

DAFTAR PUSTAKA

Bompa, T. O., & Buzzichelli, C. A. (2019a). Periodization: Theory and Methodology of Training. Dalam *Journal of Chemical Information and Modeling: Vol. 6 ed* (Nomor 6).

Bompa, T. O., & Buzzichelli, C. A. (2019b). *Periodization Theory and Methodology of Training Sixth Edition*.

Brymer, E., & Renshaw, I. (2010). An introduction to the constraints-led approach to learning in outdoor education.

Journal of Outdoor and Environmental Education, 14(2), 33–41.
<https://doi.org/10.1007/bf03400903>

Cohen, K. E., Morgan, P. J., Plotnikoff, R. C., Callister, R., & Lubans, D. R. (2014). Fundamental movement skills and physical activity among children living in low-income communities: A cross-sectional study. *International*

Journal of Behavioral Nutrition and Physical Activity, 11(1).
<https://doi.org/10.1186/1479-5868-11-49>

Davids, K., Araujo, D., Hristovski, R., & Passos, P. (2014). *Ecological dynamics and motor learning design in sport*.
<https://doi.org/10.13140/RG.2.1.2297.0089>

Davids Keith, Renshaw Ian, Greet J.P, & Salvendybergh. (2010). *Motor Learning in Practice A Constraints- Led Approach*. 1–241.

Fitts, P. M., & Posner, M. I. (1967). *Human Performance*. Brooks/Cole Publishing Company.

Gallahue, & David L. (2003). *Developmental physical education for all children*.

Gallahue, David L, John C. Ozmun, & Jackie D. (2012). *Understanding motor development : infants, children, adolescents, adults* .

Harjanto. (2008). *Perencanaan Pengajaran*.

Harsono. (2018). *Kepelatihan Olahraga: Teori dan Metodologi* (cetakan ke 3). PT Remaja Rosdakarya.

Herlina, H., Nulhadi, A., Burhan, Z., & Ashari, L. H. (2024). Pelatihan Cabang Olahraga Beladiri Pencak Silat Tentang Teknik Dasar Tendangan T Praya Tengah

Jurnal Pengabdian Kepada Masyarakat, 98–102.
<https://doi.org/10.61924/insanta.v2i3.29>

Kriswanto E.S. (2018). *Pencak Silat*. Pustaka Baru.

Lubis Johansyah. (2013). *Panduan Praktis Penyusunan Program Latihan*

Lubis Johansyah, & Hendro Wardoyo. (2013). *Pencak Silat Edisi ke 3*.

(PB IPSI). (2017). *Pedoman Dasar Pencak Silat*. PB IPSI.

PERSILAT/IPSI. (t.t.). *Peraturan Pertandingan Pencak Silat: Kategori Tanding dan Jurus*. Persatuan Pencak Silat Indonesia.

Riduwan. (2015). *Skala Pengukuran Variabel-Variabel Penelitian*. Alfabeta.

Sugihartini, N., & Yudiana, K. (2018). ADDIE Sebagai Model Pengembangan Media Instruksional Edukatif

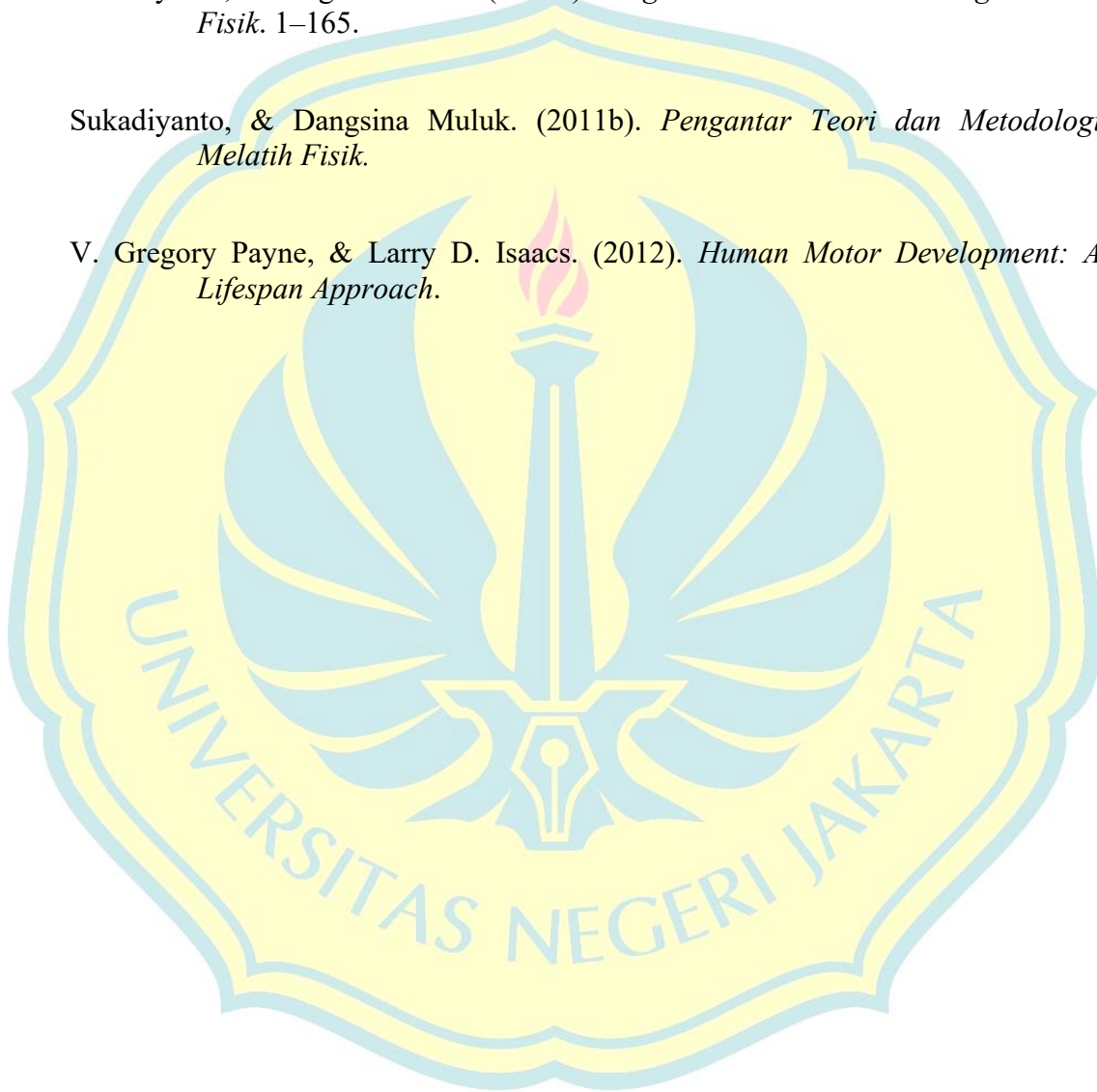
Jurnal Pendidikan Teknologi dan Kejuruan, 15(2), 277.
<https://ejournal.undiksha.ac.id/index.php/JPTK/issue/view/851>

Sugiyono. (2009). *Metode Penelitian Pendidikan pendekatan Kualitatif, Kuantitatif dan R&D*. 1–249.

Sukadiyanto, & Dangsina Muluk. (2011a). *Pengantar Teori dan Metodologi Melatih Fisik*. 1–165.

Sukadiyanto, & Dangsina Muluk. (2011b). *Pengantar Teori dan Metodologi Melatih Fisik*.

V. Gregory Payne, & Larry D. Isaacs. (2012). *Human Motor Development: A Lifespan Approach*.



Intelligentia - Dignitas