

## ABSTRAK

GAIDA MAHDUM RUSLAN. 2024. **Kontribusi *Power* Otot Tungkai Dan *Fleksibilitas Tngkai* Terhadap Tendangan *Mawashi Geri* Pada Atlet Karate UKM Universitas Siliwangi.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi. Tasikmalaya

Tujuan dari penelitian ini adalah untuk mengetahui keberartian tentang kontribusi *power* otot tungkai dan *fleksibilitas* tungkai terhadap tendangan *mawashi geri* pada atlet karate UKM Universitas Siliwangi. Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif dengan pendekatan korelasional, kuantitatif yang dilakukan sebanyak 1 kali pertemuan. Populasi dalam penelitian ini sebanyak 30 orang dengan sampel dalam penelitian inisebanyak 12 orang atlet UKM Karate Univesitas Siliwangi dengan teknik *porpusive sampling*. Berdasarkan hasil penghitungan determinasi, bahwa *Power* otot tungkai memiliki kontribusi yang signifikan terhadap tendangan *mawashi geri* sebesar 37,21%, *fleksibilitas* tungksi memiliki kontribusi yang signifikan terhadap tendangan *mawashi geri* sebesar 56,25%, kontribusi keduanya yaitu *power* otot tungkai dan *fleksibilitas* tungkai terhadap tendangan *mawashi geri* sebesar 77,44%, sedangkan sisanya sebesar 22,56% merupakan faktor lain. Kesimpulannya adalah terdapat kontribusi yang berarti *power* otot tungkai dan *fleksibilitas* tungkai terhadap tendangan *mawashi geri* pada atlet karate UKM Universitas Siliwangi.

**Kata Kunci : Kontribusi, Power Otot Tungkai, Fleksibilitas Tungkai, Tendangan *Mawashi Geri***

## **ABSTRACT**

GAIDA MAHDUM RUSLAN. 2024. *Contribution of Leg Muscle Power and Leg Flexibility to the Mawashi Geri Kick in Siliwangi University UKM Karate Athletes*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya

*The aim of this research is to determine the significance of the contribution of leg muscle power and leg flexibility to mawashi geri kicks in Siliwangi University UKM karate athletes. The research method used in this research is a descriptive research method with a correlational, quantitative approach which was carried out in 1 meeting. The population in this study was 30 people with the sample in this study being 12 athletes at UKM Karate, Siliwangi University using a purposive sampling technique. Based on the results of determination calculations, leg muscle power has a significant contribution to the mawashi geri kick of 37.21%, leg flexibility has a significant contribution to the mawashi geri kick of 56.25%, the second contribution is leg muscle power and leg flexibility to the kick. Mawashi geri amounted to 77.44%, while the remaining 22.56% was due to other factors. The conclusion is that there is a significant contribution of leg muscle power and leg flexibility to mawashi geri kicks in Siliwangi University UKM karate athletes.*

**Keywords:** *Contribution, Leg Muscle Power, Leg Flexibility, Kick, Mawashi Geri*