

## ABSTRACT

### **A CORRELATION BETWEEN PULL UP TRAINING TO ROCK CLIMBING SKILLS IN THE LEAD CATEGORY FOR BEGINNER ATHLETES OF CLUB BUNDA84, KEPAHANG REGENCY**

By:  
Aditia<sup>1</sup>  
Citra Dewi<sup>2</sup>  
Martiani<sup>2</sup>

*This study aims to determine whether there is a correlation between Pull Up Training to Rock Climbing Skills in the Lead Category for Beginner Athletes of Bunda84 Club, Kepahiang Regency. This type of research is correlation with the test method with a sample size of 13 students. The results of research on the correlation of Pull Up training to Rock Climbing skills in the Lead Category for Beginner Athletes of Bunda84 Club, Kepahiang Regency. there is a correlation with the decision to reject the null hypothesis ( $H_0$ ) and accept the alternative hypothesis ( $H_a$ ). With the pull up test results being in the sufficient category with an average of 22.8 and in the rock climbing variable in the good category, namely with an average of 15.1 and who obtained the test norm in the good category. A correlation test was conducted to determine whether there was a correlation between Pull Up Training to Rock Climbing skills in Lead Category for Beginner Athletes of Bunda84 Club, Kepahiang Regency. This correlation test uses the pearson product moment formula with the level of correlation being in the good category, namely 0.85. the results of the homogeneity test obtained the results of F count is 1.66 and F table is 2.12. Means  $F \text{ count } 1.66 < F \text{ table } 2.12$  then the distribution data Homogeneous. While a correlation between Pull Up Training to Rock Climbing skills in the Lead Category for Beginner Athletes of Bunda84 Club, Kepahiang Regency is 0.85 in a good category position. While the value of t table is determined based on the level of significance ( $\alpha$ ) is 5% used and the degree of freedom ( $d.f = n-2$ ) which the sample size ( $n$ ) is 13, then  $d.f = 13-2 = 11$  based on the distribution of t table obtained 2.82.*

*Keywords: Pull Up, Rock Climbing.*

