

ABSTRAK

PENGARUH LATIHAN *FOUR CONE DRILL* TERHADAP KECEPATAN DAN KETEPATAN *MAWASHI GERI* ATLET KEMPO DOJO KONI

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Latar belakang: Kempo menuntut kecepatan dan ketepatan *mawashi geri* sebagai penentu perolehan poin dalam pertandingan, namun observasi awal di Dojo Koni menunjukkan kemampuan atlet dalam aspek ini masih belum optimal akibat minimnya variasi latihan kelincahan seperti *four cone drill*.

Tujuan penelitian: Untuk mengetahui pengaruh latihan *four cone drill* terhadap kecepatan dan ketepatan *mawashi geri* atlet Kempo Dojo KONI.

Metode penelitian: Penelitian kuantitatif dengan desain eksperimen semu (one group pretest-posttest design) pada 20 atlet Kempo Dojo KONI; data dianalisis menggunakan uji-t berpasangan dan effect size Cohen's d.

Hasil dan pembahasan: Kecepatan *mawashi geri* meningkat, ditandai penurunan rata-rata waktu dari 1,47 menjadi 1,25 detik ($t=-2,706$; $p=0,014$); ketepatan *mawashi geri* meningkat dari rata-rata 18,50 menjadi 20,95 poin ($t=3,288$; $p=0,004$); serta kelincahan (*four cone drill*) meningkat dari 12,65 menjadi 11,75 detik ($t=2,197$; $p=0,041$). Seluruh hasil signifikan dengan effect size kategori sedang hingga sedang menuju besar.

Simpulan: Latihan *four cone drill* berpengaruh signifikan terhadap kecepatan dan ketepatan *mawashi geri* atlet Kempo Dojo KONI sehingga dapat direkomendasikan sebagai bentuk latihan agility untuk meningkatkan performa teknik tendangan.

Kata kunci: *four cone drill*, kecepatan, ketepatan, *mawashi geri*, kempo

ABSTRACT

The Effect of Four-Cone Drill Training on the Speed and Accuracy of Mawashi Geri Kicks Among KONI Dojo Kempo Athletes

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Background: Kempo demands speed and accuracy in the mawashi geri kick to score points, yet preliminary observation at Dojo Koni indicated that athletes' kick speed and accuracy remained suboptimal due to limited agility-training variation such as the four cone drill.

Research objective: To determine the effect of four cone drill training on the kick-speed and accuracy of mawashi geri among Kempo athletes at Dojo KONI.

Research method: A quantitative, quasi-experimental one-group pretest-posttest design was applied to 20 Kempo athletes; data were analyzed using paired-sample t-tests and Cohen's d effect size.

Result and discussion: Kick speed improved, with mean time decreasing from 1.47 to 1.25 seconds ($t=-2.706$; $p=0.014$); accuracy improved from a mean of 18.50 to 20.95 points ($t=3.288$; $p=0.004$); and agility (four cone drill) improved from 12.65 to 11.75 seconds ($t=2.197$; $p=0.041$), all significant with medium to medium-large effect sizes.

Conclusion: *Four cone drill* training significantly improves the kick-speed frequency and accuracy of mawashi geri among Kempo athletes at Dojo KONI and can be recommended as an agility-training method to enhance kicking-technique performance.

Keyword: four cone drill, speed, accuracy, mawashi geri, kempo