

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh latihan kneeling smash dan sit-up smash terhadap peningkatan power lengan pada atlet Miliran Boxing Camp Kabupaten Ciamis. Penelitian menggunakan metode pre-experimental dengan desain *two group pretest-posttest design*. Sampel penelitian berjumlah 20 atlet putra yang dipilih menggunakan teknik total sampling, kemudian dibagi menjadi dua kelompok, yaitu kelompok latihan kneeling smash dan kelompok latihan sit-up smash. Instrumen yang digunakan untuk mengukur power lengan adalah *Davies Test* yang diberikan sebelum (*pretest*) dan sesudah (*posttest*) program latihan. Program latihan dilaksanakan selama enam minggu dengan frekuensi tiga kali latihan setiap minggu. Data dianalisis menggunakan uji normalitas, uji homogenitas, serta uji t pada taraf signifikansi 0,05. Hasil penelitian menunjukkan bahwa kedua bentuk latihan memberikan pengaruh terhadap peningkatan *power* lengan atlet. Namun, terdapat perbedaan tingkat peningkatan antara kelompok latihan *kneeling smash* dan kelompok latihan *sit-up smash*. Dengan demikian, kedua metode latihan dapat digunakan sebagai alternatif dalam meningkatkan *power* lengan atlet tinju sesuai dengan kebutuhan program latihan.

**Kata Kunci:** *Kneeling smash, Sit-up smash, Power lengan, Tinju, Davies test.*

## **ABSTRAK**

*This study aimed to determine the effect of kneeling smash and sit-up smash training on improving arm power among athletes at Militan Boxing Camp, Ciamis Regency. The study employed a pre-experimental method with a two-group pretest-posttest design. The sample consisted of 20 male athletes selected using the total sampling technique and then divided into two groups: the kneeling smash training group and the sit-up smash training group. The instrument used to measure arm power was the Davies Test, which was administered before (pretest) and after (posttest) the training program. The training program was conducted over a period of six weeks, with three training sessions per week. The data were analyzed using the normality test, homogeneity test, and t-test at a significance level of 0.05. The results showed that both training methods had a significant effect on improving the athletes' arm power. However, there was a difference in the level of improvement between the kneeling smash training group and the sit-up smash training group. Therefore, both training methods can be used as alternative training programs to improve the arm power of boxing athletes according to the objectives and needs of the training program.*

**Keywords:** *Kneeling Smash, Sit-up Smash, Arm Power, Boxing, Davies test.*