

ABSTRACT

GYAKU-TSUKI PUNCHING SKILLS THROUGH MOVING TARGET TRAINING FOR KARATE EXTRACURRICULAR STUDENTS AT SMPN 13 BENGKULU CITY

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Gyaku-Tsuki Punching skill as a directional punch technique towards the opponent's target carried out using bare hands or fists requires speed, control and the right direction towards the target, The purpose of this study is to determine Gyaku-Tsuki Punching skill through moving targets for karate extracurricular students at SMPN 13 Bengkulu City. Research conducted using experimental methods. The subjects of this research were students at SMPN 13 Bengkulu City who were members of karate extracurricular activities with a total of 15 students. The data collection techniques used in the study were observation sheets, assessment of punching skills and documentation. The data analysis techniques used in this study were observation and measurement scale tests of Gyaku-Tsuki Punching skill through moving targets. The results showed that Gyaku-Tsuki Punching skill of students in the aspect of using tools obtained an average score of 3.75 in the Very Good category and the aspect of punching techniques obtained an average score of 4.00 in the Very Good category and in the aspect of ease of use of tools obtained an average assessment score of 3.67 in the Very Good category. Based on the results of the recapitulation of the initial test assessment with the final test of Gyaku-Tsuki Punching skill, the percentage of skills reached 69 in the Good category.

Keywords: Skills, Gyaku-Tsuki, Moving Targets, Extracurriculars.

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