

Peer Review Report

Notes

Please return the completed report by email within 21 days;

About HRPUB	
Horizon Research Publishing, USA (HRPUB) is a worldwide open access publisher serving the academic research and scientific communities by launching peer-reviewed journals covering a wide range of academic disciplines. As an international academic organization for researchers & scientists, we aim to provide researchers, writers, academic professors and students the most advanced research achievements in a broad range of areas, and to facilitate the academic exchange between them.	
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 article consists of a text in which the results of a study based on performance identification and development are published. In this sense, it is a scientific study that can contribute to the relevant field. It is a consistent text with its definitions, references, research methods and findings and results. Publishing will be an example of the studies based on performance measurement and evaluation as well as in the relevant sports field. Should be published.
Advantage & Disadvantage	advantage: the scope of the article is based on scientific research and results. disadvantage: instead of repeating text information in the result section, recommendations can be expanded slightly. letter errors should be reviewed in the text. of the foot, in order to, it is important for a pencak silat athlete to continue, a pencak silat athlete needs to, participants, conduct an experiment, a duration of, given an explanation regarding, were given an explanation of. in order, anova, has an effect, in accordance with, to, between, acknowledgments, pencak
How to improve	2. Under the title of material and method, a section of a paragraph can be written. Suggestions can also be included in the results section. The plyometric standing jump, box drill, and depth jump methods do have an effect in increasing the explosive power of the limbs. The coach can choose from these three methods according to the training program and the athlete's needs. Even though it has a significant effect, this method should be used as a training companion in the pre-match phase because it does not require a lot of equipment. For the general preparation phase, the plyometric training method should be supported with resistance training to avoid injury when the athlete lands after the jump.
Please rate the following: (1 = Excellent) (2 = Good) (3 = Fair) (4 = Poor)	
Originality:	1
Contribution to the Field:	2

Technical Quality:	2
Clarity of Presentation :	1
Depth of Research:	1
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: