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Comparison of motor fitness components between judo and wrestling male players

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Abstract

The purpose of the present study was to find out the comparison of motor fitness between Judo and Wrestling male players of Gulbarga District. The sample of the Present study was conducted on 60 male sports person 30 each who had participated at interuniversity level. The age ranged between 18-25 years. Endurance – is the ability to do sports movement with the desired quality and speed under conditions of fatigue. Flexibility – flexibility is an ability of the human being to carry out movement with large amplitude. Further the data of motor fitness test was collected through standardized tools cooper 12 min run /walk test for (Endurance) and forward bend and reach test for (flexibility) and data was analysis by “t” test. After comparing of the present data it was found that Judo male players of Gulbarga District have better flexibility and endurance wrestling male players.

Keywords: Physical fitness, judo, wrestling, endurance, flexibility

Introduction

As we know that sports like Judo, wrestling, Kabaddi, Kho-Kho, have been widely accepted as a highly competitive sports throughout the world. These sports dealing in great demand of explosive leg, strength of leg, arm, and shoulder. The Motor fitness components are qualities that athletes must develop to physically Prepares for sports competition. Sports training programs are designed to build these components in the proper proportions the match the requirements of each sport. Fitness improves general health and it is essential for full and vigorous living. The fitness over a long span and motor.

Examination of the same reflects the status of health. Wrestling is a combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and others grappling holds. A wrestling but is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. Wrestling represents one of the oldest forms of combat. A literacy reference to it occurs as early as in the Iliad, in which homer recounts the Trojan war of the 13th or 12th century BC. The origins of wrestling go back 15,000 years through cave drawings in francs. Judo, Meaning ‘Genths way’ is a modern marital art, combat and Olympic sports created in Japan 1882 by Jigoro Kano. Its most prominent features is its competitive element, where the objective is to either throw or take down on apponent of the ground, immobilize or otherwise subdure on opponent to submit with a join lock or a choke. Strikes and thrusts by hands and feel as well as weapons defenses are a part of Judo, but only in pre-arranged forms (Kata) and are not allowed in Judo competitions or free practice (Randori) a Judo practitioner is called a Judoka.

Purpose of the Study

Comparison of Motor Fitness Components between Judo and Wrestling male Players.

Methodology

To achieve the objectives of the present study 60 male sports person 30 each of Gulbarga District were selected as a sample of the study and who had participated at interuniversity level. The age ranged between 18 to 25 years constituted the subjects of the study. The data was collected by standardized tools they used cooper 12 Min Run/walk test for endurance and bent and knee test for flexibility. There test was analyzed by ‘t’ test method.

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Result and Discussion

Table 1: Comparison of endurance between Judo and wrestling male players of Ballari District

Players	mean	S.D	t
Judo	7.35	0.460	0.862
Wrestling	7.22	0.458	

Significant at 0.05 level

It is evident from the table that Judo male players have more endurance than wrestling male players. The Mean score of Judo male players was 7.35 where as in wrestling male players it was 7.22. The S.D. was 0.460 and 0.458 and SED was 0.65. The ‘t’ value was 0.862.

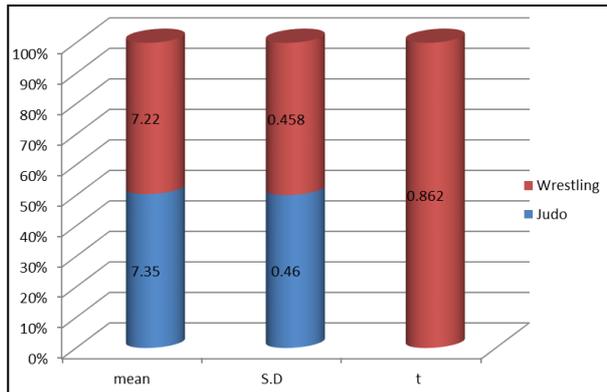


Fig 1: showing the trend of endurance between judo and wrestling players

Table 2: Comparison of flexibility between Judo and wrestling male players of Ballari District

Players	Mean	S.D	‘t’
Judo	2.10	0.300	0.731
Wrestling	2.06	0.237	

Significant at 0.05 levels

It is evident from the table that Judo male players have more flexibility than wrestling male players. The Mean score of Judo was 2.10 where as in wrestling female players it was 2.06. The SD was 0.300 and 0.237 and SED was 0.034. The ‘t’ value was 0.731.

Jude arts are having different nature of game. Frequently expected strength and jerk in the body movement, leads to develop the internal force and muscle contraction, and ability to push and hold the long time to opponent’s players in game situation, helps to develop the strength and power among the wrestling players.

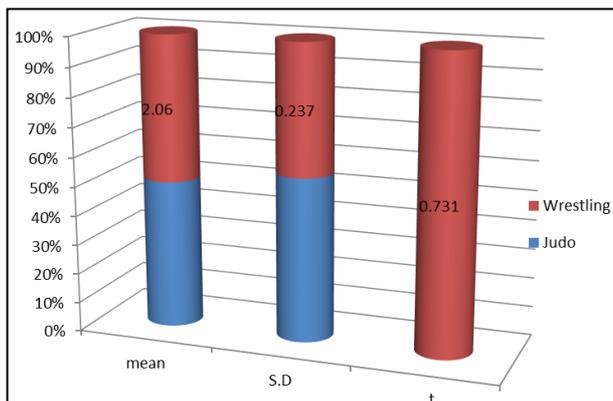


Fig 2: showing the trend of Pulse rate between judo and wrestling players

Conclusion

It is evident that Judo male players having more endurance and flexibility than wrestling male players of Gulbarga District.

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