CHAPTER-I

INTRODUCTION
CHAPTER-I

INTRODUCTION

The small state of Manipur has contributed much in India’s sports arena by producing many sports talented persons. Her sportspersons have brought laurels in different games and sports in the National and International sports competitions. Thus the sportspersons of Manipur have enhanced the glory of India in the sports arena of the world.

Traces of great zeal and valour are still apparently flouring with intermittent phases. People of Manipur are well conducive to certain types of games and sports. The much essential factors of games and sports are strength, flexibility, endurance, speed agility, etc. An athlete is placed on a stage of triumph if he is well equipped with innate qualities. All these factors are naturally well knitted to the sportspersons of Manipur. The only gap which is lacking towards a high degree of performance is that of privilege and inadequacy of facilities. Although the improvement is at a snails pace but it is within a conscious limit.
Today, there is a growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that of the keys to achieving these ideals are fitness and exercises. Getting moving is a challenge because to-day physical activity is less a part of our daily lives. There are fewer jobs that require physical exertion. We have become a mechanically mobile society relying on machines rather than muscle to get around. In addition, we have become a nation of observers with more people (including children) spending their leisure times pursuing just on leisure. Consequently, statistics show that obesity and the problems that come with it (high blood pressure, diabetes, stroke, etc.) are on the rise. But statistics also show that preventive medicine pays off. So one should not wait until his/her doctor gives an ultimatum. Everyone must take the initiative to get active now.

Fitness cannot be defined in small words. It has been applied to many different aims of life, the ability to perform in different activities at different levels and healthy mental and social behaviours, avoidance of diseases, efficiency in every day life, muscular strength, muscular power, muscular endurances and cardio-vascular endurance. Total fitness is the capacity to combine
all these aspects to achieve, the optimal quality of life. In fact, fitness is the state of body free from diseases. The fully fit person and diseaseless person have high level of cardio-respiratory function and mental alertness, good relation with society. The ability to cope-up with problems requires sufficient levels of flexibility, desirable level of fitness and a healthy mind. If a person is fit in health and indulges in regular exercise and takes balanced diet then only he will be able to cope-up with such problems, stresses in the absence of any type of social substances and abuses. Physical fitness means good health, strength, vigour, alertness, sturdiness with an enjoyable and glorious life.

Fitness is an individual matter, it implies abilities of each person to lead a life most effectively with his potentiality and it is the state which characterizes the degree, which a person is able to function efficiently. Besides these, it is the ability to carry out the daily task with vigour and alertness, without undue fatigue and with ample energy to engage in leisure pursuit and to meet any emergency situations. Hence it can also be stated that the physical fitness is the capacity of a person to bear up and perform under difficult situations where an unfit person would give up.
Fitness is not the end, but it is the beginning. A person gets fit to perform if physically sound and does not necessarily get fit by performing. Fitness is not a matter of physical capacity alone. Man is a unit, training can make a person physically fit. Thus one should be at least interested in total fitness (including mental, moral, social, emotional as well as physical fitness) while aiming towards reaching one’s potential stability.

Boxing

Boxing has always had an attraction for artists and writers. Ever since the beginning of pugilism, it has been a theme of the arts to which famous painters and sculptors have dedicated themselves. Since Homit’s time boxing has featured in literature. Writers such as Ernest Hemingway even had their own practical experience while others like Bertolt Brecht had a punching ball in their study. As early as in 1895, the very year that cinema was born boxing cornered its place on the screen even if at first it was only by two Kangaroos with boxing gloves. In 1921 the journal “The Cross Section, which had given itself the unusual sub-title Magazine for the Art. Literature and boxing addressed its readers in a remarkable article. Its fundamental statement was that the
editorial staff think it incumbent on us to popularize pugilism also among German artistic circles" as famous artists in Paris as for instance Graque, Dufy, Matisse, Picasso, Do Vlaminok and others were enthusiastic fans of boxing and even Rodin did not miss a single fight, the line of argument ran. It would be futile to try and find a common explanation why boxing has almost magically attracted innumerable artists again and again. The periods in which the painters, graphic artists and sculptors created their works of art on boxing their personality, artistic credo, style and technique indicate so many different motives that we should rather look for individual reasons. The Spanish painter and graphic artist Eduardo Arroya found it in the "metaphor of the boxer and the painter sharing that loneliness, that total commitment with a complete disregard for life and death, that alterative of fame or failure". His compatriot Joan Miro compared his commitment as a painter to a championship but in the ring which "one does not enter for a friendly sparring match" Marvelous artistic expressions of the early forms of pugilism in European antiquity have come down to us, such as the Minoan Mural "The Fist Fighting Boy from Thera", the certain reliefs with the boxing scenes on the steatite horn of the Hagia tried, the Etruscan murals with the boxing pain in the Tomba
Della Scimia at Chiusi and the Roman mosaics with boxers in the thermal springs of Caracella. Numerous archaeological findings from the times of Greek antiquity have aroused admiration and astonishment, as the scenes on vase paintings illustrate pugilism which was obviously very widespread. In Greece, the sport figured on the programme of Olympic Games from 688 B.C.

The paintings on amphora, which come down to us, show two fighters wearing leather thongs and ear-guards as well as coaches or referees at their side. Examples of the ferocity of the fight between the two muscular competitors and detailed representation of the bandaged fists may be found on an Attic amphora created around 510BC and on a Pan-Athenian prize amphora. A bronze sculpture, "The Sitting Pugilist" (around 60BC), created by the Greek sculptor Apollonius for a rich Roman fan of pugilism, in a prime example from the Hellinic art period. The muscular figure of the athletes who is obviously awaiting the beginning of the fight his scared head and body, his strongly bandaged fists and his provocative position characterize him as a professional boxer, getting ready for a merciless fight for life or death in a Roman amphitheatre.
In the 17th and especially in the 18th and 19th centuries in England, boxing developed into a modern sport with binding rules, thus laying the basis for effective training and a competitive system. This greatly helped to increase its popularity, which seized both representatives of the lower social strata as well as intellectuals and artists. Professional boxing led to a flourishing of betting. Also the fine arts addressed this sport increasingly. For instance, Robert Cruikshank (1789-1856) painted water colours such as ‘Boxing in London’ (1825) and William Jurner (1775-1851) created graphic works focusing on the subject. New artistic procedures emerged especially prints, the so-called ‘sporting prints’ which often coloured – found massive dissemination as print products also in newspapers and journals. With good reason they can be considered the precursors of the later photographic reports of sports events as they primarily served the reporting on competition, they became the coveted collecting objects of boxing fans, thus reaching the European continent and serving as an inspiration to many artists. For the sports historians of today they are a source of information on the sports practice of those days.
When modern boxing spread to America and to new dimension of adherents, it very soon inspired artists find manifold ways of expression. As early as in 1899, the sculptor Samuel Murray created one of the most impressive bronze status of a boxer, and in the same year the painter Thomas Eaking presented his picture, between rounds George Wesly Bellows (1882-1925) became the artistic ‘chronicler’ of the great fights of his time. He mainly chose the action of the boxer in the ring as a motive for his paintings, covering the drama of such situations in a masterly fashion as for instance in ‘stage at Sharkey’s’ (Oil 1924) or in ‘Through the Ropes’ (Oil 1924) on the fight Finpo Vs Demposey. But he also dedicated himself of to other motives of competition as for instance in the lithography ‘Introducing Johny L. Sullivan’ (1916) or ‘Introducing Georges Carpentier (1921).

This tradition was continued by painters, designers and sculptors of subsequent generations in the USA. Directly following the artistic representation of boxing scenes by Bellows, Robert Riggs created the picture. The Brown Bomber (around 1940), catching the decisive moment of the victory (1927-1987) surprised his fans in 1977 by a series of portraits entitled ‘The Athletics’
(acrylic on canvas), which also includes a portrait of the popular boxer Muhammad Ali. Le Roy Neima (born 1926). Who covered all sports popular in the United States in the opulent coloured world of his serigraphs, reminds us of the fight ‘Frazier Vs Foreman Jamaica (1947) and the Olympic Boxing, Moscow 1980’ (1980). He also proved to be a master of teaching for example in the, “Ali-Frazier-Suite’ (1972) which reproduces the fight between these two leading figures of the boxing ring on 15 sheets.

On the theme of boxing alone, the five arts have produced a golden fund of works of painting, graphics and plastic arts, the dreams of uniting them all in a kind of ‘World Gallery’ could hardly be put into practice. Certainly such a presentation world demonstrates the qualities of a high artistic and aesthetic attractiveness and unknown possibilities of information and communication. But even without such an imaginary exhibition, the actual treasure of artistic works on the theme of boxing proved one thing enthusiasm the father of success both in sports and in the arts.
JUDO

It is known and understood from various authorities that it originated in China, India and Japan, but there is doubt that, wherever it might have started, it develop in Japan.

In every region of the world, there is some form of roofs. Though the year, geographical and cultural influence have shaped these form of combat into contact sports is known today Boxing, Tae-kwondo and Wrestling are present day western world developments of unarmed combat.

In Japan, a form of unarmed combats emerged which is more than a combat sport. It teaches not only contest proficiency, but develops the mind and the body following a strict moral code. It is a sport, a physical culture, a philosophy, know as a judo, “The Gentle Arts”.

Judo was developed by Jigaro Kano. At the age of 18 the professor began a long intensive study of gustier an ancient method of unarmed combat practiced by Japanese warriors. Not only he found it interesting but he also realized. It was most effective for the good points he had learnt of the various school
and adding his own inventions and discoveries, he devised a new system for physical culture and moral training as well as winning contests.

Along with nine students he established the Kodakan School in Tokyo in 1982 to develop the science of Judo. To-day Kodakan Judo is practiced all over the world. The Kodakan actively directs techniques, safety and instruction of judo wherever it is practiced.

Tae-kwon-do

The earliest records of Martial Arts practice in Korea date-back to about 50 B.C. These earliest forms of Korean martial arts are known as ‘Taek Kyon’. Evidence that Martial Arts were being practiced at that time can be found in tombs where wall-paintings show two men in fighting stance. Others reject this evidence and say that these men could be simply dancing.

Back then, time there were three kingdoms:

(1) Koguryo (37 B.C. – 668 A.D.)

(2) Paekjie (18 B.Ck. – 600 A.D.)

(3) Silla (57 Bk.C. – 935 A.D.)
Silla united the kingdom, after winning the war against Paekje (Packje) in 660 A.D. and Koguryo in 668 A.D. The Hwa Rang Do played an important role at this unification. The Hwa Rang Do was an elite group of young noble men devoted to cultivating mind and body and serves the kingdom Silla. The best translation for Hwa Rang would probably be "Howering Youth" (Hwa = flower Rang = “Young man”). The Hwa Rang Do had an honor-code and practiced various forms of Martial arts, including Taekyon and Soo Bakh Do. The old honor-code of the Hwa Rang is the philosophical background of modern Tae- kwondo.

What followed was a time of peace and the Hwa Rang turned from a military organization to a group specialized in poetry and music. It was in 936 A.D. when Wang Kon founded the Koryo Dynasty an abbreviation of Koguryo. The name Korea is derived from Koryo.

During the Koryo Dynasty the sport Soo Bakh Do, which was then used as a military training method became popular. During the Jaseon-dynasty (also known as the Yi-dynasty: 1392 A.D. – 1910 A.D.) this emphasis on military training disappeared. King Taejo, founder of the Joseon-dynasty, replaced Buddhism by
Confucianism as the state religions. According to Confucianism, the higher class should study the poets, read poems and play music. Martial arts was something for the common or even inferior, man.

Modern day Tae-kwondo influenced by many other Martial Arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea during 1910 until the end of World War II. During World War II lots of Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influences that Japan has given to Taekwondo are the quick, linear movements, that characterize the various Japanese systems.

After World War II, when Korea became independent, several Kwans arose. These Kwans were:

The Kwans united in 1955 as Tae Soo Do. In the beginning of 1957 the name Tae Kwondo was adopted by several Korean Martial Arts Masters, for its similarity to the name Tae Kwon.

General Choi Hong-hi required the army to train Taekwondo, so the very first Tae-kwondo students were Korean soldiers. The police and air force had to learn Tae-Kwondo as well. At that time Tae-kwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Tae-Kwondo Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Tae-kwondo Union and in 1965 the name was changed to Korean Tae-kwondo Association (K.T.A.). The southern government was overthrown in 1961, General Choi Hong-hi left for America and established I.T.F. (international Tae-kwondo Federation) Tae-kwondo as a separate entity, two years later.

In the year 2000 Tae-kwondo made its debut as an official Olympic sport taken from a post in the dojang – diget.

The Korean Tae-kwondo Association (KTA) is the National Governing Body (NGB) for Tae-kwondo in the Republic of Korea (ROK), just like the United State Tae-kwondo Union (USTU) is the
National Governing Body for Tae-kwondo is the United States of America. The World Tae-kwondo Federation (WTF) which was formed in 1973, has made up of Tae-kwondo NGBS. These NGBS are members of the WTF and not individuals. Individuals may be affiliated to the WTF through their NGB but individuals cannot join the WTF directly.

Human is a unique of nature’s creation and evolution. It is because of this highly developed nervous system which enables him to think express and search whatever he want. Man is always striving for perfection in every area of knowledge and practice.

We, at present, are inferred with many day to day mechanical processes in turning human life. Hence, we are deviated and mechanically alerted rather than muscular activities.

There is an urgent need and impetus both for the educators as well as wishers of physical education to introduce and inculcate a delicate sentiment for aspirants of this line to eschew static mechanical activities and assimilate the new essence of this act.

Healthy mind in a healthy body is a find maxim an accomplished precept and it is to be borne in mind and practiced
for achieving the grounds of good health. It is not that we should adrift ourselves from our daily course of life but we have to move in a scientific and more rational way of maintaining good health.

Physical education is becoming much broader and much more meaningful day by day. It is more closely allied to the larger area of education of which it is a vital part. It brings desirable changes in the total behaviours of an individual. Although physical education is concerned with all-round development, its main aim is physical development.

It will also be seen that physical education emphasis and strives towards ‘fitness’. It should not only help to improve the man’s capacity to work but should also develop man’s all-round efficiency of total personality. So, physical fitness has been an important subject. Many years back many of the authorities in the field of physical education sports medicine, psychology and other allied disciplines, have given interpretation to the meaning of the term, hence controversies are existing till today.

The fundamental key to success in all the types of games and sports is the higher level of motor fitness. A sound and fit body is a prerequisite condition for a top level performer in any type of
the games and sports. It is considered a matter of common sense that even when all the contributing factors are controlled an increase in the level of motor fitness shall definitely lead to improved performance level of sportsman participating in any activity.\(^1\)

Since the days of the early Greeks, physical fitness has been objective of sports. In fact, the desire to establish a scientific approach to the development of physical fitness was the primary objective yet, despite the long standing concern for physical fitness and the vast amount of research on the subject, there is evidently considerable difference of opinion within the profession as to which elements constitute physical fitness.\(^2\)

The American Association of Health Physical Education and Recreation (1967) defines fitness as “... that state which characterizes the degree to which person is able to function efficiently”.\(^3\)

---

\(^3\) American Association of Health, Physical Education & Recreation “Application of Measurement to Health & Physical Activities” (Published by Prentice Hall Inc. 1967), p.67.
The physical fitness may be classified as general physical fitness and specific physical fitness. The general physical fitness is the prerequisite for all the sports, which includes strength, speed, endurance, fitness varies from sport to sport. In certain sports the strength component of fitness is a dominating factor whereas in other sports endurance, speed and agility may be required for achieving better results. Each sports activity demands different types and levels to different motor abilities and when a sportsman possesses these, he is said to have the specific physical fitness. It is the specific fitness which makes it possible for the player to performed unusual and extraordinary movements, and to so as a very high standard of efficiency. It is termed as performance fitness.\(^4\)

The term fitness has been applied to many different goals of life. The avoidance of disease, efficiency in every day life, the ability to perform in different activities at desired levels and healthy mental and social behaviours. The fitness is the capacity to combine all these aspects to achieve theoptional quality of life. The state of total fitness result in positive health that excess the

state of simply being free from disease. Your life includes regular exercise and a healthy diet and you are able to cope with stress without substance abuse. Being fit means able to enjoy a full life without a low risk of developing major health problems, the quality of life continues, including stages from, known illness to absence of disease, to life in the fullest sense of the world.

Total fitness is multidimensional; it is difficult to imagine the highest quality of life without including intellectual social and spiritual and physical component. People can achieve fitness goals up to their genetic potential. An individual inherited capacity for both health and performance, it is possible, however to determine heredity.\(^5\)

General motor fitness has been considered das one's level of ability in a wide range of activities. It is considered as an integrated composite of such individual traits, such as strength, endurance, power speed, agility, balance, reaction time and coordination, traits underlying performance in many motor complexes. Motor fitness comprises of many general athletic ability. Motor abilities can be improved through training in an

integrated form. The improvement in any of one of the constituent traits, such as strength, endurance, power, speed, agility, balance, flexibility reaction time and coordination may also lead to improvement in motor fitness as a whole. On the basis of motor fitness, the level of beginner’s (fresh players) in any sport can be classified.⁶

Physical fitness is an important objective of physical education and sports and concern of the state and institution to develop fitness of its citizens.

In recent years there has been great desire to establish a scientific approach to development of physical fitness yet despite long standing concern of physical fitness and the vast amount of research on this subject. There is evidently considerably difference of opinion in the profession as to what elements constitutes physical fitness. Perhaps this is typical of any concept with the discipline in which attempts to study human behaviour for example

---

members of medical profession always agree as to what is "health".  

The concept of physical fitness basically centers around whether or not items involving skills and ability should be included in such a battery. Mk. Barret maintain "Evidence is mounting that physically fit persons lead longer lives, have better performance, records and participate more fully in life than those who are unfit".  

Jones et al states that "A totally fit individual has strength, speed ability endurance and social and emotional adjustment to his age". Fitness, particularly physical fitness is an individual matter and as it only has meaning when it is viewed in relation to the specific needs of each individual. Each individual has to decide for himself what their needs are in relation to several criteria e.g. his age, occupation and particular activity in which he participating.  

---

7 T.S. Brazx, "Norms of Physical Fitness and Sports Standards in Universities", (Paper presented at National Seminar held at Sukhadin University, Udaipur 9-10 May, 1987), published by Association of Indian University, p.49.


Specific Anatomical Fitness

He must have appropriate shape and size of the body for a particular game. In a game like basketball the height of the player is a basic requirement. Soccer is such a game as can accommodate players of various shapes and size but this is quite acceptable unto a point for the recreational player who has no higher aspirations. For them their requirements may never need modification. But at higher levels even through there is a variety of players from the anatomical standpoint, it is more likely that specific anatomical qualities will be necessary for player to achieve success of their levels of play.

Specific Physiological Fitness

For the specific physiological system of the body to be fit they must function well enough to support the particular game that the player is playing, since different games makes different demands upon the organism with respect to neurological, respiratory, circularly, metabolic and temperature regulating functions.

Physiological fitness is specific to the activity, physiological systems are highly adaptable to exercise. The response of each
system is discrete hard work in the heat is necessary to improve the fitness of the temperature regulation mechanism. Each task has its major physiological components and fitness for the task require effective functioning of appropriate system.\(^\text{10}\)

**Specific Psychological Fitness**

A player is psychologically fit for the game if he possesses the required perceptions, emotional stability, motivation, intelligence and educability to accomplish the task. By creating tension, elevated heart rate and blood pressure, and endocrine disturbances, anxiety can become barrier to performance.

This adds to the stress of the task and therefore contributes to the players' unfitness for it. No player is without anxieties, but some are better able to adapt to the stress of anxiety in their lives and these players are more psychologically fit for hazardous work.\(^\text{11}\)

Survival of the fittest is the well-known old proverb. By a nature human being are competitive and ambitious for the excellence in all athletic performance. Not only every man but also

\(^{10}\text{Ibid.}\)

\(^{11}\text{Ibid., p.14.}\)
every motion wants to show its supremacy by challenging the
other nation. Thus, this challenge stimulates, inspires and
motivates the men and the women to sweep and strive to run
faster, jump higher, throw and exhibiting greater strength,
endurance and skills in present competitive sports world. This can
not only be possible through scientific systematic and planned
sports by finding out their potentialities.

Because of scientific and technological advancements the
present period is regarded as a period of specialization in the field.
The sub-disciplines in the field like kinesiology and biomechanics,
growth and development, health education, motor learning, neuro-
physiology, physiology of exercise (cardio respiratory), physiology
of exercise (strength and endurance) became, more and more
specialized.12

The performance in most of the sports is determined by three
factors, i.e. physical fitness, technique and tactics, though their
relative contribution varies from sport to sport. In addition to these,
other factors like physique, body composition and psychological
traits have also an overall effect on the performance. This factor

Department of Physical Education, Punjab University, Chandigarh, May 1987, p.2.)
also influences the physical fitness status, technique and tactical capabilities of a sportsman. Of all these factors, the most important one is physical fitness as a high level of efficiency in technique and tactics in most of the sports is not possible without a high level of physical fitness. In other words, to a large extent, technique and tactics are also dependent upon the physical fitness. Therefore, it is necessary that during selection of sportsmen for competitions, a relatively high weightage should be given to physical fitness.

Unfortunately, in India the emphasis during selection of the teams has so far been given only on the skill and tactics without much consideration for the physical fitness status of the sportsmen. No objectives tests are being administered to assess the level of their physical fitness before selection.13

Athletes face different type of physical stresses based upon the nature of the concerned activity e.g. a Wrestler, a Weight lifter, Boxing, Judo, Tae-kwondo, Handball and a Soccer player needs more strength than a long distance runner or a sprinter does. Still, strength is the requirement of both handball and the soccer players but, predominantly, in the arms of the handball and the legs of the

soccer player. Similarly, endurance achieved through swimming may hardly be found useful in achieving good results in the game of basketball.\textsuperscript{14}

This however does not mean that the training match should last twice 45 minutes. It is essential that the components should be chosen and the period of the practice game should be chosen and the period of the practice game should be determined in accordance with the tactical objective to be accomplished and depending on the extent to which the tactical scheme or schemes have been drilled condition of the kind must also ensure that the player will withstand the physical and nervous strains of the game without damage to his organism.\textsuperscript{15}

However, his high standard of general fitness, it will still not been enough to cope without the ordinary movement and strain over a prolonged period without subsequent harm. It will not be enough because the body will not have been prepared for the unaccustomed moment. Even when a person may possess almost inexhaustible endurance in remaining it will not be enough to

\textsuperscript{14} Ibid.

prevent him from tiring quickly if he has to cope with unaccustomed movements (for example dribbling) that place a complex physical and nervous strain on the organism, that is has not been prepared to meet in advance.16

Naturally this separation of fitness into two parts is not so simple in practice. The two kinds of fitness are not independent of each other in the case of boxing player regularly training and taking part in games, at least not when his preparation is continuous and undisturbed. We can never say, for example that a player's special fitness is good, but that his general fitness need improvement.17

This lack of knowledge about the physical fitness status of our athletes is one of the important causes for relatively poor performance of our sportsmen in international competitions. For example, during the Moscow Olympics, our women Hockey team performed very well in the first few matches, but in the later competitions their performance deteriorated and they lost and could not win even a bronze medal. This team was very good in technique and tactics of the game, but was relatively poor in

16 Ibid., p.491.
17 Ibid., p.492.
physical fitness and consequently when matches were required to be played almost daily, the consequences of lack of adequate physical fitness became evident, the consequences of lack of adequate physical fitness became evident. Analysis of play of our men hockey team at Moscow also shows that their performance in the first half of the game was much better than in the second half. This was game primarily due to take of adequate physical fitness as compared to the other teams.\textsuperscript{18}

In countries advanced in sports, like U.S.A., West Germany, G.D.R., Rusia, Japan, China, etc., the evaluation of physical fitness is becoming increasingly important not only to assist in the selection of sportsman, but also for planning, control and evaluation of their training. It is therefore, important that we in India should also scientifically assess the general physical fitness status of our sportsmen with these real objectives. For this purpose, we have selected a battery of tests of measure various components of physical fitness i.e. strength and flexibility.\textsuperscript{19}

\textsuperscript{19} Ibid., p.4.
According to Ellington and Edgerton, "The concept of specificity of training is that an individual who trained for only one specific event will be superior in that event to another individual who trains simultaneously for a series of events. They put forth the theory of physical training for athletes based on the concept specificity exercise. They have suggested that in establishing training methods a person must emphasize training which optimally adopts the specific to the training goal."

Sports specific assessments are useful in providing information concerning an athlete's ability to participate in sports and additional information can be gained on possible ways to improve performance and prevent injuries (Kibler et al. 1978).

It is important that the athlete is brought to optimal performance level before the season starts by identifying any deviations which are important to a specific sport. Identification of deficiencies may also provide the athlete with guidelines for training. Generally, pre-season assessments consist of measured of muscular strength, flexibility balance and fitness testing. For a

---

test to have predictive value it must incorporate some of the
dynamic physical characteristics required for a particular sport.\textsuperscript{21}

According to AAHPERD physical fitness represents the
capacity to live most vigorously and effectively with one’s own
resources. In other words, “that state which characterizes the
degree of which a person is able to function physical fitness refers
to the functional capacity” of the individual to perform the task
requiring activities. A certain minimum level of fitness is needed for
every body physical fitness is also dependent upon organic fitness
as well as skill both of which can be acquired only through gradual
process of training.\textsuperscript{22}

According to Larson “It is the highest level of the most fit
individual the one who has the largest physical resources and the
ability to utilise these resources with a minimum expenditure of
energy for each movement”.\textsuperscript{23}

\begin{itemize}
\item \textsuperscript{21} W.B. Kibler, C.Mc. Guen and Uhit (1988). “Fitness Evaluations and Fitness Findings in
\item AAHPERD “Special Fitness Manual”, \textit{American Association for Health, Physical
\item A.L. Larson, “A Review of Profession Effort on the Measurement of Physical Fitness”.
\textit{Proceeding of International Congress of Sports Sciences, Tokyo, the Japanese Union of
\end{itemize}
Bennett has expressed his opinion that an activity is essential for total fitness in the human body. For a child activity serves as the vehicle for his development process and also a source of pleasure and satisfaction. Fundamental motor skills developed and used during childhood years provide the tools for further sports skills learning. Thus skill hopefully will provide a base for continuation of activity throughout the life.\textsuperscript{24}

Clarke has also emphasized the need to study the components which are to be tested in the present study are muscular strength, muscular endurance. Cardio-respiratory endurance, various tests observed in this direction have been developed to measure the physical fitness JCR test is one of three tests which are performed to measure the ability of an individual perform fundamental motor skills, such as climbing, jumping and dodging which involve basic elements of strength, muscular endurance and cardio-respiratory endurance.\textsuperscript{25}

\begin{flushright}
\textsuperscript{24} C.K. Bennett, "Relationship Among Movement Patterns Performance Scores and Expressed Movement Satisfaction of Children in Elementary School", \textit{Dissertation Abstract International}, (May 1972), 6170-A.

\end{flushright}
An individual is physically fit, when he is able to meet both the ordinary and the unusual demands of daily life safely and effectively.

It is evident that one has to keep fit, mentally and physically to enjoy and relish the trends of this life in the real sense of the term.

Level of fitness is necessary for proper and designed functions and activities vary and may be low level of health or fitness.

The term muscular strength refers to the capacity of a muscle to develop a curve tension, irrespective of the specific conditions under which tension is measured (Saepgu 1990). Komi (1995) however, defines strength as the magnitude of torque produced by a muscle or muscles in a single maximum isometric contraction of unrestricted duration. No single testing strength and there is no proof that one particular testing mode has any more inferential capacity with regard to functional as activity.

Muscular work is measured as the output of mechanical energy calculated by the force exerted multiplied by the distance
through which is applied (Sapega 1990; Kanxus 1994). It is inappropriate to refer to any measure of strength as power, power refers to the rate of muscular work output and is expressed as the units of work per unit time (Sapega 1990). These parameters are directly related to output of muscular force and therefore offer little additional information performance. They can be excellently predicted from measures of peak torque (Kannus 1994).

To develop strength, speed and endurance, effectively, various, sports scientists have chalked out different training methods. Some of them prefer resistance training, some like training without weights and a few take the combination of both. In case of Boxing, the coaches differ to a great extent in selecting the exercises for training schedule, because of the game involve speed, strength, endurance, and agility. Many coaches and trainers opposed weight training as they think it will decrease the accuracy.

Ideally strength training should be performance in a separate session as the optimal stimulus can be presented executed with

---

greater safety. Strength training involves by weights lifting a partner's body weight, working with heavy boots or jackets weighted with load. Running uphill provides an effective means of functionally overloading the leg muscles while many boxing teams, judo and tae-kwondo teas train by running repeatedly up the sleep terrace steps of the local stadium.\(^{28}\)

Flexibility is the degree to which body segments can move or be more around a joint. The flexibility is range of motion around a particular joint is determined by the configuration bony structures and the length and elasticity of ligaments, tendons and muscles surrounding the joint. Although there are no research data to support the concept that flexibility aids in coordinated movement, it certainly makes senses that by allowing free movements without unnecessary restriction, the body's efficiency and grace would be increased and the potential for injury reduce.\(^{29}\)

The structural limits to flexibility are (i) bone, (ii) muscle, (iii) ligaments and other structures associated with the joint capsule, (iv) tendons, and other connective tissues, and (v) skin. Limitations

\(^{28}\) Ibid., p.53.

by bony structures are confined to certain joints. In all the joints, including the hinge, the so-called soft tissues provide the major limitation to the range of joint movement. The joint capsule and associated connective tissues plus the muscle provide the majority of resistance to flexibility. At the extremes of joint motion, the tendons have a more lifting effect. Since flexibility can be modified through exercise so also can these soft tissues limitations. The reason for this, at least in part, is related to the elastic nature of some of the tissues.\(^{30}\)

Flexibility refers to the total range of motion of a joint or group of joints. Flexibility which differs from person to person and from joint to joint encompasses all components of the muscle-skeletal system as well as specific neuro-muscular pathways of the body. The structural characteristics of the joints and the mechanical properties of the connective tissues of the muscles – tendon structures largely affect the extent of movement around a given joint. The specificity of movement that a person performs in regular physical activities and stretching methods often define the development and improvement of the body's range of motion. The

goal of all stretching programmes is to optimize joint mobility while maintaining joint stability. Concern should always be focused on the system at safe and affective of the range of motion techniques utilised.\textsuperscript{31}

The association of obesity with increased risk for developing hypertension, diabetes, cardio-vascular disease, and cancers has made it a complex health problem. Exacerbating the problem is the realization that there are multiple factors both physiological and psychological, which interact to induce obesity, as well as a myriad of components that may be useful in the curtailment of obesity. It is generally accepted that genetic, hormonal and metabolic factors play on etiological role in the development of obesity, while an imbalance between energy intake and energy expenditure is the major patho-physiological disturbance that results in increased body fat deposition.\textsuperscript{32}

STATEMENT OF THE PROBLEM

Being prompted from the Asian Games played at our Metropolis city Delhi, in 1982, the commendable achievement made by the Indian public masses particularly in a developing country like ours in the field of sports and simultaneously a keen interest shown by Government, considering all these actors mentioned above. I preferred this area, "A Comparative Study of the motor, fitness of boxing, judo and tae-kwondo boys the same training" to be the part of my study circle.

Researcher preferred this area of study to acquaint himself, and to deliver the goods to the public and Government, if allocated tents in this direction will stand bifocal and productive ultimately the intention of selecting this area of study was that the utility of ground could also be reviewed and may find place in the curriculum of the each talked education policy of India.

Purpose of the Study

The main purpose of the study was to find out and compare the present standard of motor fitness of the Boxing – Judo and
Tae-kwondo boys residing in the same ground, hall awaiting the same facilities of Sports Authority of India.

While we start campaigning the standard of motor fitness of the students for both living to same area (ground/hall), the following components of motor fitness were compared:

1. Muscular power.
2. Agility.
3. Muscular strength.
6. Speed.

**Delimitations**

The study was delimited to the following:-

1. The study was delimited to only male subjects ranging between the ages of 17 years to 25 years.

2. The study was delimited to the state and National level players of Boxing, Judo and Tae-kwondo players of Manipur.
3. The study was further delimited to the variables namely Pull-up, Bent Knee Sit-up, Shuttle Run, Standing Broad Jump, 50 yard dash, 600 yard Dash Run Walk.

4. The study was further delimited to only 100 selected subjects from each game namely Boxing, Judo, and Tae-kwondo players.

Limitations

The study was confined to the selected investigating method because of availability of the selected instruments required for these investigations.

Hypothesis

It was hypothesized that there might be a significant difference in muscular strength, muscular endurance, agility & speed among Boxing, Judo and Tae-kwondo players of state and National players of Manipur.
Definitions and Explanations of the Terms

Following definitions are discussed according to Harrison Clarks:

Motor Fitness: According to Clarks\textsuperscript{33} motor fitness is limited phase of general motor ability with emphasis placed an underlying element of vigorous physical activity, but does not include the primary elements of co-ordination and skill.

The basis physical fitness elements are muscular power, agility, muscular strength, muscular endurance, flexibility and speed are added to comply motor fitness.

Muscular Power: It is the ability to release maximum muscular force in explosive manner, i.e. the shortest possible time.\textsuperscript{34}

Agility: Agility has been variously defined as three ability to change both rapidly and accurately the positions or direction of the body through large range of movement.\textsuperscript{35}

Muscular Strength: Strength can be defined as the contractive powers of the muscles attended by a single maximum effort.\textsuperscript{36}

Muscular strength may be defined as the force a muscle or more correctly a muscle group, can exert against a resistance in one maximum effort.\textsuperscript{37}

Muscular Endurance: It refers to the amount of work that can be done through sustained efforts in a given task either static or dynamic.\textsuperscript{38}

Cardio-Vascular Respiratory Endurance: When a person contracts on serial of muscles groups over a period of time long enough to cut a strain on the circulatory and respiratory system, but without causing stopping of the work, that individual has cardio-vascular endurance. These two systems are important to fitness because they work together, both of which are needed for muscular contraction.\textsuperscript{39}

\textsuperscript{36} Ellen Philips and James E. Harna K. "Measurement and Evaluation in Physical Education" (New York: John Willey and Son. 1979). P.224.


\textsuperscript{38} Fukushina. "International Gymnast", p.57.

Flexibility: Number of schools has defined flexibility as the range of movements in a joint or a sequence of joints.\textsuperscript{40} or the degree one is able to move the joint of the body through their complete range of motion.\textsuperscript{41}

Speed: Rapidly with which movement or successive movements of the same kind may be performed.\textsuperscript{42}

SIGNIFICANCE OF THE STUDY

There are notions regarding the contribution of Hall (ground) for the development of motor fitness of the students. Majority of people believe that studies get ample time and better opportunity of sports in halls rather than at ground.

There are some other notions regarding the motor fitness of the students as Boxing, Judo and Tae-kwondo players residing in the same hall and ground of the S.A.I. Institute Khuman Lampak and Takyel. Majority of the people believe the boxing players are stronger and physically fit than judo – Tae-kwondo players because Boxing is the body close and hard game.

\textsuperscript{40} Clarke. Physical Fitness Research Digest, p.2.
\textsuperscript{42} Choudhary and Sinha. "Intermediates Physics", p.51.
The present study would help in analysing the superiority, if any of Boxing players, Judo and Tae-kwondo players over each other in the various components of motor fitness. The study whether accepted or rejected would help in preparing a programme of physical education for the students of Boxing, Judo and Tae-kwondo boys.

The present study was to find out whether the presumed notions are true when subject to investigations and detailed study.