terapan Ilmu Keolahragaan*. <https://doi.org/10.17509/jtikor.v1i2.2681>
- Abdimas Julio Virsa. (2016). Analisis Pukulan Hook Terhadap Perolehan Poin Tim Tinju Universitas Negeri Jakarta (UNJ) pada Kejuaraan Tinju Amatir Fakultas Ekonomi Universitas Indonesia (FEUI) Cup Tahun 2016. Repository UNJ.
- Achmadi, H., Suharno, & Suryani, N. (2014). Penerapan Model Assure Dengan Menggunakan Media Power Point Dalam Pembelajaran Bahasa Inggris Sebagai Usaha Peningkatan Motivasi Dan Prestasi Belajar Siswa Kelas X MAN Sukoharjo Tahun Pelajaran 2012/2013. *Jurnal Teknologi Pendidikan Dan Pembelajaran*.
- Aji, W. N. (2016). MODEL PEMBELAJARAN DICK AND CARREY DALAM PEMBELAJARAN BAHASA DAN SASTRA INDONESIA. *Kajian Linguistik Dan Sastra*. <https://doi.org/10.23917/cls.v1i2.3631>
- Allen, S. V., & Hopkins, W. G. (2015). Age of Peak Competitive Performance of Elite Athletes: A Systematic Review. In *Sports Medicine*. <https://doi.org/10.1007/s40279-015-0354-3>
- Amatori, S., Barley, O. R., Gobbi, E., Vergoni, D., Carraro, A., Baldari, C., Guidetti, L., Rocchi, M. B. L., Perroni, F., & Sisti, D. (2020). Factors influencing weight loss practices in Italian boxers: A cluster analysis. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph17238727>.
- Amarya S, Sigh K., Sabharwal M. (2018). *Aging Process and Physiological Changes*. in book: Gerontology; 1st Ed. Intech Open.
- Androulakis-Korakakis, P., Fisher, J. P., & Steele, J. (2020). The Minimum Effective Training Dose Required to Increase 1RM Strength in Resistance-Trained Men: A Systematic Review and Meta-Analysis. In *Sports Medicine*. <https://doi.org/10.1007/s40279-019-01236-0>.
- Ashker, S. E. (2011). Technical and tactical aspects that differentiate winning and losing performances in boxing. *International Journal of Performance Analysis*, 11, 356-364
- Ayu, G., Nina, A., Dewi, U., Putu, I. G., Adi, N. (2020). Korelasi Berat Badan dan Kekuatan Otot Tungkai Terhadap Kelincahan Tubuh Siswa. *Jurnal Kejaora : Jurnal Kesehatan Jasmani dan Olah Raga*. 5(April), 14–19. DOI: <https://doi.org/10.36526/kejaora.v5i1.838>.
- Balyi, I., Way, R., & Higgs, C. (2013). Long-Term Athlete Development. In *Long-Term Athlete Development*. <https://doi.org/10.5040/9781492596318>.

- Bentley, M. R. N., Mitchell, N., & Backhouse, S. H. (2020). Sports nutrition interventions: A systematic review of behavioural strategies used to promote dietary behaviour change in athletes. In *Appetite*. <https://doi.org/10.1016/j.appet.2020.104645>.
- Bingul, B. M., Bulgan, C., Tore, O., Bal, E., & Aydin, M. (2018). The Effects of Biomechanical Factors to Teach Different Hook Punch Techniques in Boxing and Education Strategies. *Journal of Education and Training Studies*. <https://doi.org/10.11114/jets.v6i3a.3153>.
- BIOS Instant Notes in Sport and Exercise Biomechanics. (2007). In *BIOS Instant Notes in Sport and Exercise Biomechanics*. <https://doi.org/10.4324/9780203488300>.
- Bisa, Maksimus. (2020). Original Article Bio Motoric Analysis , Degeneration Process , And Anxiety Of Professional Boxer For Maximum Peak Performance : A Literature Study. 6(June), 720–731. <https://doi.org/10.36678/ijmaes.2020.v06i02.001>
- Bisa, Maksimus., Sulaiman, I., Junaidi., Tangkudung, J., Dlis, F., (2021). Autogenic and Audiovisual-Self Training for the Biomotor Abilities of Professional Boxers During Covid-19: A Literature Study. *Solid State Technology Journal*. Volume: 64 Issue: 2.
- Bledsoe, G. H., Li, G., & Levy, F. (2005). Injury risk in professional boxing. *Southern Medical Journal*. <https://doi.org/10.1097/01.smj.0000182498.19288.e2>.
- British Indicators. (2011). *The Harpenden Skinfold Caliper Model: HSK-BI. CE 0120*.
- Bompa, T. O., & Carlo A. Buzzichelli. (2019). *Periodization Theory and Methodology of Training*. In *Human Kinetics*. <https://doi.org/10.1017/CBO9781107415324.004>
- Bompa Tudor and Buzzichelli Carlo. 2015. *Periodization Training for Sports*. Third Edition. United States of America: Human Kinetics.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training*. In *Champaign, Ill. : Human Kinetics*;
- Bompa, Tudor O. (1999). *Periodization Training for Sports. Program for Peak Strength in 35 Sports*. United States: Human Kinetics.
- Borg Walter R., and Gall Meredith D. (1983). *Educational Research: An Introduction*. Fourth Edition. New York & London: Longman Inc.
- Borg Walter R., and Gall Meredith D. (2007). *Educational Research: An Introduction*. Longman.
- Cesari, M., Penninx, B. W. J. H., Lauretani, F., Russo, C. R., Carter, C., Bandinelli, S., Ferrucci, L. (2004). Haemoglobin Levels and Skeletal Muscle : Results From the In Chianti Study, 59(3), 249–254.

- Cournoyer, J., & Hoshizaki, T. B. (2019). Head dynamic response and brain tissue deformation for boxing punches with and without loss of consciousness. *Clinical Biomechanics*. <https://doi.org/10.1016/j.clinbiomech.2019.05.003>
- Criswell Eleanor. (2011). *Cram's Introduction to Surface Electromyography*. Second Edition. Boston: Jones and Bartlett Publishers.
- Dartnall, T. J., Nordstrom, M. A., & Semmler, J. G. (2011). Adaptations in biceps brachii motor unit activity after repeated bouts of eccentric exercise in elbow flexor muscles. *Journal of Neurophysiology*, 105(3), 1225–1235. <https://doi.org/10.1152/jn.00854.2010>
- David Wolber, Hal Abelson, Ellen Spertus, & Liz Looney (2011) "App Inventor Create Your Own Android Apps" Published by O'Reilly Media, Inc., 1005 Gravenstein Highway North, Sebastopol, CA 95472.
- David Wolber, Hal Abelson, Ellen Spertus & Liz Looney, (2015), "App Inventor Create Your Own Android Apps", Published by O'Reilly Media, Inc., 1005 Gravenstein Highway North, Sebastopol, CA 95472.
- Delavier Frederic. 2020. *Strength Training Anatomy*. Your Illustrated Guide to Muscles at Work. Human Kinetics.
- Deming, N. J., Carr, K. W., Anna, J. L., Dupre, B. R., Smith, M. E., Dinenno, F. A., & Richards, J. C. (2020). Self-selected fluid volume and flavor strength does not alter fluid intake, body mass loss, or physiological strain during moderate-intensity exercise in the heat. *Journal of Thermal Biology*. <https://doi.org/10.1016/j.jtherbio.2020.102575>
- Dick, W and Carrey, L. (1985). *The Systematic Design Instruction*. Secon edition. Glenview. Illinois: Scott., Foreman and Company
- Dick Walter, Lou Carey dan James O. (2009). *The Systematic Design of Instruction*, Ohio: Pearson New Jersey Columbus
- Dinu, D., Millot, B., Slawinski, J., & Louis, J. (2020). *An Examination of the Biomechanics of the Cross, Hook and Uppercut between Two Elite Boxing Groups*. Proceedings. <https://doi.org/10.3390/proceedings2020049061>.
- Dlis, Firmansyah. (2020). *Motor Learning dalam Olahraga* (Bunga Rampai). *Motor Learning dalam Olahraga Tinju* (pp. 73-90). Cetakan Pertama. Jakarta: CV Nakomu.
- El-Oujaji, S., Provot, T., Bourgoin, M., & Dinu, D. (2019). Difference of stability between two elite boxing groups: a preliminary study. Computer Methods in Biomechanics and Biomedical Engineering. <https://doi.org/10.1080/10255842.2020.1714989>.
- Emral. (2013). Pengembangan Model Latihan Keterampilan Teknik Dasar Bermain Sepak Bola. Jakarta: Program Pascasarjana UNJ.
- Franco, C. M. C., Carneiro, M. A. S., de Sousa, J. F. R., Gomes, G. K., & Orsatti,

- F. L. (2019). Influence of High- and Low-Frequency Resistance Training on Lean Body Mass and Muscle Strength Gains in Untrained Men. *Journal of Strength and Conditioning Research*. <https://doi.org/10.1519/jsc.0000000000003145>
- Gems, Gerald R. (2014). *Boxing A Concise History of the Sweet Science*. New York: Rowman & Littlefield.
- Gladwell, M. (2008). *Outliers: the story of success*. New York: Little, Brown
- Gomes, G. K., Franco, C. M., Nunes, P. R. P., & Orsatti, F. L. (2019). High-Frequency Resistance Training Is Not More Effective Than Low-Frequency Resistance Training in Increasing Muscle Mass and Strength in Well-Trained Men. *Journal of Strength and Conditioning Research*. <https://doi.org/10.1519/JSC.0000000000002559>.
- Grimshaw, P., Cole, M., Burden, A., & Fowler, N. (2019). Instant Notes in Sport and Exercise Biomechanics. In *Instant Notes in Sport and Exercise Biomechanics*. <https://doi.org/10.4324/9781315636764>
- Grimshaw, P., Cole, M., Burden, A., Fowler, N., & Cole, M. (2019). Kicking. In *Instant Notes in Sport and Exercise Biomechanics*. <https://doi.org/10.4324/9781315636764-30>
- Grimshaw P. & Burden A. (2007). *Sport & Exercise Biomechanics*. New York : Taylor & Francis Group.
- Guyton AC, Hall JE. (2007). *Fisiologi Kedokteran*. (Terjemahan). Jakarta: Penerbit Buku Kedokteran EGC.
- Hake Richard, R. (2002). Relationship of Individual Student Normalized Learning Gains in Mechanics with Gender, High-School Physics, and Pretest Scores on Mathematics and Spatial Visualization. Tersedia pada <http://www.physics.indiana.edu/~hake>.
- Hammami, M. A., Ben Klifa, W., Ben Ayed, K., Mekni, R., Saeidi, A., Jan, J., & Zouhal, H. (2020). Physical performances and anthropometric characteristics of young elite North-African female soccer players compared with international standards. *Science and Sports*. <https://doi.org/10.1016/j.scispo.2019.06.005>.
- Hanafi. (2017). Konsep penelitian R & D dalam bidang pendidikan. *Saintifika Islamica: Jurnal Kajian Keislaman*.
- Harmon, K. G., Clugston, J. R., Dec, K., Hainline, B., Herring, S., Kane, S. F., Kontos, A. P., Leddy, J. J., McCrea, M., Poddar, S. K., Putukian, M., Wilson, J. C., & Roberts, W. O. (2019). American Medical Society for Sports Medicine position statement on concussion in sport. *British Journal of Sports Medicine*. <https://doi.org/10.1136/bjsports-2018-100338>.
- Harsono. (2017). *Periodesasi Program Pelatihan*. Cetakan Kedua. Bandung: Remaja Rosdakarya.

- Hatmaker, Mark & Werner, Doug. (2004). *Boxing Mastery Advanced Technique, Tactics and Strategies from the Sweet Science*. San Diego, California: Tracks Publishing.
- Hegyi, A., Csala, D., Péter, A., Finni, T., & Cronin, N. J. (2019). High-density electromyography activity in various hamstring exercises. *Scandinavian Journal of Medicine and Science in Sports*. <https://doi.org/10.1111/sms.13303>.
- Hills, A. P. (2007). Children, Obesity and Exercise. In *Children, Obesity and Exercise*. <https://doi.org/10.4324/9780203945971>.
- Islami Mira Sheilla Nur. (2015). Gerak Refleks pada Olahraga Tinju.
- Itha Israr. (2017). Indonesia Kekurangan Tinju Amatir. Republika. Co.Id, Jakarta. Kamis 14 Desember 2017 15:41 WIB. dari <https://www.republika.co.id/berita/olahraga/arena-olahraga/17/12/14/p0y04q348indonesia-kekurangan-kejuaraan-tinjuamatir>.
- Jesunathadas, M., Marmon, A. R., Gibb, J. M., & Enoka, R. M. (2010). Recruitment and derecruitment characteristics of motor units in a hand muscle of young and old adults. *Journal of Applied Physiology*, 108(6), 1659–1667. <https://doi.org/10.1152/japplphysiol.00807.2009>.
- John-David Warren, Josh Adams, Harald Molle. (2011) “Arduino Robotics” Springer Science+Business Media, LLC., 233 Spring Street,6th Floor, New York, NY 10013
- Junaidi, J. (2018). Biomotor Ability Profile of Indonesian Male Rugby Athletes for Asian Games 2018. 12(Isphe), 67–71. <https://doi.org/10.2991/isphe-18.2018.15>
- Junaidi. (2020). *Fisiologi Olahraga. Respons dan Adaptasi Tubuh Terhadap Latihan*. Cetakan I. Bandung: ITB Press.
- Kasali, Rhenald. (2010). *Myelin: Mobilisasi Intangibles Menjadi Kekuatan Perubahan*. Jakarta: Gramedia Pustaka Utama.
- Kellmann, M., Bertollo, M., Bosquet, L., Brink, M., Coutts, A. J., Duffield, R., Erlacher, D., Halson, S. L., Hecksteden, A., Heidari, J., Wolfgang Kallus, K., Meeusen, R., Mujika, I., Robazza, C., Skorski, S., Venter, R., & Beckmann, J. (2018). Recovery and performance in sport: Consensus statement. *International Journal of Sports Physiology and Performance*. <https://doi.org/10.1123/ijsspp.2017-0759>.
- Kendall F, Peterson & McCreary. (1985). *Muscle Testing and Function*. Third Edition. London: Williams & Wilkins.
- Kisner, C., and Colby, L. A. (2012). *Therapeutic exercise: Foundations and techniques*. Sixth Edition. In F. A. Davis Company. <https://doi.org/10.1123/att.7.2.40>.
- Kons, R. L., Orssatto, L. B. R., & Detanico, D. (2020). Acute performance responses during repeated matches in combat sports: A systematic review.

- Journal of Science and Medicine in Sport*, 23(5), 512–518.
<https://doi.org/10.1016/j.jsams.2019.12.004>
- Kotarska, K., Nowak, L., Szark-Eckardt, M., & Nowak, M. (2019). Selected healthy behaviors and quality of life in people who practice combat sports and martial arts. *International Journal of Environmental Research and Public Health*.
<https://doi.org/10.3390/ijerph16050875>.
- Lachica, Alan & Werner, Doug. (2007). *Boxing's Ten Commandments Essential Training for the Sweet Science*. San Diego, California: Tracks Publishing.
- Lahinda, J., Wasa, C., & Riyanto, P. (2020). Pengaruh Program Latihan Peningkatan Daya Tahan Jantung Paru pada UKM Tinju. *Kinestetik*.
<https://doi.org/10.33369/jk.v4i1.10257>.
- Lee, H., Kim, K., Kim, B., Shin, J., Rajan, S., Wu, J., Chen, X., Brown, M. D., Lee, S., & Park, J. Y. (2018). A cellular mechanism of muscle memory facilitates mitochondrial remodelling following resistance training. *Journal of Physiology*. <https://doi.org/10.1111/JP275308>
- Levangie, P, and Norkin, C. (2011). *Joint Structure and Function: A Comprehensive Analysis*, ed. 5. Philadelphia: F.A Davis Company.
- Litvinenko, Y., & Nikitenko, A. (2018). The static dynamic stability of the athlete's body as the basis for effective motor activity in unexpected situations (based on the materials of hand-to-hand combat). *Science in Olympic Sport*.
https://doi.org/10.32652/olympic2018.2_7.
- Liușnea, Ștefan C. (2017). Considerations on the Role of Biomechanics in Performance Fighting Sports. *Annals of the University Dunarea de Jos of Galati: Fascicle XV: Physical Education & Sport Management*.
- Lorenz DS, Reiman MP, Walker JC (2010). Periodization: current review and suggested implementation for athletic rehabilitation. - Sports health.
https://openi.nlm.nih.gov/detailedresult?img=PMC3438871_10.1177_1941738110375910-f1&req=4
- Loosemore Michael, Charles F. Butler, Abdelhamid Khadri, David McDonagh. (2016). Use of Head Guards in AIBA Boxing Tournaments- A Cross-Sectional Observational Study. *Clinical Journal of Sport Medicine: Official Journal of the Canadian Academy of Sport Medicine* 27(1):1. DOI:[10.1097/JSM.0000000000000322](https://doi.org/10.1097/JSM.0000000000000322)
- Macgregor, L. J., & Hunter, A. M. (2018). High-threshold motor unit firing reflects force recovery following a bout of damaging eccentric exercise. *PLoS ONE*, 13(4), 1–17. <https://doi.org/10.1371/journal.pone.0195051>
- Magill, R. A., & Anderson, D. I. (2017). *Eleventh edition. Motor Learning and Control*.

- Mahendra Agus. (2017). http://file.upi.edu/Direktori/FPOK/JUR._PEND._OLAHRAGA/Modul_Perkembangan_%26_Belajar_Motorik_Agus_Mahendra/Modul_9_-Kontrol_Visual_dan_Motor_Program.pdf.
- Mahfud Imam & Fahrizqi Eko. (2020). Pengembangan Model Latihan Keterampilan Motorik Melalui Olahraga Tradisional untuk Siswa Sekolah Dasar, Sport Science and Educational Journal.
- Manullang Finon. (2019). Inilah Kelas dan Berat Badan Menurut Aturan Tinju Pro. Rondeaktual.com, Jakarta. <https://rondeaktual.com/2019/03/21/inilah-kelas-dan-berat-badan-menurut-aturan-tinju-pro/>
- McArdle WD, Katch FI, Katch VL. 2010. *Exercise Physiology: Energy, Nutrition, and Human Performance*. Philadelphia: Lea and Febiger.
- McCrory, P., Falvey, É., & Turner, M. (2014). Returning to the golden age of boxing. In *British Journal of Sports Medicine*. <https://doi.org/10.1136/bjsports-2012-091276>.
- Merlo, A., & Campanini, I. (2014). Technical Aspects of Surface Electromyography for Clinicians. *The Open Rehabilitation Journal*. <https://doi.org/10.2174/1874943701003010098>.
- Medicine and Science in Sports and Exercise, the official journal of the American College of Sports Medicine. (2015). Calories Burned During Exercise, Activities, Sports and Work. Retrieved from <https://www.nutristrategy.com/caloriesburned.htm>
- Michell, A. (2014). Understanding EMG. In *Understanding EMG*. <https://doi.org/10.1093/med/9780199595501.001.0001>
- Mizobuchi, Y., & Nagahiro, S. (2016). A Review of Sport-Related Head Injuries. *Korean Journal of Neurotrauma*. <https://doi.org/10.13004/kjnt.2016.12.1.1>.
- Mizrahi Joseph. (2011). *Advances In Applied Electromyography*. Croatia: Published by InTech.
- Morton, J. P., Robertson, C., Sutton, L., & MacLaren, D. P. M. (2010). Making the weight: A case study from professional boxing. *International Journal of Sport Nutrition and Exercise Metabolism*, 20(1), 80–85. <https://doi.org/10.1123/ijsnem.20.1.80>
- Munshi, S., Loh, M. K., Ferrara, N., DeJoseph, M. R., Ritger, A., Padival, M., Record, M. J., Urban, J. H., & Rosenkranz, J. A. (2020). Repeated stress induces a pro-inflammatory state, increases amygdala neuronal and microglial activation, and causes anxiety in adult male rats. *Brain, Behavior, and Immunity*. <https://doi.org/10.1016/j.bbi.2019.11.023>
- Muzakki, A., Zainiyati, H. S., Rahayu, D. C., & Khotimah, H. (2021). Desain Pembelajaran Model ASSURE Berbantuan Multimedia pada Mata Pelajaran Al-Qur'an Hadits. *Edukasi Islami: Jurnal Pendidikan Islam*. <https://doi.org/10.30868/ei.v10i01.1169>

- Nala GN. 2011. *Prinsip Pelatihan Fisik Olahraga*. Denpasar: Udayana University Press.
- Neha, Ajita, & Kaur, R. (2010). Comparison of selected physiological variables among different weight-category Indian elite male boxers. *British Journal of Sports Medicine*, 44(Suppl_1), i25–i25. <https://doi.org/10.1136/bjsm.2010.078725.83>
- Nikolaidis, P. T., Clemente, F. M., Busko, K., & Knechtle, B. (2017). Physiological responses to simulated boxing: The effect of sitting versus standing body position during breaks: A pilot study. *Asian Journal of Sports Medicine*. <https://doi.org/10.5812/asjsm.55434>
- Norkin Cynthia C and White Joice D. (2003). *Measurement of Joint Motion. A Guide to Goniometry*. Third Edition. Philadelphia: F.A Davis Company.
- Nurmansyah Rizki dan Apriadi Arief. (2020). Peralatan, Peraturan dan Sistem Skor Dalam Pertandingan Tinju Profesional. Rabu, 17 Juni 2020 | 11:42 WIB. <https://www.suara.com/sport/2020/06/17/114255/peralatan-peraturan-dan-sistem-skor-dalam-pertandingan-tinju-profesional?page=all>.
- Nurmansyah Rizky. (2020). Mau Jadi Petinju Profesional? Ini 3 Syarat yang Harus Dipenuhi. <https://www.suara.com/sport/2020/05/11/205008/mau-jadi-petinju-profesional-ini-3-syarat-yang-harus-dipenuhi?page=all>
- Ohuruogu, B., Jonathan, U. I., & Ikechukwu, U. J. (2016). Psychological Preparation for Peak Performance in Sports Competition. *Journal of Education and Practice*.
- Pascoe, M. A., Holmes, M. R., & Enoka, R. M. (2011). Discharge characteristics of biceps brachii motor units at recruitment when older adults sustained an isometric contraction. *Journal of Neurophysiology*. <https://doi.org/10.1152/jn.00841.2010>
- Peeling, P., Binnie, M. J., Goods, P. S. R., Sim, M., & Burke, L. M. (2018). Evidence-based supplements for the enhancement of athletic performance. In *International Journal of Sport Nutrition and Exercise Metabolism*. <https://doi.org/10.1123/ijsnem.2017-0343>
- Patterson, Floyd & Sugar. Bert R. (2007). *The International Boxing Hall of Fame's Basic Boxing Skills*. Chappaqua, New York: Bert Randolph Sugar.
- Pratama Bagusthira Evan. (2019). Lawan Cedera, Daud Yordan Juara Kelas Ringan Super IBA dan WBO. <https://www.inews.id/sport/all-sport/lawan-cedera-daud-yordan-juara-kelas-ringan-super-iba-dan-wbo>
- Putra, Nusa. (2012). *Research & Development*. Jakarta: PT Raja Grafindo Persada.
- Putra, N. (2011). *Research And Development. Penelitian Dan Pengembangan: Suatu Pengantar*. Raja Grafindo Persada.
- Putri, C. M., Rahayu, D., & Sidharta, B. (2016). HUBUNGAN ANTARA CEDERA KEPALA DAN TERJADINYA VERTIGO DI RUMAH SAKIT

MUHAMMADIYAH LAMONGAN. *Saintika Medika.*
<https://doi.org/10.22219/sm.v12i1.5261>

- Ramli. (2020). Pengaruh Latihan Bench Press Terhadap Kecepatan Pukulan Straight pada Cabang Olahraga Tinju *Competitor: Jurnal Pendidikan Kepelatihan Olahraga*. 12(2), 41–47.
- Ramadhan, D. (2018). Pengembangan Model Latihan Footwork Cabang Olahraga Bulutangkis. *Jurnal Ilmiah Sport Coaching And Education*.
- Ratten, V. (2020). Sport technology: A commentary. *Journal of High Technology Management Research*. <https://doi.org/10.1016/j.hitech.2020.100383>
- Reale, R., Burke, L. M., Cox, G. R., & Slater, G. (2020). Body composition of elite Olympic combat sport athletes. *European Journal of Sport Science*. <https://doi.org/10.1080/17461391.2019.1616826>.
- Reale, R., Slater, G., & Burke, L. M. (2018). Weight management practices of australian olympic combat sport athletes. *International Journal of Sports Physiology and Performance*. <https://doi.org/10.1123/ijsspp.2016-0553>.
- Riley ZA, Maerz A, Litsey J, Enoka RM. (2008). Motor unit recruitment in human biceps brachii during sustained voluntary contractions. *J Physiol* 586: 2183–2193.
- Ruddock, A. D., Wilson, D. C., Thompson, S. W., Hembrough, D., & Winter, E. M. (2016). Strength and Conditioning for Professional Boxing: Recommendations for Physical Preparation. *Strength and Conditioning Journal*. <https://doi.org/10.1519/SSC.0000000000000217>
- Rudroff, T., Pierpoint, L. A., & Enoka, R. M. (2021). *Load Type Influences Motor Unit Recruitment in Biceps Brachii During a Sustained Contraction*. 1725–1735. <https://doi.org/10.1152/jn.00382.2009>.
- Rusijono & Mustaji. (2008). *Penelitian Teknologi Pembelajaran*. Unesa University Press.
- Russo, G., & Ottoboni, G. (2019). The perceptual – Cognitive skills of combat sports athletes: A systematic review. *Psychology of Sport and Exercise*, 44(April), 60–78. <https://doi.org/10.1016/j.psychsport.2019.05.004>
- Salsa & Crew. 2022. https://www.google.com/search?q=ukuran+berat+sarung+tinju&tbm=isch&chips=q:ukuran+berat+sarung+tinju,online_chips:boxing+g+loves:-nqWqaS-Z2o%3D&client=firefox-b-d&hl=en-US&sa=X&ved=2ahUKEwjyp7W67bX2AhXyXmwGHdMeA-oQ4lYoAnoECAEQIQ&biw=1263&bih=587#imgrc=ame-pKmWevoGrM
- Santoso Singgih. (2017). *Statistik Multivariat dengan SPSS*. Jakarta : Penerbit PT Alex Media Komputindo.
- Schoenfeld, B. J., Peterson, M. D., Ogborn, D., Contreras, B., & Sonmez, G. T. (2015). Effects of low- vs. High-load resistance training on muscle strength

- and hypertrophy in well-trained men. *Journal of Strength and Conditioning Research.* <https://doi.org/10.1519/JSC.00000000000000958>.
- Schoenfeld, B. J., Pope, Z. K., Benik, F. M., Hester, G. M., Sellers, J., Noonan, J. L., Schnaiter, J. A., Bond-Williams, K. E., Carter, A. S., Ross, C. L., Just, B. L., Henselmans, M., & Krieger, J. W. (2016). Longer interset rest periods enhance muscle strength and hypertrophy in resistance-trained men. *Journal of Strength and Conditioning Research.* <https://doi.org/10.1519/JSC.00000000000001272>.
- Šiška, L., Brod'áni, J., Štefanovský, M., & Todorov, S. (2016). Basic reliability parameters of a boxing punch. *Journal of Physical Education and Sport.*
- Schmidt, R. A., Lee, T. D., Winstein, C. J., Wulf, G., & Zelaznik, H. (2019). *Motor Control and Learning: A Behavioral Emphasis. In Medicine & Science in Sports & Exercise.*
- Schmidt, Richard A. and Wristberg, Craig A. (2000). *Motor Learning and Performance: A Problem-Based Learning Approach.* Human Kinetics, Champaign, IL.
- Snijders, T., Aussieker, T., Holwerda, A., Parise, G., van Loon, L. J. C., & Verdijk, L. B. (2020). The concept of skeletal muscle memory: Evidence from animal and human studies. In *Acta Physiologica.* <https://doi.org/10.1111/apha.13465>.
- Sugiono. (2009). *Metodologi Penelitian Kualitatif Dan R&D.* Alfabeta.
- Swandana I Gusti Made Adi dan Sandi I Nengah. (2013). Pelatihan-A Lebih Baik daripada Pelatihan-B dalam Meningkatkan Kecepatan Pukulan Lurus Kiri-Kanan pada Siswa SMKN-5 Denpasar. *Sport and Fitness Journal.* Volume 1, No. 1 : 33 – 37, Juni 2013.
- Tamtomo D. Gunawan. (2016). Perubahan Anatomik Organ Tubuh pada Penuaan. 6 April 2016. https://search.gmx.com/web/result?q=Perubahan%20anatomik%20organ%20tubuh%20pada%20penuaan&page=1&src=p_jkld_ph&p_jkld&p_brw=ff&p_mkt=id&p_ts=301&p_w=y1w17&btabid=d5704fb5-301b-4906-9b50-a4f944bb94dd
- Tahir, A. M. (2019). Patofisiologi Kesadaran Menurun. *UMI Medical Journal.* <https://doi.org/10.33096/umj.v3i1.37>
- Tangkudung AP James. (2016). *Macam-macam Metodologi Penelitian. Uraian dan Contohnya.* Jakarta: Cetakan Pertama. Juni 2016. Penerbit Lensa Media Pustaka Indonesia.
- Tangkudung AP James. (2018). *Sport Psychometrics. Dasar-dasar dan Instrumen Sport Psikometri.* Cetakan Pertama. Jakarta: Penerbit PT Raja Grafindo Persada.

- Tangkudung, J. (2018). *Sport Psychometrics* (Vol. 1, Issues 978-602-425-590-9).
- Tangkudung, J. (2019). Sport psychometric through e-Learning: Offline, Edmodo, and mobile learning. *International Journal of Innovative Technology and Exploring Engineering*.
- Tangkudung, J., Haqiyah, A., Puspitorini, W., Tangkudung, A. W. A., & Riyadi, D. N. (2020). The effect of body mass index and haemoglobin on cardiorespiratory endurance. *International Journal of Innovation, Creativity and Change*.
- Tazegül, Ü., Küçük, V., Tuna, G., & Akgül, H. (2015). Continuous Anxiety Level of Some Individual Fight Athletes. *American Journal of Applied Psychology*. <https://doi.org/10.12691/ajap-3-1-5>
- Teja Ravi. (2021). at January 12, 2021. <https://www.electronicshub.org/arduino-nano-pinout>
- Thomas, D. T., Erdman, K. A., & Burke, L. M. (2016). Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *Journal of the Academy of Nutrition and Dietetics*. <https://doi.org/10.1016/j.jand.2015.12.006>
- Thomson Scott. (2020). Calories Burned while Boxing with a Heavy Bag. Retrieved from <https://www.livestrong.com/article/541231-calories-burned-while-boxing-with-a-heavy-bag/>
- Tong-Iam, R., Rachanavy, P., & Lawsirirat, C. (2017). Kinematic and kinetic analysis of throwing a straight punch: The role of trunk rotation in delivering a powerful straight punch. *Journal of Physical Education and Sport*. <https://doi.org/10.7752/jpes.2017.04287>
- Valentin, S., & Zsoldos, R. R. (2016). Surface electromyography in animal biomechanics: A systematic review. In *Journal of Electromyography and Kinesiology*. <https://doi.org/10.1016/j.jelekin.2015.12.005>.
- Valeeva, E. V., Ahmetov, I. I., & Rees, T. (2019). Psychogenetics and sport. In *Sports, Exercise, and Nutritional Genomics: Current Status and Future Directions*. Elsevier Inc. <https://doi.org/10.1016/B978-0-12-816193-7.00007-5>.
- Velleman nv, (2016). “*Bluetooth Hc-05 Transmission Module*” European Union Wahid, Muhammad Zainul at Sabtu, Oktober 27, 2018 <http://biofunlearning.blogspot.com/2018/10/mekanisme-kontraksi-otot.html>.
- Werner, Doug and Lachica Alan. (2000). *Fighting Fit: Boxing Workouts, Techniques and Sparring*. San Diego, California: Start-Up Sports / Tracks Publishing.
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. Jakarta: Rajagrafindo Persada.
- Zulfikar Zery. (2017). Gerak Dasar Fundamental. April 2017.

<http://zeryzullfikarafriana.blogspot.com/2017/04/pengertian-gerak-dasar-lokomotor-non.html>.

<https://www.makerguides.com/author/benne-de-bakker/> (Makerguides.com Force Sensing Resistor (FSR) with Arduino Tutorial).

