



CERTIFICATE OF ORIGINALITY CHECK

To Whom It May Concern:

This is to certify that the following document has been checked by our premium plagiarism checker software. The result detail is as follows:

Originality Report	
Similarity Found	19%
Statistics	3450 words Plagiarized / 8221 Total words
Remark(s)	High Plagiarism Detected
Manuscript Title	Box Jump , Depth Jump Sprint, Power Otot Tungkai Pada Cabang Olahraga Pencak Silat
Author(s)	Aisah R. Potamahu

Date: Thursday, June 28, 2018

Novriyanto Napu, M.AppLing., Ph.D.



TRANSBAHASA

SK Menteri Hukum dan HAM RI Nomor. AHU-0009641.AH.01.07.2017
JL. Ir.H. Joesoef Dalie (Ex Jl. Pangeran Hidayat) No. 78 Kota Gorontalo
Email. transbahasa.go@gmail.com / Phone. +62 853 9862 5876
www.transbahasa.co.id

Internet Sources

- <1% - <http://repository.ung.ac.id/get/kms/12616/Guru-Mencetak-Orang-Menjadi-Sukses.pdf>
- <1% - <http://agribisnis.ipb.ac.id/wp-content/uploads/2017/11/16-Fery.pdf>
- <1% - <https://www.scribd.com/document/326216280/pencak-silat-upload-pdf>
- <1% - <https://www.makalah.id/conto-kata-pengantar-laporan-prakerin/>
- <1% - <http://staff.uny.ac.id/sites/default/files/penelitian/erwin-setyo-kriswanto-spdmkes/pencak-silat-upload.pdf>
- <1% - <https://www.scribd.com/document/326215984/word-powerpoint-doc>
- <1% - <http://imamsuyudihardi76.blogspot.com/2012/08/kemampuan-kelincahan-tendangan-sabit.html>
- <1% - <http://suyonosport.blogspot.com/2011/09/materi-pencak-silat.html>
- <1% - <http://10-04-1991-17.blogspot.com/>
- 1% - <https://www.scribd.com/document/357317143/Layout-Silat-ya>
- 1% - <http://eprints.uny.ac.id/9252/3/BAB%20%20-%2006602241027.pdf>
- 1% - <http://eprints.uns.ac.id/8890/1/204691711201105041.pdf>
- <1% - <https://www.scribd.com/doc/86331298/OLAHRAGA>
- 1% - <http://lib.unnes.ac.id/18875/1/6250408040.pdf>
- 1% - <http://digilib.esaunggul.ac.id/public/UEU-Undergraduate-8433-bab1.pdf>
- <1% - <https://journal.unnes.ac.id/sju/index.php/jssf/article/view/6294/4748>
- <1% - <http://olahragamesinboreup.blogspot.com/2011/>
- <1% - <http://eprints.uny.ac.id/14526/1/OKK.pdf>
- <1% - <http://munapalguna.blogspot.com/2014/12/tes-dan-pengukuran-cabang-olahraga.html>
- <1% - <http://pratamablog102.blogspot.com/2013/04/definisi-cabang-olahraga-tolak-peluru.html>
- <1% - <https://kasmadi22.blogspot.com/2016/04/kondisi-dan-komponen-fisik-dalam-cabang.html>
- <1% - <http://reruwed.blogspot.com/2014/05/komponen-biomotor-dalam-pencak-silat.html>
- <1% - <http://skripsior.blogspot.com/2012/09/kontribusi-panjang-lengan-kekuatan.html>
- <1% - <http://cochoskripsi.blogspot.com/2012/02/contoh-skripsi-sepakbola.html>
- <1% - <http://docplayer.info/47353623-Pengaruh-latihan-pnf-prophio-neuromuscular-facilities-terhadap-tingkat-fleksibilitas-atlet-usia-tahun-pps-betako-merpati-putih-cabang-cirebon.html>
- <1% - <https://www.slideshare.net/yogaarianto1042/makalah-kinesiologi>
- <1% - http://cabang-olahraga-olahraga.blogspot.com/2013/01/ilmu-kepelatihan-dasar_18.html
- <1% - http://www.academia.edu/8310676/Linearity_Within_Groups
- <1% - <https://www.scribd.com/doc/157708120/kondisi-fisik>
- <1% - <http://terasolahraga.com/power-daya-ledak-otot-sebagai-komponen-kondisi-fisik/>
- <1% - <http://hasbi-abimanyu.blogspot.com/2011/05/contoh-makalah-power-tubuh.html>
- <1% - <http://jurnal.poltekkes-solo.ac.id/index.php/JPT/article/download/251/226>
- <1% - <http://eprints.uny.ac.id/7652/2/BAB%20%20-%2008601241081.pdf>
- <1% - <http://staff.uny.ac.id/sites/default/files/pengabdian/agus-susworo-dwi-marhaendro-spdmpd/ppm-2013.pdf>
- <1% - <http://eprints.uny.ac.id/37600/1/skripsi%20Turas%20Rio%20Anggoro.pdf>
- 1% - <http://bukanketerbatasan.blogspot.com/2016/09/pengertian-dan-hakikat-kondisi-fisik.html>
- 3% - <http://kebugarandanjasmani.blogspot.com/2015/12/pengertian-kondisi-fisik-manfaat.html>
- <1% - <http://eprints.uny.ac.id/9069/3/BAB%20%20-%2008602241061.pdf>
- <1% - <https://kasmadi22.blogspot.com/2016/04/>
- <1% - <http://staff.uny.ac.id/sites/default/files/penelitian/nawan-primasoni-spd-kor-m-or/latihan-daya-tahan-aerobik-siswa-sso-real-madrid-yogyakarta.pdf>
- <1% - <https://www.scribd.com/document/360328810/BAB-I-RENANG-pdf>
- <1% - <http://penjaskessman26bdg.blogspot.com/2014/04/permainan-bola-basket.html>
- <1% - <https://www.slideshare.net/MomoneaAmrie/bab-ii-48955994>
- <1% - http://file.upi.edu/Direktori/FPOK/JUR._PEND._OLAHRAGA/196506141990011-YUNYUN_YUDIANA/Latihan_Kondisi_Fisik.pdf

TRANSBAHASA

SK Menteri Hukum dan HAM RI Nomor. AHU-0009641.AH.01.07.2017
 Jl. Ir.H. Joesoef Dalie (Ex Jl. Pangeran Hidayat) No. 78 Kota Gorontalo
 Email. transbahasa.go@gmail.com / Phone. +62 853 9862 5876
www.transbahasa.co.id

1% - <https://mafiadoc.com/7-bab-ii-kajian-pustaka-a-deskripsi-teori-1-hakikat-profil-ada-59d44b951723dd072ecf7456.html>

<1% - <https://www.scribd.com/document/336753816/Profil-Kondisi-Fisik-Athlet-Softball-DIY-Yogyakarta>

<1% - <https://www.scribd.com/doc/314428918/Landasan-Teroretis-Kondisi-Fisik>

<1% - <http://eprints.uny.ac.id/7501/2/BAB%202.pdf>

<1% - <https://www.scribd.com/document/369556315/Konsep-Kebutuhan-Kesehatan-Jasmani-Pada-Balita>

<1% - <https://www.scribd.com/document/353660162/Skripsi-Muhammad-Hilman-12601244105>

1% - <http://www.rijal09.com/2016/08/latihan-plyometrik.html>

1% - http://www.academia.edu/15507966/Latihan_Pliometrik

1% - <http://www.academia.edu/11443127/Plyometric>

<1% - <https://wilayah14.wordpress.com/kepelatihan/>

1% - <https://mafiadoc.com/alternate-leg-bound-and-double-leg-bound-plyometric-training-59da54251723dd8386d24b00.html>

<1% - <https://www.scribd.com/document/363386391/BAB-III-ILMU-GERAK-DAN-ILMU-PENDUKUNG-DALAM-PEMBELAJARAN-PJOK-docx>

<1% - <https://www.scribd.com/document/91902776/judul-komo-PASTI>

<1% - <https://endhine9685.wordpress.com/2009/07/14/plyometric/>

<1% - <https://www.scribd.com/document/375982552/Abdul-Plyometrik>

<1% - http://www.academia.edu/33167732/PROGRAM_LATIHAN_PLIOMETRIK_DEPTH_JUMP_dan_JUMP_TO_BO_X_TERHADAP_PENINGKATAN_POWER_TUNGKAI_SISWA_PADA_EKSTRAKULIKULER_BOLA_VOLI_SMPN_46_BANDUNG

<1% - <http://multazam-einstein.blogspot.com/2013/01/strategi-pembelajaran-paud.html>

2% - <http://arfandiakkase.blogspot.com/>

<1% - <http://indonesiamudavolleyball.blogspot.com/2011/03/physical-fitness-kebugaran-jasmani.html>

<1% - <http://kebugarandanjasmani.blogspot.com/2015/12/pengertian-kecepatan-definisi-dalam.html>

<1% - <https://es.scribd.com/doc/83007778/FULTEX>

<1% - <https://www.scribd.com/doc/83007778/FULTEX>

<1% - <http://noubeepoupee.blogspot.com/>

<1% - <http://docplayer.info/34851456-Unnes-journal-of-sport-sciences.html>

1% - <https://www.scribd.com/document/326091495/Daya-Tahan-Otot>

<1% - <https://www.scribd.com/document/374090009/Fatur>

<1% - <http://pjkrwis.blogspot.com/2015/11/makalah-power-ilmu-kepelatihan-dasar.html>

<1% - <http://ejurnal.poltekkesjakarta3.ac.id/index.php/JITEK/article/view/122/113>

<1% - <https://fisionesia.wordpress.com/category/sport-fisio/>

<1% - <https://bagawanabiyasa.wordpress.com/2015/11/24/media-pembelajaran-menulis-puisi/>

<1% - <http://eplosive-otot-tungkai.blogspot.com/>

2% - <http://sepriblog.blogspot.com/2012/11/faktor-faktor-yang-mempengaruhi-daya.html>

<1% - <http://www.landasanteori.com/2017/05/makalah-olahraga-sepak-takraw-teknik.html>

<1% - <http://diasdiari.blogspot.com/2013/04/makalah-daya-otot-tungkai.html>

<1% - <http://aguskusmanto090983.blogspot.com/2012/11/daya-ledak-tungkai.html>

<1% - <https://www.scribd.com/doc/117241499/Cara-Pengukuran-Daya-Ledak-Otot-Tungkai-Dengan-Loncat-Tegak>

<1% - <http://pandashareday.blogspot.com/2015/11/makalah-penjasorkes-kelicahandaya-ledak.html>

<1% - <https://materipenjasorkes.blogspot.com/2012/09/cara-pengukuran-daya-ledak-otot-tungkai.html>

<1% - <http://www.pelajaran.co.id/2016/09/sejarah-teknik-serangan-dan-peraturan-pertandingan-pencak-silat-terlengkap.html>

<1% - <https://www.cendananews.com/2016/07/mengenal-lebih-dekat-pencak-silat-dan-sejarah-perjalanannya.html>

<1% - <http://digilib.unm.ac.id/files/disk1/7/universitas%20negeri%20makassar-digilib-unm-fahrizal-327-1-10.ichal.pdf>

<1% - <https://arlega.wordpress.com/author/arlega/>

<1% - <https://brainly.co.id/tugas/583004>

TRANSBAHASA

SK Menteri Hukum dan HAM RI Nomor. AHU-0009641.AH.01.07.2017
 Jl. Ir.H. Joesoef Dalie (Ex Jl. Pangeran Hidayat) No. 78 Kota Gorontalo
 Email. transbahasa.go@gmail.com / Phone. +62 853 9862 5876
www.transbahasa.co.id

<1% - <http://studylibid.com/doc/1062786/hubungan-antara-daya-ledak-otot-tungkai--kekuatan-otot-pe...>
 <1% - <http://www.materi-sekolah.com/2016/08/macam-gerakan-serangan-pencak.html>
 <1% - <https://es.scribd.com/doc/207257286/Modul-Penjaskes-1-24>
 <1% - <http://walpaperhd99.blogspot.com/2016/08/serangan-pencak-silat-dengan-tangan.html>
 <1% - <https://www.scribd.com/document/379860540/Pencak-Silat>
 1% - <http://muhammadkhiboel.blogspot.com/2012/07/analisis-biomekanika-pencak-silat.html>
 <1% - <https://www.scribd.com/doc/93990989/BSE-Penjas-Kelas-8>
 <1% - <https://www.scribd.com/document/372761676/20272-24308-1-PB>
 <1% - <http://daftarskripsidhuraeman29.blogspot.com/2015/10/pengaruh-latihan-push-up-terhadap.html>
 <1% - <http://www.mikirbae.com/2016/12/serangan-kaki-dalam-pencak-silat.html>
 <1% - <https://iwansaputra52.wordpress.com/2012/11/24/skripsi-pencak-silat/>
 <1% - <https://www.kaskus.co.id/thread/5188c5b26012432e2e000004/sejarah-pencak-silat-amp-segala-jenis-beladiri-indonesia/>
 <1% - <http://muhammadkhiboel.blogspot.com/>
 <1% - <http://perguruanasilatsinlamba.blogspot.com/2012/01/peraturan-pertandingan-pencak-silat.html>
 <1% - <http://eprints.uny.ac.id/7833/3/BAB%20%20-%2005602241008.pdf>
 <1% - <https://ipsibelitung.wordpress.com/category/teknik-dan-jurus/>
 <1% - <http://ts-uad.blogspot.com/2012/09/jurus-tunggal-ipsi-ts-uad.html>
 <1% - <https://id-id.facebook.com/notes/silat-merpati-putih/peraturan-pertandingan-pencak-silat-ipsi/169967163022428/>
 <1% - <http://eprints.uny.ac.id/7754/2/BAB%201%20-%2007602241006.pdf>
 <1% - <http://miralidiawati.blogspot.com/2016/12/normal-0-false-false-false-in-x-none-x.html>
 <1% - <http://peraturanpencaksilat.blogspot.com/2016/02/>
 <1% - <http://prodip-stan.info/berbagai-macam-pelanggaran-dalam-pencak-silat-2>
 <1% - <http://indo-beladiri.blogspot.com/>
 <1% - <https://putracrespo.blogspot.com/2013/06/pencak-silat-dalam-pendidikan-jasmani.html>
 1% - <http://beritasilat.blogspot.com/2013/08/tendangan-dalam-pencak-silat.html>
 <1% - <http://eprints.uny.ac.id/36739/1/Laporan%20Penelitian%20Unggulan.pdf>
 <1% - <http://blogjokosusisloutomo.blogspot.com/2016/06/analisis-biomekanika-gerak-dasar-pencak.html>
 <1% - <https://www.facebook.com/notes/silat-merpati-putih/peraturan-pertandingan-pencak-silat-ipsi/169967163022428/>
 <1% - <https://fahrudihy.wordpress.com/2012/04/12/jurus-tunggal-baku-dari-ipsi/>
 <1% - <https://es.scribd.com/doc/73347616/dokumen-a>
 <1% - <https://www.scribd.com/document/347177589/Prosiding-Seminar-Nasional-Olahraga-2016-Universitas-Negeri-Semarang>
 <1% - <http://eprints.uny.ac.id/9051/3/bab%205.pdf>
 <1% - <https://www.slideserve.com/farhani/identitas-mahasiswa-4719787>
 <1% - http://eprints.ums.ac.id/26905/9/DAFTAR_PUSTAKA.pdf
 <1% - http://abstrak.ta.uns.ac.id/wisuda/upload/A121108015_bab5.pdf
 <1% - <https://ejournal.stiesia.ac.id/jirm/article/view/898/0>
 <1% - <https://contohskripsi.idtesis.com/skripsi-pendidikan-jasmani.html/>

TRANSBAHASA

SK Menteri Hukum dan HAM RI Nomor. AHU-0009641.AH.01.07.2017
 Jl. Ir.H. Joesoef Dalie (Ex Jl. Pangeran Hidayat) No. 78 Kota Gorontalo
 Email. transbahasa.go@gmail.com / Phone. +62 853 9862 5876
www.transbahasa.co.id