



THE EFFECT OF LIFE KINETIC TRAINING ON THE EFFECTIVENESS OF GO NO SEN FIGHTING STYLE OF KUMITE ATHLETES IN KARATE SPORT

Anthony Paramadina Seda
2316676

**SCHOOL OF POSTGRADUATE STUDIES
SPORT EDUCATION**

INTRODUCTION

- Go no Sen is one of the fighting styles in kumite numbers in karate, namely by counterattacking opponents. The counterattack is a simple way done by a kumite athlete to respond to the opponent's attack by dodging and deflecting the opponent's attack and then counterattacking the opponent with an attack (Amin El-Shafey et al., 2022).
- Kumite athletes in karate are also often difficult to perform a go no sen fighting style or counterattack due to poor body coordination skills. Because in doing the go no sen fighting style, you must avoid the opponent's attacks either sideways or backwards and then counterattack the opponent with punches, kicks or slams.

INTRODUCTION

- Due to the lack of body coordination, the researcher wants to apply the life kinetic training method to improve the fighting style of kumite athletes in karate. The Life Kinetic Training Method is an exercise that combines physical activity, cognitive challenges, and visual perception in one systematic movement. This exercise stimulates the brain and improves the athlete's cognitive function of athletes because athletes are not only required to excel in physical abilities, techniques, and tactics but also to be intelligent and have the ability to focus on displaying their tasks (Komarudin, 2018).

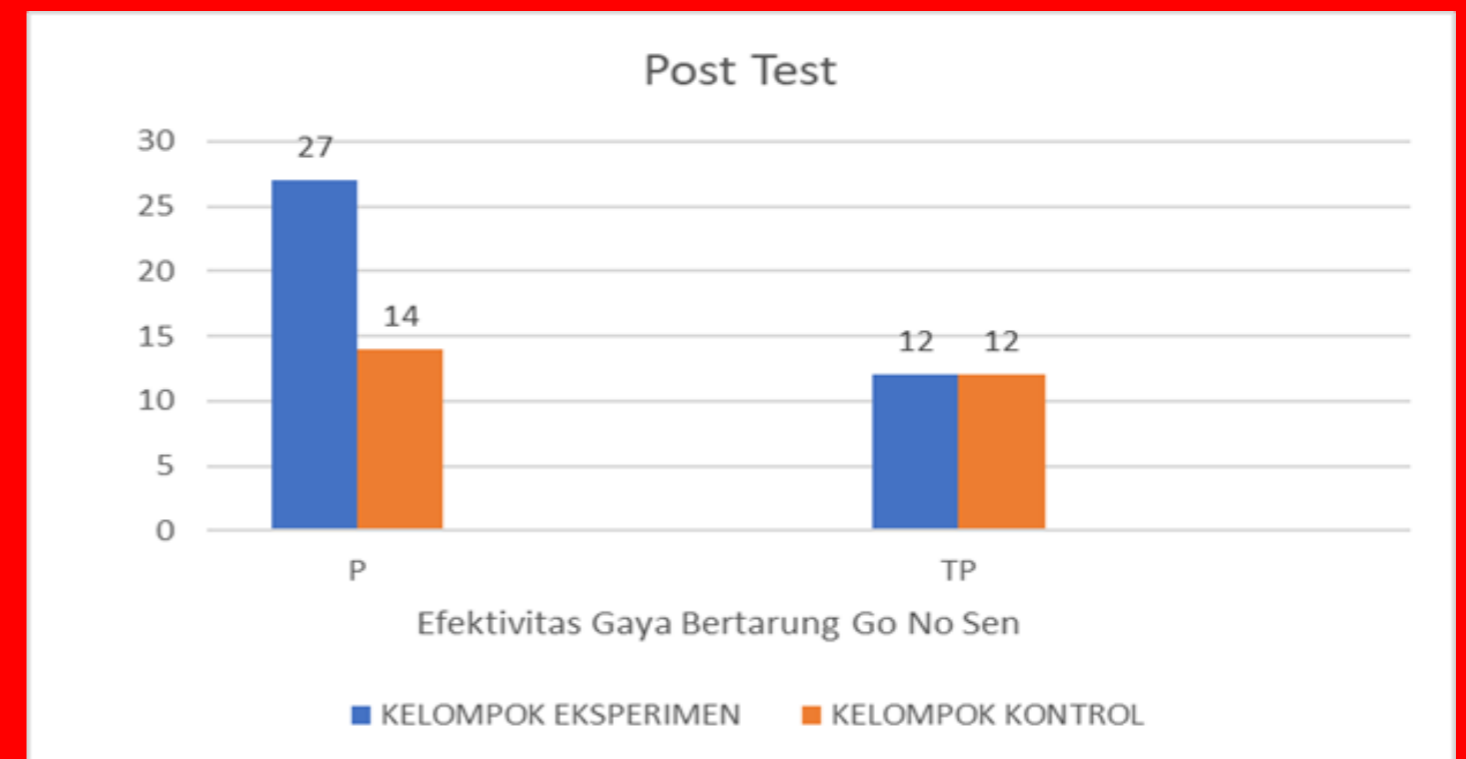
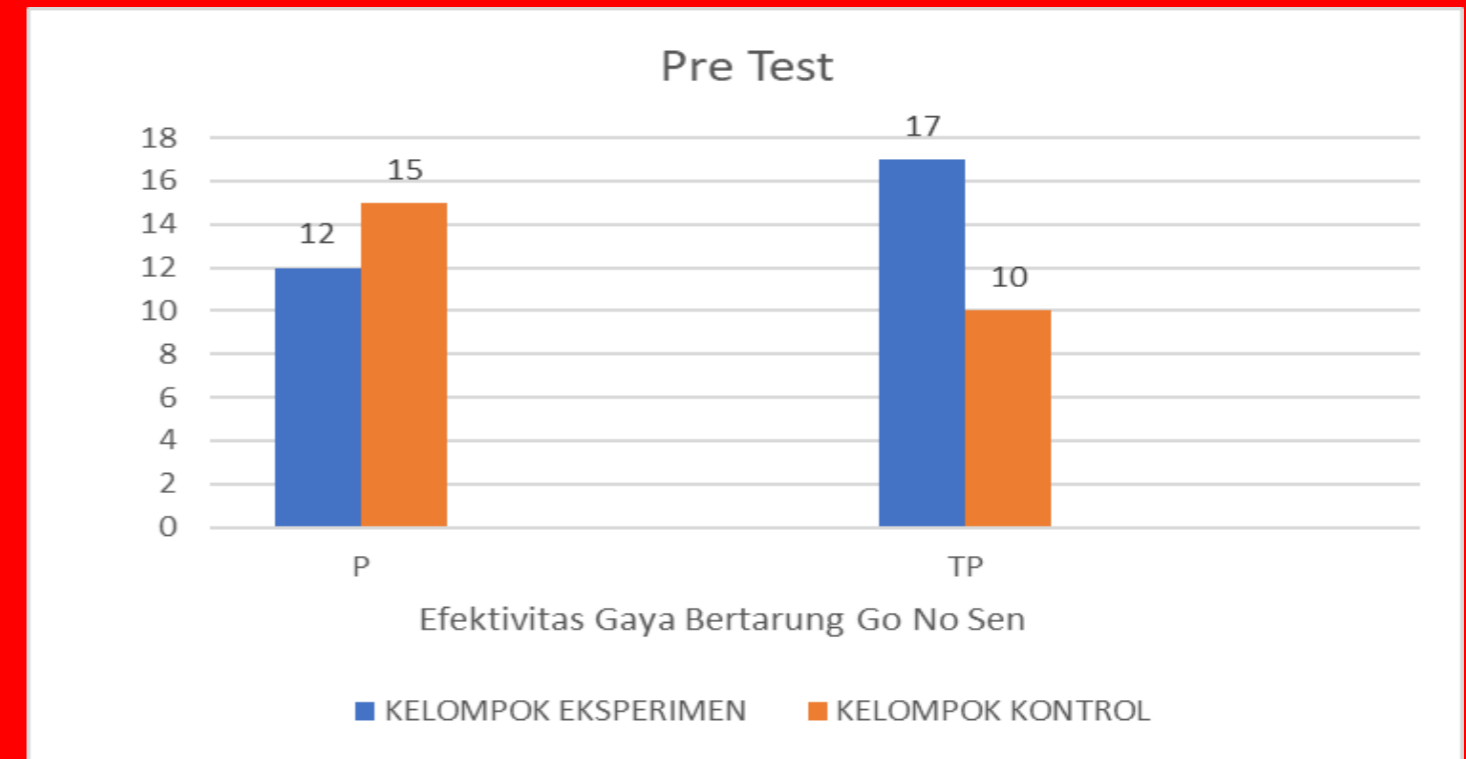
METHODS

Research Method	Quantitative Approach
Methods	Quasi Experiment with nonequivalent control group design
Variable	Independent Variable is Life Kinetic Training. Dependent Variable is effectiveness of the Go No Sen fighting style.
Population and Sample	The Population is 30 Karate Athletes of UKM Karate University of Education Indonesia Sample is 18 Kumite Athletes of UKM Karate University of Education Indonesia
Sampling Techniques	Purposive sampling.
Data Collection Methods	Observations from match simulations and observation results are recorded using a form.
Data Analyze	Univariate analysis uses the frequency and percentage distribution of each variable. The normality test uses the Kolmogorov Smirnov or Shapiro Wilk Test. Bivariate analysis using Wilcoxon Test (abnormal data) or Paired T Test (normal data)

RESULT & DISCUSSION

Pre Test						
Grroup	Go no Sen Fighting Style				Match Result	
	P	NP	(%) P	(%)N P	W	L
Control	15	10	60%	40%	1	8
Experiment	12	17	41%	59%	8	1
Total	27	27	50%	50%	9	9

Post Test						
Grroup	Go no Sen Fighting Style				Match Result	
	P	NP	(%) P	(%)N P	W	L
Control	15	10	60%	40%	1	8
Experiment	12	17	41%	59%	8	1
Total	27	27	50%	50%	9	9





RESULT & DISCUSSION

Test of the effectiveness of the go no sen fighting style in the Control group between Pretest and Post test

1) Data Normality Test

H0 : Pre-test and post-test data in the normally distributed control group

H1 : Pre-test and post-test data in the control group are not normally distributed

Group	Result	Shapiro-Wilk			Information
		Statistic	df	Sig.	
Control	Pre-test	0,617	9	0,024	Not Normally Distributed
	Post-test	0,853	9	0,000	Not Normally Distributed

The normality test using the Shapiro-Wilk test can be found that the data on the measure of the effectiveness of the go no sen pretest fighting style with a significance score (0.024) is smaller than the real level (α) (0.05), then H0 is rejected, meaning that the data is not normally distributed.

2) Control Group Data Improvement Test

If the significance score ≥ 0.05 , then Ho is accepted

If the significance score < 0.05 , then Ho is rejected

Wilcoxon signed Ranks Test on the effectiveness of the fighting style go no sen Pre test and post test Control Group Data

Test Statistics ^a	
	Control_Posttest - Control_Pretest
Z	-.577 ^b
Asymp. Sig. (2-tailed)	.564
a. Wilcoxon Signed Ranks Test	
b. Based on positive ranks.	

The Sig. (2-tailed) score of 0.564 is greater than 0.05, then H0 is accepted, which means that there is no significant difference between the mean effectiveness of the go no sen fighting style of the athletes, the pretest and post-test measurements in the control group.

RESULT & DISCUSSION

Test of the effectiveness of the go no sen fighting style in the Experimental group between Pre-test and Post-test measurements

1) Data Normality Test

H0 : Pre-test and post-test data in the experiment group with normal distribution

H1 : Pre-test and post-test data in the experiment group with no normal distribution

Group	Result	Shapiro-Wilk			Keterangan
		Statistic	df	Sig.	
Experim ent	Pre-test	0,805	9	0,000	Not Normaly Distributedl
	Post- test	0,655	9	0,081	Normally Distributed

Using the Shapiro-Wilk test, it can be seen that the data on the effectiveness of the go no sen pretest fighting style with a significance score (0.000) is smaller than the real level (α) (0.05), then H0 is rejected, meaning that the data is not normally distributed.

1) Experimental Group Improvement Test

If the significance score ≥ 0.05 , then Ho is accepted

If the significance score < 0.05 , then it is rejected

Wilcoxon signed Ranks Test in Pre test and post test
Experimental Group Data

	Eksperiment_Posttest - Eksperiment_Pretest
Z	-2.719 ^b
Asymp. Sig. (2-tailed)	.007
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

Sig. (2-tailed) of 0.007 is less than 0.05, then H0 is rejected, meaning that life kinetic training treatment significantly influences the effectiveness of the athletes' go no sen fighting style. This shows that when life kinetic training treatment is carried out, it improves effectiveness in the effectiveness of the go no sen fighting style of kumite athletes.

CONCLUSION

- There is a significant influence of life kinetic training treatment on the effectiveness of the go no sen fighting style of kumite athletes in the sport of karate. This shows that when doing life kinetic training treatment, it provides effectiveness to kumite athletes in doing the go no sen fighting style.

REFERENCE

- Amin El-Shafey, A., Gaafar, A. M., & Ragab Alrobeshi, A. (2022). *The effect of using interactive agility training on the effectiveness of (Go No Sen) style for kumite beginners* (Issue 6).
- Komarudin. (2018). *Life Kinetik Dan Performa Psikologis* (P. Latifah, Ed.; 1st ed., Vol. 1). PT Remaja Rosdakarya.



Any Question ?



THANK YOU FOR YOUR ATTENTION