

ABSTRACT

Tammy Amelia Nurdiana. 2026. ***The Effect of Resistance Band Training on Increasing the Speed of Straight Kicks in Pencak Silat at the Tapak Sepuh Ligar Saputra Padepokan.*** Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study aimed to determine whether Resistance Band training has an effect on improving the speed of straight kicks in Pencak Silat athletes at the Tapak Sepuh Ligar Saputra Padepokan. The research employed an experimental method. The population of this study consisted of 18 members of the Tapak Sepuh Ligar Saputra Pencak Silat Padepokan, while the sample consisted of 10 participants selected using purposive sampling technique. The statistical analysis used in this study included the normality test, homogeneity test, and significance test. Based on the results of statistical calculations, the obtained t-value was 14.23, which was greater than the t-table value of 1.83 and was outside the acceptance region of the null hypothesis. This means that the research hypothesis was accepted and the null hypothesis was rejected. Therefore, it can be concluded that Resistance Band training has a significant effect on improving the speed of straight kicks in Pencak Silat.

Keywords: Speed, Resistance Band, Straight Kick, Pencak Silat.