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Physical fitness components of karate players of Kashmir

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Abstract

The present study was to analyze the selected physical fitness components of karate players of Kashmir University. The age group of selected trainee's 8 to 12 years the data was collected by means of four physical fitness tests namely. Forward Bend and reach test, one minute Bent knee sit ups test, push-ups and vertical jump. The data was analyzed with the help of statistical procedures in which arithmetic mean, standard deviation and standard norms. The variables selected for the study are strength and flexibility. In conclusion the result of the study that there is average motor qualities, flexibility and strength.

Keywords: Karate players, flexibility, strength

Introduction

A growing amount of research pointed out that regular physical activity as an effect on biological response in both muscles and organs that, intern, alter that structure and function of the brain. This assumption stems from a multidisciplinary approach which brings together research from different discipline such as kinesiology, human anatomy neuroscience it is worth noting the increasing interests of development and educational psychology to focus on the aspect concerning the contextual effects of the synergy body, mind during the life span. Historically, sport science emphasized the athlete's physical characters in order to minimize their sports performance, consequently the main work of the trainers aimed at developing physical and technical qualities of athlete.

Karate "kumis" is a full contact sport that focuses on the philosophical moral and ethical principles characterizing those martial arts. Particularly it includes a combination of techniques used in the computation between two opponents aimed at the disqualifications. Given its nature of discipline focusing on self-protection and health enhancement, karate would be considered as a sport and therapy at ones.

Background

Karate developed in the Ryukyu kingdom. It was brought to the japance main land in the early 20th century during the time of the cultural exchanges between the Japanese and the Chinese. It was systematically taught in japan after the Taisho era. In 1922 the Japanese ministry of education invited GI chins Funakoshi to Tokyo to given a karate demonstration. In 1924 keio university karate club blihed the first university karate club in mainland japan and by 1932, major Japanese universities has karate club. In this era of escalating Japanese militarism, the name was changed from (Chinese hand "over tang hand") to ("empty hand") - both of which are pronounced karate- to indicate that the Japanese wished to develop the combat from in Japanese style.

Methodology

The main purpose of the study was to determine the motor qualities of karate players. It was hypothesised by two statements 1) The first hypothesis is stated that the motor qualities of flexibility of karate players of Kashmir are satisfactory which is accepted. 2) The second hypothesis stated that the motor qualities of strength among the karate players of Kashmir is excellent and which rejected.

Sources of data

Karate players of Kashmir University with the age group between 8 to 12.

Sampling method

The subjects were selected by simple random sampling method.

Criterion measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis. Minute Bend Knee sit-ups, Push-up test, Vertical jump, forward bend and reach

Findings

After the statistical analysis of results of this study, the following conclusions can be drawn 1. The first hypothesis stated that the motor quality of flexibility among the karate players of Kashmir is satisfactory which is accepted 2. The second hypothesis stated that the motor quality of strength among the karate players of Kashmir is excellent, which is rejected. The statistical analysis of the gathered data for the purpose of the study“ study of selected motor qualities of karate players of Kashmir city” the raw scores are given in appendix.

The below graph shows us the push-ups status of karate players of Kashmir city under age group of 8 to 12 years.

Table 1: The strength in push-ups of karate players of Kashmir

Variables	Mean	S.D.	S.N.
Push ups	28.67	4.6	34%

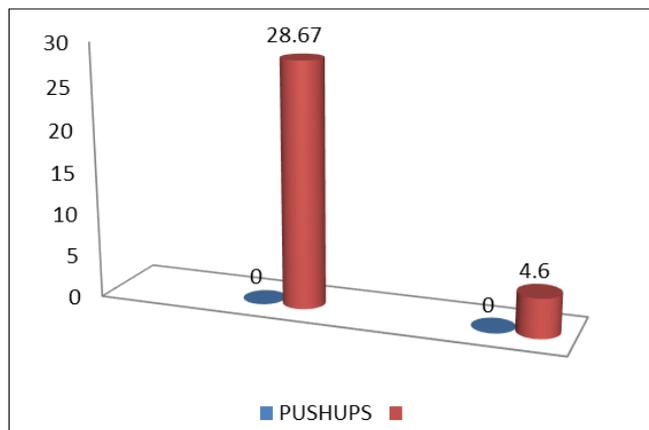


Fig 1: The strength in push-ups of karate players of Kashmir

As per the result of the test the strength motor quality of karate players of Kashmir is excellent.

Conclusion

Researcher hypothesized that the two statements:

1. The first hypothesis stated that the motor quality of flexibility among the karate players of Kashmir is satisfactory which is accepted.
2. The second hypothesis stated that the motor quality of strength among the karate players of Kashmir is excellent, which is rejected.

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