



A comparative study of Agility, Flexibility and Explosive strength of National level player of Karate, Whu-shu and Taekwondo

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Introduction :

It is generally that art of Karate – Do can Be traced back to sixth century in China. There in the Mt. Sung Henna Province, Dharma and the founder of Zen a sect of Buddhism composed a sutra of collection of precepts to promote the physical development of the monks and missionaries to help protect them from bandits and criminals.

Oriental martial arts have an old history and traditions.... Having appeared at dawn of the civilization and changing with the development of the humanity and social system. They served not only as a means of self – defence but also were an integral part of the culture accumulating and increasing the greatest achievements in the various fields of knowledge and above all the knowledge about the human beings themselves their inner world. The time when Chinese martial arts appeared was not reflected in any of the historical documents the fighting techniques were discovered and developed during a long period of continuous conflicts between men and animals or between tribes the experience of the conflicts was accumulating and techniques created on its base were passed from generation to generation.

Karate, Whu-shu and Taekwondo is the combination of different activities like jumping, Kicking, Punching, blocking, attacking and defensive so art in sports the study is made to compare of National players of Karate, Whu-shu and Taekwondo.

Statement of the Problem

The purpose of the study was to determine the " A comparative study of Agility, Flexibility and Explosive strength of National level player of Karate, Whu-shu and Taekwondo"

Delimitation

The study will be delimited to Player of Karate, Taekwondo, and Wushu only.

The study will be delimited to 15 to 20 years. only.

Limitation

Factor like diet, daily routine life style, habit etc. may have an effect on the result of study was considered as one of the limitation of study.

Hypothesis

On the basis of related literature and scholar own understanding of the problem, it was hypothesized that there may not be any effect of players performance.

Methodology :

The purpose of this study was to compare the Agility, Flexibility and Explosive strength of National level player's of Karate,

Whu-shu and Taekwondo .For this study total number of 30(10 in each group) National player's of Karate, Whu-shu and Taekwondo were selected. The age of subject was between 15 to 20 years. For the measurement of Agility the shuttle run test was conducted, for the measurement of flexibility seat and reach test was conducted and for the measurement of explosive strength the standing broad jump test was conducted.

Analysis of Data :

For the statistical analysis the "F" test (ANOVA) was taken in use ANOVA was calculated at 0.05 level of significance. Analysis was based on "F" ratio calculation through "ANOVA".

**Table – 1
Mean and F – Ratio of three different groups in Agility**

Groups	Mean		SS	DF	Mean square	"F" Ratio
Karate	64.00	Between Groups	2371.67	2	1185.83	9.41
Whu-shu	48.50					
Taekwondo	43.00	Within Groups	2402.50	27	126.01	

significant level at 0.05 $F = (2,27) = 3.35$

**Table-2
Mean and F – Ratio of three different groups in Flexibility**

Groups	Mean		SS	DF	Mean square	"f" Ratio
Karate	72.90	Between Groups	3302.07	2	1651.03	13.72
Whu-shu	52.00					
Taekwondo	49.50	Within Groups	3249.40	27	120.35	

significant level at 0.05 $F = (2,27) = 3.35$

**Table - 3
Mean and F – Ratio of three different groups in Explosive Strength**

Groups	Mean		ss	DF	Mean square	"f" Ratio
Karate	74.80	Between Groups	1122.07	2	561.03	
Whu-shu	87.30					
Taekwondo	88.20	Within Groups	3453.30	27	127.90	4.39

significant level at 0.05 $F = (2,27) = 3.35$

Conclusion

Within limitations of the present study following conclusions may be drawn.

The Agility and flexibility of Karate players was better than Whu – shu and Taekwondo player's In the Explosive strength of Wu – shu and Taekwondo players was better then Karate player's

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