

**THE EFFECT OF WEIGHT TRAINING SYSTEM SET AND CIRCUIT
THROUGH ABILITY STRAIGHT KICK PEKANBARU'S PENCAK SILAT
OF SATRIA MUDA INDONESIA**

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ABSTRACT

Based on observations have been done by the researcher the problem has been found was decrease of straight kick of Riau Pencak Silat athlete. Based on that problem the researcher set and circuit training as a purpose to know about the effect of set and circuit training through speed straight kick.

This research design was experimental design by tested speed straight kick before and after training (pre-test and post- test). The population of this research was 20 athlete of Pekanbaru's Pencak Silat of Satria Muda Indonesia and divided into 14 male athletes and 6 female athletes. The sample had chosen through the purposive sampling, whereas the samples choose based on the criteria of 14 athletes. The analysis tested by using t-test formula.

Based on the data and explanation, then it can be concluded that (1) the effect of set training through speed of straight kick $t_{\text{calculate}}$ was 3.29 and t_{table} 1.943. (2) The effect of circuit training through speed straight kick $t_{\text{calculate}}$ was 22.00 and t_{table} 1.943 (3) the effect of set and circuit training through speed straight kick $t_{\text{calculate}}$ was 2.368 and t_{table} was 1.943.

Key words: Set System, Circuit System and Speed Straight Kick

**PENGARUH LATIHAN BEBAN SISTEM SET DAN SIRKUIT TERHADAP
KEMAMPUAN TENDANGAN LURUS ATLET PENCAK SILAT
PERGURUAN SATRIA MUDA INDONESIA**

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ABSTRAK

Berdasarkan pengamatan yang dilakukan peneliti menemukan masalah kurangnya kecepatan tendangan lurus Atlet Pencak Silat Riau. Berdasarkan permasalahan yang ada peneliti memberikan latihan Set dan Sirkuit yang bertujuan untuk mengetahui tentang pengaruh latihan Set dan Sirkuit terhadap kecepatan tendangan lurus.

Penelitian ini adalah penelitian eksperimen yang memakai tes kecepatan tendangan lurus sebelum dan sesudah latihan (*pree test* dan *post test*). Populasi dalam penelitian ini adalah Atlet Pencak silat Perguruan Satria Muda Indonesia Pekanbaru yang 20 orang yang terdiri dari 14 atlet putra dan 6 atlet putri. Teknik pengambilan sampel yaitu dengan menggunakan *purposivesampling*, dimana pemilihan sample berdasarkan kriteria sebanyak 14 atlet. Analisis dilakukan dengan menggunakan uji-t.

Berdasarkan analisis data dan pembahasan, maka dapat disimpulkan bahwa (1) pengaruh latihan Set terhadap kecepatan tendangan lurus T_{hitung} sebesar 3,29 dan T_{tabel} 1.943. (2) pengaruh latihan Sirkuit terhadap kecepatan tendangan lurus T_{hitung} sebesar 22,00 dan T_{tabel} 1.943. (3) pengaruh latihan Set dan Sirkuit terhadap kecepatan tendangan lurus T_{hitung} sebesar 2,368 dan T_{tabel} 1.943.

Kata kunci : *Sistem Set, Sistem Sirkuit dan Kecepatan Tendangan Lurus*