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The Impact of Different Modalities of Karate with Yogic Techniques on the Explosive Power of Collegiate Level Karate Players

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Abstract

Various forms of sports are considered an integral part of society. Coaches and trainers all over the world constantly strive for better results for their wards. The sport involved here was karate and the trainers wanted to find out the impact of their work on the explosive power of young karate players. The purpose of the study was to find out the impact of different modalities of karate with yogic techniques on the explosive power of collegiate level karate players. The study was designed with 60 male inter college level karate players aged between 17 and 25. Their explosive power was evaluated by a vertical jump test. The subjects were selected from Sri Bhagawan Mahaveer Jain College in Karnataka State. They were subject to intensive training for a period of 12 weeks andthe data on its effects were collected. To find the mean difference, t test was applied. Analysis of variance and covariance was applied to find the significance of changes among the groups. Finally, Scheffee's post hoc test was analysed to find the pared, adjusted post-test means. The level of significance p≤0.05 was also considered. The result showed that there was a significant relationship between the training and the explosive power of the male collegiate karate players.

Keywords: (KTWYPT)-Karate Training with Yogic Practice for Three Days. (KTWYPF)-Karate Training with Yogic Practice for Five Days.

Introduction

Karate (interpreted as 'vacant hand') is an antiquated technique for unarmed combat with an ethical warrior code accentuating punching, striking and kicking. It was produced on the Island of Okinawa (now part of Japan) by intertwining neighborhood battling techniques and methods learnt from China. This game was a self-production by individuals who adopted new techniques. But in the mid 1900s karate was brought into Okinawa schools and bosses, similar to the organizations promoting the Shotokan style. Gichin Funakoshi, later took it to Japan where it was easily accepted being close to the customary Japanese hand to hand fighting, such as Judo and Kendo (sword-fighting). The workmanship spread as a strict, restrained lifestyle. Later another kind of competition was introduced to permit a safe and aggressive combat. This new style of combat improved karate's allure and from the 1950s it spread quickly around the globe. The Japanese karate associations sent senior educators to other countries to teach the new martial art. Numerous karate styles like Shotokan still stress the customary good codes, methods for preparing and self-protection

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procedures created by the teachers. Pyecha (1970) found it to promote comradely among people, Spear (1989) noted increments in fearlessness, Finke berg (1990) noted increments in confidence, while Brown et al. (1995) noted increments in both confidence and discretion. This made the utilization of hand to hand fight very popular among young people.

Material and Methods

A Study was conducted on collegiate level karate players from Karnataka State. The reason of the study is to find out the impact of different modalities of karate with yogic techniques on the explosive power of collegiate level karate players. The study was designed with 60 male inter college level karate players aged between 17 and 25. The explosive power was evaluated by a vertical jump test. The subjects were selected from collegiate karate in Karnataka State. The sixty selected subjects were divided in three equal Groups. The two experimental groups underwent the training programme for 12 weeks as follows: Experimental group one underwent (N=20)(KTWYPT)-Karate Training with Yogic Practice for Three Days. Experimental group two underwent (N=20) (KTWYPF)-Karate Training with Yogic Practice for Five Days (five sessions a week) and CG (n=20) did not participate in any specific training. The selected variable of explosive power was evaluated by a vertical jump test and constructed by observing all

the procedures. The data collected were analyzed statistically to confirm the players' performance in physical fitness tests. To find the mean difference t test was applied and analysis of variance and covariance was applied to find the significance of changes among the groups. Finally, Scheffee's post- hoc test was utilized to find the pared, adjusted post-test means. The level of $p \leq 0.05$ was considered significant.

Analysis of the Data Interpretation of the Study

Table 1

The Mean Gain /Loss for pre and post Test mean of Karate Training with Yogic Practice for Three Days on the explosive power of collegiate Karate Player

Mean	Std. Deviation	Std. Error Mean	M.D	S.E.M.D	't' Ratio
36.3125	5.71219	1.42805	2.62	0.54	4.80 *
38.9375	4.73946	1.18487			

The table-1 indicated that the obtained t ratio 4.80 showed significant improvement from pre-test to post-test with the table value of 2.13. It was observed that the resulted t ratio showed improvement.

Table 2

The Mean Gain /Loss for pre and post Test mean of Karate Training with Yogic Practice for Five Days on the explosive power of collegiate Karate Player

Mean	**Std. Deviation**	**Std. Error Mean**	**M.D**	**S.E.M.D**	**'t' Ratio**
36.3750	4.34933	1.08733	4.06	0.61	6.67 *
40.4375	3.89818	.97455			

The table-2 indicated that the obtained t ratio 6.67 showed significant improvement from pre-test to post-test with the table value of 2.13. It was observed that the resulted t ratio showed improvement.

Table 3

Control Group -The explosive Power of collegiate Karate Player

Mean	**Std. Deviation**	**Std. Error Mean**	**M.D**	**S.E.M.D**	**'t' Ratio**
33.0000	5.41603	1.35401	0.13	0.085	1.46
33.1250	5.50000	1.37500			

The table-3 indicated that the obtained t ratio 1.46 was insignificant from pre-test to post-test with the table value of 2.13. It was observed that the resulted t ratio was statistically insignificant at 0.05 levels.

Table 4
Pre- test means among the ktwypt, ktwypf and cg on explosive power

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Explosive Power	Between Groups	119.292	2	59.646	2.212	.121
	Within Groups	1213.188	45	26.960		
	Total	1332.479	47			

Table-4 reveals that the acquired 'F' esteem on pre-test implication on the Explosive power 2.21 was less than the proportion of 3.20 in table 'F'. Subsequently, the pre-test implications were observed to be unimportant at 0.05 level of certainty for the level of flexibility 2 and 45.

Table 5
Post test means of ktwypt, ktwypf and cg on explosive power

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Explosive Power	Between Groups	477.375	2	238.688	10.54*	.000
	Within Groups	1018.625	45	22.636		
	Total	1496.000	47			

Table-5 reveals that the acquired 'F' esteem on pre-test implications on the Explosive power (10.54) was more prominent than the proportion of 3.20in column 'F'. Henceforth the post-test implications were observed to be huge at 0.05 level of certainty for the level of opportunity 2 and 45.

Table 6
Analysis of covariance of ktwypt, ktwypf and cg on explosive power

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Explosive Power	Between Groups	150.328	2	75.164	24.28*	.000
	Within Groups	136.174	44	3.095		

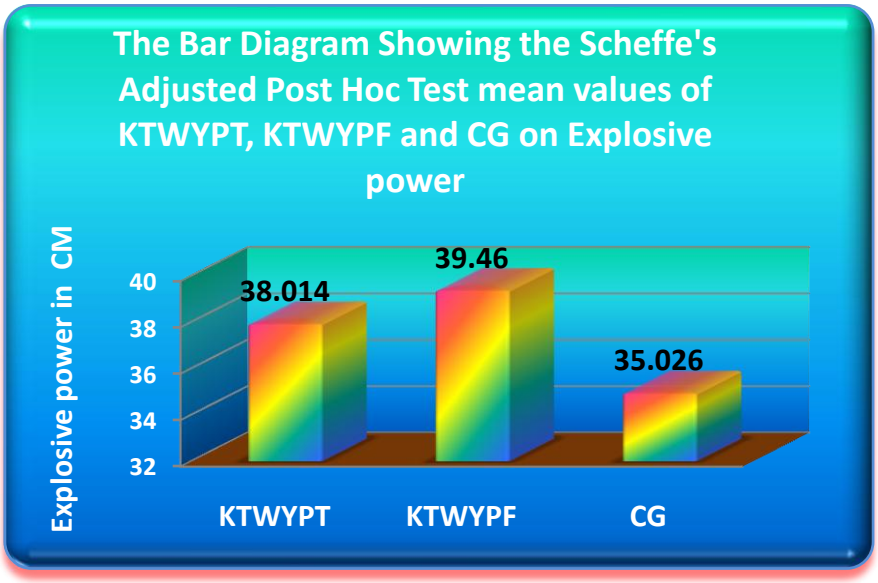
Table 6 uncovers that the got 'F' esteem on pre – test implies on Explosive power 24.28 was more noteworthy than the table 'F' proportion 3.20. Consequently, the post test implications were observed to be huge at 0.05 level of certainty for the level of flexibility 2 and 44.

Table 7
The scheffe's test for the differences between pared means on explosive power

KTWYPT	KTWYPF	CG	M.D	C.I
38.014	39.46	-	-1.446	1.787
38.014	-	35.026	2.988*	1.787
-	39.46	35.026	4.434*	1.787

Table -7 shows the Scheffes post hoc test for the adjusted post test mean values of KTWYP, KTWYPF and CG. The required C.I. value is 1.78. It is found that Karate Training with Yogic Practice for Five Days significantly improves performance better than Karate Training with Yogic Practice for three Days and control group. Karate Training with Yogic Practice for three Days in a week significantly improves performance

better than the control group.



Result of the Study

1. It was observed that the Karate Training with Yogic Practice for Five Days significantly improved the explosive power of the collegiate Karate Players.
2. It was observed that the Karate Training with Yogic Practice for Three Days significantly improved the explosive power of the collegiate Karate Players.
3. It was observed that the Karate Training with Yogic Practice for Five Days significantly improved the explosive power better than the Karate Training with Yogic Practice for Three Days among the collegiate Karate Players.
4. It was observed that the Karate Training with Yogic Practice for Three Days significantly improved the explosive power better than the control group among the collegiate Karate Players.

Conclusion

It is concluded that the Karate Training with Yogic Practice for Five Days is the best training to develop the explosive power of the Karate Players.

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