

## **ABSTRAK**

### **PENGEMBANGAN MODEL LATIHAN UNTUK MENINGKATKAN KECEPATAN TENDANGAN AP CHAGI PADA TAEKWONDO UNIT KEGIATAN MAHASISWA UNIVERSITAS LAMPUNG**

**Oleh**

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Penelitian ini bertujuan untuk mengembangkan dan menguji efektivitas model latihan tangga kelincihan dalam meningkatkan kecepatan tendangan ap chagi pada atlet Taekwondo Unit Kegiatan Mahasiswa Universitas Lampung. Penelitian ini menggunakan pendekatan Research and Development (R&D), termasuk analisis kebutuhan, desain produk, validasi ahli, revisi produk, dan pengujian lapangan. Subjek penelitian terdiri dari ahli taekwondo dan ahli pembelajaran sebagai validator, serta atlet Taekwondo sebagai peserta uji coba. Data dikumpulkan menggunakan kuesioner validasi ahli dan tes kecepatan tendangan ap chagi. Analisis data dilakukan menggunakan teknik kuantitatif deskriptif dengan perhitungan persentase untuk menentukan kelayakan dan efektivitas model latihan yang dikembangkan. Hasil penelitian menunjukkan bahwa model latihan tangga kelincihan dianggap layak berdasarkan evaluasi ahli dan efektif dalam meningkatkan kecepatan tendangan ap chagi atlet. Oleh karena itu, model latihan yang dikembangkan dapat diterapkan sebagai metode latihan alternatif untuk meningkatkan performa tendangan taekwondo di lingkungan universitas.

**Kata kunci:** Model Latihan, Agility Ladder, Tendangan Ap Chagi, Taekwondo

## **ABSTRACT**

### **DEVELOPING A TRAINING MODEL TO IMPROVE AP CHAGI KICK SPEED IN TAEKWONDO UNIVERSITY OF LAMPUNG STUDENT ACTIVITIES**

**By**

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This study aimed to develop and examine the effectiveness of an agility ladder training model in improving the speed of ap chagi kicks among Taekwondo athletes of the Student Activity Unit at the University of Lampung. The research employed a Research and Development (R&D) approach, including needs analysis, product design, expert validation, product revision, and field testing. The research subjects consisted of taekwondo and learning experts as validators, as well as Taekwondo athletes as trial participants. Data were collected using expert validation questionnaires and ap chagi kick speed tests. Data analysis was conducted using descriptive quantitative techniques with percentage calculations to determine the feasibility and effectiveness of the developed training model. The results indicated that the agility ladder training model was considered feasible based on expert evaluations and effective in improving athletes' ap chagi kick speed. Therefore, the developed training model can be applied as an alternative training method to enhance taekwondo kick performance in university settings.

**Keywords:** Model Latihan, Agility Ladder, Tendangan Ap Chagi, Taekwondo