

## A Comparative Study on Strength and Agility among Wrestlers and Judokas of Haryana in India

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### ABSTRACT

*The are two styles of wrestling at the modern Olympics - freestyle and Greco-Roman. While the rules are almost identical, Greco-Roman wrestlers must not use the legs to trip or lift an opponent or attack an opponent's legs. Wrestling greatly emphasises strength and agility. Judo is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Its most prominent feature is its competitive element, where the objective is to either throw or takedown an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock. **Methods:** The purpose of the study to find out the strength and agility among Wrestlers and Judokas of Maharashtra in India. The Sample for the study is 30 Male Wrestlers and 30 Male Judokas are taken for the study. The Age Groups for the study is from 18 Years to 22 Years. Pull Ups and Shuttle Run are the test Items of AAPHER Youth fitness test are taken for the study. This Tests are conducted on both the groups. **Results:** The results of the study have shown that Wrestlers are having good Strength and agility compare to the Judokas. **Discussion:** Wrestling is a demanding sport that requires large amounts of physical and mental toughness for success. Wrestlers spend hours a day training in the gym and on the mat for matches that only last a total of six minutes or less. strength and conditioning are essential for competitive judo athletes. Hence both Wrestlers and Judokas are required strength and agility to excel.*

**Key words:** strength, agility, wrestling, Judo etc.

### 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 Prepares 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. Wrestling is one of the oldest forms of combat with references to it as early as the Iliad, in which Homer recounts the Trojan War in the 13th or 12th century BC. The origins of wrestling can be traced back 15,000 years through cave drawings in France. Babylonian and Egyptian relief's show wrestlers using most of the holds known to the present-day sport. In ancient Greece, wrestling occupied a prominent place in legend and literature; wrestling competition, brutal in many aspects, was the number one sport of the Olympic Games. The ancient Romans borrowed heavily from Greek wrestling, but eliminated much of its brutality. During the Middle Ages (fifth century to fifteenth century) wrestling remained popular and enjoyed the patronage of many royal families, including those of France, Japan and England. Early Americans brought a strong wrestling tradition with them when they came from England. The settlers also found wrestling to be popular among Native Americans. Amateur wrestling flourished throughout the early years of the country and served as a popular activity at country fairs, holiday celebrations, and in military exercises. The 1st organized national wrestling tournament was held in New York City in 1888, while the 1st wrestling competition in the modern Olympic Games was held in 1904 in Saint Louis, Missouri. FILA was founded in 1912, in Antwerp, Belgium. The 1st NCAA Wrestling Championships were also held in 1912, in Ames, Iowa. USA Wrestling, located in Colorado Springs, Colorado, became the national governing body of amateur wrestling in 1983. It conducts competitions for all age levels. Greco-Roman is an international discipline and an Olympic sport. In Greco-Roman style, it is forbidden to hold the opponent below the belt, to make trips, and to actively use the legs in the execution of any action. Recent rule changes in Greco-Roman increase opportunities for and place greater emphasis on explosive, 'high amplitude' throws. Pinning one's opponent to the mat is one way of winning. One of the most well known Greco-Roman wrestlers is Alexander Karelin from Russia. Freestyle wrestling is an international discipline and an Olympic sport, for both men and women. This style allows the use of the wrestler's or his opponent's legs in offense and defense. Freestyle wrestling has its origins in catch-as-catch-can wrestling and the prime victory condition in this style involves the wrestler winning by throwing and pinning his opponent on the mat. American high school and college wrestling is conducted

under different rules and is termed scholastic and collegiate wrestling. Judo (meaning "gentle way") is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Its most prominent feature is its competitive element, where the objective is to either throw or takedown an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock or a choke. Strikes and thrusts by hands and feet as well as weapons defenses are a part of judo, but only in pre-arranged forms (kata) and are not allowed in judo competition or free practice (randori). The philosophy and subsequent pedagogy developed for judo became the model for other modern Japanese martial arts that developed from koryū (traditional schools). The worldwide spread of judo has led to the development of a number of offshoots such as Sambo and Brazilian Jiu-Jitsu. Judo practitioners are called judoka.

**Purpose of the study:** The purpose of the study to find out the strength and agility among Wrestlers and Judokas of Haryana in India.

**Methodology:** The Sample for the study is 30 Male Wrestlers and 30 Male Judokas are taken for the study. The Age Groups for the study is from 18 Years to 22 Years. Pull Ups and Shuttle Run are the test Items of AAPHER Youth fitness test are taken for the study. This Tests are conducted on both the groups.

**Pull Ups:** Purpose: To measure arm and shoulder strength.

**Facilities and Equipment:** A metal or wooden bar approximately 11/2 inch in diameter is place at a convenient height. However, for the lower age levels a close way gym bar was used. At times improvised modalities such as a basketball goal support or a ladder was utilized.

**Procedure:** The bar is adjusted to such a height that the student can hang free of the floor. The student should grasp the bar with his palm facing away from his body (over hand grasp). The student should then raise his body until his arms are fully extended.

**Instructions:** The students were instructed not to lift the knees or assist by pull up or kicking. The subject must return to the hang position with the arms fully straight. Swinging or snapping are not permitted.

**Scoring:** One point is scored each time, the student completed a pull up. Part scores do not count, and only one trial is permitted unless it is obvious the student did not have a fair chance on his first trail.

**Testing personnel:** One trained tester was assigned to administer this item, whose duty was to count the score.

**Purpose:** To measure speed and agility.

**Shuttle Run:** Facilities and Equipment: Two lines parallel to each other are marked on the floor thirty feet apart. Since the student must over run both of these lines, it is necessary to have several feet more of floor space at either end. A block of wood 2 by 2 by 4 inches and a stopwatch are needed.

**Procedure:** The subject stands at one of the lines with the 2 blocks at the other lines. On the signal to start, the student runs to the blocks, takes one and returns to the starting line, and places the block behind that line. He then returns to the second block, which is carried across the starting line on the way back. Two students can run at the same time if 2 timer are available, or if 1 test administrator has a split second timer, and of course, if there are 2 sets of blocks. Two trials are permitted Instructions: On the signal "Go" run as fast as you can to the next line and pick up a block. You should return the block over the second line where you place it on the floor. Do not throw it. Return for the second block, and this time you may run across the starting line as fast as you can without placing the blocks on the floor.

**Scoring:** The score is the elapsed time recorded in seconds and tenth of seconds for the better of 2 trials.

**Testing Personnel:** One trained tester can administer this test and record the score and time. If he has a split-second timer, he may have two students running at the same time. If two regular stop watches are available. Two timers can be used. Wrestlers in action Judokas in action

Results: The results of the study has shows that Wrestlers are having good Strength and agility compare to the Judokas. Wrestling requires good strength and agility compare to Judo. Discussion: Wrestling is a demanding sport that requires large amounts of physical and mental toughness for success. Wrestlers spend hours a day training in the gym and on the mat for matches that only last a total of six minutes or less. strength and conditioning are essential for competitive judo athletes. Hence both Wrestlers and Judokas are required strength and agility to excel.

Table No.1 showing the pull ups strength of Judokas and Wrestlers.

Results of Pull Ups Test	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.(2-tailed)
Judokas	30	11.00	0.94	0.30	-4.71	58.00	0.00
Wrestlers	30	14.20	1.14	0.36			

In table no. 1, The Judokas mean performance in pull ups is 11.00 and Standard Deviation is 0.94 and Wrestlers mean performance is 14.20 and standard deviation is 1.14. The Wrestlers mean performance is 14.20 and judokas mean performance is 11.00 and there is a better performance of 3.20 of Wrestlers in pull-ups compare to judokas. Hence wrestlers are having good strength compare to judokas.

Results of Pull Ups Test	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.(2-tailed)
Judokas	30	15.38	0.56	0.17	2.53	58.00	0.02
Wrestlers	30	14.10	1.20	0.37			

In table no. 2, The Judokas mean performance in shuttle run is 15.38 and Standard Deviation is 0.56 and Wrestlers mean performance in shuttle run is 14.10 and standard deviation is 1.20. The Wrestlers mean performance is 14.10 and judokas mean performance is 15.38 and there is a better performance of 1.28 of Wrestlers in shuttle run compare to judokas. Hence wrestlers are having good agility compare to judokas.

### Conclusion:

- 1.It is concluded that Wrestlers are having good strength compare to Judokas.
2. It is also concluded that Wrestlers are having good agility compare to Judokas.
3. Similar studies can be conducted on other sports and games.

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