

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Manichander Thammishetty
Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad

International Advisory Board

Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Bakfir English Language and Literature Department, Kayseri
Janaki Sinnasamy Librarian, University of Malaya	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus PopPhD, Partium Christian University, Oradea,Romania	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, IasiMore

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India Ex - VC. Solapur University, Solapur	Iresh Swami S. D. M. Degree College, Honavar, Karnataka	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra Maulana Azad National Urdu University
	Sonal Singh, Vikram University, Ujjain	



“THE EFFECT OF SPECIFIC TRAINING PROGRAMME ON LAGS EXPLOSIVE STRENGTH OF TAEKWONDO PLAYER ”

Dr. Rajratna Rajeshwar Durge

ABSTRACT

To evaluate the effectiveness of 06 weeks Plyometric Training Programme on Lags Explosive Strength of Taekwondo Player. pre-test and post- test randomized group design were undertaken for the present study which consist of an Experimental group and control group. Equal number of subjects (N=50) were assigned randomly to both groups. The experimental group was exposed to 06 weeks Plyometric Training Programme, whereas, no treatment was given to control group. For the purpose of the present research work a total of 100 Taekwondo Players were randomly selected for the present research work. The level of significance to test the obtained t-ratio was fixed at 0.05 level of confidence, which was considered to be appropriate in review of the fact that highly sophisticated instruments and devices were not used for more stringent level of significance. By Using 't'-ratio the finding of the study showed that there was a significant difference in the pre-test and post-test scores of experimental group in Standing Broad Jump as a result of 06 weeks plyometric training practices. Whereas the finding of the study reveals that there is significant difference in Lags Explosive Strength

in the pre-test and post-test of experimental group and No significant difference in control Group. As a result of 06 Weeks Plyometric training.

KEYWORDS: Plyometric Training Programme, Lags Explosive Strength, Systematic.

INTRODUCTION:

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it

has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

First, Taekwondo is the right way of using Tae and Kwon 'fists and feet,' or all the parts of the body that are represented by fists and feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' [or 'to step on fists']. Thus Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

Olympic Tae Kwon Do, short periods of intense movement are framed by incessant periods of increased heart rate followed by a brief period of rest. Characteristic



Tae Kwan Do sparring matches are comprised of rounds that last two minutes. During this time period of sparring, the heart rate can climb to the individual's maximum target heart rate. As such movement is necessary during any Olympic martial arts event, it is important that a contestant have a great deal of endurance and strength before entering the competition.

STATEMENT OF THE PROBLEM:-

The Effect of Specific Training Programme on Lags Explosive Strength of Taekwondo Player.

PURPOSE OF THE STUDY:-

- 1.The purpose of the study is to improve of strength.
- 2.The purpose of the study is to find out the level of strength.
- 3.To study the importance of strength.

SIGNIFICANCE OF THE STUDY:-

1. The result of the present study would be helpful to the Physical Education Teachers and coaches and other professionals, in order to understand the importance strength.
2. The study will help to know the significance of strength of Time in relation with the performance.
3. The study may provide an opportunity to assess the strength of Taekwondo players.

Hypothesis:- On the basis of literature reviewed, available findings, experts opinion and scholar’s own understanding of the problem it was hypothesized that there were significant effect of specific training program on Lags Explosive Strength of Taekwondo Player.

Sub-Hypotheses:- There were significant difference in Standing broad jump of taekwondo Players.

Selection of the samples:- Hundred Taekwondo players was randomly selected as subjects for the purpose of this study all the subjects participated in the regular taekwondo activities in the taekwondo Interuniversity Tournament. The age of the subjects ranged between 18 to 28 years.

Criterion measure:- Explosive Strength of Legs :- Standing broad jump

Data Collection:-

Researcher first Took the Test of Standing Broad Jump for Explosive Strength of Legs then Gave the 6 Weeks Specific Plyometric Training to Intercollegiate Taekwondo players then again took the Test of Standing Broad Jump for Explosive Strength of Legs.

DATA ANALYSIS :-

Table No :- 1

Comparison Between the means of pre-test and Post Test of Control Group and Experimental on the basis of ‘t’-ratio for Standing Broad Jump .

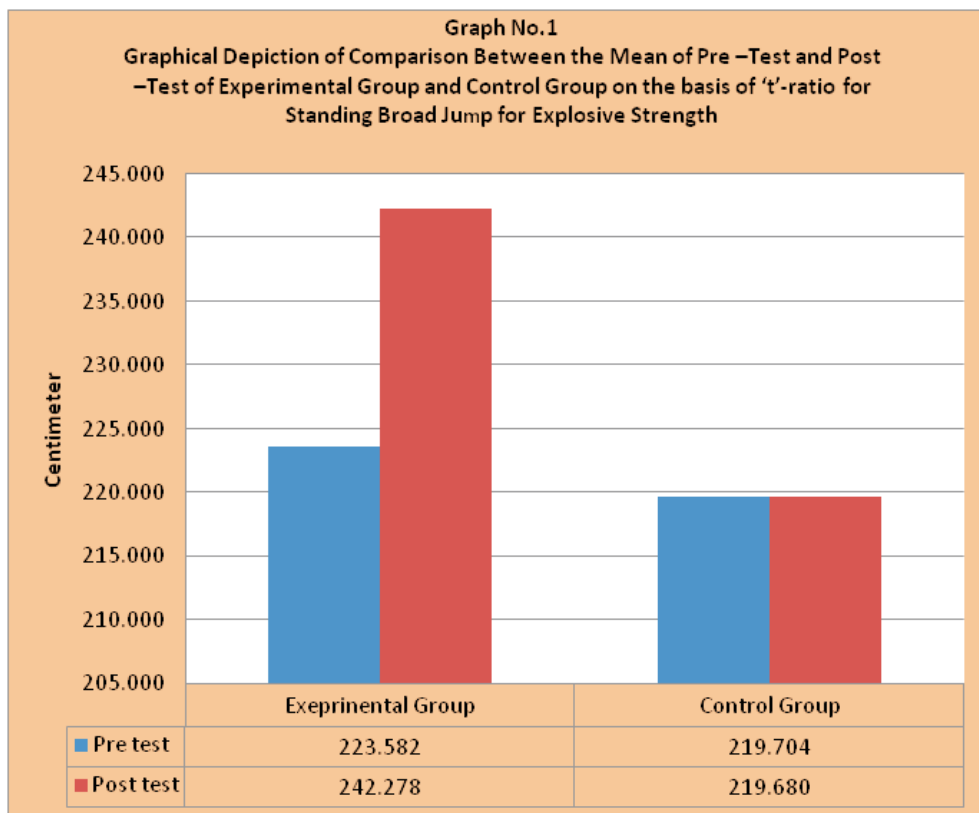
Item	M1	M2	MD	‘t’-Ration	Required ‘t’-Ration
Standing Broad Jump Control Group	219.704	219.680	0.024	1.273	1.671
Standing Broad Jump Experimental Group	223.582	242.278	18.696	12.464*	1.671

M₁ = Mean of Pre-Test
M₂ = Mean of Post Test

DISCUSSION :-

Table No.1 indicates that the mean for standing Broad jump of pre- test and post- test of control group 219.704 and 219.680 respectively. Similarly, examination of the same table reveals that there is no significant difference in the mean of standing Broad jump of pre- test and post- test scores of control group as the obtained 't'-ratio value 1.273 is much less than the required 't'-ratio value 1.671 at 0.05 level of confidence.

The mean for standing Broad jump of pre- test and post- test of Experimental group 223.582 and 242.278 respectively. Similarly, examination of the same table reveals that there is significant difference in the mean of standing Broad jump of pre- test and post- test scores of Experimental group as the obtained 't'-ratio value 12.464 is much more than the required 't'-ratio value 1.671 at 0.05 level of confidence.



CONCLUSION:

- 1)In Standing Broad Jump no significant difference was found between Pre-test and Post- test of Control group.
- 2)significant difference was found in the Standing Broad of experimental group as a result of practices of different Plyometric Training for 06 weeks as the Post-test score were found to be better than that of Pre-test Scores.

REFERENCES:

- 1.Totally Taekwondo,Produced and Published by:Harrow Martial Artsin association with Rayners Lane Taekwondo Academy,Issue 11 - January 2010
2. Barrow, M. Harold, and McGee, Rosemary. A Practical Approach to Measurement in Physical Education. 3rd ed. Philadelphia: Les & Febiger, 1979
3. Kamlesh M.L. Methodology of Research in Physical Education and Sports. New Delhi: Metropolitan Book Co. Pvt. Ltd., 1986.
4. Clarke, H. David, and Clarke, Harrison H. Research Processes in Physical Education. 2nded. New Jersey: Prentice–Hall, 1970.
5. Ball, Nick, Nolan, Emily, Wheeler, Keane” Anthropometrical, Physiological, And Tracked Power Profiles of Elite

Taekwondo Athletes 9 Weeks Before The Olympic Competition Phase" Journal of Strength & Conditioning Research October 2011-Volume 25- Issue 10 pp 2752-2763.

6.HodaZeareia, Mohammad Reza Ramezanzadeh, Saeid Pakdelanc "Comparison of The Effect of Plyometric And Resistance Training On Explosive Power And Speed In Female Taekwondo Players" Journal of Basic and Applied Scientific Research July 12 2013.

7.Gehan Elsayy "Effect of Functional Strength Training on Certain Physical Variables and Kick of Twimeo Chagi among Young Taekwondo Players" World Journal of Sport Sciences 3 (S) 683-686, 2010.

8.Monoem Haddad, Ibrahim Ouergui, Nadhir Hammami, Karim Charami "Physical Training in Taekwondo: Generic and Specific Training

https://www.researchgate.net/publication/259494552_Physical_Training_in_Taekwondo_Generic_and_Specific_Training

9.Chung, Polly Yee Man "Neuromotor control in Taekwondo practitioners of different training levels" Polyu Institutional Research Archive The Hong Kong Polytechnic University

<http://ira.lib.polyu.edu.hk/handle/10397/6113>

10. Deepak Kumar Singh "Effect of Resistance Training And Plyometric Training on Explosive Strength In Adolescent Male Taekwondo Players" International Journal of Behavioral Social And Movement Sciences Vol.01, April 2012, Issue 02

11.KerimSozbir "Effects of 6-Week Plyometric Training on Vertical Jump Performance and Muscle Activation of Lower Extremity Muscles"<http://thesportjournal.org/article/effects-of-6-week->

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * International Scientific Journal Consortium
- * OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org