

ABSTRACT

PRACTICE REFLECT GROANS WITH CLASSIC POPY INTERVAL PRACTICE AND MODIFICATION PRACTICE TO DEGRADATION ACCURACY TIME OF POKE AND IMPROVEMENT OF SPEED REACTED AT FOIL FENCING SPORT

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General purpose of this research is to get method of groans reflect practice to increase accuracy of poke and reaction speed in fencing sport to increase achievement of the athletes by using classic popy interval practice and practice of popy interval with modification by comparing effect from that practice. While special purpose of this research is proving classic popy interval practice and modification popy interval practice can increase reflect to groan with degradation of accuracy time of poke and increases reaction speed in fencing sport. And proves that practice of popy interval with modification reduces accuracy time of poke and increase reaction speed compared with classic popy interval practice.

Data analysis after measurement hence in classic group happened improvement of reaction speed is having a meaning and degradation of accuracy time that is also has a meaning $p < 0.05$ and in group of modification also happened improvement of speed reaction is having a meaning and degradation of accuracy time that is also has a meaning $p < 0.05$ this comparison between groups.

Result of test analysis anova univariate indicates that group of reaction speed pre with $F = 0.207$ with significant value = 0.655 and group of reaction speed post with $F = 1.686$ with significant value = 0.211, and accuracy time pre $F = 0.006$ with significant value = 0.937 and accuracy time post $F = 11.231$ with significant value = 0.004. Because $p < 0.05$ hence accuracy time having difference to have a meaning between groups shows that only last accuracy time that different between groups, so reaction time in popy interval with modification shorter than from in classic popy interval practice.

Change comparison of depend variable pre post between group of $p < 0.05$ indicating that data is significant. Which different had a meaning only degradation of accuracy time between group of classic popy interval and popy interval with modification because $p < 0.05$.

Conclusion in this research is giving practice of popy interval with modification can reduces accuracy time of poke and increases reaction speed.

Keyword: interval popy, poke accuracy, reaction speed.