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“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

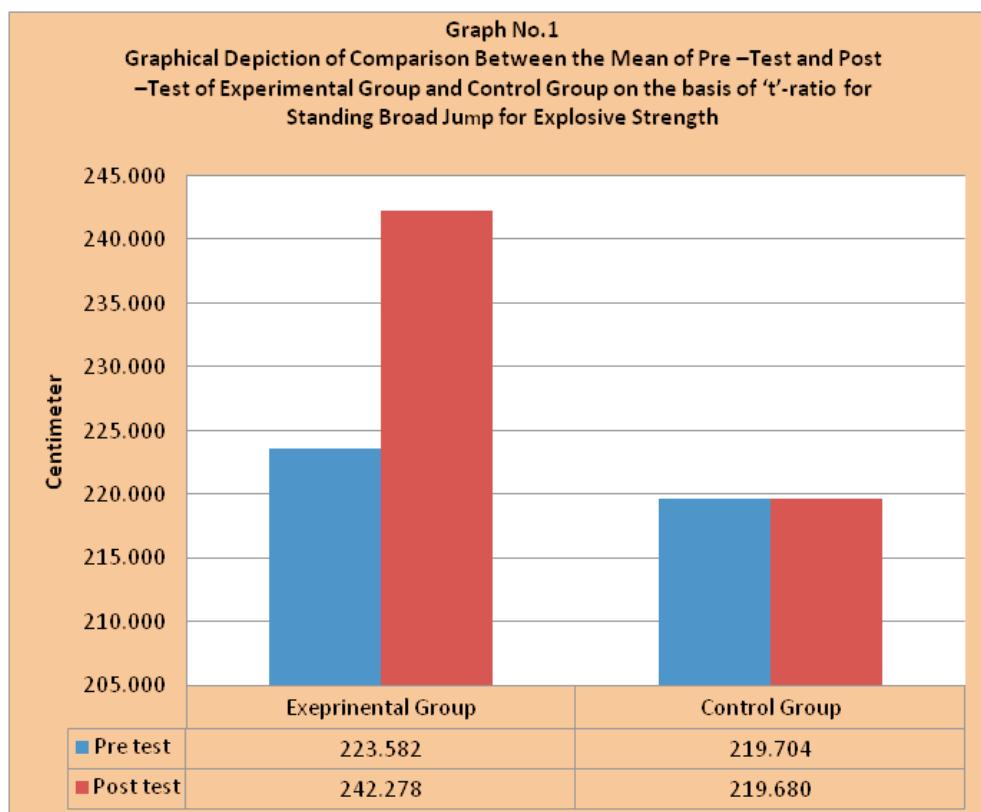
M_1 = Mean of Pre-Test

M_2 = 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.

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