

ABSTRAK

HUBUNGAN PANJANG TUNGKAI, DAYA LEDAK OTOT TUNGKAI DAN REAKSI TERHADAP REPETISI TENDANGAN *PUSH KICK* ATLET *WUSHU SANSHOU* PUTRI SASANA GAJAH LAMPUNG *FIGHT CAMP*

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Penelitian ini bertujuan untuk mengetahui hubungan panjang tungkai daya ledak otot tungkai dan reaksi terhadap repetisi tendangan *push kick* atlet wushu *sanshou* putri sasana gajah lampung *fight camp*. Metode Penelitian yang digunakan dalam penelitian ini adalah deskriptif korelasional. Sampel penelitian adalah atlet wushu *sanshou* putri sasana gajah lampung *fight camp* yang berjumlah 10 orang. Instrumen yang digunakan untuk mengukur panjang tungkai menggunakan meteran pita, daya ledak otot tungkai menggunakan *standing board jump*, reaksi menggunakan *whole body reactions*, dan repetisi tendangan *push kick* menggunakan tes dengan target sasaran samsak selama 10 detik. Hasil penelitian menunjukkan bahwa 1) ada hubungan yang signifikan antara panjang tungkai dengan tendangan *push kick* atlet putri wushu *sanshou* dengan nilai $r_{hitung} > r_{tabel} = 0,742 > 0,707$. 2) ada hubungan yang signifikan antara daya ledak otot tungkai dengan tendangan *push kick* atlet putri wushu *sanshou* dengan nilai $r_{hitung} > r_{tabel} = 0,714 > 0,707$. 3) ada hubungan yang signifikan antara reaksi dengan tendangan *push kick* atlet putri wushu *sanshou* dengan nilai $r_{hitung} > r_{tabel} = 0,718 > 0,707$. 4) ada hubungan yang signifikan antara panjang tungkai, daya ledak otot tungkai dan reaksi dengan tendangan *push kick* atlet putri wushu *sanshou* dengan nilai $r_{hitung} > r_{tabel} = 0,898 > 0,707$.

Kata kunci: tendangan *push kick*, daya ledak, reaksi

ABSTRACT

RELATIONSHIP BETWEEN LEG LENGTH, LEG MUSCLE EXPLOSIVE POWER AND REACTION TO PUSH KICK REPETITION WUSHU SANSHOU FEMALE ATHLETES SASANA GAJAH LAMPUNG FIGHT CAMP

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This study aims to determine the relationship between leg length, leg muscle explosive power and reaction to push kick repetitions of female wushu sanshou athletes at the Gajah Lampung Fight Camp. The research method used in this study is descriptive correlational. The sample of the study was 10 female wushu sanshou athletes at the Gajah Lampung Fight Camp. The instrument used to measure leg length was a tape measure, leg muscle explosive power was a standing board jump, reaction was a whole body reaction, and push kick repetitions were a test with a punching bag as the target for 10 seconds. The results showed that 1) there was a significant relationship between leg length and push kicks of female wushu sanshou athletes with a calculated r value $> r$ table = $0.742 > 0.707$. 2) there was a significant relationship between leg muscle explosive power and push kicks of female wushu sanshou athletes with a calculated r value $> r$ table = $0.714 > 0.707$. 3) There is a significant relationship between reaction and push kick of female wushu sanshou athletes with r count value $> r$ table = $0.718 > 0.707$. 4) There is a significant relationship between leg length, leg muscle explosive power and reaction to push kick of female wushu sanshou athletes with r count value $> r$ table = $0.898 > 0.707$.

Keywords: *push kick, explosive power, reaction*