

## Arif Pengaruh Latihan Pliometrik Single Leg Bound terhadap Kecepatan Tendangan Lurus Depan Pencak Silat di Kabupaten Pemalang

<b>Title</b>	Arif Pengaruh Latihan Pliometrik Single Leg Bound terhadap Kecepatan Tendangan Lurus Depan Pencak Silat di Kabupaten Pemalang
<b>Author Order</b>	2 of 2
<b>Accreditation</b>	
<b>Abstract</b>	<p>The purpose of this study was to determine the effect of Single Leg Bound on the speed of the pencak silat front kick in Pemalang Regency. The method used was quantitative. The samples used were all pencak silat athletes in Pemalang Regency (total sampling) totaling 24 athletes. The instrument for the test used in this study used the instructions for the front kick speed skill test from Johansyah Lubis. The data analysis technique uses calculations through the help of SPSS using the paired sample test method with the provisions of the Sig value. (2-tailed) <math>&lt; 0.05</math> then <math>H_0</math> is rejected and <math>H_a</math> is accepted (there is an effect). And using t-test statistics (t-test) with a sign of 5% and <math>d.b = n-1</math>. Research Results To test this hypothesis, a significance level of 5% or 0.05 was used. The provisions of this hypothesis testing are that <math>H_0</math> is rejected and <math>H_a</math> is accepted if <math>T\text{-count} &gt; T\text{-table}</math>, on the other hand <math>H_0</math> is accepted and <math>H_a</math> is rejected if <math>T\text{-count} &lt; T\text{-table}</math>. Based on the results of the calculation analysis in this study, there was a change in the speed of the pencak silat front straight kick after performing single leg bound plyometric exercises on pencak silat athletes in Pemalang Regency, as evidenced by the results of calculations using the help of spss.21 showing the value of Sig. (2 tailed) that is <math>.000 &lt; 0.05</math> then <math>H_0</math> is rejected and <math>H_a</math> is accepted (there is/is an effect).</p>
<b>Publisher Name</b>	Universitas Negeri Semarang
<b>Publish Date</b>	2023-11-22
<b>Publish Year</b>	2023
<b>Doi</b>	DOI: 10.15294/inapes.v4i0.57794
<b>Citation</b>	
<b>Source</b>	Indonesian Journal for Physical Education and Sport
<b>Source Issue</b>	Vol 4 (2023): Edisi Khusus 1
<b>Source Page</b>	103-112
<b>Url</b>	<a href="https://journal.unnes.ac.id/sju/inapes/article/view/57794/26886">https://journal.unnes.ac.id/sju/inapes/article/view/57794/26886</a>
<b>Author</b>	Dr AGUS RAHARJO, S.H., M.Hum