

The Effect of Drill Exercise Against Speed Kick of Mawashi Geri on Karateka Extracurricular at SMP Negeri 4 of Palembang

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Abstract---This study aims to determine the effect of drill exercise method against speed kick of mawashi geri karate Extracurricular's students at SMP negeri 4 Palembang. This research method using experiments. The results of the hypothesis show that the pre-test and data post-test speed of mawashi geri the results obtained tcount amounted to approximate 5.96 and ttable of 2.75 with a =0,05 (t count > t table) means that Ho is rejected and Ha accepted.

Keywords: *drill, mawashi geri kick*

I. INTRODUCTION

Sports is one means to socialize in society. Because with sports a variety of people from the top and bottom levels as well as can blend well. In accordance with the basic education in Indonesia, sports activities in schools function as a style, because it is a number or value of physical education, sports and health subjects have a decisive value for students to be able to graduate or graduate to a higher level. There are many types of sports that can be done, one of which is karate martial arts [1].

Karate is a modern martial sport that is rooted in traditional Japanese martial arts. Karate self-defense consists of kihon (basic), kata (stance), and kumite (sparring). Kihon is the basic motion of karate consisting of punches, kicks, and defending. The word is a series of movements performed by athletes with certain techniques that contain the value of harmony of martial arts. Kumite is a match that is carried out by two people using certain techniques and strategies that involve hitting, kicking and parrying.

Karate self-defense is one of the official sports that are competed starting from the regional, national and international levels. In each event the competition will be participated by several universities. Karate martial sport is a type of body contact martial arts sport, karate sports are more associated with high intensity when competing.

Kick is very dominant in this martial arts. Kick becomes very important because the points obtained are far greater than the punch. With proper and directed training, kicks will become a very powerful weapon to produce points from your opponent. In

addition it also requires the mastery of the distance and the right timing for kicks to be effective [2]. To practice the kick so that speed training is needed, one of which is drill practice. The form of drill practice is to do kicks using the target and given 10 seconds to do right and left foot kicks. Take as many kicks as possible in 10 seconds [3].

Based on observations made by researchers on karate extracurricular activities at SMP Negeri 4 Palembang, during the mawashi geri kick the participants often made mistakes, where during kick training, there were still many participants with slow kicks and wrong moves so that the mawashi geri kick did not hit the kick target. Through the observation of researchers at the time the participants did sparing, kicks that are too slow and the target direction is not right, causing losses in the form of loss of points. It can even get a counterattack from an opponent due to a slow kick.

To be able to perform good Mawashi Geri kicks it requires lower leg muscle strength. Drill training is a form of exercise that works to increase speed when doing Gawl Mawashi kicks.

II. METHODS

2.1 Research Methods

The experimental research method can be interpreted as a research method used to look for the effect of certain treatments on others under controlled conditions [4]. The method used in this study is true experimental design using pretest and posttest techniques that are useful for knowing the results of treatment given. This research is a one group research.

2.2 Treatment Plan

In this study there was one group that was deliberately given treatment. The type of treatment used is the drill training method which is to do the Gawai Mawashi kick as fast as possible within 10 seconds.

2.3 Data Collection Techniques

Data collection techniques are the most important step in research [5]. Because the purpose of

this study is to get data that meets the data set standards.

When on 'yes' the student takes the momtong dollyo chagi kick with an accomplice and returns to the starting position by touching the floor behind the line, then continues the right kick as quickly as possible and for 10 seconds is given 3 repetitions and the best time is taken [6].

2.4 Data Analysis Techniques

After the data is obtained and processed then tabulated using a data normality test.

III. RESULTS AND DISCUSSION

3.1 Pretest Kick Mawashi Geri

Pretest Mawashi Geri Kick before the treatment is done with the results obtained by students on this test with three attempts for 10 seconds with the lowest number of Mawashi Geri Kicks the lowest is 7 times. The biggest number of Gaw's Mawashi kicks is 15 times. The overall average level is 11.2 times.

3.2 Description Posttest Kick Mawashi Geri

Mawashi Geri kick post test after completion, while the results obtained by students on this test are Mawashi Geri kick with 3 attempts for 10 seconds with the lowest number of kicks that is 8 times. And the biggest kick in jumlah is 16 times. The overall average level is 12.9 times.

3.3 Discussion

The exercises are used to increase the speed of the Mawashi Geri kick with the drill training method. This research was conducted on karate extracurricular participants in SMPN 4 Palembang, amounting to 30 people. All samples pretested, then the results were ranked from the farthest to the closest. After that the sample was treated in the form of drill training for 4 weeks with a frequency of 3-4 times a week. After 4 weeks of practice, a final test (posttest) is conducted.

If t_{count} is smaller or equal to t_{table} ($t_{count} \leq t_{table}$), then H_0 is accepted and H_a is rejected. Vice versa, if t_{count} is greater or equal to t_{table} ($t_{count} \geq t_{table}$), then H_0 is rejected and H_a is accepted [7]. Thus it is said that the treatment given in the form of drill training affects the speed of the mawashi kick of

the karate extracurricular members of SMPN 4 Palembang.

Training is a systematic process of practicing or working that is done repeatedly, with more and more increasing the amount of training or workload [8]. Then the element of strength is an important element and needs to get special attention compared to the other elements, because muscle strength is the most important element in practicing movement skills.

IV. CONCLUSIONS

Based on the results of data analysis and discussions that have been conducted by researchers of Karate extracurricular participants in SMP Negeri 4 Palembang, about the effect of drill training on the speed of Gaw Mawashi kicks, with the results of the pretest and posttest, a t_{count} of 5.96 was obtained. This value when consulted with the value at table 2.75 is greater ($t_{count} > t_{table}$). Thus, it can be concluded that if $t_{count} > t_{table}$, drill practice affects the speed of the mawashi geri kick of karate extracurricular participants in SMP Negeri 4 Palembang.

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