

Comparison of Grip Strength Between Wrestling And Judo Players

Dr. Anil Chokhoba Patil

Director of Physical Education ,
Shri Chattrapati Shivaji Mahavidyalya Umerga , Osmanabad(MS).

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, intermittent sport with a wide complexity in motor control, where athletes attempt to throw their opponents or to dominate them during groundwork combat. Strength is an 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 dependent 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

Sr. No.	Components	Means Scores	Standard Deviations
1)	Training (days/week)	2.45	0.78
2)	Training duration (hours)	2.98	0.75
3)	Warm up (minutes)	10.56	2.34

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.

Figure -1

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

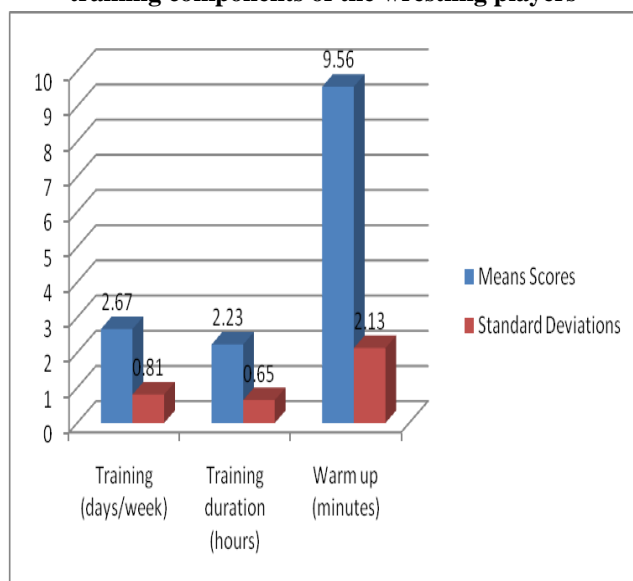


Figure 2

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

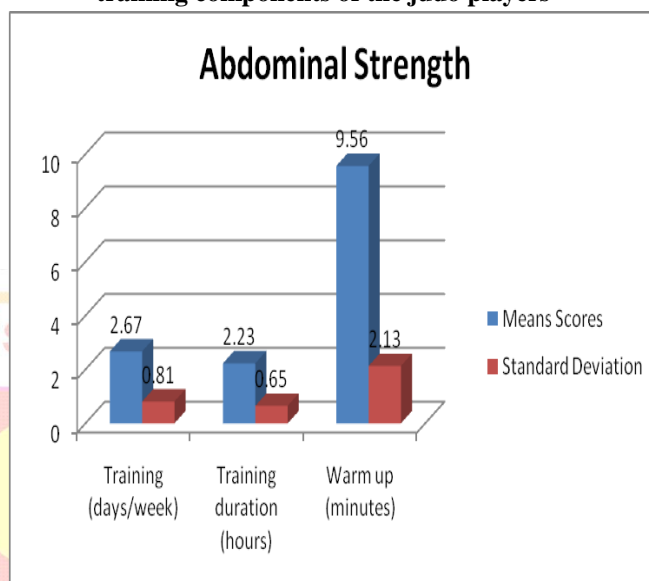


Table 2

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

Sr. No.	Components	Means Scores	Standard Deviation
1.	Training (days/week)	2.67	0.81
2.	Training duration (hours)	2.23	0.65
3.	Warm up (minutes)	9.56	2.13

Table-3

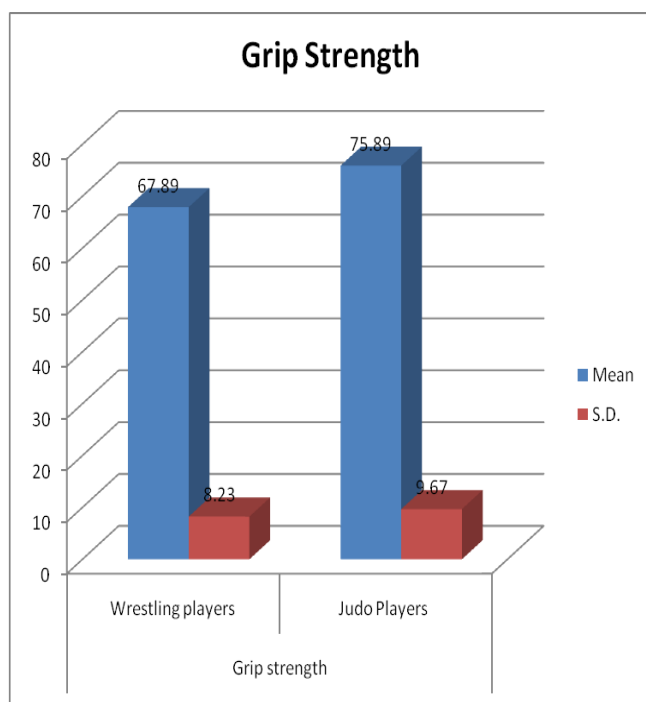
Mean Scores and Standard Deviation of Grip strength of Wrestling players and judo players

Components	Players	No.	Mean	S.D.	T-test
Grip strength	Wrestling players	18	67.89	8.23	3.23*
	Judo Players	18	75.89	9.67	

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

- 1) Franchini E, Sterkowicz S, Meira Jr CMM et al: Technical variation in a sample of high level judo players. *Percep Motor Skills*, 2008; 106: 859–69
- 2) Franchini E, Del Vecchio FB, Matsushigue KA, Artioli GG: Physiological profiles of elite judo athletes. *Sports Med*, 2011; 41: 147–66
- 3) Franchini E, Takito MY, Bertuzzi RCM: Morphological, physiological and technical variables in high-level college judoists. *Arch Budo*, 2005; 1: 1–7
- 4) Franchini E, Nunes AV, Moraes JM, Del Vecchio FB: Physical fitness and anthropometrical profile of the Brazilian male judo team. *J PhysiolAnthrop*, 2007; 226: 59–67
- 5) Marcon G, Franchini E, Jardim JR, Barros Neto TL: Structural analysis of action and time in sports – judo. *J Quant Analysis Sport*, 2010; 6: article 10
- 6) Calmet M, Miarka B, Franchini E: Modeling approaches of grasps in judo competition contests. *Int J Perf Analysis Sport*, 2010; 10: 229–40
- 7) Franchini E, Takito MY, Kiss MAPDM, Sterkowicz S: Physical fitness and anthropometrical differences between elite and non-elite judo players. *BiolSport*, 2005; 22: 315–
- 8) Singh S.K and Firdous (2014) Effects of weight training on Anthropometric characteristics among students of

physical education *Entire Research* October 2014 Vol.6(IV) 20-24 09755020

- 9) Singh S.K (2017) Effects of Low Intensity Exercise (Lie) On Life Stress on Sedentary Students. *Aayushi International Interdisciplinary Research Journal (AIIRJ)* Vol - IV Issue-IX SEPTEMBER 2017 .2-7
- 10) Singh S.K (2018). Impact of Stretching Exercise Intervention Programme on The Development of Flexibility And Athletic Power on Students Athletes. *Aayushi International Interdisciplinary Research Journal* , 5(9);94-98.
- 11) Sinku S.K , (2013) Effects of Resistance Training to improves speed ability among physical education students. *International journal of Physical Education Health and Sports Sciences* 23-26
- 12) Sinku S.K and Firdous Effects of weight training on Anthropometric characteristics among students of physical education *Entire Research* October 2014 Vol.6 (IV) 20-24 09755020
- 13) Sinku S.K, &Tuteja (2013) Effects of isotonic exercise on swimming performance *International journal of Physical Education Health and Sports science* Vol 3.(1) 68-73
- 14) (<http://michaelsmat.com/wrestling-grip-strength/>)
- 15) (<https://breakingmuscle.com/fitness/why-wrestlers-have-better-grip-strength>). (<https://strongerwrestler.com/grip-training/>).