

ABSTRACT

WIDYA ARI PERMATA PUTRI. 2024. ***Comparison of Linear Distribution Practice Methods with Increasing on Mae Geri Kick Accuracy in Karate Sports.***
Department of Physical Education, Faculty of Teacher Training and Education,
Siliwangi University, Tasikmalaya

The study was conducted to see the difference in training results on the accuracy of Mae Geri's kicks from the two training methods between the linear distribution training method and the increasing distribution in the karate sport. The method used by the author is the experimental method and the sample determination was carried out using a purposive sampling technique of 20 people divided into two groups, each with 10 people in the linear distribution training method group and 10 people in the increasing distribution training method group. The data is normally distributed and homogeneous, the results of the hypothesis test of the difference in the increase in training results from the two test variables between the linear distribution training variable and the increasing distribution t_{count} is 3.11 is greater than t_{table} and is outside the acceptance of the t_{table} hypothesis of 2.10 so that it rejects the zero hypothesis and Accepts the research hypothesis, meaning that there is a significant difference in the increase in training results. Thus, the training group with increasing distribution is more effective and has better results compared to the linear distribution training group on increasing the accuracy of Mae Geri's kicks, members of BKC Dojo Banjarwangi.

Keywords : Learning Motavation, Physical Education