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Different yoga poses for badminton players

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Abstract

Badminton players play the racquet sport, badminton. This sport is played by two competing individuals or two opposing teams consisting of two players each who hit a shuttlecock back and forth across the net using their racquets. Badminton is a very popular sport that originated in the mid 19th century in British India. Competitive badminton events in five categories were first held at the Olympic Games in 1992. The popularity of badminton stems from the fact that it is very easy to play and can be played in small spaces. It is a much loved recreational sport with millions over the world playing badminton in order to get some exercise and keep fit. Being a professional badminton player is a challenging task. The players need to possess excellent speed and agility combined with stamina and endurance. Striking the shuttlecock precisely also calls for explosive strength and good hand to eye coordination. Badminton is an extremely fast paced sport that calls for quick reflex actions. Players also need to develop their technique and footwork in order to perfect the game. This section provides you information about the life and works of various famous badminton players from all over the world.

Keywords: Yoga, asana, badminton, fitness and injuries

Introduction

The game developed in British India from the earlier game of battledore and shuttlecock. European play came to be dominated by Denmark but the game has become very popular in Asia, with recent competitions dominated by China. Since 1992, badminton has been a Summer Olympic sport with four events: men's singles, women's singles, men's doubles, and women's doubles, with mixed doubles added four years later. At high levels of play, the sport demands excellent fitness: players require aerobic, stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements. It is important for badminton players to start practising or have the knowledge of yoga early in their careers. The last few years have seen players such as Saina Nehwal, P V Sindhu and Kidambi Srikanth also taking up yoga for healing... they started it a little late. Badminton is a sport based on speed and reflexes and that's what yoga also teaches youngsters. As in badminton, there are two strategies of being offensive and being defensive and in badminton Yoga, asanas such as Veerbhadra, teach them being offensive and flexibility and asana like Bhujasana teaches them to be defensive.

Physical fitness components needs in Badminton

- Strength Training
- Aerobic/Cardiovascular Endurance
- Speed and Agility Training
- Flexibility
- Core stability
- Balance

Yoga asanas for badminton players

Badminton is a sport in which our whole body is stressed. In this game, we feel the thrust of our arms, legs, thighs, shoulder and back. If you are an expert in badminton or a beginner you must do some stretches and asanas. After doing yoga you will get many benefits by doing asanas such as strengthening your leg and hand muscles. In this game of badminton, our muscles should be strong only then we can last a long time in this game.

The concentration of the player is a must in the game of badminton. Doing yoga increase our focus and concentration.

- 1. Padhastasana:** This is a forward bend pose. The best benefit of this pose is that it stretches your back, hips, thighs muscles. Which makes your hips muscles strong. Friends, in the game of badminton, we stretch our legs the most. Maximum badminton players have a crème in their feet, so the chances of getting a leg injury will be reduced if you practice padhastasana. This posture also increases your durability, so that you can play for a longer time.



- 2. Plank:** plank does not come in a yoga practice but I kept it on the list because all badminton players must do this exercise. The most important benefit of planking is it makes your core muscles, shoulders, and forearms strong. The badminton player's shoulder and forearms should be strong, only then they can hit good smashes. The best benefits of the plank are that by plank your stamina increases. Badminton is a game of complete stamina, if you have the stamina, then you will stay till the last in badminton.



- 3. Tadasana:** I will strongly recommend every badminton player to do this yoga pose. This practice strengthens your mind and body. Friends badminton is a game of hand and mind coordination. If you can make coordination between your hands and mind then you can become a pro player in this game. Tadasana is a yoga practice that teaches you how to do the balancing. Because in this yoga practice you have to balance your entire body on both your feet. You can balance your body only when there is a good synchronization between your body and mind. Tadasana helps you to achieve this. Doing Tadasana also strengthens your shoulder and lower abdomen.



- 4. Chakrasana:** The shoulders, legs, and hips of a badminton player should be strong Equally, their spine bone should also be strong. Because if your spine is weak then you may get injured due to which you will be far away from the game. Friends, you should do Chakrasana to strengthen your spine. Through Chakrasana posture, your spine, stomach, leg, and shoulder will be strengthened.



- 5. Kursiasana:** Kursiasana is a very beneficial pose for a badminton player because this pose gives a lot of benefits to your lower body. In this pose, you bend your lower body from the knees and stretch both your hands forward. Friends, when you bend the legs from your knees, your knees become strong. Your thighs become flexible and the muscles of your hips also become quite flexible.



Some other important asanas

- 1. Trataka:** Purifies the eyes and strengthens the eye muscles by exercising them to focus on a point. Corrects short-sightedness. Improves vision, concentration and memory. ...Cures sleep-related disorders such as a headache, insomnia, nightmares etc. By fixing the gaze the restless mind to comes to a halt.



2. **Kapalbhati Pranayama:** Kapalbhati pranayama is one of the most popular yoga asanas that improves respiratory function. *Kapalbhati pranayama* is said to have distinct mental, physical, and spiritual benefits. Let's just say this technique has been devised to help people with their overall well-being. It is a *shat kriya*, which means it's a cleansing technique that helps to remove toxins from the body. Although *kapalbhati* seems to require minimal effort, it is a pretty technical *kriya* that comes with a plethora of benefits.



3. **Suryanamaskar:** A healthy and strong body is like an ornament. If you are healthy, you will be able to study properly, go on excursions or participate in competitions. Due to the gift of Yoagasan given by ancient Sages, you can remain healthy and lead a long life.



4. **Uttasana:** It maintains the functions of liver, kidneys and spleen. Beneficial in flexibility of the hips. Gives Strengths to the knees and spine also. It improves the process of blood circulation. Helps to improve posture and alignment. Useful for stretching the leg muscles like calves and hamstrings.



Common sports Injuries in Badminton: Badminton is a fun game and is played by people, across the world. Playing badminton keeps our body fit, healthy and also keeps our body in shape. And this created a myth in the mind of people that, badminton is a soft game, which does not cause any injury to the player while playing. And here in this article, I'll clear all those myths and doubts by mentioning some common injuries that take place while playing this fun and enjoyable sport. So to know more regarding the common injuries in badminton and its prevention, read the article till the end.

- 1. Sprained Ankle Causes and Asanas performed for relief:** (Walking or running on a lumpy area or surface. Tripped and falling down. While playing football, basketball, badminton, or tennis. Putting extra pressure on the feet, while playing or walking.
 - (Urdhva Hastasana (Upward Salute)
 - Urdhva Baddhanguliyasana (Upward Interlaced Fingers Pose)
 - Urdhva Namaskarasana (Upward Prayer Position)
 - (Gomukhasana)
- 2. Wrist Pain causes and Asanas performed for relief:** (Using the extra power while hitting some shots. Inadequate badminton racket. Applying extra pressure. Improper gripping technique. Changing the grip while playing.
 - Reclining Mountain Pose
 - Seated Urdhva Baddhanguliyasana
 - Upper and Lower Hand Stretch
 - Downward Facing Dog)
- 3. Tennis Elbow causes and Asanas performed for relief:-**Holding the racket and grip tight. Indulging more pressure while hitting the shuttle. Damaged tissues and tendons.
 - Kumbhakasana
 - Makara Adho Mukha Svanasana
 - Bhujangasana
 - Wrist Rotations and Arm Stretch in Mountain Pose
- 4. Jumper's Knee causes and Asanas performed for relief:** Cause due to overstress on tendons. Performing repetitive moves. Weakening of knee cap. Not performing adequate warm-up
 - Setu Bandha Sarvangasana
 - Baddha Konasana
 - Balasana, Sukhasana
 - Utthita Parsvakonasana
- 5. Shoulder pain causes and Asanas performed for relief:** This injury is basically caused by indulging more

and more pressure on the shoulders while playing. If you play over-head shots, again and again, this can also lead you to face this injury.

- Virabhadrasana
- Utthita Trikonasana
- Garudasana
- Virabhadrasana Sirangusthasana
- (Parsvottanasana)

Badminton players who adopted Yoga

- Pullela Gopichand (India) ones said Yoga is part of badminton training after winning Olympic Silver medal by P.V Sindhu in 2016. Pullela Gopichand urges youth to focus on fitness and yoga instead of resorting to medication
- Prakash Padukone (India)
- Jwala Gutta (India)
- Saina Nehwal (India)
- P.V Sindhu (India)
- Parupalli Kashyap (India)
- Srikanth Kidambi (India)
- Lin Den (China)
- Lee Chong Wei (Malaysia)
- Tai Tzu-Ying (Taiwan)
- Carolina Marin (Spain)
- Nozomi Okuhara (Japan)
- Anthony Ginting (Indonesia)
- Li-Ning (China) partnership with BWF in Yoga Partnership in 2014

Conclusion

As highlighted above, researcher find out that yoga in sports as important as other think it helps us in different ways and different levels in a badminton player life. We have improved our performance by daily yoga practicing in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled, Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak leaves and yoga helps us a lot.

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