

## **ABSTRACT**

**Recky Zulkarnaen (17199046) : *Effects of Arm Muscle Explosion Power, Hand Reaction Speed and Concentration on Gyaku Tsuki's Ability in Karate Technique.***

*The problem in this study is that it is still weak and lacks the ability to strike gyaku tsuki. This study aims to determine the direct and indirect effects of Arm Muscle Explosion Power, Hand Reaction Speed and Concentration Against Gyaku Tsuki's Ability in Karate Technique*

*This type of research is quantitative research using path analysis techniques. This research was conducted in March 2019 which is located in the Sijunjung 1 State Vocational School. The population in this study was BKC Sijunjung Karate athletes. Samples were taken as many as 22 people with purposive sampling technique. Data were collected through assessment instruments namely Arm Muscle Explosion Power, Hand Reaction Speed, Concentration, Tsuki Gyaku's Ability. Data analysis techniques are descriptive and inferential using path analysis.*

*Based on the analysis of research data obtained; (1) There is a direct influence between the explosive power of the arm muscle on the ability to punch Gyaku Tsuki by 10.62%. (2) There is a direct effect between Hand Reaction Speed on the Tsuki Gyaku Ability of 13.32%. (3) There is a direct influence between Concentration on the Ability of Gyaku Tsuki at 15.13%. (4) There is an indirect effect between the explosive power of the arm muscle on the ability to punch Gyaku Tsuki through a concentration of 6.39%. (5) There is an indirect effect between the Hand Reaction Speed on the Gyaku Tsuki Punch Ability through a concentration of 6.05%. Based on the results of the study it can be concluded that most of the gyaku tsuki punch ability of karateka Dojo BKC Sijunjung is found in the concentration variable.*

**Keywords: *Arm Muscle Explosion Power, Hand Reaction Speed, and Gyaku Tsuki Punch Ability***

## ABSTRAK

**Recky Zulkarnaen (17199046) : Pengaruh Daya Ledak Otot Lengan, Kecepatan Reaksi Tangan dan Konsentrasi Terhadap Kemampuan Pukulan Gyaku Tsuki dalam Teknik Karate.**

Masalah dalam penelitian ini adalah masih lemah dan kurang cepatnya kemampuan pukulan gyaku tsuki. Penelitian ini bertujuan untuk mengetahui pengaruh langsung dan tidak langsung Daya Ledak Otot Lengan, Kecepatan Reaksi Tangan dan Konsentrasi Terhadap Kemampuan Pukulan Gyaku Tsuki dalam Teknik Karate

Jenis penelitian adalah penelitian kuantitatif dengan menggunakan teknik analisis jalur. Penelitian ini dilaksanakan pada bulan Maret 2019 yang berlokasi di halaman SMKN 1 Sijunjung. Populasi dalam penelitian ini adalah atlet Karate BKC Sijunjung. Sampel diambil sebanyak 22 orang dengan teknik *purposive sampling*. Data dikumpulkan melalui instrumen penilaian yaitu Daya Ledak Otot Lengan, Kecepatan Reaksi Tangan, Konsentrasi, Kemampuan Pukulan Gyaku Tsuki. Teknik analisis data secara deskriptif dan inferensial dengan menggunakan analisis jalur.

Berdasarkan analisis data penelitian diperoleh; (1) Terdapat pengaruh langsung Daya Ledak Otot Lengan terhadap Kemampuan Pukulan Gyaku Tsuki sebesar 10,62%. (2) Terdapat pengaruh langsung Kecepatan Reaksi Tangan terhadap Kemampuan Pukulan Gyaku Tsuki sebesar 13,32%. (3) Terdapat pengaruh langsung Konsentrasi terhadap Kemampuan Pukulan Gyaku Tsuki sebesar 15,13%. (4) Terdapat pengaruh tidak langsung Daya Ledak Otot Lengan terhadap Kemampuan Pukulan Gyaku Tsuki melalui konsentrasi sebesar 6,39%. (5) Terdapat pengaruh tidak langsung antara Kecepatan Reaksi Tangan terhadap Kemampuan Pukulan Gyaku Tsuki melalui konsentrasi sebesar 6,05%. Berdasarkan hasil penelitian dapat disimpulkan bahwa sebagian besar kemampuan pukulan gyaku tsuki karateka Dojo BKC Sijunjung terdapat pada variabel konsentrasi.

**Kata Kunci: Daya Ledak Otot Lengan, Kecepatan Reaksi Tangan, dan Kemampuan Pukulan Gyaku Tsuki**