

ABSTRAK

Pengaruh Latihan Lari *Sprint* 50 m terhadap Peningkatan *Speed* dan *Power* Tendangan *Dollyo Chagi* pada Atlet Taekwondo

Pendahuluan: Beberapa metode latihan digunakan untuk meningkatkan performa atlet taekwondo. **Tujuan:** Mengetahui pengaruh latihan lari *sprint* 50 m terhadap peningkatan *speed* dan *power* tendangan *dollyo chagi* pada atlet taekwondo. **Metode:** *Quasi experimental*, rancangan *one group pre test - post test design*. Tidak ada kelompok kontrol. Pengambilan sampel menggunakan teknik *purposive sampling* pada atlet taekwondo kategori junior di Kabupaten Sidoarjo. Sebanyak 17 atlet kategori *kyorugi* yang terdiri dari 9 atlet putra dan 8 atlet putri, mereka diberi perlakuan lari *sprint* 50 m selama 4 minggu. Lari *sprint* 50 m dilakukan 3 set setiap pertemuan dengan rincian ada 4 kali pertemuan dalam 1 minggu. **Hasil:** Rata-rata persentase *speed* meningkat secara signifikan sebesar 17,74% ($p < 0,05$) dan *power* meningkat secara signifikan sebesar 23,06% ($p < 0,05$). **Kesimpulan:** Latihan lari *sprint* 50 m dapat meningkatkan *speed* dan *power* tendangan *dollyo chagi* pada atlet taekwondo.

Kata Kunci: *sprint* 50 m, *speed*, *power*, tendangan *dollyo chagi*, atlet taekwondo

ABSTRACT***The Effect of 50m Sprint Training on Increasing Speed and Power of Dollyo Chagi Kicks in Taekwondo Athletes***

Introduction: Several training techniques are used to improve the performance of taekwondo athletes. We want to investigate the effect of 50m sprint training on increasing speed and power of dollyo chagi kicks in taekwondo athletes. **Purpose:** To investigate the effect of 50m sprint training on increasing speed and power of dollyo chagi kicks in taekwondo athletes. **Methods:** A quasi-experimental method, one group pre-test post-test design. There was no control group. Using purposive sampling techniques, junior athletes at Sidoarjo Regency. Total of 17 junior kyorugi athletes, 9 male and 8 female were treated using 50m sprint run for 4 weeks which was done 3 sets, 4 times a week. **Results:** Speed increase significantly 17.74% ($p < 0.05$), power increase significantly 23.06% ($p < 0.05$). **Conclusion:** 50m sprint training can increase the speed and power of dollyo chagi kicks in taekwondo athletes.

Keywords: 50m sprint, speed, power, dollyo chagi kicks, taekwondo athletes