



A comparative study of the physical & mental ability changes of selected yogic practices & traditional exercises on taekwondo athletes

Sonam Govardhan Tandale

PhD, Physical Education, Department of Physical Education, Dr. Babasaheb Ambedkar University Aurangabad, Maharashtra, India

Abstract

Taekwondo has evolved into a modern-day Olympic combat sport. The physical and physiological demands of modern-day taekwondo competition require athletes to be competent in several aspects of fitness. When envisioning training in Taekwondo or any of the martial arts, you probably assume that you need to work on your strength, flexibility and self-discipline in order to succeed. This is true and there are many ways in which you can improve on your skills. Yoga help your Taekwondo training Practicing Yoga while training in Taekwondo will help you increase your flexibility, strength and stamina. It will also give you better control of your breathing and help you clear your mind in order to better concentrate when practicing both sparring and forms. Yoga is definitely useful in Taekwondo training but many people consider it to be non-essential. There are many forms of Yoga and poses that are considered to be more useful and practical at improving your taekwondo training then others.

Yoga gets calm mind if improves the performance of sports person. Yogic practices provide a competitive edge and keep an athlete's high performance body in perfect physical condition.

Keywords: traditional exercises, yogic practice

Introduction

Sport is a very important part of human life. Sport has been closely associated with human life since childhood. Sport is the key to keeping a person happy and fit. Sport improves physical movement and makes the Various aspects of personality are developed such as psychologist H. J. Eysenck says, the qualities of ability, resilience, determination, restraint, strength to digest victories and defeats, cooperation, competition, goodwill, unity, team spirit, self-confidence, etc. are developed the personality becomes self-sufficient way. At the same time yoga training improves the performance of players. The person becomes healthy through play and also yoga practices. The body becomes toned. Sport influences a person's behavior, speech, gait and appearance and gives an effective personality. As physical fitness develops through sports, so does mental development. According to, personality is the holistic development of human beings and sports play an important role in enhancing holistic development. Yoga is excellent tool which helps player's efficiency by stretching, increasing mental concentration, improving body flexibility. Yoga is a very old technique or exercise which is helpful to every person, every sports person. Yoga practices are very useful for stress management. Stress management is very important means of wining ability for players. After stress management self-confidence increase in these Taekwondo athletes. The game can be classified into two types, individual and team. Individual sports include badminton, tennis, weightlifting, javelin throwing, shot put, running, high jump, long jump, etc. Team sports include cricket, hockey, football, volleyball, Kabaddi, kho-kho etc. Self- confidence grows no matter what the game is. However, if there are team games, then the qualities of team spirit, brotherhood, coordination, trust in

each other, etc., increase, which makes the personality of the individual effective. Individual sports develop qualities like confidence, determination, toughness etc. In the same way, sports develops personality traits such as praising one's peers, acquiring proper communication skills, coping with difficulties, controlling one's life, how to control one's situation and how to deal with stress. For this stress management yoga training is very good tool. The player also becomes a successful citizen. Through play, personality and self-confidence increase as the habit of introspection develops, positive attitude grows.

The Ways Yoga Helps Taekwondo Training

What many people do not realize is that yoga can actually be a very beneficial way to become a better martial artist, as the two are closely related. Being able to control your breath, clear your mind, and practice repetition are some of the necessary requirements that come along with the practice of yoga. All of these things can make you a better martial artist and an overall well-rounded person. With the strength and flexibility that you will gain during yoga, you can apply these skills to your Taekwondo classes. Yoga normally involves a sequence of practice intended at slow and gradual transcendence from gross physical domain to deeper divine plane (realm) that gradually takes the practitioner to a peaceful, tranquil, and contemplative state.

Yoga Styles for Taekwondo

Much like martial arts, there are many different styles of yoga that can suit your needs. There is gentle yoga, the most low-impact style. Most of the poses that you will learn in this style are

modified in order to be suitable for beginners and those who want to take a more therapeutic approach.

There are also classes that take place in hot rooms in order to burn more calories and build up your muscle mass. Depending on what you'd like to improve on in your Taekwondo practice, you can find a yoga class that is going to align with these needs. It can be a great idea to try many different styles of yoga until you find the one that you like best. Because there is no such thing as right or wrong, the choice is yours to make.

Yoga Breathing For Taekwondo

You need breath if you want to sustain life. The practice of yoga focuses heavily on the way you are breathing, regardless of what style you decide on. It is thought that you are able to actually work on more complex poses and hold other poses for longer by simply regulating your breath. When you do this, you are going to be less focused on doing the actual pose and better able to concentrate.

A lot of your physical downfalls come from when you convince yourself that you can no longer do something. It all stems from a mental disconnect. The way that you are taught to breathe in yoga will teach you that you do not have to give up.

Instead, you can breathe through any impatience or discomfort and reach a point where you are so focused that you are able to complete each repetition. After some time, this is going to build your strength.

Breathing is also very important to any meditation that you do. When you are meditating, usually at the end of your yoga class, your breathing is meant to calm you down. Any of the poses that you held and the muscles that you worked are encouraged to relax now.

As you breathe in and out, you are supposed to push all of those busy thoughts out of your head in an effort to clear your mind. By focusing on the way that you are breathing, it becomes easier to get rid of any distractions that have formed. A lot of people find benefits to yoga classes that are solely focused on meditation for this reason. There can be a lot of distractions and stressors encountered on a daily basis, so it can be nice to have somewhere to go that allows you to just be. Yoga promotes that inner-peace that so many of us crave.

Benefits of Breathing

Now considering your Taekwondo practice, can you see any benefits of being able to control your breathing? Taekwondo requires you to have a decent amount of stamina. Never boring, you are always going to be learning new forms and moves that you are going to repeat until they become muscle memory. You might be punching and kicking one minute and then you will have to switch focus and work on a form that contains precise movements. Taekwondo is not only a physical form of exercise but a mental one as well. If you can take your yoga breathing and apply it to your martial arts practice, you will notice a difference in your stamina.

Many people want to work themselves hard, but this isn't always a good thing. When you push yourself too much, you are going to run out of breath. Without this, you are going to become a lot more vulnerable. No matter how much knowledge you have of all the different Taekwondo kicks, punches, blocks or even poomsae's that you can do, this knowledge will be useless if you cannot perform them.

You need to be less talking and more doing. By controlling your breathing, you will be able to know when you need to stand down and when you need to charge forward. Taekwondo isn't about going until you drop dead. It is about utilizing your self-discipline and saving your energy for the most important moments.

Yoga Poses for Taekwondo

The following are some yoga poses that will prove to be very beneficial to your Taekwondo practice. Not only do they strengthen your body, giving you all of the core strength necessary to be as powerful as you can be, but they also encourage you to work on your mental strength. With the two of these things combined, you are going to be an excellent martial artist.

Bow Pose

Start by lying down flat on your stomach. Bring your legs up and reach your arms back until you are able to grab your shins or feet. This pose stretches out your back while simultaneously strengthening it. It will also allow you to improve on your flexibility, a great benefit for your martial arts practice.

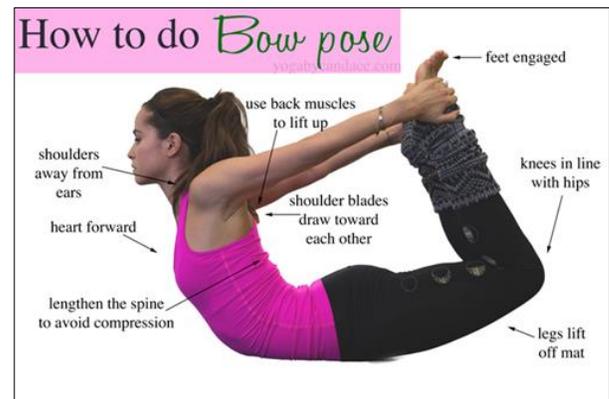


Fig 1: Bow Pose

Bridge Pose

Bridge Pose improves posture and counteracts the effects of prolonged sitting and computer work. It may help relieve low back pain and can counteract slouching and kyphosis (abnormal curvature of the spine). The pose gently stretches your abdomen, chest, and the area around your shoulders while strengthening your back muscles, buttocks (glutes), thighs, and ankles.

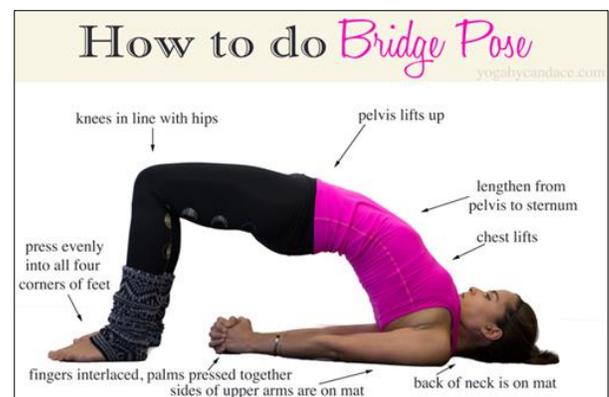


Fig 2: Bridge Pose

Plough Pose

Halasana (pronounced *ha-laa-suh-nuh*) is derived from the Sanskrit word 'hala' which means 'plough'. It is named so because the final pose resembles the plough, agricultural equipment. Ranging between the difficulty levels of intermediate and advanced, this folded inversion posture is usually best practiced towards the culmination of your Yoga Session. If practiced astutely, this pose elevates your body's state to *pratyahara* (withdrawal of senses), and you can thus end with a round of *pranayama* or *shavasana*.

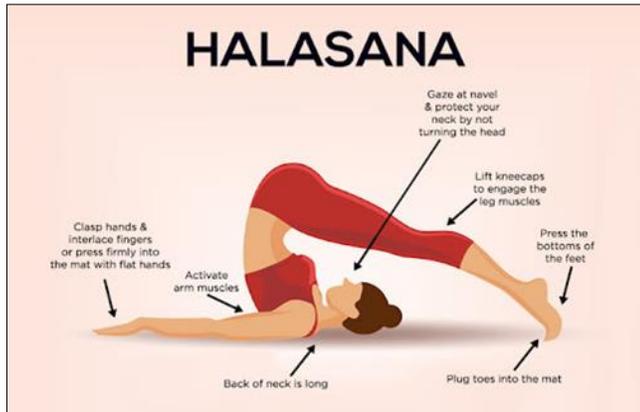


Fig 3: Plough Pose

Conclusion

Yoga is becoming popular in all over the world due to its multirole advantages. Yoga is gaining the status of an effective cross training tool in the field of sports. Also, the integrated approach of yoga to harmonised and calm down all the disturbances of body and mind, though its different components, has a great application in Taekwondo.

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