

DAFTAR PUSTAKA

- Abalos, C. S. (2020). Plan of psychological actions for anger control in taekwondo athletes. *International Research Journal of Management, IT and Social Sciences*.
<https://doi.org/10.21744/irjmis.v7n2.868>
- ADAM, A., Wardoyo, H., & Apriyanto, T. (2022). Pembuatan alat bantu latihan reaksi pada pencak silat kategori tanding. *Jurnal Ilmiah Sport Coaching and Education*, 6(1), 44–50.
- Arabacı, R., Çankaya, C., Çatıkkaş, F., & Şahin, S. (2011). Assessment body composition and leg reaction time of elite taekwondo athletes. *Sport Sciences*, 6(2), 139–147.
- ASSESSMENT BODY COMPOSITION AND LEG REACTION TIME OF ELITE TAEKWONDO ATHLETES. (2010). www.newwsa.com
- Avramov, D., & Grigorova, S. (2022). INVESTIGATION OF THE SPEED OF THE INDIVIDUAL MOVEMENT AND THE SPECIFIC MOTOR REACTION IN TAEKWONDO. *Proceeding Book Vol.1*, 127–132.
<https://doi.org/10.37393/ICASS2022/22>
- Balkó, Š., Borysiuk, Z., & Šimonek, J. (2016). The influence of different performance level of fencers on simple and choice reaction time. *Revista Brasileira de Cineantropometria & Desempenho Humano*, 18(4), 391–400.
- Billett, S. (2004). Workplace participatory practices: Conceptualising workplaces as learning environments. *Journal of Workplace Learning*, 16(6), 312–324.
- Bompa, T., & Buzzichelli, C. (2015). *Periodization training for sports*, 3e. Human kinetics.
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization-: theory and methodology of training*. Human kinetics.

- Borg, W. R., & Gall, M. D. (1984). Educational research: An introduction. *British Journal of Educational Studies*, 32(3).
- Cahyadi, R. A. H. (2019). Pengembangan bahan ajar berbasis ADDIE model. *Halaqa: Islamic Education Journal*, 3(1), 35–42.
- Chickering, A. W., & Gamson, Z. F. (1987). Seven principles for good practice in undergraduate education. *AAHE Bulletin*, 3, 7.
- Creswell, J. W. (2015). *Educational research: Planning, conducting, and evaluating quantitative and qualitative research*. Pearson.
- Creswell, J. W., & Poth, C. N. (2016). *Qualitative inquiry and research design: Choosing among five approaches*. Sage publications.
- Daulay, B. (2019). *DASAR DASAR LATIHAN DALAM KEPELATIHAN OLAHRAGA*. 3(5), 42–48.
- Duffield, R., Steinbacher, G., & Fairchild, T. J. (n.d.). *THE USE OF MIXED-METHOD, PART-BODY PRE-COOLING PROCEDURES FOR TEAM-SPORT ATHLETES TRAINING IN THE HEAT*. www.nsca-jscr.org
- Fachrezzy, F., Maslikah, U., Hermawan, I., Nugroho, H., Jariono, G., & Nurulfa, R. (2021). Kicking ability for the colgol yoep chagi taekwondo poomsae in terms of quality of physical condition, self-confidence, and comparison of leg muscle explosive power and core stability. *Journal of Physical Education and Sport*, 21, 2337–2342. <https://doi.org/10.7752/jpes.2021.s4313>
- Faris, L. A., Kusmaedi, N., Ugelta, S., Keolahragaan, H. R. I., Olahraga, P., & Kesehatan, D. (2022). THE EFFECT OF LIFE KINETIC TRAINING ON TABLE TENNIS FOREHAND STRIKE ACCURACY. *MEDIKORA*, 21(1), 71–79.
- Ford, P., De Ste Croix, M., Lloyd, R., Meyers, R., Moosavi, M., Oliver, J., Till, K., & Williams, C. (2011). The long-term athlete development model: Physiological evidence and application. *Journal of Sports Sciences*, 29(4), 389–402.

- Fraenkel, J., Wallen, N., & Hyun, H. (1993). *How to Design and Evaluate Research in Education 10th ed.* McGraw-Hill Education.
- Gordon, A. M., & Magill, R. (2016). Motor learning: application of principles to pediatric rehabilitation. *Campbell's Physical Therapy for Children Expert Consult-E-Book*, 78.
- Herdiman, D. C., Lubis, J., & Yusmawati, Y. (2022). Model Latihan Kelincahan Tendangan Sabit Pencak Silat Menggunakan Alat Bantu Ladder Drill. *Jurnal Speed (Sport, Physical Education, Empowerment)*, 5(2), 121–126.
- Ita, S. (n.d.-b). *THE INFLUENCE OF THE PRACTICE METHOD AND SPEED ON DWI CHAGI EXPLOSIVE POWER.*
- Kahfi, M. K., & Wijaya, F. (2020). Pengaruh Latihan Cone Drill Terhadap Kecepatan Futsal. *Jurnal Prestasi Olahraga*, 3(4), 24–29.
- Ki, J.-S., Jeong, D.-H., & Lee, H.-J. (2019a). Research on Impact Sensors for Developing the Electronic Body Protector of Taekwondo. *Journal of the Korea Academia-Industrial Cooperation Society*, 20(4), 648–655. <https://doi.org/10.5762/KAIS.2019.20.4.648>
- Kim, Y., Kim, J., Lee, J. M., Seo, D. C., & Jung, H. C. (2022). Intergenerational Taekwondo Program: A Narrative Review and Practical Intervention Proposal. In *International Journal of Environmental Research and Public Health* (Vol. 19, Issue 9). MDPI. <https://doi.org/10.3390/ijerph19095247>
- Komaini, A., & Febrioni Sukma, F. (n.d.). *Pengembangan Instrumen Tendangan Dollyo Chagi berbasis Sensor.*
- Kridasuwarso, B. (n.d.). *PENYUSUNAN MODEL TES KECEPATAN REAKSI MELALUI ABA-ABA START DAN LARI CEPAT SEJAUH 10-20 METER.* <https://kbbi.web.id/model>

- Kudri Sagala, A., & Darma Sitepu, I. (2022). Development of a Soccer Goalkeeper Reaction Speed Training Tool in Deli Serdang Regency. *Jurnal Pendidikan Jasmani (JPJ)*, 3(1).
- Kwon, D. Y. (2013). A Study on Taekwondo Training System using Hybrid Sensing Technique. *Journal of Korea Multimedia Society*, 16(12), 1439–1445. <https://doi.org/10.9717/kmms.2013.16.12.1439>
- Latihan, A. B., Ketepatan, R., Bagi, T., Kyorugi, A., Ferdiansyah, T. A., Yuwono Putro, T., & Isdaryani, F. (2022a). *Prosiding The 13th Industrial Research Workshop and National Seminar Bandung*.
- Márquez, J. J., López-Gullón, J. M., Menescardi, C., & Falcó, C. (2022). Comparison between the KPNP and Daedo Protection Scoring Systems through a Technical-Tactical Analysis of Elite Taekwondo Athletes. *Sustainability (Switzerland)*, 14(4). <https://doi.org/10.3390/su14042111>
- Mills, G. E. (2000). *Action research: A guide for the teacher researcher*. ERIC.
- Model Pengembangan Latihan Tendangan Taekwondo Unit Kegiatan Mahasiswa Universitas Jambi*. (n.d.-a).
- Molenda, M. (2003). The ADDIE model. *Encyclopedia of Educational Technology, ABC-CLIO*.
- Mustain, A. Z., Akbar, R., & Author, C. (2021). *Pengembangan Alat Ukur Kecepatan Reaksi Tendangan Dan Pukulan Berbasis Whole Body Reaction (WBR) Pada Atlet Pencak Silat* (Vol. 10, Issue 1). <https://ejournal.unibabwi.ac.id/index.php/sosioedukasi/index>
- Oga, O. M., Asnaldi, A., & Sasmitha, W. (n.d.-a). *Pengembangan Instrument Tes Dwi chagi Kyourugi Taekwondoin Dojang Balai Taekwondo Sarolangun*.
- Passerini, K., & Granger, M. J. (2000). A developmental model for distance learning using the Internet. *Computers & Education*, 34(1), 1–15.

Sujana Wahyuri, A., Nurmai, E., Studi Pendidikan Jasmani Kesehatan dan Rekreasi, P., Ilmu Keolahragaan, F., & Negeri Padang Jalan Hamka Air Tawar Barat, U. (2019). PENGARUH LATIHAN NAIK TURUN TANGGATERHADAP KEMAMPUAN TENDANGAN *DWI CHAGI* ATLET TAEKWONDO PEMUSATAN LATIHAN DAERAH SUMATERA BARAT. *Jurnal Menssana*, 4(1).

Penulis, K., Sebuah, :, Studi, D., Data, P., Analisis, C., Persiapan, S. D., Pengumpulan, N. E., Sadowski¹acd, D. J., Gierczuk¹bd, D., Miller²b̄īī, J., & Cieśliński¹cd, I. (n.d.). *Faktor-faktor keberhasilan dalam kompetisi taekwondo WTF elit*. www.archbudo.com

Profil Teknik Tendangan Yang Dominan Menghasilkan Poin Dalam Pertandingan Cabang Olahraga Taekwondo Menggunakan Protector Scoring System (PSS). (n.d.).

Purnama, A. K., Supriatna, E., Purnomo, E., Studi, P., Kepelatihan, P., Fkip, O., & Pontianak, U. (n.d.). *PENGEMBANGAN MODIFIKASI ALAT LATIHAN KECEPATAN REAKSI PENJAGA GAWANG BOLA TANGAN*.

Rarasti, A., & Heri, Z. (n.d.-a). PENGEMBANGAN ALAT BANTU LATIHAN SAMSAK BERBASIS TRAFFIC LIGHT TERHADAP KECEPATAN REAKSI TENDANGAN PADA ATLET TAEKWONDO. *Desember*, 3(6), 100–104.

Rohisfi, E., & Neviyarni, N. (2021). Analisis Belajar Keterampilan Motorik. *EDUKATIF: JURNAL ILMU PENDIDIKAN*, 3(1), 27–34. <https://doi.org/10.31004/edukatif.v3i1.196>

Sadowski, J., Gierczuk, D., Miller, J., & Cieśliński, I. (n.d.-a). *Success factors in elite WTF taekwondo competitors*. www.archbudo.com

Sahir, S. H. (2021). *Metodologi penelitian*. Penerbit KBM Indonesia.

Salampessy, G. J. W., Syaranmual, J., & Solissa, J. (n.d.). *Pengaruh Latihan Kecepatan Reaksi Terhadap Kecepatan Tendangan Mawashi Geri Pada Atlet Kumite Senior FORKI Maluku The Influence Of Reaction Speed Training On Mawashi Geri Kick In Senior Kumite Athletes FORKI Maluku*. <https://doi.org/10.30598/m>

- Sandra, A., Adi Pribadi, I., Prabowo dan, R., Dwi Endah Wulansari, O., Ilmu Komputer, J., Matematika dan Ilmu Pengetahuan Alam, F., Lampung Jalan Soemantri Brojonegoro No, U., Meneng, G., Lampung, B., & Lampung, P. (2023). *Rancang Bangun Aplikasi Teknik Dasar Taekwondo Menggunakan Animasi 3D Berbasis Android *1* (Vol. 4, Issue 2).
- Sant'Ana, J., Franchini, E., da Silva, V., & Diefenthaler, F. (2017). Effect of fatigue on reaction time, response time, performance time, and kick impact in taekwondo roundhouse kick. *Sports Biomechanics*, 16(2), 201–209. <https://doi.org/10.1080/14763141.2016.1217347>
- Schmidt, R. A., & Wrisberg, C. A. (2008). *Motor learning and performance: A situation-based learning approach*. Human kinetics.
- Setiawan, F. R., Arief, K. L. A., Suhardi, C. D. A., & Fua'din, A. (2023). Aktivitas Fisik dalam Olahraga Taekwondo. *Pubmedia Jurnal Pendidikan Olahraga*, 1(2), 11. <https://doi.org/10.47134/jpo.v1i2.231>
- Sinulingga, A., Kasih, I., & Natas Pasaribu, A. M. (2023). Development of sensory media-based reaction speed training forms. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 9(2), 247–259. https://doi.org/10.29407/js_unpgri.v9i2.18763
- Stafford, I. (2005). *Coaching for long-term athlete development: To improve participation and performance in sport*. Coachwise 1st4sport.
- Sukadiyanto & Muluk, D. (2011). Pengantar teori dan metodologi melatih fisik. Bandung: Lubuk Agung.
- Sulfa, M., Lubis, J., Rihatno, T., Widiastuti, W., Aprilo, I., & Arfanda, P. E. (2023). *The Concept Development of The Practice Model Speed Reaction of The Match Category in Pencak Silat* (pp. 199–208). https://doi.org/10.2991/978-94-6463-354-2_28
- Supriatna, E., & Purnomo, E. (n.d.-a). *PENGEMBANGAN MOFIFIKASI ALAT KECEPATAN TENDANGAN TAEKWONDO*.

- Susanty, Y., & Panjaitan, C. J. (2021). PENGARUH TEKNIK PEMBELAJARAN TIME TOKEN DAN SIKAP BAHASA TERHADAP KETERAMPILAN BERBICARA SISWA KELAS VIII SMPN 1 BATANG ANAI. In *Jurnal Serunai Bahasa Indonesia* (Vol. 18, Issue 1).
- Syafitri, A. W., Supatmo, Y., & Indraswari, D. A. (2017). Perbedaan waktu reaksi tangan antara cabang olahraga permainan dan bela diri. *Jurnal Kedokteran Diponegoro (Diponegoro Medical Journal)*, 6(2), 177–187.
- Tsania, T., Novembri Utomo, D., & Tinduh, D. (n.d.). *The Effect of 50m Sprint Training on Increasing Speed and Power of Dollyo Chagi Kicks in Taekwondo Athletes*.
- Widiastuti, N. P. K. (2022). *Instrument Penilaian Pembelajaran & Penelitian*.
- Yao, Y. (2023a). APPLICATION OF SPORTS BIOMECHANICS IN THE TECHNICAL ANALYSIS OF TAEKWONDO KICKING. *Revista Brasileira de Medicina Do Esporte*, 29. https://doi.org/10.1590/1517-8692202329012022_0379
- Yuliady, I., Saputra, H. D., Alfana, Y. D., & Sabitah, A. (2023). Pengaruh Model Pembelajaran Numbered Heads Together dan Motivasi Belajar Terhadap Hasil Belajar. *AEEJ: Journal of Automotive Engineering and Vocational Education*, 4(1), 29–38. <https://doi.org/10.24036/aej.v4i1.189>
- 해설경기규칙 및. (2023). *COMPETITION RULES & INTERPRETATION*.

Mencerdaskan dan
Memartabatkan Bangsa