

ABSTRACT

ENDAH MELIANA. 2023. *Contribution of leg muscle power and hip flexibility to the Siliwangi Taekwondo Ukm Taekwondo kick*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.

The ap hurigi kick is a basic taekwondo martial technique used as an attack or defense, this kick is also a kick that aims at the opponent's head and produces three points. In doing a good aphurigi kick there are several factors that influence it, one of which is leg muscle power and hip flexibility. The purpose of this study was to obtain information about leg muscle power and hip flexibility against ap hurigi kicks in taekwondo martial arts. This research method uses a quantitative descriptive method. The population in this study were 16 members of the Siliwangi University Taekwondo Student Activity Unit and the sample used was 12 people. The sampling technique uses purposive sampling. Based on the research results, data processing, data analysis, and statistical testing, it can be concluded empirically, 1) there is a significant contribution of leg muscle power to ap hurigi kick with a determinant coefficient value of 49%, 2) there is a significant contribution of hip flexibility to ap hurigi kick with a determinant coefficient value of 39.69%, 3) there is a joint significant contribution of leg muscle power and hip flexibility to ap hurigi kick at Taekwondo UKM Siliwangi University Tasikmalaya with a determinant coefficient value of 54.76% and the hypothesis results are accepted.

Keywords: *Taekwondo Martial Arts, Hip Flexibility, Leg Muscle Power, Ap Hurigi Kick*