



Comparison of Speed and Agility among Kick Boxers and Taekwondo Athletes of Hyderabad District in India

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Abstract

The Objective of the present study to find out the Speed and Agility among Kick Boxers and Taekwondo Athletes of Hyderabad District in India. Kick Boxing and Taekwondo both are combat sports similar in nature. The sample for the present study consists of 20 Male Kick Boxers and 20 Male Taekwondo Athletes of Hyderabad District. The 50 M Run Test is used to assess the speed and Shuttle Run Test is used to assess the agility among the Male Kick Boxers and Male Taekwondo Athletes. The Tests were conducted by the Technical officials. The descriptive Statistics is used to analyse the results of the study. The results of the Study shows that Kick Boxers are having good Speed and Taekwondo Athletes are good in Agility. Kick boxing has become popular sport to improve the fitness, power flexibility, Strength and Cardio respiratory endurance. Agility etc. Taekwondo also become the popular sport to improve the muscle tone, Strength, Stamina, flexibility, self esteem, self discipline etc. Coaches must include the conditioning programs for improvement of motor qualities in Kick Boxing and Taekwondo athletes.

Key words: Speed, agility, power, muscle tone, cardio respiratory endurance etc

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Introduction

Sports in contemporary space have emerged as a competitive branch in the national and international area. It is not simply participation or practice that conveys triumph to a competitor. Numerous things like biomechanics, physiology, training methods, sociology, sports medicine etc., influence sports life. All trainers, coaches are doing to enhance the performance of competitors for their individual nation Sports individuals of the respective nations Endeavour best efforts at their dimension to bring praise and medals to their nation in various dimensions of international level competitions.

Speed is not just how fast someone can run (or cycle, swim etc.), but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance. Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down.

Agility is the ability to move and change direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

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Review of related literature

Prof. Rajesh Kumar (2020) studied about the effect of Plyometric and Circuit Training on selected Physical Variables among Sprinters of Hyderabad District of Telangana State. To achieve this purpose, forty five Sprinters in the age group of 16 to 20 years those who have participated in the Hyderabad Open Sprints Athletics Championships at Gachibowli Stadium, Hyderabad for the year 2019 taken as subjects. The selected forty five subjects were divided into three equal groups of fifteen each as two experimental groups and one control group, in which group – I (n=15) underwent plyometric training for three days per week for Twelve weeks, group – II (n=15) underwent the Circuit Training for three days per week for Twelve weeks and group – III (n=15) acted as control who are not participate any training apart from their regular activities. The selected Physical variables such as abdominal strength, speed and leg explosive power were assessed before and after the training period. Sit Up Test, 50 M Dash and Standing Broad Jump are the Tests were used to conduct the pre test and post for Measuring the Physical Variables such as Abdominal Strength, Speed and explosive power of legs. The results of the study it was found that there was a significant difference of performance due to Plyometric and circuit training when compared with the control group.

Prof.L.B.Laxmikanth Rathod, Prof.Rajesh Kumar Dr. K.Deepla, Dr.B.Sunil Kumar (2016) studied to find the speed and agility among Wushu Players and Boxers of Hyderabad The Shuttle Run is used to assess the Agility. The results of the Study shows that Wushu Players are having the good Agility compare to boxers.

Objectives of the Study:

The Objective of the present study to find out the Speed and Agility among Kick Boxers and Taekwondo Athletes of Hyderabad District in India. Kick Boxing and Taekwondo both are combat sports similar in nature.

Methodology:

The sample for the present study consists of 20 Male Kick Boxers and 20 Male Taekwondo Athletes of

Hyderabad District. The 50 M Run Test is used to assess the speed, Shuttle Run Test is used to assess the agility among the Male Kick Boxers and Male Taekwondo Athletes.

The Tests were conducted by the Technical officials.

Tests used in the Study:

1.50 M Run

2. Shuttle Run Test

Results:

The results of the Study shows that Kick Boxers are having good Speed and Taekwondo Athletes are good in Agility.

Table-I: Mean values and Independent Samples Test of 50 M Run between Kick Boxers and Taekwondo Athletes

Variables	Group	Mean	SD	t	P - Value
50 M Run	Kick Boxers	7.23	0.262	4.58	0.000
	Taekwondo Athletes	7.73	0.408		

*Significant at 0.05 level

In Table –I the Mean Values of Kick Boxers in 50 M Run is 7.23 and Taekwondo Athletes is 7.73 . The Mean values of Kick Boxers in 50 M Run is 7.23 and Taekwondo Athletes is 7.73.Hence the Kick Boxers are having good speed compare to Taekwondo Athletes.

Table 2 :showing the Mean values and Independent Samples Test of shuttle run test for agility between Kick Boxers and Taekwondo Athletes

Variables	Group	Mean	SD	t	P - Value
Shuttle Run Test	Kick Boxers	15.58	0.21	2.54	0.000
	Taekwondo Athletes	14.30	0.57		

*Significant at 0.05 level

In Table –II the Mean Values of Kick Boxers in Shuttle Run Test is 15.58 and Taekwondo Athletes is 14.30. Hence the Taekwondo Athletes are having good agility compare to Kick Boxers.

Discussion:

Kick boxing has become popular sport to improve the fitness, power flexibility, Strength and Cardio respiratory endurance. Agility, Taekwondo is Korean Martial are very important in Asia. It develops physical fitness, motor fitness and discipline. It is also linked with religion and spirituality.

Conclusions:

It is concluded that Kick Boxers are having good in speed and Taekwondo Athletes are good agility. Coaches must include the conditioning programs for improvement of motor qualities in Kick Boxing and Taekwondo.

Recommendations

Similar Studies conducted on other sports and games.

This study is useful for Coaches and Trainers of Kick Boxing and Taekwondo

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