

## DAFTAR PUSTAKA

- Asep Herry H, dkk. (2006). Pengembangan Kurikulum dan Pembelajaran. Jakarta: Universitas Terbuka.
- Ade Rai, dkk. (2006). Gaya Hidup Sehat Fitness dan Binaraga. Jakarta: Tabloid BOLA.
- Bella Ariesta Dofi. (2014). Seni Beladiri TAEKWONDO. Jakarta: Golden Terayon Press
- Bompa (2000). *Total Training For Young Champions*. York University. Canada.
- Dwi Hatmisari Ambarukmi. (2007). Pelatihan Pelatih Fisik 1. Jakarta : Asdep Pengembangan Tenaga dan Pembinaan Keolahragaan Deputi Bidang Peningkatan Prestasi dan IPTEK Olahraga Dan Kementrian Negara Pemuda dan Olah raga.
- Harsono. (2015). *Coaching and Aspek-aspek Psikologi Dalam Coaching*. Jakarta: CV. Tambak Kesuma.
- Maksum, A. (2009). Buku Ajar Mata Kuliah Metodologi Penelitian Dalam Olahraga. Surabaya: FIK–Universitas Negeri Surabaya.
- Maksum, Ali (2012). *Metodologi Penelitian dalam Olahraga*. Surabaya: Unesa University Press.
- Pratiwi, Dewi. (2008). *Tendangan Pamungkas*. Pustaka Inermasa. Jakarta.
- Sukadiyanto. (2005). *Pengantar Teori Dan Melatih Fisik*. Yogyakarta: FIK Universitas Negeri Yogyakarta.
- Setiawan , Afif 2017 Pengaruh Latihan *Flexibility* (SplitSamping)

Terhadap Kecepatan Tendangan Sabit Pada Santri Ekstrakurikuler Pencak Silat Pondok Pesantren Al-Fatah Natar Desa Negara Ratu Kecamatan Natar Lampung Selatan. Tidak Diterbitkan. Fakultas Keguruan Ilmu Dan Pendidikan. Bandar Lampung.

Rukmono, Suryanto. 2009. Sukses Ulangan SD Kelas 2. Jakarta: Kawah Media

Sugiyono. (2008). Metode Penelitian Bisnis. Alfabeta : Bandung.

Sugiyono. (2011). Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: Alfabeta.

Sugiyono. (2012). Metode Penelitian Pendidikan. Pendekatan Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta.

Sugiyono. (2013). *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.

Sugiyono. (2014). Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif Dan R&D. Bandung: Alfabeta.

## LAMPIRAN

### Lampiran 1 : Format Revisi Skripsi



Unipa Surabaya

FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN  
UNIVERSITAS PGRI ADIBUANA SURABAYA

Kampus I : Jl. Ngapel Dadi III-B/37 Telp. (031) 5053127, 5041097 Fax. (031) 5662804 Surabaya 60234  
Kampus II : Jl. Dukuh Menanggal XII Telp. (031) 8281181, 8281182, 8281183 Surabaya 60234.

<http://fkip.unipasby.ac.id/>

### FORMAT REVISI SKRIPSI

Nama Mahasiswa : Vina Tri Agustina  
NIM : 165900191  
Program Studi : Pendidikan Jasmani  
Tanggal Ujian Skripsi : 22 Januari 2020  
Judul Skripsi : Pengaruh Pelatihan *Flexibility* Terhadap Ketepatan Tendangan *Dolyo Chagi* Cabang Olahraga *Taekwondo* di Ekstrakurikuler SMP YPM 2 Sukodono  
Penguji I : Dr. Sumardi, M.Kes  
Penguji II : Riga Mardhika, SPd., M.Or

| No | Materi Revisi  | Penguji I | Penguji II |
|----|----------------|-----------|------------|
| 1  | Judul          |           |            |
| 2  | Kata Pengantar |           |            |
| 3  | Daftar Isi     |           |            |
| 4  | Tabulasi       |           |            |
| 5  | Daftar Pustaka |           |            |

Dosen Penguji I,

$\frac{12}{2}$  20

Dr. Sumardi, M.Kes  
NIDN. 0723035701

Dosen Penguji II,

Riga Mardhika, SPd., M.Or  
NIDN. 0717088703

## Lampiran 2 : Berita Acara Bimbingan Skripsi



FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN  
UNIVERSITAS PGRI ADIBUANA SURABAYA  
Kampus I : Jl. Ngagel Dadi III-B/37 Telp. (031) 5053127, 5041097 Fax. (031) 5662804 Surabaya 60234  
Kampus II: Jl. Dukuh Menanggal XII Telp. (031) 8281181, 8281182, 8281183 Surabaya 60234.  
<http://fkjp.unipasby.ac.id/>

### BERITA ACARA BIMBINGAN SKRIPSI

Nama Mahasiswa : Vina Tri Agustina  
NIM : 165900191  
Progam Studi : Pendidikan Jasmani  
Judul Skripsi : Pengaruh Pelatihan *Flexibility* Terhadap Ketepatan Tendangan *Dolyo Chagi* Cabang Olahraga *Taekwondo* di Ekstrakurikuler SMP YPM 2 Sukodono

| No | Tanggal    | Materi Bimbingan         | Pembimbing |
|----|------------|--------------------------|------------|
| 1  | 05-08-2019 | Pengajuan judul          |            |
| 2  | 08-08-2019 | ACC judul                |            |
| 3  | 13-08-2019 | Pengajuan bab I, II, III |            |
| 4  | 22-08-2019 | Revisi bab I, II, III    |            |
| 5  | 24-12-2019 | Pengajuan bab IV         |            |
| 6  | 26-12-2019 | Revisi bab IV            |            |
| 7  | 30-12-2019 | Pengajuan bab V          |            |
| 8  | 02-01-2020 | Revisi bab V             |            |
| 9  | 06-01-2020 | Penyerahan Bab I-V       |            |
| 10 | 06-01-2020 | ACC Skripsi              |            |

Selesai bimbingan skripsi tanggal 06 Januari 2020

Mengetahui  
Dekan FKIP,



Dosen Pembimbing,

Riga Mardhika, S.Pd., M.Or  
NIDN. 0717088703

### Lampiran 3 : Surat Ijin Penelitian



## FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS PGRI ADI BUANA SURABAYA

Kampus I : Jl. Ngagel Dadi III-B/37 Telp. (031) 5041097 Fax. (031) 5042804 Surabaya 60245  
Kampus II, Jl. Dukuh Menanggal XII Telp. (031) 8281182, 8281183 Surabaya 60234  
Website : <http://www.unipgri.ac.id>

Universitas Surabaya

Nomor : 067/Ak.2.FKIP/IX/2019  
Lampiran : -  
Perihal : Permohonan Izin Penelitian

27 September 2019

Yang Terhormat,  
Kepala SMP YPM 2 Sukodono  
di Sidoarjo

Sesuai dengan kurikulum Universitas PGRI Adi Buana Surabaya, untuk penyelesaian akhir masa studi, mahasiswa diwajibkan menulis skripsi. Berkaitan dengan ini, mohon dengan hormat Bapak/Ibu Kepala SMP YPM 2 Sukodono Sidoarjo berkenan memberikan izin penelitian kepada mahasiswa:

Nama : Vina Tri Agustina  
NIM : 165900191  
Program Studi : Pendidikan Jasmani  
Judul Penelitian : Pengaruh Latihan Flexibility terhadap Ketepatan Tendangan Dollyo Chagi Cabang Olahraga Taekwondo di Ekstrakurikuler SMP YPM 2 Sukodono  
Waktu penelitian : 7 Oktober 2019 s/d 07 Desember 2019

Demikian atas bantuan dan kerjasamanya disampaikan terima kasih.

Dekan,



Tembusan :

1. Wakil Dekan I
2. Kaprodi

## Lampiran 4 : Surat Keterangan Penelitian



*Yayasan Pendidikan Dan Sosial Ma'arif*  
**SMP YPM 2 SUKODONO**  
NSS : 202050215092 NDS : E.03152002 NPSN : 20501761  
TERAKREDITASI " A "

Alamat : Jl. Raya Panjunan No.56 - Sukodono <sup>85</sup> ( 031 ) 7883032 Sidoarjo E-Mail : mpypm2skd@yahoo.co.id

### SURAT KETERANGAN PENELITIAN

Nomor : 421.3/333/E/404.3.1.15.4.4/XI/2019

Yang bertanda tangan di bawah ini :

Nama : **Dr. H. MARKATIM**  
NIP. : -  
Jabatan : Kepala Sekolah  
Unit Sekolah : SMP YPM 2 Sukodono  
Alamat : Jl. Raya Panjunan – Sukodono Telp. 031 7883032 Sidoarjo

Menerangkan dengan sebenarnya bahwa :

Nama : Vina Tri Agustina  
NIM : 165900191  
Program Studi : Pendidikan Jasmani

Nama Tersebut diatas benar-benar Telah Melakukan Penelitian di SMP YPM 2 Sukodono mulai tanggal 07 Oktober 2109 s/d 07 Desember 2019 dengan judul Penelitian “ Pengaruh Latihan Flexibility terhadap ketetapan Tendangan Dollyo Chagi Cabang Olahraga Taekwondo di Ekstrakurikuler SMP YPM 2 Sukodono “.

Demikian surat keterangan ini dibuat, agar dapat digunakan sebagaimana mestinya.

Sukodono, 07 Desember 2019  
Kepala Sekolah



**DR. H. MARKATIM**

*Tembusan*  
1. Arsip

Lampiran 5: Hasil Tes Ketepatan Tendangan *Dolyo Chagi*

1. *Pretest* Ketepatan Tendangan *Dolyo Chagi*

| No | Nama | <i>Pretest</i> Tendangan <i>Dolyo Chagi</i> |    |    | Total |
|----|------|---|----|----|-------|
|    |      | I   | II | II |       |
| 1  | F.W  | 2   | 1  | 1  | 4     |
| 2  | W.W  | 2   | 1  | 2  | 5     |
| 3  | I.D  | 1   | 2  | 1  | 4     |
| 4  | S.N  | 3   | 1  | 2  | 6     |
| 5  | D.L  | 2   | 2  | 1  | 5     |
| 6  | R.A  | 1   | 1  | 3  | 5     |
| 7  | A.G  | 2   | 2  | 2  | 6     |
| 8  | N.R  | 3   | 2  | 1  | 6     |
| 9  | F.A  | 1   | 1  | 2  | 4     |
| 10 | R.A  | 2   | 3  | 2  | 7     |
| 11 | F.R  | 1   | 2  | 1  | 4     |
| 12 | R.A  | 1   | 3  | 3  | 7     |
| 13 | M.T  | 3   | 1  | 1  | 5     |
| 14 | Z.A  | 2   | 3  | 1  | 6     |
| 15 | R.C  | 1   | 2  | 1  | 4     |

2. *Posttest* Ketepatan Tendangan *Dolyo Chagi*

| No | Nama | <i>Posttes</i> Tendangan <i>Dolyo Chagi</i> |    |    | Total |
|----|------|---|----|----|-------|
|    |      | I   | II | II |       |
| 1  | F.W  | 2   | 2  | 2  | 6     |
| 2  | W.W  | 2   | 2  | 2  | 6     |
| 3  | I.D  | 3   | 3  | 2  | 8     |
| 4  | S.N  | 2   | 3  | 3  | 8     |
| 5  | D.L  | 4   | 2  | 1  | 7     |
| 6  | R.A  | 1   | 3  | 3  | 7     |
| 7  | A.G  | 3   | 3  | 3  | 9     |
| 8  | N.R  | 2   | 3  | 2  | 7     |
| 9  | F.A  | 3   | 3  | 2  | 8     |
| 10 | R.A  | 3   | 3  | 3  | 9     |
| 11 | F.R  | 3   | 1  | 3  | 7     |
| 12 | R.A  | 3   | 3  | 3  | 9     |
| 13 | M.T  | 3   | 2  | 3  | 8     |
| 14 | Z.A  | 3   | 3  | 3  | 9     |
| 15 | R.C  | 2   | 3  | 1  | 6     |

Lampiran 6: Hasil Uji Analisis Data SPSS 22.0

1. Deskripsi Data

**Descriptive Statistics**

|                    | N  | Minimum | Maximum | Sum | Mean | Std. Deviation |
|--------------------|----|---------|---------|-----|------|----------------|
| Pretest            | 15 | 4       | 7       | 78  | 5.20 | 1.082          |
| Posttest           | 15 | 6       | 9       | 114 | 7.60 | 1.121          |
| Valid N (listwise) | 15 |         |         |     |      |                |

2. Uji Normalitas

**One-Sample Kolmogorov-Smirnov Test**

|                                  | Pretest           | Posttest            |
|----------------------------------|-------------------|---------------------|
| N                                | 15                | 15                  |
| Normal Parameters <sup>a,b</sup> | Mean              | Std. Deviation      |
|                                  | 5.20              | 1.082               |
|                                  | 7.60              | 1.121               |
| Most Extreme Differences         | Absolute          | Positive            |
|                                  | .200              | .173                |
|                                  | Negative          |                     |
|                                  | -.170             | -.173               |
| Test Statistic                   | .200              | .173                |
| Asymp. Sig. (2-tailed)           | .111 <sup>c</sup> | .200 <sup>c,d</sup> |

3. Uji Homogenitas

**Test of Homogeneity of Variances**

*Dolyo Chagi*

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| 1.674            | 3   | 11  | .230 |



4. Uji *T*-test

**Paired Samples Statistics**

|                 | Mean | N  | Std. Deviation | Std. Error Mean |
|-----------------|------|----|----------------|-----------------|
| Pair 1 Posttest | 7.60 | 15 | 1.121          | .289            |
| Pretest         | 5.20 | 15 | 1.082          | .279            |

**Paired Samples Test**

|                           | Paired Differences |                |                 |   |       | t      | df | Sig. (2-tailed) |
|---------------------------|--------------------|----------------|-----------------|---|-------|--------|----|-----------------|
|                           | Mean               | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |       |        |    |                 |
|                           |                    |                |                 | Lower                                     | Upper |        |    |                 |
| Pair 1 Posttest - Pretest | 2.400              | .910           | .235            | 1.896                                     | 2.904 | 10.212 | 14 | .000            |

Lampiran 7: Tabel Taraf Signifikansi

| <b>dua sisi</b>  | <b>20%</b> | <b>10%</b> | <b>5%</b>   | <b>2%</b> | <b>1%</b>   | <b>0,2%</b> | <b>0,1%</b>  |
|------------------|------------|------------|-------------|-----------|-------------|-------------|--------------|
| <b>satu sisi</b> | <b>10%</b> | <b>5%</b>  | <b>2,5%</b> | <b>1%</b> | <b>0,5%</b> | <b>0,1%</b> | <b>0,05%</b> |
| 1                | 3,078      | 6,314      | 12,706      | 31,821    | 63,657      | 318,309     | 636,619      |
| 2                | 1,886      | 2,920      | 4,303       | 6,965     | 9,925       | 22,327      | 31,599       |
| 3                | 1,638      | 2,353      | 3,182       | 4,541     | 5,841       | 10,215      | 12,924       |
| 4                | 1,533      | 2,132      | 2,776       | 3,747     | 4,604       | 7,173       | 8,610        |
| 5                | 1,476      | 2,015      | 2,571       | 3,365     | 4,032       | 5,893       | 6,869        |
| 6                | 1,440      | 1,943      | 2,447       | 3,143     | 3,707       | 5,208       | 5,959        |
| 7                | 1,415      | 1,895      | 2,365       | 2,998     | 3,499       | 4,785       | 5,408        |
| 8                | 1,397      | 1,860      | 2,306       | 2,896     | 3,355       | 4,501       | 5,041        |
| 9                | 1,383      | 1,833      | 2,262       | 2,821     | 3,250       | 4,297       | 4,781        |
| 10               | 1,372      | 1,812      | 2,228       | 2,764     | 3,169       | 4,144       | 4,587        |
| 11               | 1,363      | 1,796      | 2,201       | 2,718     | 3,106       | 4,025       | 4,437        |
| 12               | 1,356      | 1,782      | 2,179       | 2,681     | 3,055       | 3,930       | 4,318        |
| 13               | 1,350      | 1,771      | 2,160       | 2,650     | 3,012       | 3,852       | 4,221        |
| 14               | 1,345      | 1,761      | 2,145       | 2,624     | 2,977       | 3,787       | 4,140        |
| 15               | 1,341      | 1,753      | 2,131       | 2,602     | 2,947       | 3,733       | 4,073        |
| 16               | 1,337      | 1,746      | 2,120       | 2,583     | 2,921       | 3,686       | 4,015        |
| 17               | 1,333      | 1,740      | 2,110       | 2,567     | 2,898       | 3,646       | 3,965        |
| 18               | 1,330      | 1,734      | 2,101       | 2,552     | 2,878       | 3,610       | 3,922        |
| 19               | 1,328      | 1,729      | 2,093       | 2,539     | 2,861       | 3,579       | 3,883        |
| 20               | 1,325      | 1,725      | 2,086       | 2,528     | 2,845       | 3,552       | 3,850        |
| 21               | 1,323      | 1,721      | 2,080       | 2,518     | 2,831       | 3,527       | 3,819        |
| 22               | 1,321      | 1,717      | 2,074       | 2,508     | 2,819       | 3,505       | 3,792        |
| 23               | 1,319      | 1,714      | 2,069       | 2,500     | 2,807       | 3,485       | 3,768        |
| 24               | 1,318      | 1,711      | 2,064       | 2,492     | 2,797       | 3,467       | 3,745        |
| 25               | 1,316      | 1,708      | 2,060       | 2,485     | 2,787       | 3,450       | 3,725        |
| 26               | 1,315      | 1,706      | 2,056       | 2,479     | 2,779       | 3,435       | 3,707        |
| 27               | 1,314      | 1,703      | 2,052       | 2,473     | 2,771       | 3,421       | 3,690        |
| 28               | 1,313      | 1,701      | 2,048       | 2,467     | 2,763       | 3,408       | 3,674        |
| 29               | 1,311      | 1,699      | 2,045       | 2,462     | 2,756       | 3,396       | 3,659        |
| 30               | 1,310      | 1,697      | 2,042       | 2,457     | 2,750       | 3,385       | 3,646        |

|    |       |       |       |       |       |       |       |
|----|-------|-------|-------|-------|-------|-------|-------|
| 31 | 1,309 | 1,696 | 2,040 | 2,453 | 2,744 | 3,375 | 3,633 |
| 32 | 1,309 | 1,694 | 2,037 | 2,449 | 2,738 | 3,365 | 3,622 |
| 33 | 1,308 | 1,692 | 2,035 | 2,445 | 2,733 | 3,356 | 3,611 |
| 34 | 1,307 | 1,691 | 2,032 | 2,441 | 2,728 | 3,348 | 3,601 |
| 35 | 1,306 | 1,690 | 2,030 | 2,438 | 2,724 | 3,340 | 3,591 |
| 36 | 1,306 | 1,688 | 2,028 | 2,434 | 2,719 | 3,333 | 3,582 |
| 37 | 1,305 | 1,687 | 2,026 | 2,431 | 2,715 | 3,326 | 3,574 |
| 38 | 1,304 | 1,686 | 2,024 | 2,429 | 2,712 | 3,319 | 3,566 |
| 39 | 1,304 | 1,685 | 2,023 | 2,426 | 2,708 | 3,313 | 3,558 |
| 40 | 1,303 | 1,684 | 2,021 | 2,423 | 2,704 | 3,307 | 3,551 |
| 41 | 1,303 | 1,683 | 2,020 | 2,421 | 2,701 | 3,301 | 3,544 |
| 42 | 1,302 | 1,682 | 2,018 | 2,418 | 2,698 | 3,296 | 3,538 |
| 43 | 1,302 | 1,681 | 2,017 | 2,416 | 2,695 | 3,291 | 3,532 |
| 44 | 1,301 | 1,680 | 2,015 | 2,414 | 2,692 | 3,286 | 3,526 |
| 45 | 1,301 | 1,679 | 2,014 | 2,412 | 2,690 | 3,281 | 3,520 |
| 46 | 1,300 | 1,679 | 2,013 | 2,410 | 2,687 | 3,277 | 3,515 |
| 47 | 1,300 | 1,678 | 2,012 | 2,408 | 2,685 | 3,273 | 3,510 |
| 48 | 1,299 | 1,677 | 2,011 | 2,407 | 2,682 | 3,269 | 3,505 |
| 49 | 1,299 | 1,677 | 2,010 | 2,405 | 2,680 | 3,265 | 3,500 |
| 50 | 1,299 | 1,676 | 2,009 | 2,403 | 2,678 | 3,261 | 3,496 |
| 51 | 1,298 | 1,675 | 2,008 | 2,402 | 2,676 | 3,258 | 3,492 |
| 52 | 1,298 | 1,675 | 2,007 | 2,400 | 2,674 | 3,255 | 3,488 |
| 53 | 1,298 | 1,674 | 2,006 | 2,399 | 2,672 | 3,251 | 3,484 |
| 54 | 1,297 | 1,674 | 2,005 | 2,397 | 2,670 | 3,248 | 3,480 |
| 55 | 1,297 | 1,673 | 2,004 | 2,396 | 2,668 | 3,245 | 3,476 |
| 56 | 1,297 | 1,673 | 2,003 | 2,395 | 2,667 | 3,242 | 3,473 |
| 57 | 1,297 | 1,672 | 2,002 | 2,394 | 2,665 | 3,239 | 3,470 |
| 58 | 1,296 | 1,672 | 2,002 | 2,392 | 2,663 | 3,237 | 3,466 |
| 59 | 1,296 | 1,671 | 2,001 | 2,391 | 2,662 | 3,234 | 3,463 |
| 60 | 1,296 | 1,671 | 2,000 | 2,390 | 2,660 | 3,232 | 3,460 |
| 61 | 1,296 | 1,670 | 2,000 | 2,389 | 2,659 | 3,229 | 3,457 |
| 62 | 1,295 | 1,670 | 1,999 | 2,388 | 2,657 | 3,227 | 3,454 |
| 63 | 1,295 | 1,669 | 1,998 | 2,387 | 2,656 | 3,225 | 3,452 |
| 64 | 1,295 | 1,669 | 1,998 | 2,386 | 2,655 | 3,223 | 3,449 |
| 65 | 1,295 | 1,669 | 1,997 | 2,385 | 2,654 | 3,220 | 3,447 |
| 66 | 1,295 | 1,668 | 1,997 | 2,384 | 2,652 | 3,218 | 3,444 |

|     |       |       |       |       |       |       |       |
|-----|-------|-------|-------|-------|-------|-------|-------|
| 67  | 1,294 | 1,668 | 1,996 | 2,383 | 2,651 | 3,216 | 3,442 |
| 68  | 1,294 | 1,668 | 1,995 | 2,382 | 2,650 | 3,214 | 3,439 |
| 69  | 1,294 | 1,667 | 1,995 | 2,382 | 2,649 | 3,213 | 3,437 |
| 70  | 1,294 | 1,667 | 1,994 | 2,381 | 2,648 | 3,211 | 3,435 |
| 71  | 1,294 | 1,667 | 1,994 | 2,380 | 2,647 | 3,209 | 3,433 |
| 72  | 1,293 | 1,666 | 1,993 | 2,379 | 2,646 | 3,207 | 3,431 |
| 73  | 1,293 | 1,666 | 1,993 | 2,379 | 2,645 | 3,206 | 3,429 |
| 74  | 1,293 | 1,666 | 1,993 | 2,378 | 2,644 | 3,204 | 3,427 |
| 75  | 1,293 | 1,665 | 1,992 | 2,377 | 2,643 | 3,202 | 3,425 |
| 76  | 1,293 | 1,665 | 1,992 | 2,376 | 2,642 | 3,201 | 3,423 |
| 77  | 1,293 | 1,665 | 1,991 | 2,376 | 2,641 | 3,199 | 3,421 |
| 78  | 1,292 | 1,665 | 1,991 | 2,375 | 2,640 | 3,198 | 3,420 |
| 79  | 1,292 | 1,664 | 1,990 | 2,374 | 2,640 | 3,197 | 3,418 |
| 80  | 1,292 | 1,664 | 1,990 | 2,374 | 2,639 | 3,195 | 3,416 |
| 81  | 1,292 | 1,664 | 1,990 | 2,373 | 2,638 | 3,194 | 3,415 |
| 82  | 1,292 | 1,664 | 1,989 | 2,373 | 2,637 | 3,193 | 3,413 |
| 83  | 1,292 | 1,663 | 1,989 | 2,372 | 2,636 | 3,191 | 3,412 |
| 84  | 1,292 | 1,663 | 1,989 | 2,372 | 2,636 | 3,190 | 3,410 |
| 85  | 1,292 | 1,663 | 1,988 | 2,371 | 2,635 | 3,189 | 3,409 |
| 86  | 1,291 | 1,663 | 1,988 | 2,370 | 2,634 | 3,188 | 3,407 |
| 87  | 1,291 | 1,663 | 1,988 | 2,370 | 2,634 | 3,187 | 3,406 |
| 88  | 1,291 | 1,662 | 1,987 | 2,369 | 2,633 | 3,185 | 3,405 |
| 89  | 1,291 | 1,662 | 1,987 | 2,369 | 2,632 | 3,184 | 3,403 |
| 90  | 1,291 | 1,662 | 1,987 | 2,368 | 2,632 | 3,183 | 3,402 |
| 91  | 1,291 | 1,662 | 1,986 | 2,368 | 2,631 | 3,182 | 3,401 |
| 92  | 1,291 | 1,662 | 1,986 | 2,368 | 2,630 | 3,181 | 3,399 |
| 93  | 1,291 | 1,661 | 1,986 | 2,367 | 2,630 | 3,180 | 3,398 |
| 94  | 1,291 | 1,661 | 1,986 | 2,367 | 2,629 | 3,179 | 3,397 |
| 95  | 1,291 | 1,661 | 1,985 | 2,366 | 2,629 | 3,178 | 3,396 |
| 96  | 1,290 | 1,661 | 1,985 | 2,366 | 2,628 | 3,177 | 3,395 |
| 97  | 1,290 | 1,661 | 1,985 | 2,365 | 2,627 | 3,176 | 3,394 |
| 98  | 1,290 | 1,661 | 1,984 | 2,365 | 2,627 | 3,175 | 3,393 |
| 99  | 1,290 | 1,660 | 1,984 | 2,365 | 2,626 | 3,175 | 3,392 |
| 100 | 1,290 | 1,660 | 1,984 | 2,364 | 2,626 | 3,174 |       |

Lampiran 8 : Program Pelatihan Peserta Ekstrakurikuler  
*Taekwondo*

| <b>Pertemuan ke -</b> | <b>Jenis pelatihan</b> | <b>intensitas</b> |
|-----------------------|------------------------|-------------------|
| 1 dan 2               | Split depan            | Rendah            |
| 3 dan 4               | Split samping          | Rendah            |
| 5 dan 6               | PNF                    | Rendah            |
| 7 dan 8               | Split depan            | Sedang            |
| 9 dan 10              | Split samping          | Sedang            |
| 11 dan 12             | PNF                    | Sedang            |
| 13 dan 14             | Split depan            | Tinggi            |
| 15 dan 16             | Split samping          | Tinggi            |

## Lampiran 9 : Jadwal Pelatihan

| <b>Pertemuan ke</b> | <b>Hari / Tanggal</b>   |
|---------------------|-------------------------|
| 1                   | Rabu, 09 Oktober 2019   |
| 2                   | Sabtu, 12 Oktober 2019  |
| 3                   | Rabu, 16 Oktober 2019   |
| 4                   | Sabtu, 19 Oktober 2019  |
| 5                   | Rabu, 22 Oktober 2019   |
| 6                   | Sabtu, 26 Oktober 2019  |
| 7                   | Rabu, 30 Oktober 2019   |
| 8                   | Sabtu, 02 November 2019 |
| 9                   | Rabu, 06 November 2019  |
| 10                  | Sabtu, 09 November 2019 |
| 11                  | Rabu, 13 November 2019  |
| 12                  | Sabtu, 16 November 2019 |
| 13                  | Rabu, 20 November 2019  |
| 14                  | Sabtu, 23 November 2019 |
| 15                  | Rabu, 27 November 2019  |
| 16                  | Sabtu, 30 November 2019 |

## Lampiran 10 : Dokumentasi



**Persiapan**



***Pretest***



**Split samping**



**Split depan**





**PNF**  
***(Proprio Neuromuccular Facilities)***



*Posttest*