

Anylysis Of Arm Strength To Hook Punched In Boxing

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Abstrack

This research aims to explore the development of arm muscle strength and hook punch technical skills in the context of boxing, with a focus on members at the RA Training Camp. The research method uses an observational qualitative approach, involving in-depth interviews, participant observation and document analysis. Members who have varying initial skill levels will be research subjects over a certain period of time. Data collection will focus on participants' experiences in participating in the arm muscle strength development program and hook punch technical training at the RA Training Camp. Thematic analysis will be used to identify key patterns and findings from the qualitative data. The research results are expected to provide in-depth insight into the analysis of arm muscle strength and hook punches, as well as their impact on the effectiveness of members and athletes in the context of boxing. This research is expected to contribute to a practical understanding of how training programs at the RA Training Camp can be optimized to improve the technical quality and arm muscle strength of students. Practical implications and recommendations will be outlined based on the research findings, with the aim of improving boxing training and development programs in similar institutions.

Keyword : Arm muscle strength, Hook Punched, Improving Boxing Training

1 INTRODUCTION

Boxing, as a contact sport that has existed for centuries, has a rich history and is an integral part of various cultures around the world. Boxing is not just a form of physical combat, but also reflects ethical values, discipline and strength. In the 20th century, boxing gained immense popularity, especially with its inclusion in the Olympic Games. World championships and great rivalries, such as the fight between Muhammad Ali and Joe Frazier, created unforgettable sporting icons.

A hook is a half-twisted punch that is used to attack the side of the opponent's face or head. This punch is done with the elbow bent and the hand clenched into a fist facing downwards. The quality of a hook shot depends not only on correct technique, but also on sufficient arm muscle strength to produce an effective and deadly blow. Hook punches can be an effective choice for knocking out opponents. A precise and strong hook can produce a knockout blow (K.O.).

Arm muscle strength is an important factor in ensuring the effectiveness of a hook blow. The level of arm muscle strength can influence how hard and fast a boxer can throw a hook. Therefore, further understanding the extent to which arm muscle strength can influence the quality of the hook shot is important for improving training.

In boxing you will be equipped with special gloves. The aim of boxing is to hit your opponent to score points and achieve victory. Therefore, in order to get points, hitting the right target is the key to success for boxers. Boxing requires a combination of strength, speed, agility and physical endurance. Boxers must have sufficient muscle strength to

deliver effective punches, while maintaining balance and body mobility. Boxing cannot be separated from the fitness aspect which must be trained to support the physical base.

Physical fitness consists of 10 components. These components are mostly biomotor components added to body composition components. Among the 10 aspects of fitness include the aspect being discussed in this research, namely muscle strength to provide the ability to use muscles to receive loads while working. Muscle strength can be achieved from training with heavy loads and low frequency. We can train arm muscle strength by lifting weights, if the weights can only be lifted 8-12 times.

With more muscle strength, the human body can carry out its activities well without experiencing significant fatigue. Muscles are a support for someone who wants to achieve maximum performance. Muscles will contract more strongly if given a heavier load (up to the maximum limit).

Boxing demands high muscle strength, especially in the core, leg and arm muscles. Weight training, such as lifting weights and weights, is necessary to develop strong muscle strength to deliver punches with sufficient power. Apart from that, muscle endurance plays an important role. Muscular endurance is a person's ability to use maximum strength in the shortest possible time.

Muscular endurance is a person's ability to use their muscles to contract continuously, over a relatively long time with a certain load. If the muscles are not strong and the endurance is not good then the training goals will not be achieved. In other words, boxing is closely related to the anaerobic system in the process of providing energy.

Muscular endurance can also be called explosive power. Exercises that can train muscle explosive power are exercises that are fast or take place as quickly as possible. Muscle endurance is very important for boxers because apart from having to have strong breath when punching, muscle strength also plays an important role. If the muscles are weak then the power of the punch will be less.

And to exert great strength, good muscle endurance is also needed. If a boxer's muscle endurance is weak, his muscles will easily feel tired and sore even though he is still strong in terms of breathing (cardiovascular).

2 RESEARCH METHODS

The aim of this research is to determine whether there is a relationship between arm muscle strength and the effectiveness of hook punches in boxing among RA TRAINING CAMP members.

The research method that researchers will carry out is observational research in collaboration with RA TRAINING CAMP members and trainers regarding members' experiences by analyzing arm muscle strength and hook shots. In-depth interviews and observations can be used to explore participants' views, experiences and perceptions. Focusing on a qualitative analysis of hook technique, exploring the meaning behind the movement, may involve in-depth discussions with members and coaches about technical goals and values.

The instruments used in this research are to collect data so that the work becomes easier and the results are better in the sense of being more careful, complete and systematic. Some of the assessment instruments used for this research include:

Using a video camera to photograph or record hook shot techniques: Record or photograph the hook technique of the RA TRAINING CAMP members who are respondents. Record the hook technique used to see whether the technique used is correct or not.

Measuring arm muscle strength with a medicine ball and push ups: Using measurements of arm muscle strength by throwing a medicine ball and calculating the maximum number of push up repetitions from RA TRAINING CAMP members.

Provide questionnaires or interviews to members Provide questionnaires or interviews to members to find out the member's history, profile and experiences in throwing the medicine ball using the hook punch technique 3 times with a 15 second break between

each hit, the break was made for a short time to determine the consistent level of strength of the subject's arm muscles.

The value of the 3 throws from the subject will be averaged.

And used as an indicator of the strength of the subject's hook blow. In this test, the use of the hook technique must be in accordance with the correct hook technique in order to get accurate results.

3 RESULT AND DISCUSSION

This research was carried out by carrying out tests using 2 methods, namely 1. Measuring the maximum number of push ups in 1 minute. 2. Measure the throwing distance using a medicine ball with a hook stroke. This was done to determine whether there was a relationship between arm muscle strength and hook blows. Testing this hypothesis uses correlation analysis and regression analysis, the values obtained from the test results will be seen and divided by the average for each subject and adjusted to the indicators for the number of push ups and throwing distance according to body weight and training experience.

Here the researchers used push up indicators according to body weight, there are light, medium and heavy categories. In this category, light weight is weight that reaches less than 60 kilograms, while the medium weight category reaches 60-80 kilograms and the heavy category reaches more than 80 kilograms. For the light category, the number of push ups is less than 25 members achieving a poor indicator in push ups, 25-35 achieving a normal indicator, more than 35 achieving a good indicator.

Meanwhile, for the medium category, if the number of push ups reaches less than 20 it is considered a poor indicator, if it reaches 20-30 it is a normal indicator, more than 30 is a good indicator. And for the heavy category, if the number of push ups reaches less than 15, it reaches the poor indicator, 15-25 reaches the normal indicator, more than 25 reaches the good indicator.

And in terms of throwing distance, here the researchers used indicators of throwing distance according to body weight, there are light, medium and heavy categories. In this category, light weight is weight that reaches less than 60 kilograms, while the medium weight category reaches 60-80 kilograms and the heavy category reaches 80 kilograms. kilograms more.

For the light category, the throwing distance is less than 3 meters, members achieve the indicator of less than the throwing distance, 3-5 meters achieves the normal indicator, more than 5 meters achieves the good indicator. Meanwhile, for the medium category, if the throwing distance reaches less than 4 meters, it is considered a poor indicator, reaching 4-6 meters is a normal indicator, more than 6 meters is a good indicator. And for the heavy category, if the throwing distance reaches less than 5 meters, it reaches a poor indicator, 5-6 meters reaches a normal indicator, more than 6 meters reaches a good indicator. The following are the results of the experiments carried out by the subjects:

3.1 Sub Result

1. Aslami, who has 1 year of training experience and succeeded in getting 45 push ups in 1 minute, in the first attempt managed to throw 4.10 meters, in the second attempt 4.18 meters, in the third attempt 4.25 meters. The average is 4.17 meters, (2). Zaid, who has 8 months of training experience and succeeded in getting 50 push ups in 1 minute, in the first attempt managed to throw 3.70 meters, in the second attempt 3.50 meters, in the third attempt 3.95 meters. The average is 3.71 meters, (3). Hafizh, who has 6 months of training experience and succeeded in getting 33 push ups in 1 minute, in the first attempt managed to throw 3.72 meters, in the second attempt 3.60 meters, in the third attempt 3.70 meters. The average is 3.67 meters, (4). Alif, who has 1 year of training experience and managed to get 40 push-ups in 1 minute in the first attempt, managed to throw 3.00 meters, in the second attempt as far as 3.25 meters, in the third attempt as far as 3.45 meters. Average 3.23 meters, (5). Rizki, who has 2 months of training

experience and managed to get 13 push-ups in 1 minute in the first attempt, managed to throw as far as 2.6 meters, in the second attempt as far as 2.75 meters, in the third attempt as far as 3.00 meters. Average 2.78 meters, (6). Riyan, who has 1 year of training experience and managed to get 22 push-ups in 1 minute in the first attempt, managed to throw as far as 3.37 meters, in the second attempt as far as 3.50 meters, in the third attempt as far as 3.80 meters. Average 3.55 meters, (7). Lexi, who has 2 months of training experience and managed to get 20 push-ups in 1 minute in the first attempt, managed to throw as far as 2.37 meters, in the second attempt as far as 2.30 meters, in the third attempt as far as 2.55 meters. Average 2.40 meters, (8). Alex, who has 3 months of training experience and managed to get 15 push-ups in 1 minute in the first attempt, managed to throw 3.20 meters, in the second attempt 3.40 meters, in the third attempt 3.60 meters. Average 3.40 meters, (9). Aan, who has 2 months of training experience and managed to get 13 push-ups in 1 minute in the first attempt, managed to throw 3.92 meters, in the second attempt 3.80 meters, in the third attempt as far as 3.92 meters. Average 3.88 meters, (10). Sanjaya, who has 2 years of training experience and managed to get 50 push-ups in 1 minute in the first attempt, managed to throw 4.95 meters, in the second trial as far as 5.08 meters, in the third attempt as far as 5.13 meters. Average 5.05 meters, (11). M. naufal, who has 7 months of training experience and managed to get 40 push-ups in 1 minute in the first attempt, managed to throw 3.80 meters, in the second experiment as far as 4.20 meters, in the third attempt as far as 4.28 meters. Average 4.09 meters, (12). Mushab, who has 2 months of training experience and managed to get 45 push-ups in 1 minute in the first attempt, managed to throw as far as 4.00 meters, in the second attempt as far as 4.30 meters, in the third attempt as far as 4.45 meters. Average 4.25 meters, (13). Satria, who has 9 months of training experience and managed to get 32 push-ups in 1 minute in the first attempt, managed to throw as far as 3.26 meters, in the second attempt as far as 3.40 meters, in the third attempt as far as 3.70 meters. Average 3.45 meters, (14). Dzikri, who has 7 months of training experience and managed to get 26 push-ups in 1 minute in the first attempt, managed to throw 3.35 meters, in the second trial as far as 3.55 meters, in the third attempt as far as 3.46 meters. Average 3.46 meters, (15). Kenzo, who has 6 months of training experience and managed to get 35 push-ups in 1 minute in the first attempt, managed to throw 3.90 meters, in the second attempt as far as 4.05 meters, in the third attempt as far as 3.91 meters. Average 3.91 meters, (16). Djennar, who has 3 years of training experience and managed to get 40 push-ups in 1 minute in the first attempt, managed to throw 3.95 meters, in the second trial as far as 4.25 meters, in the third attempt as far as 4.29 meters. Average 4.16 meters, (17). Reza dwi yang memiliki pengalaman latihan 8 bulan dan berhasil memperoleh jumlah push up sebanyak 28 kali dalam 1 menit di percobaan pertama berhasil melempar sejauh 2,70 meter, di percobaan kedua sejauh 2,95 meter, di percobaan ketiga sejauh 2,86 meter. Rata rata 2,83 meter, (18). Araad, who has 2 months of training experience and managed to get 44 push-ups in 1 minute in the first attempt, managed to throw 3.40 meters, in the second attempt as far as 3.65 meters, in the third attempt as far as 3.95 meters. Average 3.66 meters, (19). Carles, who has 3 years of training experience and managed to get 35 push-ups in 1 minute in the first attempt, managed to throw 5.2 meters, in the second trial 5.00 meters, in the third trial as far as 5.15 meters. Average 5.11 meters, (20). Farhan, who has 3 years of training experience and managed to get 30 push-ups in 1 minute in the first attempt, managed to throw 56.8 meters, in the second trial as far as 4.02 meters, in the third attempt as far as 4.15 meters, (21). Ali Azari, who has 2 years of training experience and managed to get 43 push-ups in 1 minute in the first attempt, managed to throw 4.40 meters, in the second attempt as far as 4.30 meters, in the third attempt as far as 4.42 meters. Average 4.37 meters, (22). Shaquille, who has 8 months of training experience and managed to get 50 push-ups in 1 minute in the first attempt, managed to throw 4.50 meters, in the second attempt as far as 4.40 meters, in the third attempt as far as 4.60 meters. Average 4.5 meters, (23). Brian, who has 2 months of training experience and managed to get 42 push-ups in 1 minute in the first attempt, managed to throw 4.80 meters, in the second trial as far as 4.65 meters, in the third

attempt as far as 4.74 meters. Average 4.73 meters, (24). Randy, who has 1 year of training experience and managed to get 22 push-ups in 1 minute in the first attempt, managed to throw 3.50 meters, in the second attempt as far as 3.62 meters, in the third attempt as far as 3.70 meters. Average 3.60 meters, (25). Salman, who has 2 months of training experience and managed to get 33 push-ups in 1 minute in the first attempt, managed to throw as far as 4.10 meters, in the second attempt as far as 4.15 meters, in the third attempt as far as 4.00 meters. Average 4.08 meters

3.2 Sub Discussion

From this experiment it can be seen that subjects who have good hand strength are more able to achieve normal indicators in the distance of throwing a medicine ball using the hook technique, although there are those who achieve less indicators which could be due to the subject's lack of maturity in the hook technique. Judging from the subjects weighing 60 - 80 kg, those who achieved the good pushup indicator reached 8, but only 7 people achieved the good indicator and 1 person achieved the poor indicator. (7:1). And it can also be seen from the subjects who have just started practicing, there are 7 people who in terms of technique are more or less the same because they have only been practicing for 2 months. Namely: Rizki, Lexi, Mushab, Araad, Brian, Salman, Aan, Alex.

It can be seen from these subjects that there were 4 people who achieved less push up indicators and there were 4 people who achieved normal indicators.

The 4 people who achieved normal push indicators were: Mushab, Araad, Brian, Salman and the only person who failed to reach the throwing distance was Araad. Meanwhile, the 4 people who achieved less push up indicators were: Rizki, Lexi, Aan, Alex. And all in all, no one managed to reach the throwing distance indicator.

From these data it can be seen that of the subjects who had the same experience, there were different results, distinguished by the strength of their hand muscles, of the subjects who succeeded in achieving normal indicators in the push up test, there were 3 people who succeeded while 1 did not (3:1) while those who achieved the indicators less in the pushup test than 4 people all failed to reach normal indicators (4:0).

From this data it can be concluded that hand muscle strength does have an important role in increasing strength in hook punches, but mature technical factors also have an important role in increasing hook punch strength, as evidenced by the existence of subjects who achieved less push up indicators but were able to do so. achieved normal throwing distance indicators due to their long training experience. Namely, Riyan and Randy both have 1 year of experience but are lacking in pushups but are able to achieve normal throwing distance indicators.

The results of this study show that there is a significant relationship between arm muscle strength and hook blows in RA Training camp members. This study measured arm muscle strength using the push up test method and found that subjects who were able to do push ups reaching normal indicators on average tended to have harder hook punches even though good and correct technique was also very influential and could even increase the strength of the hook punch. But what makes it different is if 2 subjects have the same technical quality but one subject has stronger arm muscles than the other, then you can be sure that the hook blow of the subject who has stronger arm muscle strength will be harder

3 CONCLUSION

Higher arms tend to have more hook punch strength. Based on the results of this research, the conclusion of this research is, Researchers found that there is an important role in arm strength in their ability to execute hook punches. From the interviews, members whose

arm strength had been trained and had more feeling strong is not a problem and looks more confident even though there are difficulties but it doesn't really affect the test results and also, there is a quite visible influence between arm muscle strength and hook punches in Ra training camp members. Members who have stronger muscle strength than those who only rely on technique alone

Although arm muscle strength plays an important role, proper punch technique is also a key factor in improving hook punch performance. Programs that provide training that includes aspects of muscle strength and punching technique are proven to provide better results. Physical condition and boxing experience also influence the results of hook punches, but arm muscle strength remains the main factor that can be modified to improve performance.

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