

# Dynamic Balance Contribution to the Ability of Dollyo Chagi Kick Male Athlete of Tae Kwon Do in BTTC Rokan Hulu

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## ABSTRACT

The purpose of this study is intended to reveal the contribution of the dynamic balance of the ability of dollyo kick chagi by using the correlation method and sampling was done by cluster sampling. This stage begins with the selection of clubs, coaches and athletes actively practice the last two years. Data gathered from the training process, and processed using a simple correlation/regression double and simple / double. The results show that there is a significant contribution to the ability of dynamic Balance dollyo kick chagi male athlete of Tae Kwon Do in BTTC Rokan Hulu.

**Keywords:** *Dynamic balance, dollyo chagi kick, tae kwon do*

## 1. INTRODUCTION

Sport national aim to maintain and improve the health and fitness, achievement, human qualities, inculcate moral values and noble character, sportsmanship, discipline, cultivate and foster national unity, strengthen national defense, as well as raise the dignity, dignity and honor of the nation (Depdiknas, 2005). The promotion and development of sport and education was implemented through public lines based on the development of sport for everyone that occurred throughout life (Depdiknas, 2005).

Sporting achievement is a sport that foster and develop in a planned sportsman, tiered and sustainable through the competition to achieve with the support of science and technology (Depdiknas, 2005). In other words, in order to obtain optimal performance in the sport of Tae Kwon Do training must start early and physical condition also play an important role, as well as a good exercise program and systematic is needed.

Tae Kwon Do is a modern martial arts are rooted in traditional Korean martial art. Tae Kwon Do is a martial art that uses bare hands and feet technique, where the subject of the concept of Tae Kwon Do is a combination of strength, ability and speed (Suryadi, 2009).

Dollyo kick kick chagi is most often used by athletes Tae Kwon Do when competing. Ease of movement, power is generated, as well as the ability of kick kick is the reason why it is often used. Power generated apart from beatings kick the knee is also

strongly supported by round the waist which is actually an energy distribution of body mass (Suryadi, 2009). Coordination whole body movement, especially with the waist, in order to generate maximum power (Suryadi, 2009). In addition, the movement chagi dollyo kick technique that instantly and explosive kick technique dollyo chagi result would be difficult to anticipate the opponent.

To succeed in the coarse motion requires the ability to pay attention to posture or body position. It shows one of the basic properties in dynamic sports that require sudden changes in motion. Balance is the ability to maintain *muscular system neoro* ourin a static position, orcontrol *muscular neorosystem* thein an efficient position or attitude as we move (Harsono, 1998). Dynamic balance in Tae Kwon Do is a Tae Kwon Do athlete's ability to control and maintain body position while performing the techniques of kick in the sport of Tae Kwon Do. Kick dynamics requires a dynamic balance.

This study is intended to answer some questions 1) Is there a relationship between Dynamic Balance Ability kick against *Dollyo Chagi* male athlete of Tae Kwon Do in BTTC Rokan Hulu?

## 2. METHOD

The sample set based on cluster sampling as many as 60 male athletes Tae Kwon Do in BTTC Rokan Hulu in Riau province. Method used is the method *Correlation* Research. This method is used to determine

how much the relationship dynamic balance with the ability to kick dollyo chagi male athlete of Tae Kwon Do in BTTC Rokan Hulu, then calculated the contribution through determination index is  $r^2 \times 100$ . While the time of the study conducted in March-April 2015. Data collection techniques are the most strategic step in the research, because the main goal of the study is to get the correct data (Sugiyono, 2013). For the ability to kick dollyo chagi (Depdiknas, 2004), and for the dynamic balance (Halim, 2011). Processing is done by using correlation and multiple regression analysis.

### 3. RESULTS

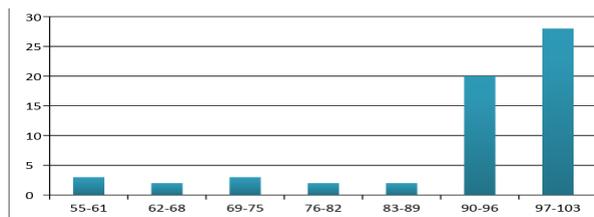
#### The Results of the Measurement of the Dynamic Balance

The research data shows that to score Dynamic Balance with a highest score of 100 and the lowest score of 55 with a range of 45, a lot of class 7, intervals of 7, the mean SD 66.17 and 81.18 to more clearly seen in appendix 3 page 81. Furthermore, the distribution of Dynamic Balance results can be seen in the following table:

**Table 1.** Frequency Distribution of Dynamic Balance Data

No.	Interval	Absolute Frequency	Relative Frequency (%)
1	55-61	3	5
2	62-68	2	3.33
3	69-75	3	5
4	76-82	2	3.33
5	83-89	2	3.33
6	90-96	20	33.34
<b>Total</b>		60	100

According to the table above, it can be concluded that out of 60 male athletes, which have data Dynamic balance with the highest score 97-103 totaling 28 people or 46.67%. Meanwhile, with the lowest score there are three classes, namely interval 62-68, 76-82, and 83-89 respectively amounted to 2 or 3.33%. Furthermore, for more details on the above data, it can be seen in the image histogram Dynamic Balance Data(X) the following:



**Figure 1.** Histogram Dynamic Balance

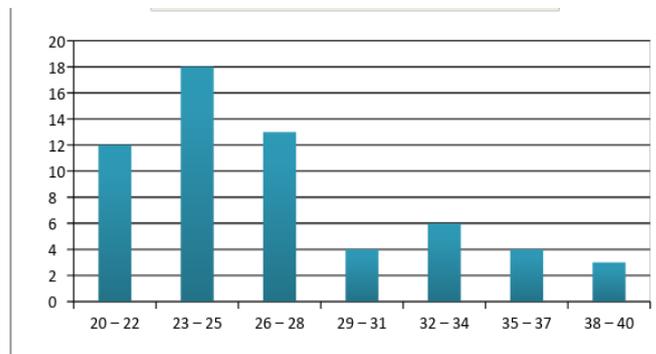
#### The Result of the Measurement of the Ability of Kick Dollyo Chagi

Research data shows that the score Capabilities kick *Dollyo Chagi* (Y) conducted on 60 athletes male Tae Kwon Do in BTTC Rokan Hulu, obtained the highest score of 40 and the lowest score 20, a lot of class 7, interval 3, mean SD of 33.1 and 20.78, as well as the frequency distribution can be seen in The following table:

**Table 2.** Frequency Distribution Capabilities Data kick *Dollyo Chagi*

No.	Interval	Absolute Frequency	Relative Frequency (%)
1	20-22	12	20
2	23-25	18	30
3	26-28	13	21.66
4	29-31	4	6.67
5	32-34	6	10
6	35-37	4	6.67
<b>Total</b>		60	100

Based on the calculations in the table it can be concluded that out of 60 samples of research that obtained the highest score 23-25 were 18 people or 30%. While the lowest score 38-40 totaling 3 or 5%. Furthermore, to further clarify the above data, see in the image histogram of the data capability kick *Dollyo Chagi* (Y) below:



**Figure 2.** Histogram Capabilities kick *Dollyo Chagi*

### 4. CONCLUSION

In accordance with the results of research that has been described, it can be deduced as follows:

There is a significant contribution to the ability of dynamic Balance chagi dollyo kick. This means that if the dynamic balance is good, then the ability of dollyo chagi kick technique gets better and right, and vice versa. The amount of the contribution is equal to 46.26%.

Based on the conclusions from the results of this study stated that a dynamic balance provides a

significant contribution both to the ability dollyo chagi kick. This suggests that to improve chagi dollyo kick can be done by improving the dynamic balance of the respective male athlete of Tae Kwon Do.

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