

Peer Review Report

Notes

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Manuscript Information

Manuscript ID: **19931251**

Manuscript Title: **Plyometric Exercise and Speed on the Power of Sabit Kick in Pencak Silat**

Evaluation Report

General Comments	The scientific problem is interesting and deserves publication. However, it requires corrections and additions.
Advantage & Disadvantage	I have no objections to the methodological side. However, in the Discussion, more works on similar topics should be included (I give the suggested ones). The language needs markup and corrections. Also the bibliographic record - for example, item 7 in the References list is missing the names of all co-authors. M. I. Lihawa, U. H. Rafiater, and S. Hidayat, "Analysis of Sickle Kick Movement in Pencak Silat Athletes at SMK Negeri 1 Gorontalo."
How to improve	It should be included in the Introduction and Discussion - discuss similar studies and compare your own results with them. Implementation of strength training to improve medium and long-distance performance, especially through increasing maximum power, maximum strength, and on static balances. Increased load and speed of exercise would lead to relatively higher erector spinae activity on boxes of tibia height. Based on previous studies, plyometric exercises can increase strength. This is in accordance with research findings that one of the exercises to increase leg power in martial arts can use plyometric exercises adapted to a technical training program. The successful performance of martial athletes is very important in strength performance. A pencak silat athlete must be able to maintain his strength performance during the match. At the time after the competition they also have to maintain their performance. It is important for a pencak silat athlete to continue to develop the characteristics of strength, speed, endurance, flexibility and technique. The process of practicing techniques and tactics is specifically separated by increasing the practice of matches among friends with the same characteristics or better than them. Plyometric training exercise explosive power, muscle contractility, and electromechanical efficiency of the lower limbs were markedly improved (Zubac et al., 2019). Plyometric exercise

	is beneficial over resistance training for improving power but contains an inherently higher risk for injuries, which should be considered when designing programs (van Roie et al., 2020). The effect of plyometric training is one of the studies to determine the usefulness of the exercise.
Please rate the following: (1 = Excellent) (2 = Good) (3 = Fair) (4 = Poor)	
Originality:	2
Contribution to the Field:	3
Technical Quality:	3
Clarity of Presentation :	3
Depth of Research:	3
Recommendation	
Kindly mark with a ■	
<input type="checkbox"/> Accept As It Is	
<input checked="" type="checkbox"/> Requires Minor Revision	
<input type="checkbox"/> Requires Major Revision	
<input type="checkbox"/> Reject	

Return Date: