

## The Influence of Kinetic Life Training Methods and Concentration on the Dwi Hurigi Kick Skills of Taekwondo Athletes



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**ABSTRACT:** So, this study aims to improve the skills of the double hurigi kick through the life kinetic training method and concentration on the double hurigi kick of Tae Kwon Do athletes. This research is a type of quantitative research with experimental methods and using a 2x2 factorial design. The aim of this study was to reveal the effect of life kinetic and concentration training methods on the two hurigi kick skills of Tae Kwon Do athletes. The population in this study were Tae Kwon Do athletes at the Tunas Harapan Academy in Bengkulu. The sample in this study were Tae Kwon Do Athletes at the Tunas Harapan Academy, totaling 36 athletes. The statistical analysis used in this study was the two-way ANOVA test to test the hypothesis that the Kinetic Life Training Method accompanied by the Concentration level has an influence on the Two Hurigi Kick Skills of Tae Kwon Do Athletes. The results of the research show that the Training MethodLifeKinetic which is accompanied by a level of concentration has an influence on the Kick Skills of the Two Hurigi Tae Kwon Do Athletes. The results of the study show that (1) there are differences in training methodslife kinetic high concentration level with low concentration level kinetic life training methods on increasing kick technique skillsTwo hurigi Kepahiang Tae Kwon Do athlete. (2) There are differences in training methodsconventionalhigh level of concentration with conventional methods of low concentration on increasing kick technique skillsTwo hurigi Kepahiang Tae Kwon Do athletes (3) There are differences in training methodslife kinetic high concentration level with conventional high concentration level training methods on improving kick technique skillsTwo hurigi Kepahiang Tae Kwon Do athlete. (4) There are differences in training methodslife kinetic Low concentration level with conventional low concentration level training methods on increasing kick technique skillsTwo hurigi Kepahiang Tae Kwon Do athlete. The conclusion in this study is that there is a significant difference in effect between the kinetic life training method and the conventional training method.

**KEYWORDS:** dwi hurigi, konsentrasi, life kinetic, taekwodo

### I. INTRODUCTION

Taekwondo is a sport that is expected to educate the younger generation to become healthy and good individuals. Taekwondo is a self-defense competition, there are two numbers namelypoomsae andKyorgi in competition, poomsae is a Taekwondo training method to practice attacking and defending against an imaginary opponent. Poomsae consists of various forms of stances, kicks, punches, and parries based on Eastern philosophical principles.Kyorgi Taekwondo is an exercise in which two people fight to practice techniques and self-defense using basic movement techniques. Taekwondo is made up of three words, Tae means kick, Kwon means punch and do means art. So, Taekwondo is a art movement hands and legs. The popularity of Taekwondo has caused this art to take many forms. Like many martial arts other. Sports achievement in Taekwondo shows that an athlete's performance is influenced by various psychological factors (DARMAN et al., 2020; FITRININGSIH, 2020).

Although there are many differences in technical doctrine among Taekwondo organizations, the art generally emphasizes kicks made from a moving situation, using greater range and leg strength to immobilize an opponent from a distance. In a match, the spinning kick, 45 degrees, front, ax and side kicks are most widely used. The kicks include jumping, spinning, and dropping kicks, often in the form of a combination of several kicks. Taekwondo training also includes a comprehensive system of striking and defending with the hands, but generally does not emphasize grappling. The training process in Taekwondo sports relates to the athlete's condition and the training methods used in training to achieve maximum results (MARDIANA, 2021; MUHAMMAD, 2022; Putril et al., 2022).

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Achievement is the result of a person's efforts to achieve the desired target (Masrun, 2016). that factor are internal factors and external factors. Internal factors include: physical, technical, tactical, and mental (psychic) athlete, and External factors are those that arise from outside the athlete's self like: coach, means and infrastructure, sports teachers, families, training methods, organization, climate, weather, nutritious food and so on. However, in the context of a match, the things mentioned above will not function optimally if you don't have a good psychological condition. In fact, studies show that psychology has a role of 70% in matches (Hidayat, 2015). This indicates that with good psychological conditions, athletes have mental stability so that the technical, physical and coordination of movements that have been trained can be displayed properly (Chen et al., 2015; Shanti et al., 2022).

Chaabene et al., (2018); Ferreira da Silva Santos et al., (2019) Thus, to achieve maximum performance, athletes and coaches especially in Taekwondo should not only focus on technique, physique and movement coordination, but must pay attention to the psychology of the athletes themselves, because we all know that psychology has an important role in improving performance. sports (Komarudin, 2016). In the process of training in a sport, a person's physical abilities, techniques and tactics will not improve significantly, if they are not supported by psychological abilities. It is undeniable that psychological ability is one of the determining factors that influence the achievement of achievement results. Therefore, special training is needed to improve the psychological condition of athletes with various psychological training methods arranged in a psychological training program (Komarudin, 2018). Psychological training itself is useful for increasing the psychological efficiency of athletes, especially when athletes are in a complex stressful situation (Harsono, 2017). If an athlete has never done psychological training, then it is likely that the athlete will have difficulty dealing with various problems that will be encountered when practicing or competing (Boutios et al., 2021; Mailapalli et al., 2015).

Jae-Ok & Voaklander, (2016) Psychological training programs are very important for athletes so that athletes can focus on the tasks that must be done and focus more on directing their potential or abilities as much as possible. In the sport of Taekwondo, we know that there are various challenges in athletes during matches or competitions that often drop the athlete's psychology. Phenomena like this should have been able to be overcome considering the development of the world of sports which is growing rapidly every day. Especially in the sport of Taekwondo, one of the psychological factors that is important for athletes to master is concentration. Concentration is one of the psychological aspects that Taekwondo athletes really need because it requires athletes to concentrate on one thing to the exclusion of all other unrelated things (Robbani & Dimiyati, 2019). If a Taekwondo athlete does not have good concentration, then he will difficult to give the best performance. In simple terms, it can be exemplified, if someone does not dare to attack, then the athlete will not get a point. Conversely, if athletes have the courage to carry out tactics, then athletes will get great opportunities to earn points. Concentration is very important in every activity. Concentration of thoughts is one of the internal factors that is believed to influence skill mastery (Nurul, 2015).

Method Kinetic life is a training method designed in such a way as to improve cognition, concentration, motivation, and also as a method to stimulate brain function. In method Kinetic life Brain stimulation is carried out by requiring athletes to perform movements with certain concepts spontaneously. In fact, these movements must have changed form when they have been mastered more or less 60%. Training method kinetic life has a very important role in a training process. Training method kinetic life can show how fast or easy it is for someone to master a movement. Thus, athletes must be strong in the psychological aspect, because if not, athletes cannot master the movements being trained, therefore they must be trained through training methods kinetic life. From the results of observations made on the athletes who are members of the Dojang Tunas Harapan Academy about kick two hurigi show that kick two hurigi performed by the Athletes are still not good even though they have practiced kick two hurigi. The main factor that causes a bad kick two hurigi what they do is rotate the hip joint. The athlete's rotation of the hip joint is not so perfect that it affects the kick result two hurigi what he did. It is necessary to provide the correct training method so that the kick result two hurigi maximum can be done. With the correct training method, it is hoped that athletes will no longer experience difficulties in practicing kick two hurigi and does not take a very long time to master a movement (Akhmad et al., 2021; Ji, 2016).

Besides kick two hurigi is a kick technique with the highest score in a Taekwondo match. That is, it has a score of 5 if it succeeds in hitting the head in the match. Which is kick two hurigi has 3 basic points and 2 technical points, so the total points are 5. While other kick techniques such as forward kicks on the head total points 3, regarding the body the total points are 2. Based on the explanation above the author wants to research training methods Kinetic Life associated with the level of concentration has an effect on the mastery of kick technique two hurigi in the sport of Taekwondo, because of the pattern of practice Kinetic Life can be applied in the sport of Taekwondo to improve his kicking skills.

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## II. MATERIAL AND METHODS

This research is quantitative research with experimental methods, quantitative research refers to the number and size. In interpreting the results of quantitative research, it tries to parse the breadth of the study results and generalize them as empirical truth or facts in general (Masrun, 2021). Experimental research is a research method used to determine the effect of certain treatments on other people under controlled conditions. It can be concluded that experimental research was conducted to see whether there was an effect of "treatment" on research subjects (Sugiyono, 2014). The design used in this study is quasi-experimental.

In this experimental study, the researcher chose to use a factorial design because the researcher did not only want to see the effect of the independent variable on the dependent variable but also the interaction effect of the two independent variables on the dependent variable. According to (Noor, 2014), factorial design is an action on one or more variables that is manipulated simultaneously in order to be able to study the effect of each variable on the dependent variable or the influence caused by the interaction between several variables

Furthermore, according to (Emzir, 2015), the term factorial refers to the fact that the design involves several factors. Each factor has two or more levels. Thus, a 2x2 factorial design has two factors, each factor having two levels. 2x2 is the simplest factorial design (Emzir, 2015).

**Tabel 1. Desain Faktorial 2x2**

Variabel Attributive	Variabel Manipulative	Training MethodK inetic Life (A1)	Convention al Training Methods (A2)
High Concentration B1		A1B1	A2B1
Low Concentration B2		A1B2	A2B2
Kick Technique SkillsTwo hurigiTaekwondo athlete.			

A1B1: The group of athletes who have high concentrations are given treatment with MethodKinetic Life.

A2B1: The group of athletes who have high concentrations are treated with the conventional method.

B1B2: The group of athletes who have low concentrations are given treatment by the methodKinetic Life.

A2B2: The group of athletes who have low concentrations are given treatment with the methodconventional.

So that the magnitude of the effect of the experiment can be known with certainty. The first group of respondents received training using the training methodKinetic Lifeand the second group Conventional. According to (Sugiyono, 2014) the research variable is an attribute or characteristic or value of people, objects or activities that have certain variations set by the researcher to study and then draw conclusions. The variables in this study are.

1. Independent variables are variables that influence or cause changes or the emergence of the dependent variable (Sugiyono, 2014). The independent variable of this study is the Training MethodKinetic life. Concentration as a variableintervening.

2. The dependent variable is the variable that is affected or is the result, because of the independent variables (Sugiyono, 2014). The dependent variable of this study is kick technique skillsTwo hurigiTaekwondo athlete.

The population of this study were Tae Kwon Do athletes from the Tunas Harapan Kepahiang Academy, TI Bengkulu. Population is an important part of a research. A population consists of individuals or objects with the same characteristics. From the population it is possible to obtain some of the data needed to solve the problem under study. The population of this study were 36 Tae Kwon Do Academy Tunas Harapan athletes who were at TI Bengkulu.

The sample taken by the researcher is an athlete who is active in training and who is often sent down during the championships that the athlete participates in. Material for the author's consideration in choosing a sample usingpurposive sampling is a phenomenon. Concentration level has an important role in our life, especially to gain quality and productivity in practice. With concentration we can achieve maximum results and faster in our work. So that the samples taken in this research are athletes who have high concentrations and low concentrations.

Methods of sampling and distribution of sample groups to Taekwondo athletes at the Tunas Harapan Kepahiang Academy in Bengkulu Province.

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**Table 2.**

All samples did a Concentration Test The results are divided into 2 High Concentration and Low Concentration			
High Concentration Divided into 2 groups.		Low Concentration Divided into 2 groups.	
Life KineticHigh Concentration	High Concentration Conventional	Life KineticLow Concentration	Low Concentration Conventional

To collect research data, the authors use a measuring instrument as a support or data collector. The quality of the data depends on the quality of the measuring instrument. If the data collection tool is valid and reliable, then the data obtained from the research results will also be valid and reliable. Repeatedly using the same tool on the same subject and subject, the results will be the same or relatively consistent. The tool is used in obtaining data from an object to be measured, while measurement is a process for obtaining data. In connection with this research, the instruments used in this study are as follows:

1. To measure the level of concentration CGT is a test used to measure a person's concentration (Greenlees et al., 2006). This instrument has reliability using (tes re-test) dengan product moment correlation of  $r = .79$  ( $p < .05$ ).
2. To measure Taekwondo skill, a kick skill test is used two hurigi.

The equipment needed in carrying out this test includes: 1) room, 2) stationery, 3) Concentration Grid Test sheet, and 4) stop watch. This instrument can be seen in Table.

**Table 3. Intrumens Concentration Grid Test (CGT)**

<b>84</b>	<b>27</b>	<b>51</b>	<b>78</b>	<b>59</b>	<b>52</b>	<b>13</b>	<b>85</b>	<b>61</b>	<b>55</b>
<b>28</b>	60	92	04	97	90	31	57	29	33
<b>32</b>	96	65	39	80	77	49	86	18	70
<b>76</b>	87	71	95	98	81	01	46	88	00
<b>48</b>	82	89	47	35	17	10	42	62	34
<b>44</b>	67	93	11	07	43	72	94	69	56
<b>53</b>	79	05	22	54	74	58	14	91	02
<b>06</b>	68	99	75	26	15	41	66	20	40
<b>50</b>	09	64	08	38	30	36	45	83	24
<b>03</b>	73	21	23	16	37	25	19	12	63

Source: (Greenlees et al., 2006).

The steps for carrying out this test are: 1. This test has 10 x 10 boxes, each box containing a two-digit number from 00 to 99. 2. To carry out this test, the sample only needs to connect the smallest to the largest numbers by placing a check mark. or cross on each number found. 3. Assessment is determined by the number of numbers they find sequentially. This concentration test was carried out once. In carrying out this test, the sample sat in the space provided, then the sample worked on the available questions according to the instructions given. The sample is given 60 seconds to perform this test. The criteria used in assessing concentration levels use the Concentration Grid Test (CGT), as shown in the following table:

**Table 4. Criteria Concentration Grid Test (CGT)**

No	Criteria	value
<b>1</b>	21 up	Excellent
<b>2</b>	16-20	Good
<b>3</b>	11-5	Enough
<b>4</b>	6-10	Less
<b>5</b>	5 down	Very lacking

Source: (Greenlees et al., 2006).

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The research instrument is a tool used to measure observed natural and social phenomena according to (Sugiyono, 2011). This phenomenon is called the research variable, so in this study the phenomenon to be measured is the performance of kick techniques Two hurigi on Tae Kwondo Athletes. From the understanding of the instrument, it can be seen that the research instrument is used to make measurements with the aim of producing accurate data.

This exercise is divided into several types of exercises, namely RC 1, which is throwing and catching the ball facing the person giving the instructions; RC1, RC2, RC3, RC4 exercises, namely throwing and catching the ball while turning your back to the intruder; RC5 exercise, namely throwing and catching the ball while moving the other limbs (Komarudin, 2018). Then the Reaction-Cognition (RC) exercise is modified and integrated with Taekwondo martial arts training, namely kick skills training. Two hurigi.

### III. RESULTS AND DISCUSSION

Research conducted 5 weeks contain treatment which is carried out 3 times a week, in accordance with the opinion (Juliantine, 2007) which says "As an experiment to get good results it can also be carried out in a training frequency of 3 days/week, while the length of practice is at least 4-6 weeks". The tests carried out in the initial test consisted of 2 forms of tests, namely the concentration test and the kick skill test two hurigi Taekwondo sport. Test Concentration conducted to determine the level of high and low concentration of athletes. Then test kick skill two hurigi needed to see the impact of treatment/treatment that has been given.

After doing some tests, namely tests Concentration and kick skill test two hurigi. The author presents a description of the test result data as follows:

**Table 5. Concentration Test Results**

NO	X	CONCENTRATION	NO	x	CONCENTRATION
1	x1	18	19	X19	12
2	X2	17	20	X20	10
3	X3	17	21	X21	10
4	X4	18	22	X22	9
5	X5	16	23	X23	7
6	X6	17	24	X24	8
7	X7	16	25	X25	10
8	X8	18	26	X26	8
9	X9	16	27	X27	9
10	X10	17	28	X28	10
11	X11	16	29	X29	10
12	X12	16	30	X30	5
13	X13	16	31	X31	7
14	X14	17	32	X32	10
15	X15	18	33	X33	8
16	X16	16	34	X34	5
17	X17	18	35	X35	7
18	X18	18	36	X36	2

In table 5. it is known that the results of the CGT test for the High High Concentration Level group obtained an average score of 16.94. With a standard deviation of 0.87. While the test results CGT in the Low Concentration Level group obtained an average of 8.44. With a standard deviation of 3.07. This data is used as a benchmark for grouping athletes regarding the method to be given in the treatment/treatment. Next, the researcher describes the kick skill test data two hurigi (preliminary test and post test) based on treatment/treatment as follows:

Data on the results of the concentration test conducted by 36 athletes from the Tunas Harapan Kepahiag Academy in Bengkulu Province, active athletes and those who have participated in regional championships. Of the 36 athletes the test results referred to the Concentration Grid Test (CGT) Assessment Criteria. As many as 18 athletes entered the category of good or high concentration and 18 athletes entered the less or low category.

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After that, the 18 athletes with high and low concentration levels were again divided into 2 groups from 18 into 2 groups as much as 9 athletes per group into 4 groups. The first group consisted of 9 athletes in the groupLife Kinetic High-level concentration, the second group consisted of 9 athletes in the groupkinetic life low level concentration, the third group consisted of 9 athletes in the high concentration level Conventional group and the fourth group consisted of 9 people in the low concentration level Conventional group.

The next data is that there are 36 athletes who will be pretested with the Dwi Hurigi Kick Technique Skills with the target being assessed by a licensed referee/judge. Freestyle poomsae scoring guidelines world taekwondo federation, in number gradient of turn round kick (WTF, 2020) Performance appraisal is carried out by International referee Poomsae (international referee specifically for art competition numbers), which gives value/points to kick technique skills Two hurigi. Range of scores given score between 0.1- 0.9 based on performance level: 0.1-0.2 : poor, 0.3-0.4 : pair, 0.5-0.6 : Average, 0.7-0.8 : very good, 0.9 : Excellent. Pretest results Life Kinetic high/low concentration and conventional high/low concentration as follows.

No	X	PRETEST	POSTTES	No	X	PRETEST	POSTTES
1	x1	0,6	0,9	19	X19	0,5	0,5
2	X2	0,7	0,8	20	X20	0,5	0,5
3	X3	0,5	0,6	21	X21	0,4	0,4
4	X4	0,6	0,7	22	X22	0,5	0,5
5	X5	0,7	0,8	23	X23	0,5	0,5
6	X6	0,6	0,9	24	X24	0,4	0,6
7	X7	0,6	0,7	25	X25	0,5	0,5
8	X8	0,5	0,6	26	X26	0,7	0,8
9	X9	0,6	0,7	27	X27	0,6	0,7
10	X10	0,5	0,6	28	X28	0,7	0,8
11	X11	0,4	0,5	29	X29	0,7	0,8
12	X12	0,5	0,6	30	X30	0,6	0,7
13	X13	0,4	0,5	31	X31	0,6	0,6
14	X14	0,6	0,6	32	X32	0,4	0,5
15	X15	0,4	0,4	33	X33	0,6	0,6
16	X16	0,6	0,6	34	X34	0,5	0,4
17	X17	0,4	0,5	35	X35	0,5	0,4
18	X18	0,6	0,7	36	X36	0,4	0,4

Testing the first hypothesis shows that there is a significant difference in effect between the training method kinetic life and conventional training for the mastery of kicking technique two hurigi in the sport of taekwondo martial arts. This difference occurs because theoretically the training method approach kinetic life provides a great opportunity to improve the results of skills training. Through training life kinetic, can increase intelligence, increase concentration, provide stimulation to the brain and nervous system, and optimize the learning process (Duda, 2015; Demirakca et al, 2016; Komarudin & Mulyana, 2017; Komarudin & Awwaludin, 2019; Tejada et al, 2017). Increased intelligence affects the speed of athletes in learning kick skill two hurigi. The smarter the athlete, the higher the kicking skill two hurigi will increase even faster. Besides that, method kinetic life potentially optimizing teaching and learning processes, including learning branching technique skills (Tejada et al, 2017). With a more optimal learning process, it will certainly increase the speed of athletes in mastering kick technique skill two hurigi.

With a significant difference in effect, the results of testing the hypothesis through the statistical test above, it can be concluded that one treatment or treatment has a better effect than other treatments in improving the mastery of kick skill two hurigi. To find out which treatment has a better effect, it is done by comparing the average increase in mastery of technical skill two hurigi. The first conclusion in this study is that there is a significant difference in effect between the training method kinetic life and conventional training methods for mastering kick technique two hurigi in the sport of taekwondo martial arts. Observations in the field showed an increase in a positive direction towards the mastery of kick technique two hurigi on athletes in taekwondo sports (Branch Training Center) Kab. Kepahiang.

Based on the results of the two-way ANOVA calculations, the authors found the second conclusion that there was an increase between the training method and the level concentration on kicking technique mastery two hurigi in the sport of taekwondo martial arts. This means that on a sample that has a level concentration high training method kinetic life more

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significantly affect the mastery of kick techniques two hurigihan conventional training methods. On the other hand, in samples that have concentration the height of conventional training methods more significantly affects the mastery of kick techniques two hurigihan the conventional low concentration training method.

### IV. CONCLUSION

In this study, there is a significant difference in the influence between kinetic life training methods and conventional training methods on the skills of Tae Kwon do athletes' dual hurigi kick techniques. Observations in the field showed a positive improvement in the direction of the dual-hurigi kick technique skills in Tunas Harapan Academy Tae Kwon Do athletes.

Based on the results of the two-track anova calculation, the author found that there was an increase between the training method and the level of concentration on the skills of the Tae Kwon Do athlete's dual hurigi kick technique. This means that in samples that have a high level of concentration, the kinetic life training method significantly affects the mastery of the dual hurigi kick technique than the conventional training method, high concentration. In samples that have low concentration, the Life Kinetic training method significantly affects the mastery of the dual hurigi kick technique than the low concentration conventional training method.

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