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EFFECT OF UCHIKOMI AND RANDORI PRACTICE ON ANAEROBIC POWER AMONG STATE LEVEL SCHOOL JUDO BOYS

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ABSTRACT

The objective of this study was to find out the effect of uchikomi and randori practices on anaerobic power among state level judo boys. For this reason, arbitrarily chose 45 state level judo young men were chosen haphazardly from various schools in Chennai. They were chosen based on chain portrayal in numerous competitions. The chose subjects were in the age gathering of 13 to 16 years with standard deviation of + 2.3 years. The chose subjects were arbitrarily isolated into three groups, experimental group I, experimental group II and control group. Haphazardly chose state level judo young men (N=45) were chosen from various schools in Chennai, Tamil Nadu. They chose subjects were arbitrarily allotted into three gatherings. Group I went about as trial bunch which went through uchikomi rehearses (UMT), group II went through randori rehearses (RDT), and group III didn't partook in any unique preparing and were carefully leveled out (CG). The subjects went through individual exploratory medicines for a time of 12 weeks. After the test time frame post test scores were gathered on the chose factors. The contrast between the underlying and last scores was considered as the impact of particular medicines. To test the measurable centrality of the information gathered were exposed to factual investigation utilizing ANCOVA to test the essentialness. In all cases 0.05 level was fixed to test the speculation of this examination. It was concluded that 12 weeks uchikomi training significantly improved anaerobic power compared to randori training and control group. It was also found that there was uchikomi training was significantly better than randori training in improving anaerobic power of the state level judo athletes.

KEYWORDS: Uchikomi, Randori, Anaerobic Power, Judo Boys.

INTRODUCTION

Inflexibly planned drills are important to supplant the old type of Uchikomi now rehearsed in most of dojos. Whatever sort of tossing drill a teacher request that the understudies practice, the toss should consistently be finished. A second significant prerequisite for tossing drills must be polished with two parts moving. At the point when these two necessities are met, the substance of Uchikomi evaporates. Basically expressed, the drill couldn't be marked as a moving Uchikomi. Randori encourages how to move as per the standard in any event, when astounded. Under genuine conditions one needs a feeling of separating (maai), liquid blends of procedures, and a created capacity to adjust to the development of the adversary (Su et al. 2001).

METHODOLOGY

The objective of this study was to find out the effect of uchikomi and randori practices on anaerobic power among state level judo boys. For this reason, arbitrarily chose 45 state level judo young men were chosen haphazardly from various schools in Chennai. They were chosen based on chain portrayal in numerous competitions. The chose subjects were in the age gathering of 13 to 16 years with standard deviation of + 2.3 years. The chose subjects were arbitrarily isolated into three groups, experimental group I, experimental group II and

control group. Haphazardly chose state level judo young men (N=45) were chosen from various schools in Chennai, Tamil Nadu. They chose subjects were arbitrarily allotted into three gatherings. Group I went about as trial bunch which went through uchikomi rehearses (UMT), group II went through randori rehearses (RDT), and group III didn't partook in any unique preparing and were carefully leveled out (CG). The subjects went through individual exploratory medicines for a time of 12 weeks. After the test time frame post test scores were gathered on the chose factors. The contrast between the underlying and last scores was considered as the impact of particular medicines. To test the measurable centrality of the information gathered were exposed to factual investigation utilizing ANCOVA to test the essentialness. In all cases 0.05 level was fixed to test the speculation of this examination.

RESULTS

The statistical analysis comparing the initial and final means of Anaerobic power due to Uchikomi training and Randori training among state level judo players is presented in Table I.

TABLE I
ANCOVA RESULTS ON EFFECT OF UCHIKOMI TRAINING AND RANDORI TRAINING COMPARED WITH CONTROLS ON ANAEROBIC POWER

	UCHIKOMI TRAINING	RANDORI TRAINING	CONTROL GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	1220	1211	1237	Between	5059	2	2529	0.15
				Within	685395	42	16319	
Post Test Mean	1386	1266	1213	Between	236999	2	118499	5.21*
				Within	955676	42	22754	
Adjusted Post Test Mean	1388	1276	1201	Between	266998	2	133499	12.76*
				Within	428910	41	10461	
Mean Diff	166	55	-24					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) =3.22.

*Significant

As shown in Table I, the obtained pre test means on Anaerobic power on Uchikomi training group was 1220, Randori training group was 1211 and control group was 1237. The obtained pre test F value was 0.15 and the required table F value was 3.22, which proved that there was no significant difference among initial scores of the subjects. The obtained post test means on Anaerobic power on Uchikomi training group was 1386, Randori training group was 1266 and control group was 1213. The obtained post test F value was 5.21 and the required table F value was 3.22, which

proved that there was significant difference among post test scores of the subjects. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 12.76 was greater than the required value of 3.22 and hence it was accepted that there was significant differences among the treated groups. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffé's Confidence Interval test. The results were presented in Table II.

TABLE II
MULTIPLE COMPARISONS OF PAIRED ADJUSTED MEANS AND SCHEFFE'S CONFIDENCE INTERVAL TEST RESULTS ON ANAEROBIC POWER

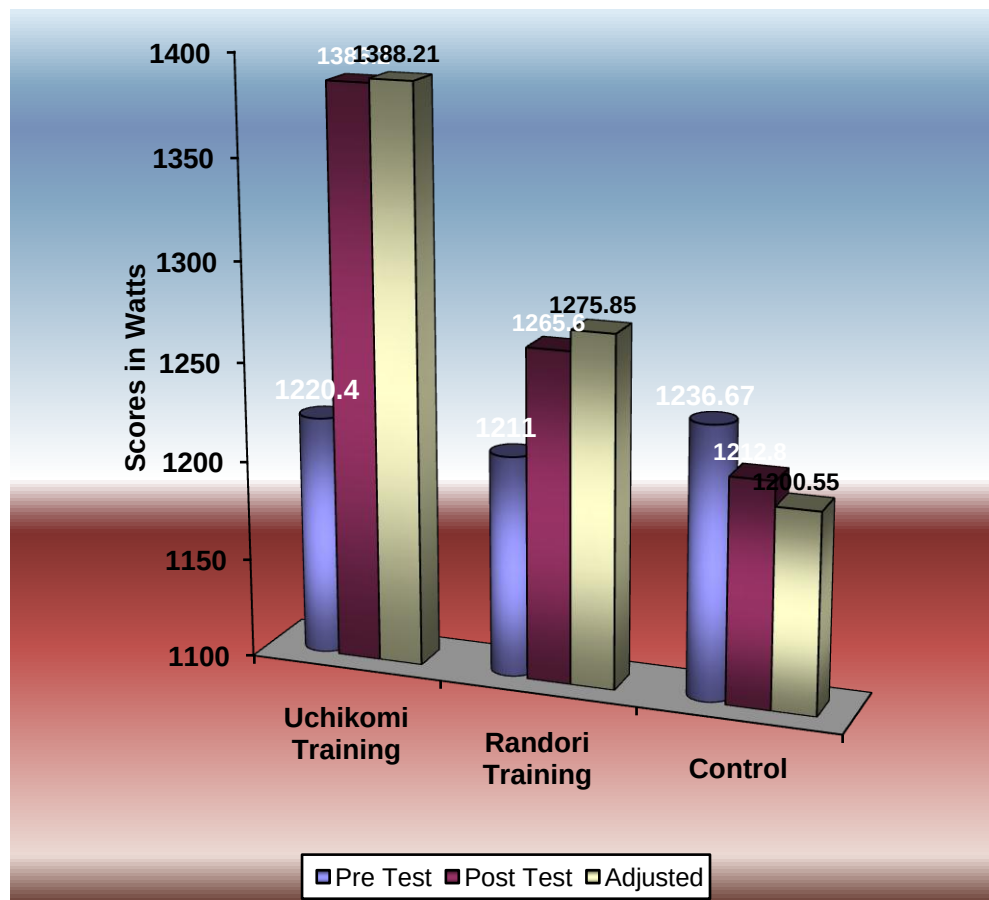
MEANS				Required . C I
Uchikomi training Group	Randori training Group	Control Group	Mean Difference	
1388	1276		112.36*	94.78
1388		1201	187.66*	94.78
	1276	1201	75.30	94.78

* Significant

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Uchikomi training group and control group (MD: 187.66). There was no significant difference between Randori training group and control group (MD: 75.30). There was significant difference

between treatment groups, namely, Uchikomi training group and Randori training group. (MD: 112.36). The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure I.

FIGURE I
BAR DIAGRAM SHOWING PRE TEST, POST TEST AND ORDERED ADJUSTED MEANS ON ANAEROBIC POWER



CONCLUSION

1. It was concluded that 12 weeks uchikomi training significantly improved anaerobic power compared to randori training and control group. It was also found that there was uchikomi training was significantly better than randori training in improving anaerobic power of the state level judo athletes.

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