



## EFFECT OF UCHIKOMI AND RANDORI PRACTICE ON HEMOGLOBIN AMONG STATE LEVEL SCHOOL JUDO BOYS

P.BHARATHY<sup>1</sup> & Dr.MRS.S.INDIRA<sup>2</sup>

<sup>1</sup>Ph.D., Research Scholar (Part-Time), Department of Physical Education, University of Madras, Chennai, Tamilnadu, India.

<sup>2</sup>Director of Physical Education, JBAS College for Women, Chennai, Tamilnadu, India.

### ABSTRACT

The objective of this study is to find out the effect of uchikomi and randori practices on hemoglobin 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. 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 and randori training significantly improved hemoglobin compared to control group.

**KEYWORDS:** Uchikomi, Randori, Hemoglobin, Judo Boys.

### INTRODUCTION

The act of Uchikomi includes the utilization of tosses to the perfection point, or what is generally known as kake. Teachers will regularly have understudies play out the Uchikomi for a predefined number of times before executing the all out strategy. The specific importance of randori relies upon the military workmanship it is utilized in. In judo, jujitsu and Shodokan Aikido, among others, it regularly alludes to one-on-one competing where accomplices endeavor to oppose and counter each other's strategies. In different styles of aikido, specifically Aikikai, it alludes to a type of training wherein an assigned aikidoka guards against numerous aggressors one after another without knowing the assault (Beebe, 2013).

### METHODOLOGY

The objective of this study is to find out the effect of uchikomi and randori practices on hemoglobin 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. 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 Hemoglobin 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 HEMOGLOBIN**

	UCHIKOMI TRAINING	RANDORI TRAINING	CONTROL GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	14.65	14.59	14.56	Between	0.07	2	0.03	0.06
				Within	24.77	42	0.59	
Post Test Mean	15.51	15.73	14.71	Between	8.52	2	4.26	7.34*
				Within	24.38	42	0.58	
Adjusted Post Test Mean	15.46	15.74	14.75	Between	7.78	2	3.89	51.46*
				Within	3.10	41	0.08	
Mean Diff	0.85	1.14	0.15					

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 Hemoglobin on Uchikomi training group was 14.65, Randori training group was 14.59 and control group was 14.56. The obtained pre test F value was 0.06 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 Hemoglobin on Uchikomi training group was 15.51, Randori training group was 15.73 and control group was 14.71. The obtained post test F value was 7.34 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 51.46 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 Scheffe’s Confidence Interval test. The results were presented in Table II.

**TABLE I**  
**MULTIPLE COMPARISONS OF PAIRED ADJUSTED MEANS AND SCHEFFE’S CONFIDENCE INTERVAL TEST RESULTS ON HEMOGLOBIN**

MEANS				Required C I
Uchikomi training Group	Randori training Group	Control Group	Mean Difference	
15.46	15.74		-0.28*	0.25
15.46		14.75	0.71*	0.25
	15.74	14.75	0.99*	0.25

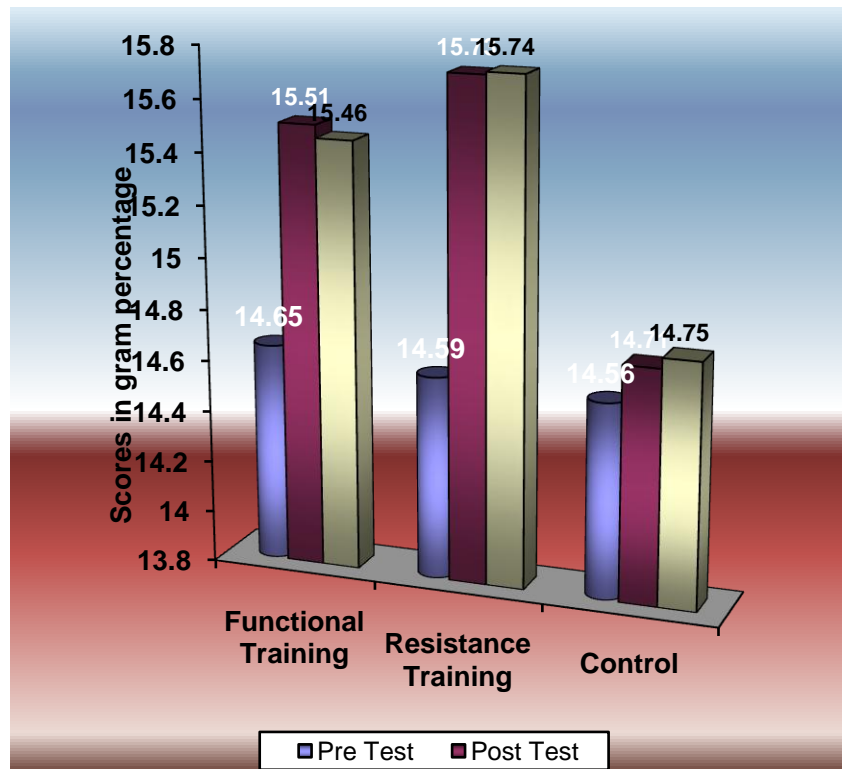
\* Significant

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Uchikomi training group and control group (MD: 0.71). There was significant difference between Randori training group and control group (MD: 0.99). There was significant difference

between treatment groups, namely, Uchikomi training group and Randori training group. (MD: -0.28). 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 HEMOGLOBIN



## CONCLUSION

1. It was concluded that 12 weeks uchikomi training and randori training significantly improved hemoglobin compared to control group. It was also found that there was significant difference between uchikomi training and randori training in improving hemoglobin levels and randori training was found to be significantly better than uchikomi training in improving hemoglobin of state level judo athletes.

## REFERENCES

1. Beebe N et al. (2013), "Effects of the addition of t'ai chi to a dietary weight loss program on lipoprotein atherogenicity in obese older women.", *J Altern Complement Med.* Sep;19(9):759-66.
2. Bodden JG et al. (2015), "The effect of an intervention program on functional movement screen test scores in mixed martial arts athletes.", *J Strength Cond Res.* Jan;29(1):219-25.
3. Degoutte, F.; Jouanel, P.; Filaire, E. (2003) "Energy demands during a judo match and recovery". *Br. J. Sports Med.* 37, 245–249
4. Degoutte, F.; Jouanel, P.; Filaire, E. (2004) "Solicitation of protein metabolism during a judo match and recovery". *Sci. Sports* 19, 28–33.
5. Detanico D et al. (2016), "Effects of traditional judo training session on muscle damage symptoms.", *J Sports Med Phys Fitness.* Apr 7.
6. Kim J et.al. (2011), "Effects of sprint interval training on elite Judoists.", *Int J Sports Med.* Dec;32(12):929-34.
7. Kim PS et.al. (2014), "Beneficial effects of judo training on bone mineral density of high-school boys in Korea.", *Biol Sport.* Dec;30(4):295-9.