

# **SPEED AND POWER TAEKWONDO TRAINING MODEL IN THE COMPETITION PERIOD**

**by Dr. Devi Tirtawirya, M.Or.**

ABSTRACT

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Devi Tirtawirya  
*dept. coaching sport science*  
*Yogyakarta State Univercity*

*Abstract*—The understanding on preparing power taekwondo program in the competition period is urgently needed by coaches. Designing physical exercises combined with Taekwondo's motion pattern and giving the appropriate dose of exercise for Taekwondo athletes during the competition period is an essential need for coaches to be understood and mastered. The goal of this research is to observe and discover the influence of the speed and power Taekwondo training program in maintaining physical performance ahead of the main competition.

This research applies two research methods, the qualitative and quantitative. The subjects of the research are 7 athletes from the Taekwondo team of the PON DIY 2016. The qualitative data are obtained by controlled observation method; meaning that the observation was done during the training process and the intervention was given to maximize the exercise. Meanwhile, the quantitative data are obtained from the result of the evaluations that have been done three times using physical tests. The method used is the quasi-experiment which consists of the pre-test, control-test, and post-test. To measure the change in the speed and power performance of the athletes, repeated measurement and Excel were used.

The result of the research shows that 1) the program materials and the implementation of competition period training with 2 macro designs are arranged, 2) the method applied are (1) Interval training (semi sparing, sparing target, sparing box, pecing dodge) training intensity 85-90% DN max (2) drilling the Taekwondo motion pattern with rubber load, (3) weight training Three In One Principle circuit method with the intensity of 85=90% RM low volume and the performance of power and speed are able to be maintained during the competition period.

Conclusion, from the results of the eight-weeks physical exercise program, the power performance and speed of the taekwondo athletes can be maintained

Keywords— Exercise program, Speed and Power Taekwondo, Competition Period

Kata Kunci: *Exercise Program, Speed and Power Taekwondo, Competition Period.*