

## Faktor Fleksibilitas, Panjang Tungkai, dan Kekuatan: Bagaimana Korelasinya dengan Performa Gyaku Tsuki?

<b>Title</b>	Faktor Fleksibilitas, Panjang Tungkai, dan Kekuatan: Bagaimana Korelasinya dengan Performa Gyaku Tsuki?
<b>Author Order</b>	3 of 6
<b>Accreditation</b>	
<b>Abstract</b>	This study aimed to investigate the relationship between leg length, waist flexibility, and arm muscle strength and Gyaku Tsuki's punch speed in karate martial arts. A total of 30 karateka (age = 16.4 $\bar{x}$ , $\bar{s}$ SD = 0.626) participated in the study. Leg length was measured using anthropometric methods, waist flexibility was measured by sit and reach tests, arm muscle strength was measured by push-up tests, and Gyaku Tsuki's punch speed was measured using Kinovea software. The results showed that leg length, waist flexibility, and arm muscle strength had a significant positive relationship with Gyaku Tsuki's punch speed ( $p = 0.000$ 0.005). This research can be the basis for further research in the field of kinematics and movement kinetics in the context of martial arts. $\bar{x}$ , $\bar{s}$
<b>Publisher Name</b>	Fakultas Pendidikan Olahraga dan Kesehatan, Universitas Pendidikan Indonesia
<b>Publish Date</b>	2024-03-01
<b>Publish Year</b>	2024
<b>Doi</b>	DOI: 10.17509/jko-upi.v16i1.66934
<b>Citation</b>	
<b>Source</b>	Jurnal Kepeleatihan Olahraga
<b>Source Issue</b>	Vol 16, No 1 (2024)
<b>Source Page</b>	48-56
<b>Url</b>	<a href="https://ejournal.upi.edu/index.php/JKO/article/view/66934/pdf">https://ejournal.upi.edu/index.php/JKO/article/view/66934/pdf</a>
<b>Author</b>	ARFIN DERI LISTIANDI, S.Pd, M.Pd