

DAFTAR PUSTAKA

- Aguinaldo, AL., Buttermore, J., & Chambers, H. (2007). Effects of upper trunk rotation on shoulder joint torque among baseball pitchers of various levels. *Journal of Applied Biomechanics*, 23(1), 42
- Alhusin, Syahri. 2007. *Gemar Bermain Bulutangkis*. CV Seti-Aji : Surakarta
- Bompa, Tudor O. (2004). *An Illustration of The Interpendence Between Biomotor Abilities Periodization of Strength*. Publishing Inc. Toronto : Canada.
- Carter, AB, Kaminski, TW, Douex, AT jr, Knight, CA, and Richards, JG. Effects of high volume upper extremity plyometric training on throwing velocity and functional strength ratios of the shoulder rotators in collegiate baseball players. *J Strength Cond Res* 21 : 208 – 215, 2007
- Earp, JE, and Kraemer, WJ. Medicine ball training implications for rotational power sports. *J Strength Cond.* 2010; 32 : 20-25. Pubmed doi : 10.1519/SSC.0b013e3181e92911
- El-Gizaway, H., & Akl, AR. (2014). Relationship between reaction time and deception type during smash in badminton. *Journal of Sport Research*, 1(3) ; 49 – 56
- Fernandez-Fernandez J, Sanz-Rivas D, Moya M, et al. The effect of 8-week plyometric training on physical performance in young tennis players. *Pediatr Exerc Sci.* 2016 ; 28 (1) : 77 – 86. Pubmed doi : 10.1123/pes.2016-0019
- Faizal Chan, 2012. *Strength Training (Latihan Kekuatan)*. PORKES FKIP Universitas Jambi.
- Gorostiaga, EM, Izquierdo, P, Ruesta, M, and Ibanez, J. Effects of heavy resistance training on maximal and explosive force production, endurance, and serum hormones in adolescent handball players. *Eur J Appl Physiol Occup Physiol* 80 : 485 – 493 : 2007

- Grace, Tony. (2007). *Bulutangkis : Petunjuk Praktis untuk Pemula dan Lanjut*. PT.Grafindo Persada : Jakarta.
- How to Hit a Great Smash in Badminton (2014, September 9). Hubpages. Retrieved from <http://badmintondoubles.hubpages.com/hub>.
- Hidayatullah, dkk, 2011. Perbandingan Pegangan Raket (*upper grips* dan *lower grips*) Terhadap Kecepatan dan Akurasi Shuttlecock. IKOR.
- Harsono. (1988). *Coaching dan Aspek-aspek Psikologis Dalam Coaching*. CV Tambak Kusuma : Jakarta
- Ignjatovic, AM, Markovic, ZM, and Radovanovic, DS. Effecter of 12-week medicine ball training on muscle strength and power in young female handball players. *J Strength Cond Res*. 2012; 26(8) : 2166-2173. Pubmed doi : 10.1519/JSC.0b013e31823c477e.
- Kwan M, Skipper Andersen M, Cheng CL, tang WT, Rasmussen J. 2010. Investigation of high-speed badminton racket kinematics by motion capture. *Sport Eng*. 13 : 57 – 63
- Koike, S., & Hashiguchi, T. (2014). Dynamic contribution analysis of badminton-smash-motion with consideration of racket shaft deformation (A Model Consisted of Racket-side Upper Limb and a Racket). *Procedia Engineering*, 72 : 496 – 501
- Liu, X., Kim, W., & tan, J. (2010). *An analysis of the biomechanics of arm movement during a badminton smash*. Nanyang Technological University and National Institsue of Education, Singapore.
- Miyashita, K., Urabe, Y., Kobayashi, H., Yokoe, K., Koshida, S., Kawamura., M., & Ida, K. (2008). Relationship between maximum shoulder external rotation angle during throwing and physical variables. *Journal of Sports Science & Medicine*, I7(1) : 47-53

- Muhajir. 2007. Pendidikan Jasmani Olahraga dan Kesehatan. Erlangga : Jakarta
- Nurhasan. (2005). Aktivitas Kebugaran. Depdiknas : Jakarta.
- Oliveira AS, Carvalho, MM and Brum DP. Activation of the shoulder and arm muscle during axial load exercises on a stable base of support and on a medicine ball. *Journal of Electromyography and Kinesiology*. 18 : 472 – 479, 2008.
- Oliveira LF, Matta TT, Alves DS, Garcia MA, et al. Effect of the shoulder position on the bicep brachii EMG in different dumbbell curls. *Journal of Sports Science and Medicine*. 8 : 24 -29, 2009.
- Phomsupha M and Laffaye G. 2014. Shuttlecock velocity during a smash stroke in badminton evolves linearly with skill level. *Computer Methods in Biomechanics and Biomedical Engineering*. Pubmed doi : 10.1080/10255842.2014.931550.
- Poole, 2009. Belajar Bulutangkis. Bandung : Pionir Jaya.
- Rossi, J., Foissac, M., Baly, L., Vigouroux, L., & Grelot, L. (2010). Characterization of grip force during badminton strokes. *Procedia Engineering*, 2(2) : 34 – 55.
- Rasmussen, J., Kwan, M. M.S., Andersen, M.S., & de Zee, M (2010, September). *Analysis of segment energy transfer using musculoskeletal models in a high speed badminton stroke*. Paper presented at the 9th International Symposium on Computer Methods in Biomechanics and Biomedical Engineering, Valencia, Spain.
- Roach, N.T., & Lieberman, D.E. (2014). Upper body contributions to power generation during rapid, overhand throwing in humans. *The Journal of Experimental Biology*, 217(12) : 2139-2149.

- Raeder, C, Fernandez-Fernandez, J, and Ferrauti A. Effects of six weeks of medicine ball training on throwing velocity, throwing precision, and isokinetic strength of shoulder rotators in female handball players. *J Strength Cond Res* 20 (10) : 000 – 000, 2015.
- Salim, M., Lim, H., Salim, M., & Baharuddin, M. (2010, December). *Motion analysis of arm movement during badminton smash*. Paper presented at the Biomedical Engineering and Sciences (IECBES), 2010 IEEE EMBS Conference on Kuala Lumpur, Malaysia.
- Sorensen, K., de Zee, M., & Rasmussen, J. (2011, July). *A biomechanical analysis of clear strokes in badminton executed by youth players of different skill levels*. Paper presented at the XXIII Congress of the International Society of Biomechanics, Brussels, Belgium.
- Subarjah dan Hidayat. 2007. Permainan Bulutangkis. Bandung : FPOK UPI
- Salim, Agus. (2008). Buku Pintar Bulutangkis. Penerbis Nuansa : Bandung.
- Sukadiyanto. (2005). Pengantar Teori dan Metodologi Melatih Fisik. FIK Universitas Negeri Yogyakarta : FIK UNY
- Tsai, C.L., Yang, C.C., Lin, M.S., & Huang, K.S. (2006). The surface EMG activity analysis between badminton smash and jump smash. *International Society of Biomechanics XIXth Congress*.
- Tsai, C.L, Huang, K.S. & Chang, S.S. (2010). Biomechanical analysis of EMG activity between badminton smash and drop shot. *International Society of Biomechanics XXth Congress*.
- Tsai Cl, Hsueh Y, Pan K, Chang S. 2008. Biomechanical Analysis of Different Badminton Forehand Overhead Strokes of Taiwan Elite Female Players. In : ISBS Conf Coach Sport Perform. 719 – 722
- Van den Tillaar, R., & Ettema, G. (2009). Is there a proximal-to-distal sequence in overarm throwing in team handball ? *Journal of Sports Sciences*, 27(9) : 949 – 955.

Young, J. (2014). Trunk contribution to baseball pitching velocity . retrieved from <https://etd.ohiolink.edu/>.

Yang, N., (2013). Research of badminton forehand smash technology based on biomechanical analysis. *Journal of Chemical and Pharmaceutical Research*, 5(11) : 172-177.

Zhu, Q. (2013). Expertise of using striking technique for power strokes in badminton. *Perceptual & Motor Skills*, 117(2) : 427 – 441.

<http://www.info-asik.com/2013/11/sejarah.bulutangkis.html>