

Flexibility comparisons between National Level Fencers and Thang Ta players of Manipur

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Abstract: *Objective:* The study was carried out to examine the differences in flexibility of Fencers and Thang Ta players of Manipur. *Materials and Method:* For the study a total 30 male players (15 Fencing and 15 Thang Ta) were randomly selected. Their ages range between 17-19 years. The flexibility measured using Modified Sit and reach test, Shoulder and wrist elevation test and Bridge Up test. The flexibility obtained include Sit and reach flexibility, Shoulder and wrist flexibility and Spine flexibility. The data was analyzed by applying mean, Standard deviation and 't' test in order to determine the difference in flexibility between Fencing and Thang Ta players. *Conclusion:* No significant difference was observed between the flexibility of Fencers and Thang Ta players. These may be due to the similarity in some part of training, technique and tactics.

Keyword: Flexibility, Thang Ta, Fencing, Modified Sit and reach test, Shoulder and wrist elevation test and Bridge Up test

1. Introduction

Knowledge regarding flexibility and stretching is conspicuously lacking compared with what is known about advantageous functioning and optimal enhancement of the cardiovascular and muscular system. When flexibility comes to martial arts, it is the range of motion required for advance movements often called for greater than average flexibility. Flexibility training are useful for injury prevention and strengthen the center range

2. Methodology

2.1 Subjects

Total 30 male subjects were selected for this study. 15 Fencing players from youth affairs and sports, Khuman Lampak and 15 Thang Ta players from Thang Ta training centre, Yumnam Huidrom who participated national level competition. Their aged was 17-19 years.

2.2 Variables

- 1) Sit and reach flexibility,
- 2) Shoulder and wrist flexibility and
- 3) Spine flexibility

2.3 Data collection

Data were collected in the month of November 2017 when they were attending their regular classes. Necessary instruction were given to the subject before administration of test. Data were collected during evening training session.

2.4 Tests

Following test were administrated for the present study

- 1) Back and Leg Flexibility :Modified Sit and Reach Test
- 2) Shoulder and Wrist Flexibility: Shoulder and Wrist Elevation Test.
- 3) Spine Flexibility:: Bridge Up Test

2.5 Tools and Technique

- 1) Back and Leg Flexibility : Flexomeasure Case
- 2) Shoulder and Wrist Flexibility: yardstick and Ruler
- 3) Spine Flexibility:: yardstick and Ruler.

2.6 Statistical Method

- 1) To obtain data were analyze by applying "t" test in order to determine the body composition between Fencer and Thang Ta players.
- 2) The level of significance was set up at 0.05.
- 3) The data was analyzing using spss software to obtain more reliable result.

3. Discussion and Finding

Table I shows the comparison of means of selected body composition variables of Fencers and Thang Ta players. In back and Leg Flexibility, the mean is 24.2 and 21.4 respectively, The mean of Spine Flexibility is 14.46 and 15.86 respectively. The mean of Trunk and Neck Flexibility is 6.6 and 3.53 respectively for Fencing and Thang Ta.

Table 1: Comparison of Means of Selected Body composition variables between fencers and Thang Ta players

Variables	Group	Mean	SD	T
Back and leg flexibility	Fencing	24.2	3.29	0.02
	Thang Ta	21.4	3.08	
Spine flexibility	Fencing	14.46	4.22	0.29
	Thang Ta	15.86	2.77	
Trunk and neck flexibility	Fencing	6.6	3.68	0.007
	Thang Ta	3.53	1.92	

*significance at .05 level

There is no significant difference found between the means of Back and Leg Flexibility ,Spine Flexibility and Trunk and Neck Flexibility of Fencing and Thang Ta players as 't' required to be significant at 2.021 and calculated value is less compare to tabulated value

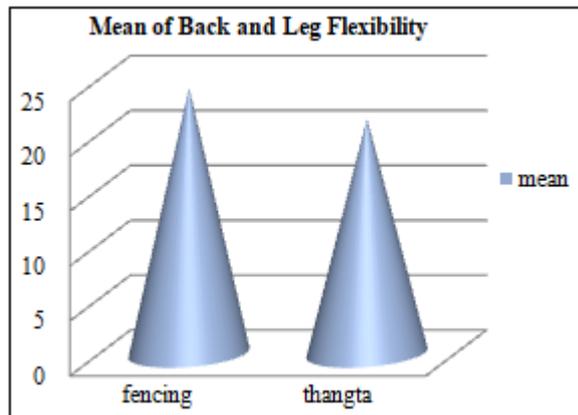


Figure 1: Comparison of Mean Difference in Back and Leg Flexibility

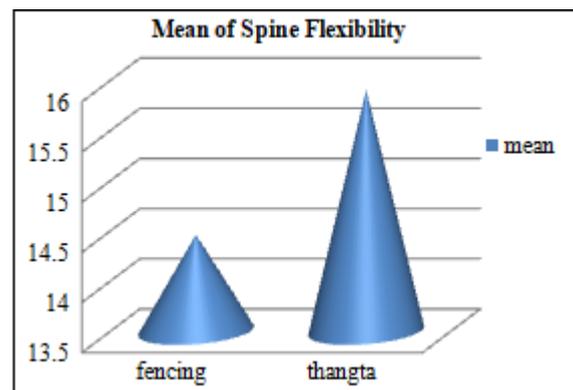


Figure 2: Comparison of Mean Difference of Spine Flexibility

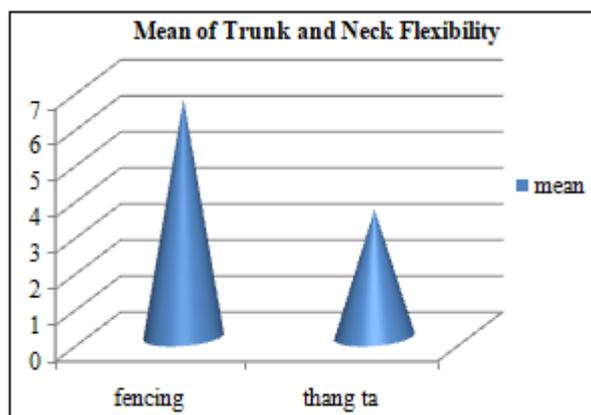


Figure 3: Comparison of Mean Difference of Trunk and Neck Flexibility

4. Conclusion

From the above study we came into conclusion that there was no significant difference in flexibility between Fencing and Thang Ta players of Manipur

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