

COMPARATIVE STUDY OF MOTOR FITNESS COMPONENTS BETWEEN JUDO AND WRESTLING FEMALE PLAYERS

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Abstract

The purpose of the present study was to find out the comparative study of motor fitness between Judo and Wrestling female players of Kolhapur District. The sample of the Present study was conducted on 60 male sports person 30 each who had participated at National level. The age ranged between 20-25 years. Endurance – is the ability to do sports movement with the desired quality and speed under conditions of fatigue. Further the data of motor fitness test was collected through standardized tools coöper 12 min run / walk test for (Endurance) and data was analysis by “t” test. After comparing the present data it conclude that Judo female players and wrestling female players of Kolhapur have same endurance.

Keywords: Physical fitness, Judo, Wrestling, Endurance, t-test, level of significance.

Introduction

As we known 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 Prepare 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 generalhealth and it is essential for full and vigorous living. The fitness over a long span and motor.

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 Historical forms of combat. Literacy references to it occurs as early as in the Iliad, in which homer recounts the Trojan war of the 13th or 12th century BC. The orgins 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 are its competitive element, wherethe objective is to either throw or take down on opponent 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

Comparative Study of Motor Fitness Components between Judoand Wrestling Female Players

Methodology

To achieve the objectives of the present study 60 female sports person 30 each of Kolhapur district were selected as a sample of the study and who had participated at National level. The age ranged between 20 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. There test was analyzed by 't' test method.

Hypothesis

H₀: There is no significance difference between endurance of wrestling and Judo female players of Kolhapur.

H₁: There is significance difference between endurance of wrestling and Judo female players of Kolhapur.

Result and Discussion

Table 1: Comparative Study of endurance between wrestling and Judo female players of Kolhapur

Players	N	Mean	S.D.	SED	t _{cal}	t _{tab}
Judo	30	7.35	0.460	0.065	0.862	1.701
Wrestling	30	7.22	0.458			

Significant at 0.05 level

It is evident from the table that Judo female players and wrestling female players have same **endurance**. The Mean score of Judo female players was 7.35 where as in wrestling female players it was 7.22. The S.D. was 0.460 and 0.458 and SED was 0.065. The 't' value was 0.862 which is less than t tab 1.701. We accept H₀. Hence, there is no significance difference between endurance of wrestling and Judo female players of Kolhapur.

Conclusion

Judo and wrestling are combative game, which have same match time in Olympic level game. Skill, techniques, tactics, strategies, game structure are similar in both games. This reason the motor component of is same for both the game. So, the endurance is important factor of these game. From our study, it is evident that Judo female players and wrestling female players of Kolhapur having same endurance.

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