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THE EFFECT OF YOKO GERI KEKOMI'S KICK ON BODY BALANCE IN NUMBER KARATE ATHLETES AT CLUB INKANAS DISTRICT. GARUT

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Abstract

Balance training when kicking is really needed in the Yoko Geri Kekomi kick for karate athletes. When kicking, athletes who lack body balance will experience falls, so training is needed to improve body balance so that the kick can be done well and does not fall when kicking. Many of the athletes at Club Inkanas Kab. Garut, who fell during training, kicked Yoko Geri Kekomi. The aim of this research was to determine the effect of Yoko Geri Kekomi's kick on body balance in kata numbers of karate athletes at the INKANAS Regency club. Garut. The method used in this research is experimental research. This research uses one type of experimental research, namely preexperimental design with a One Group Pretest-Posttest Design research design. The population that will be used in this research is a total of 60 kumite people using a purposive sampling technique with the sample criteria in this study being 15 athletes who are categorized as cadets and above. The instrument used is multiple single leg-hop with data analysis techniques of normality test, homogeneity test and t test. The results of the descriptive data showed that the pre-test average was 1.51 after being given Yoko Geri Kekomi treatment for 16 meetings, the post-test score was 2.48 so it was known that the increase was 0.97. Furthermore, based on the t-test, the calculated t-value was 21.52. The t-table value with df 14 at the 5% significance level is 0.691. Therefore t-count > t-table (21.52 > 0.691) and the significance value is smaller than 0.05 (0.00 < 0.05) so it can be stated that there is a significant increase in the balance score by being given kick training. Yoko Geri Kekomi for 16 meetings. So it can be concluded that there is a significant difference between before the treatment was given and after the treatment was given in improving the balance of karate athletes at the INKANAS Regency club. Garut.

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INTRODUCTION

When kicking, the skill of maintaining balance is also something that needs to be considered. Movement balance is an inseparable part of basic movement abilities and is a component in influencing an athlete's success in mastering techniques in martial arts sports (Darmayadi, 2021). Balance is the ability to maintain the correct posture and body position when standing (static balance) or when making movements (dynamic balance) (Arif et al., 2019). Based on the opinion above, it can be concluded that body balance has an important role in kicking movements, because balance determines whether a kick is good or not. If the balance is good, the kick will not wobble or fall.

In line with the opinion above, there are two types of balance, namely balance when standing still and balance when moving. Combat sports have popularity in the world of sports today (Herdiansyah et al., 2022). Meanwhile, kicks have two classifications, namely static balance and dynamic balance. Static balance is a person's ability to move on a narrow base, for example when an athlete stands on a balance beam, stands on a train track, does a handstand, to maintain balance when rotating several turns in the standing position. Dynamic balance is a person's ability to move from one point to another or from space to another by maintaining balance, for example dancing, exercising on a stance or parallel bars, water skiing, skating, roller skating and others (Arif et al., 2019).

Balance training when kicking is very much needed in Yoko Geri Kekomi kicks for athletes. Because kicking will make the body wobble because the legs become a support or support for the body so that it remains balanced when kicking. When kicking, athletes who lack body balance will experience falls, so training is needed to improve body balance so that the kick can be done well and does not fall when kicking.

Many of the athletes at Club Inkanas Kab. Garut, who fell while practicing the Yoko Geri Kekomi kick, became an interest for researchers in conducting research.

This research was carried out with the aim of finding out the effect of Yoko Geri Kekomi's kick on body balance in athlete numbers at the INKANAS District club. Garut.

METHODS

The method used in this research is experimental research, with a type of experimental research, namely preexperimental design with a One Group Pretest-Posttest Design research design.

The population in this study were athletes at Club INKANAS Kab. Garut with a total of 60 people, using a purposive sampling technique, a sample of 15 people was obtained with the criteria for athletes who were included in the words cadet and above. This research uses a Multiple Single Leg Hop test instrument with 10 posts, then the data obtained from the pretest and posttest results are converted into a predetermined norm table.

After the data was obtained, the data was processed using SPSS version 20 by testing the normality test, homogeneity test and hypothesis testing with the t test.

FINDINGS AND DISCUSSION

Findings

This research aims to determine the effect of yoko geri kekomi on body balance in the kata number of karate athletes at Club INKANAS Kab. Garut. The data in this research are the results of the Multiple Single Leg Hop test with 10 posts. The analysis results are explained as follows:

Based on the results of descriptive calculations and diagrams, it shows that the balance for 2022/2023 at the pretest had an average of 1.51 and increased at the posttest by 2.48. This means that students' physical fitness

increased after being given game-based physical activity training for 16 meetings.

Tabel 1. Hasil Uji Normalitas

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PRETEST	,344	150	,000	,636	150	,000
POSTTEST	,338	150	,000	,664	150	,000

Tabel 2. Hasil Uji Homogenitas

Test of Homogeneity of Variance					
		Levene Statistic	df1	df2	Sig.
PREPOST	Based on Mean	,847	1	298	,358
	Based on Median	,000	1	298	1,000
	Based on Median and with adjusted df	,000	1	298,000	1,000
	Based on trimmed mean	,902	1	298	,343

Tabel 3. Hasil Uji T

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRETEST - POSTTEST	-9,733	1,751	,452	-10,703	-8,764	-21,527	14	,000

From the results of table 1 above, it can be seen that the pretest and posttest data have a p value (Sig.) < 0.05, so the pretest and posttest data are not normally distributed. And from table 2 above you can see the pretest-posttest sig value. $p > 0.05$ so the data is homogeneous.

And based on the results from table 3 in the research above, after going through data analysis using the t-test: Paired sample test, it is known that the significance obtained is 0.000, because the significance is <0.05 then H0 is rejected and H1 is accepted, so there is a significant relationship between Yoko Geri

Kekomi's kick and improving balance in athletes at the INKANAS club, Kab. Garut.

Discussion

Balance training when kicking is very much needed in Yoko Geri Kekomi kicks for athletes. Because kicking will make the body wobble because the legs become a support or support for the body so that it remains balanced when kicking. When kicking, athletes who lack body balance will experience falls, so training is

needed to improve body balance so that the kick can be done well and does not fall when kicking. Many of the athletes at Club Inkanas Kab. Garut, who fell while practicing the Yoko Geri Kekomi kick, became an interest for researchers in conducting research.

This research was conducted because child athletes who lack body balance will experience falls, so training is needed to improve body balance so that kicks can be executed well and do not experience falls when kicking. Implementation of the Multiple Sigle Leg Hop at the start of the research was to determine the level of balance. When the athlete's balance condition is poor, the yoko geri kekomi kick exercise is expected to be one of the steps to improve the athlete's balance. After being given the yoko geri kekomi kick treatment, you will be given the same Multiple Sigle Leg Hop test. After the second Multiple Sigle Leg Hop test was carried out, the data from the first and second tests were compared, so that it could be seen whether there was any influence between before giving yoko geri kekomi and before giving yoko geri kekomi on the balance of karate athletes at the INKANAS Regency club. Garut.

Based on the results of the description data, it is known that the pre-test average was 1.51 after being given Yoko Geri Kekomi treatment for 16 meetings, the post-test score was 2.48 so it was known that the increase was 0.97. Furthermore, based on the t-test, the calculated t-value was 21.52. The t-table value with df 14 at the 5% significance level is 0.691. Therefore $t\text{-count} > t\text{-table}$ ($21.52 > 0.691$) and the significance value is smaller than 0.05 ($0.00 < 0.05$) so it can be stated that there is a significant increase in the balance score by being given kick training. Yoko Geri Kekomi for 16 meetings.

These results are supported by the opinion that kick training can improve a person's balance (Arisandi et al., 2023). Other research suggests that based on the results of the Yoko Geri Kekomi kick test after being treated (treatment), there is an influence on students' balance (Inzhutov et al., 2019). So from the description of the opinion

above it can be concluded that balance can be improved using kick training, especially the Yoko Geri Kekomi kick.

Based on the analysis above, it has been proven that there is a significant difference between before the treatment was given and after the treatment was given in improving the balance of karate athletes at the INKANAS District club. Garut. The thing that causes Yoko Geri Kekomi's kicks to affect balance more is because according to the characteristics of balance itself, balance can be influenced by kicks with moderate intensity. So it can be concluded that Yoko Geri Kekomi can influence the balance of karate athletes at the INKANAS Regency club. Garut so that athletes can make kicks more effective so they don't fall with moderate impact intensity. Yoko geri kekomi which is carried out by athletes for a short period of time does not affect their balance too much, so the yoko geri kekomi kick training program in this study uses training over a long period of time with more exercises done.

CONCLUSION

Based on the analysis above, it has been proven that there is a significant difference between before the treatment was given and after the treatment was given in improving the balance of karate athletes at the INKANAS District club. Garut. The thing that causes Yoko Geri Kekomi's kicks to affect balance more is because according to the characteristics of balance itself, balance can be influenced by kicks with moderate intensity. So it can be concluded that Yoko Geri Kekomi can influence the balance of karate athletes at the INKANAS Regency club. Garut so that athletes can make kicks more effective so they don't fall with moderate impact intensity. Yoko geri kekomi which is carried out by athletes for a short period of time does not affect their balance too much, so the yoko geri kekomi kick training program in this study uses training over a long period of time with more exercises done.

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