

ABSTRAK

SALMA FATTIHATUL AZHAR. 2023. **KONTRIBUSI *POWER* OTOT TUNGKAI DAN *FLEKSIBILITAS* PANGGUL TERHADAP KECEPATAN TENDANGAN SABIT PENCAK SILAT.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian berlatar belakang atlet perguruan pencak silat sanca putih Kota Tasikmalaya , pada saat latihan kebanyakan atlet sering melakukan latihan tendangan terhadap pancingpad salah satunya tendangan sabit. Hal ini menunjukkan bahwa setiap bulannya mengalami peningkatan yang signifikan dalam segi teknik maupun fisik. Jika dilihat Ketika atlet melakukan *fight* di tempat latihan maupun di gelanggang pertandingan para atlet tersebut mampu dan percaya melakukan tendangan sabit dengan cepat, tepat dan keras, sehingga lawan tidak mampu untuk mengantisipasi serangan tendangan sabit, Adapun para atlet tersebut sudah mahir dalam melakukan tendangan sabit sehingga mempunyai *power* dan *fleksibilitas* yang baik. Tujuan penelitian ini yaitu untuk memperoleh informasi tentang kontribusi *power* otot tungkai dan *fleksibilitas* panggul terhadap kecepatan tendangan sabit. Metode penelitian yang digunakan adalah metode deskriptif. Teknik pengambilan sampel dalam penelitian ini menggunakan secara random atau acak , maka jumlah sampel dalam penelitian ini berjumlah 20orang atlet. Berdasarkan hasil penelitian diketahui bahwa 1). Terdapat kontribusi yang berarti antara *power* otot tungkai terhadap kecepatan tendangan sabit sebesar 62,41%. 2) terdapat kontribusi *fleksibilitas* panggul terhadap kecepatan tendangan sabit sebesar 30,25%. 3) terdapat kontribusi secara bersamaan antar *power* otot tungkai dan *fleksibilitas* panggul terhadap kecepatan tendangan sabit sebesar 64,0%.

Kata kunci: *fleksibilitas*, kecepatan tendangan sabit pencak silat, *power*

ABSTRACT

SALMA FATTIHATUL AZHAR. 2023. *THE CONTRIBUTION OF LEMB MUSCLE POWER AND PIP FLEXIBILITY TO THE SPEED OF PENCAK SILAT'S SILAT KICK.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The research has a background in white sanctuary martial arts college athletes in the City of Tasikmalaya, during training most athletes often practice kicks against the pacing pad, one of which is the sickle kick. This shows that every month there has been a significant increase in technical and physical terms. If you look at it, when athletes fight on the training ground or at the competition arena, these athletes are able and confident to do crescent kicks quickly, precisely and hard, so that their opponents are unable to anticipate sickle kick attacks. The athletes are already proficient in doing crescent kicks so has good power and flexibility. The purpose of this study was to obtain information about the contribution of leg muscle power and hip flexibility to sickle kick speed. The method used is descriptive method. The sampling technique in this study used random or random, so the number of samples in this study amounted to 20 athletes. Based on the research results it is known that 1). There is a significant contribution between leg muscle power and sickle kick speed of 62.41%. 2) there is a contribution of hip flexibility to sickle kick speed of 30.25%. 3) there is a simultaneous contribution between leg muscle power and hip flexibility to sickle kick speed of 64.0%.

Keywords: *flexibility, power, sickle kick speed pencak silat*