



# Academic Sports Scholars

## AN ANALYTIC STUDY OF THE EFFECT OF IMMEDIATE WEIGHT LOSS BEFORE COMPETITION ON JUDO SKILL PERFORMANCES OF JUDOKAS

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### ABSTRACT

The purpose of this study is to find out the effect of immediate weight loss or weight cutting before competition on Judo skill performances of Judoka in Akola City. Judo is the way of gentleness, which was created by Prof. Jigoro Kano from the various martial arts. In 1882 he founded Kodokan School to teach judo to others. Judo is an ideal form of physical exercise with toughness mental strength and self defense. Judo is also a source of educational and character development in Judoka

Maharashtra has a great history of Judo. Record shows that Judo in India started in Bengal on the initiative of Guru Rabindranath Tagore. The movement really began when Mr. Raghunath Khaniwale of Amravati started it in Pune around 1940 in the Ferguson College. That activity has continued ever since and now the game has taken roots in India. The Judo Federation of India was formed in 1965. Judo is a sport which is widely played in India. At present various Judo tournaments are

regularly conducted by schools, Colleges, Universities and all type of open competitions by federations. Akola District Judo Association was formed in 1981. In the Akola City so many boys and girls are started their Judo practices. Non availability of sufficient facilities, diet, modified practice schedule and scientific knowledge of weight loss, they are unable to achieve their Judo skill performances in State & National Tournaments. The tool of this pilot



study is in the form of questionnaire & interviews. In this questionnaire multiple types of questions relating to their weight loss programme & skill performance with various objectives are included. There is a scope to express their views about weight loss programme & Judo skill performances by this study

30 Judokas are randomly selected for this study from Akola City. The present results shows that

Judokas of Akola City are facing problems related to their skill performances due to immediate loss of their weight before competition without any scientific knowledge.

**KEYWORDS** :Judoka, Weight Loss, Skill Performance, Akola City .

### **INTRODUCTION :**

Judo is a part of martial art that was born in Japan. Judo was established in 1882 by combining jujitsu, a form of wrestling, with mental discipline. The roots of jujitsu lie in sumo, which has a long, long history. From the twelfth century to nineteenth century Japan was ruled by the samurai, a class of professional soldiers. This provided fertile ground for various martial arts to develop. In addition to fighting with swords and bows and arrows, the samurai developed jujitsu to fight enemies at close quarters on the battlefield. Several different styles of jujitsu evolved, and hand-to-hand combat spread as an important form of military training.

The era of samurai rule came to an end with the Meiji Restoration of 1868, and Western culture began filtering in into Japanese society. Jujitsu fell into decline, but the enthusiasm of one young man rescued it from extinction. That man was Jigoro Kano, the founder of judo as we know it today. Judo is the way of gentleness, which was created by Prof. Jigoro Kano from the various martial arts. In 1882 he founded Kodokan School to teach judo to others. Judo is an ideal form physical exercise with toughness mental strength and self defense. Judo is also a source of educational and character development in Judoka

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The purpose of this study is to find out the effect of immediate weight loss or weight cutting before competition on Judo skill performances of Judokas in Akola City.

### **METHOD(S):**

30 Judokas are randomly selected for this study from Akola City. The tool of this pilot study is in the form of questionnaire & interviews. In this questionnaire multiple types of questions relating to Judo with various objectives are included. There is scope to express their views about weight loss & skill in this questionnaire and interviews.

### **DATA COLLECTION AND ANALYSIS:**

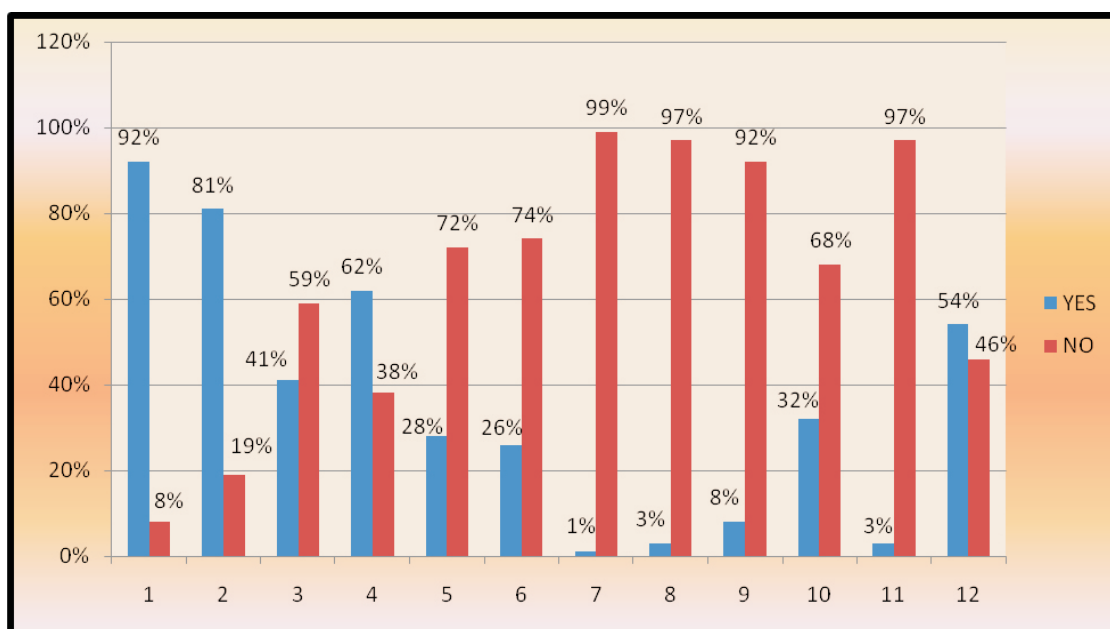
The Following data is collected by questionnaires and interviews from 30 Judokas in Akola City. The Analysis of data is as per their section and sequence.

**A. Methods for Weight Loss.**

The table shows the data for weight losses .

Que.	Information	Judoka's Respond	
		YES	NO
A	Diet Control with Food Restriction	92%	08%
B	Fasting	81%	19%
C	Fluid Deprivation	41%	59%
D	Heavy Load Exercises or Practice	62%	38%
E	By Sweat Loss uses Rubber Suits/Track Suit/Rain Suit	28%	72%
F	By Sweat Loss use Steam Rooms	26%	74%
G	By Sweat Loss uses Hot boxes	01%	99%
H	By Sweat Loss use Sauna Bath	03%	97%
I	Uses of Laxatives Medicines	08%	92%
J	Forced Vomiting	32%	68%
K	Forced Diuretics	03%	97%
L	Avoid sleep at night	54%	46%

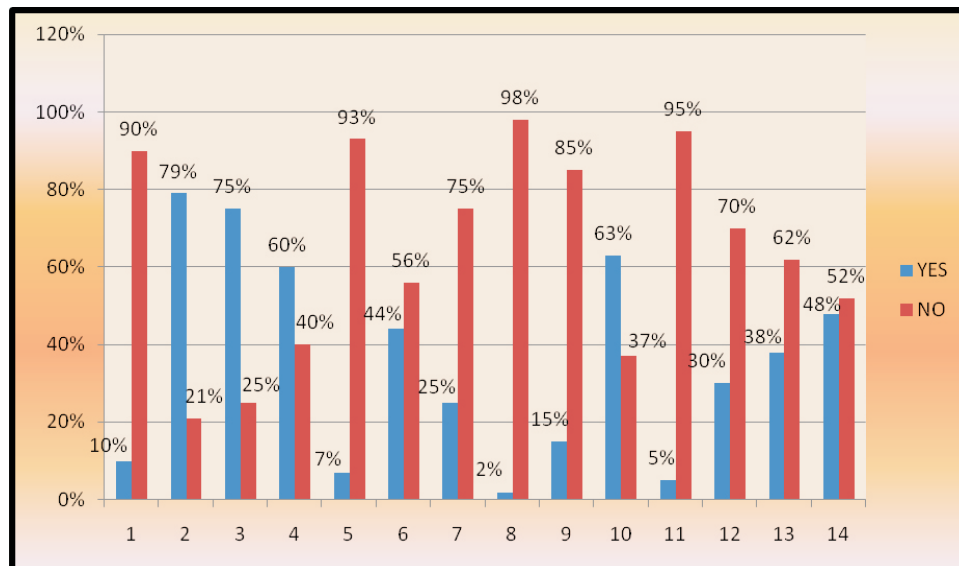
The figure No. 1 shows the persantage of weight loss methods used by Judokas.



**B.Problems related to Skill performances of Judokas due to immediate weight loss before competition.**

Que.	Information	Judoka's Respond	
		YES	NO
1	Can Skill Performance enhance after weight loss	10%	90%
2	Strength Loss	79%	21%
3	Deceased Muscular Endurance	75%	25%
4	Loss in Stamina	60%	40%
5	Decreased Flexibility	07%	93%
6	Decreased Concentration	44%	56%
7	Decreased Mental Alertness	25%	75%
8	Decreased in Confidence	02%	98%
9	Decreased Judo Upper Body Attack Skill	15%	85%
10	Decreased Judo Lower Body Attack Skill	63%	37%
11	Decreased Motion	05%	95%
12	Decreased Judoka's Lifting Skill	30%	70%
13	Decreased Judoka's Ground Technique	38%	62%
14	Decreased Judoka's Defensive Skill	48%	52%

The figure No. 2 shows the persantage of losses of Judo skill performance.



**CONCLUSION:**

The present results shown that Judokas of Akola City are facing problems related to their skill performances due to immedieate loss their immedieate weight before competition without any scientific knowledge.

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