Comparison of Grip Strength Between Wrestling And Judo Players

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Abstract

The objective of the study is to determine the grip strength of wrestling and Judo players. Total 18 wrestling 18 judo players of Umarga selected as a sample of the study, had participated in intercollegiate level tournament. t-ratio was computed to compare, the significant differences between wrestling 18 judo players. Abdominal strength is recognized as an important component for sports performance of wrestling and judo players and it may be important for the performance of functional activities and quality of life. The results of the study shows that there were significant difference of strength Abdominal strength was found between wrestling players and judo players.

Introduction

Judo can be characterized as a high intensity, intermit-tent sport with a wide complexity in motor control, where athletes attempt to throw their opponents or to dominate them during groundwork combat. Strength is important factor for sports performance (Singh,2018 Singh,2018, Singh,2017, Singh,2016). The ability to rapidly mobilize a strong grip and pull or push the opponent is a highly valued attribute in judo athletes. Grip strength is important to wrestlers and judoka, but what is unclear is how a coach determines if a person was born with bigger grip power. In this new study researchers examined a person’s height, weight, and hand dimensions. Each had a positive correlation to grip strength bigger and taller leads to the stronger hands. As wrestlers, the ability to control your opponents’ wrists with a strong and powerful grip is an incredible wrestling advantage. A strong grip is important in just about every sport, but wrestling and judo are greatly depends on the grip. A strong grip WILL increase your chances at reaching the top of the podium. Wrestling grip strength is what you feel when you first lock up with an opponent. It may be in the clinch or it may just be hand fighting. Sometimes the “stronger” wrestler will feel much weaker than his opponent if that opponent has more grip strength(http://michaelsmat.com/wrestling-grip-strength/)

Assessment of Grip Strength:

The most common way to measure grip strength is with a handheld dynamometer. A dynamometer is a spring-loaded squeeze device that measures force and assesses muscle group strength. Procedure: The subject used his right hand and applied as much grip Pressure as possible on the dynamometer by squeezing the handle together. The maximum reading is recorded by the assistant. The test is repeated three times using the same right hand. The highest recorded value is used to assess the grip strength. The highest recorded values for each hand are averaged together to get the total score. This score is then compared on a scale to determine your rating. The ratings are excellent, very good, above average, average, below average, poor and very poor.

Results of the study

Table –1

Mean scores and standard deviations of the selected training components of the wrestling players

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Components</th>
<th>Means Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Training (days/week)</td>
<td>2.45</td>
<td>0.78</td>
</tr>
<tr>
<td>2)</td>
<td>Training duration (hours)</td>
<td>2.98</td>
<td>0.75</td>
</tr>
<tr>
<td>3)</td>
<td>Warm up (minutes)</td>
<td>10.56</td>
<td>2.34</td>
</tr>
</tbody>
</table>

Table-1, shows that the mean scores and standard deviations of the selected training components of the wrestling players. The training mean score of wrestling players was 2.45 days, the training duration mean score of wrestling players was 2.98 hours, the warm up mean score was 10.56 minutes. In addition the training Standard Deviation of wrestling players was 0.78 days, the training duration Standard Deviation of wrestling players was 0.75 hours, the warm up Standard Deviation was 2.34 minutes.
Table 2 shows that the mean scores and standard deviations of the selected training components of the judo players. The training mean score of judo players was 2.67 days, the training duration mean score of judo players was 2.23 hours, the warm up mean score was 9.56 minutes. In addition, the training Standard Deviation of judo players was 0.81 days, the training duration Standard Deviation of judo players was 0.65 hours, the warm up Standard Deviation was 2.13 minutes.

Table 3 shows that the mean scores and standard deviation of Mean Scores and Standard Deviation of Grip strength of Wrestling players and judo players. The mean score of Abdominal strength in Grip strength was 67.89 and the Standard Deviation of Grip strength 8.23. The Mean score of Grip strength in Judo Players was 75.89 and Standard Deviation of Grip strength 9.67. The results of the study shows that there were significant difference of Strength Abdominal strength was found between Wrestling players and judo players. The findings of the study shows that Wrestling players incur significantly less Grip strength as compare to wrestling players.
Figure -3 shows that the mean scores and standard deviation of Mean Scores and Standard Deviation of Grip strength of Wrestling players and judo players

References

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