

ABSTRACT

Rendi Kusumah Purnama, 2023, *The Influence of Training With Resistance Bands Against Speed of Crescent Kicks in the Sports of Martial arts.* Department of Physical Education, Faculty of Education, Siliwangi University, Tasikmalaya.

The purpose of this study was to obtain information about the effect of training with resistance bands on sickle kick speed in the sport of pencak silat. The research method used is a quantitative experimental method. The population is 40 athlete and uses the entire population as a research sample of 20 athlete. based on research results, data processing, data analysis, and hypothesis testing, it can be found that there is a significant effect in training using resistance bands on sickle kick speed in the sport of pencak silat.

Keyword : Martial arts, Resistance bands, Speed of Crescent