

## **ABSTRACT**

*NURKHOLIS. 2024. **The Effect of Training Using Kick Bars on Pencak Silat T Kick Skill Techniques.** Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

*This research aims to find out whether there is an effect of training with the Cross Kick tool on the T kick skills of extracurricular pencak silat members of SMPN 1 Sukaratu. The research method used in this research is the experimental method. The population of this study was twenty two members of the pencak silat extracurricular at SMPN 1 Sukaratu, and a sample of fifteen people. Based on the research results, data processing in this study used experimental methods, with data analysis in this study, researchers used statistical formulas from the book written by Narlan & Juniar (2018), and tested the hypothesis of the research data using the t test that the value of tcount was 3.62, so tcount is greater than ttabel and is outside the acceptance of the null hypothesis of 1.78, meaning that the research hypothesis is accepted or the null hypothesis is rejected. So there is a very significant influence of training with the Kick Bar on the speed of pencak silat T kicks*

**Keywords: Exercise, Kick Bar, Skills, T Kicks , Pencak Silat.**