ABSTRAK

RIKI SEPTIAN. 2025 **Kontribusi *Power* Otot Tungkai Dan *Fleksibilitas* Panggul Terhadap Kecepatan Tendangan T Dalam Olahraga Pencak Silat.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi. Kota Tasikmalaya.

Penelitian berlatar belakang karena sebagian atlet khusus nya perguruan pencak silat perisai diri mengatakan bahwa pada saat melakukan tendangan T sering terjadi kaki menendang lambat menarik ke posisi awal maka tendangan tersebut sering tertangkap meskipun tidak selalu terbanting atau dijatuhkan oleh lawan nya, dan tendangan T nya sering kurang tepat sasaran, sehingga susah untuk mendapatkan nilai atau *poin*t. Tujuan penelitian ini adalah untuk memperoleh informasi tentang kontribusi *power* otot tungkai dan *fleksibilitas* panggul terhadap kecepatan tendangan T. Metode penelitian yang digunakan adalah metode deskriptif. Teknik pengambilan sampel dalam penelitian ini menggunakan *sampling* jenuh, maka jumlah sampel dalam penelitian ini berjumlah 20 orang atlet. Berdasarkan hasil penelitian diketahui bahwa 1) terdapat kontribusi yang berarti antara *power* otot tungkai terhadap kecepatan tendangan T sebesar 62,41%. 2) terdapat kontribusi *fleksibilitas* panggul terhadap kecepatan tendangan T sebesar 30,25% . 3) terdapat kontribusi secara bersamaan antara *power* otot tungkai dan *fleksibilitas* panggul terhadap kecepatan tendangan T sebesar 64,0% dengan perolehan F_{hitung}15,11 > F_{tabel} 3,59.

Kata Kunci: *Power* Otot Tungkai, *Fleksibilitas* Panggul, Kecepatan Tendangan T

ABSTRACT

RIKI SEPTIAN. 2025 ***Power Of Leg Muscle Contribution And Flexibilty Of Pelvis To Straight Kick Speed In Pencak Silat Sport. Department of Physical Education. Faculty of Teacher Training and Education, Siliwangi University. Tasikmalaya City***

This research is based on the fact that some athletes, especially those from the self-defense martial arts college, said that when doing a straight kick, the foot often kicks slowly and pulls it back to the starting position, so the kick is often caught even though it is not always slammed or dropped by the opponent, and his straight kicks are often not on target, making it difficult to get points or points. The purpose of this study was to obtain information about the contribution of leg muscle power and flexibility of pelvis to the speed of straight kicks. The research method used was a descriptive method. The sampling technique in this study used the sampling technique in this study using saturation sampling, then the number of samples in this study amounted to 20 athlet. Based on the research results, it is known that 1) there is a significant contribution between leg muscle power to straight kick speed of 62.41%. 2) there is a contribution flexibility of to the speed of straight kicks by 30.25%. 3) there is a concurrent contribution between leg muscle power and flexibility pelvis against straight kick speed of 64.0% with the acquisition of F_{coun} *15,11 >* F_{tabel} *3,59.*

Keyword: Power Of Leg Muscle, Flexibilty Of Pelvis and Straight Kick Speed