

# Comparison of Motor Fitness Components between Judo and Wrestling Female Players

Surender Kumar<sup>1</sup>, Parul Chaudhary<sup>2</sup>

<sup>1</sup>Research Scholar Department of Physical Education, C.D.L.U., Sirsa, Haryana, India

<sup>2</sup>Research Scholar Department of Physical Education, C.D.L.U., Sirsa, Haryana, India

**Abstract:** The purpose of the present study was to find out the comparison of motor fitness between Judo and Wrestling female players of Rohtak District. The sample of the Present study was conducted on 60 male sports person 30 each who had participated at inter-university 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 female players of Rohtak have better flexibility and endurance wrestling female players.

**Keywords:** Physical fitness, Judo, Wrestling, Endurance, Flexibility.

## 1. 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 lege, arm, and shoulder. The Motor fitness components are qualities that athletes must develop to physically Prepars 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 reflect 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. Literacy references to it occurs as early as in the Iliad, in which homer recounts the Trojan war of the 13<sup>th</sup> or 12<sup>th</sup> 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 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.

## 2. Purpose of the Study

Comparison of Motor Fitness Components between Judo and Wrestling Female Players

## 3. Methodology

To achieve the objectives of the present study 60 female sports person 30 each of Rohtak district were selected as a sample of the study and who had participated at inter-university 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.

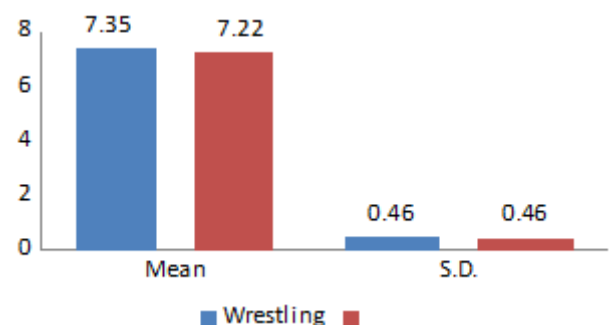
## 4. Result and Discussion

**Table 1:** Comparison of endurance between Judo and wrestling female players of Rohtak

Players	N	Mean	S.D.	SED	‘t’
Judo	30	7.35	0.460	0.065	0.862
Wrestling	30	7.22	0.458		

Significant at 0.05 level

It is evident from the table that Judo female players have more endurance than wrestling female players. 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 0.65. The ‘t’ value was 0.862.



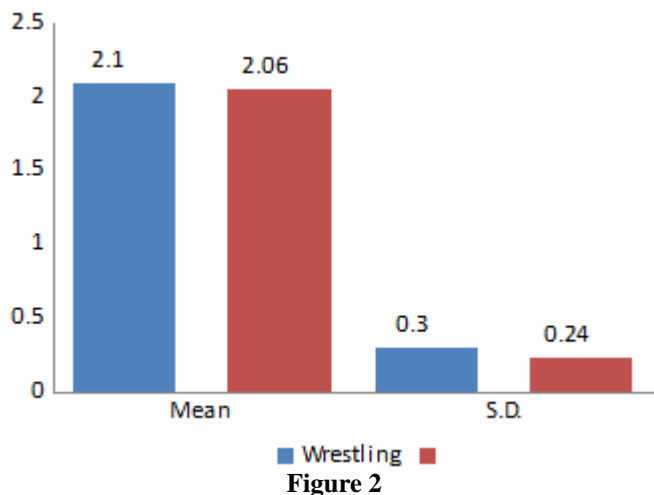
**Figure 1**

**Table 2:** Comparison of flexibility between Judo and wrestling female players of Rohtak

Players	N	Mean	S.D.	SED	't'
Judo	30	2.10	0.300	0.034	0.731
Wrestling	30	2.06	0.237		

Significant at 0.05 level

It is evident from the table that Judo female players have more **flexibility** than wrestling female 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.

**Figure 2**

## 5. Conclusion

It is evident that Judo female players having more endurance and flexibility than wrestling female players of Rohtak.

## Reference

- [1] Devi (2000) "A comparative study of physical fitness and psychological trait of tribal and non-tribal high school boys and girls" p.25.
- [2] Gahlawat, O.P. (1993), "analysis of physical fitness components and socio economic, status of the wrestles in Haryana," Ph.D. Thesis, K.U.T.
- [3] M.H. Kumara, S.S., Singh, Simarjeet Singh, Jasmil Singh Hardy; A Study of selected volleyball skills in relation to specific strength; stature, age sports sciences, vol. 27, No.1, January, 2004.
- [4] Natraj, H.V., chanddra Kumar, M. (2006). Selected motor ability variables and Kabaddi performance journal of sports sciences 29 (1) p. 11-16.
- [5] Rathous (2003) "A comparative study of selected motor fitness variables of students study studying at senior secondary schools of rural and urban area", p.21.
- [6] Srivastava, P.G. N. (1994) advanced research Methodology Radha publications, New Delhi.
- [7] Uppal., A.K., 7 Roy P. (1989). Assessment of Motor fitness components as predictors of soccer playing ability SNIPES Journal. 9 (3) p. 46-49.
- [8] Verma, K.K. (1999), "A comparative study of adjustment and physical fitness variables of Hockey, Volleyball and Basketball women players," Research I Annual for movement, Vol. 16, No. 1, Oct.