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Benefits of martial arts for women

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Abstract

The purpose of this study was to explain the benefits of Martial Arts for the women. Martial arts is a skill or we can a sports which started in China and Japan. The main aim of Martial Arts is to defence from the attacker without any weapon. Now a days in the developing country the corruption on women increases many folds. Martial arts is technique which very useful as a safeguards and can provide safety to every women. In this the researcher explain the benefits of martial arts for every human being, especial for women in India. The study also explain different types of martial arts and their techniques, the study also explains how different martial arts use as a defensive weapons and techniques. The study biased on literatures, self knowledge and views of experts related to fields.

Keywords: sports injury, sprain, strain, twisting and rehabilitations

Introduction

Martial Arts are a combat game. Which started for a number of reasons. As self defense, military and in law enforcement application, for physical, mental and spiritual development as well as recreative purpose. The term Martial Arts derived from the latin word which means "the arts of mars". In early 20th century the martial arts is recognized as a sports, In history there are many names associated with the Martial arts. Time to time its forms were changing, early form of martial arts was to build strength, speed, stamina, endurance keeping physically fit. Traditional forms of martial arts was self defense, action co-ordination without weapons.

Types of martial arts- there are ten types of martial arts

- Judo
- Kick boxing
- Karate
- Aikido
- Taekwondo
- Brazilian ice jitsu
- Traditioanal boxing
- Wrestling
- Krav maga

The martial arts known as very difficult activity and male dominant in it, before some years girls were not allowed to participate in these activity, women are often times the target of sex crime and not knowing how to defend them, it be can scar a young girl for her every time and the perception changes the mind of society. Due to increased exploitation of women, the knowledge of martial arts in today's time has become very important for a girls and female. Yet martial arts is very strenuous or tuff sports activity, gender should not be a matter. Female's participation in every field of sporting activity increasing day by day and to see the importance of martial arts, female should learnt this activity. But many of women either avoid to learn martial arts Because of endeavour or frighten by the cognition of a boys club and boys dominants in it. There are number of benefits for girls and women practicing in defensive activity or martial arts and this thought that martial arts practices are necessary and important for all females in prevent the time of difficulty.

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Importance of Learning Martial Arts

The martial arts is very important for everybody both male and female. But due to increase the numbers of girls in participation in services and others fields, with this also increase the many events to teasing of girls it is important to learn the girls, self defensive activity and martial arts.

Discipline

Discipline is the most important trait, it is developed through practicing martial arts, because, whenever we learnt any activity it makes us stable, structured and responsible. Without discipline we are unable to learn any activity.

Maintaining Health

Through regular exercising and stretching, we enjoy the glow of good health. Through Martial arts training we can maintain our inner strength and self-confidence, happiness and way to enlighten. It also helps in controlling its own mind.

Stress Relief

Physical activity can do wonders for helping relieve stress and brighten moods because when we do physical activity or martial arts that time our mind indulge in practice and no time to think anything else. It is vital for maintaining our overall health and mind. It also improves our mood and capable to be more productive.

Improve Concentration

It has the ability to achieve good things, unimaginable and impossible amounts of work. In other words we can say, it is a ability to focus on one point at the same time. Through regular practice of martial arts, concentration will be improved. Physical activity or training serves meditation in motion. With martial arts training our mind stop wandering in all directions.

Socializing

Socialization is the process in which we learn how to become a part of a culture. Without socialization a person suffers with physical and mental disabilities. But we come across to competitions of martial arts we meet with the different cast people, their religions, customs and traditions and we got a chance to understand their customs and traditions. So in this way we are socialized.

Physical and Mental Health

Health is a state of complete physical, mental and social well being and not merely the absence of diseases. By regular exercise like jogging, gym exercise and stretching are helpful in physical & mental fitness. Emerson truly said that a "healthy mind live in a healthy body". Martial art is just like other training which helps us to keep our body fit.

Cardiovascular Health

Cardiovascular fitness reduces risks of heart diseases. Martial art training is one of them. During training of martial arts our pumping organ of body that is called heart, pumped more blood than an average man heart.

Prevention from Diseases

Through regular physical activity or game we can keep away our body from diseases like obesity, pressure, cholesterol, postural deformities, insomnia etc., and able to live healthy life style.

Self Defence

Martial arts play a key role in our day to day life in order to stay safe as well as protected in difficult times.

Good Physique

Martial arts is not only a good sports event along with, it is ultimate physical workout. Which helps women to get into shape and helpful in maintaining a great physique. In other words we can say it provides the fine tuning that is needed to be successful in the world.

Self Confidence

Martial arts help women in building a self confidence in her. Sometimes the world becomes scary place, at that time it is a very important for a women to know that she is not a weak but able to defend herself in every situation. Every woman should be prepared for uncertainty through learning martial arts.

Conclusion

Martial arts is very important for women life, Through this she can improve her self-confidence, improve focus and concentration power, improve memory power, live stress free life, reflective towards quick action and she can become socialized. To see above benedictory points of martial arts training. We can say that by martial arts training helps in maintaining physically, mentally and socially traits developed. For females it is very important to learn martial arts. It help women to focus on what is important in their lives, with regular practice of martial arts, it is indeed possible.

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