

Effect of Yoga on Physical Fitness and Fencing Players

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ARTICLE DETAILS

Article History

Published Online: 13 March 2019

Keywords

Fencing, Players, Yoga

ABSTRACT

Fencing is an open-gifted battle sport that was admitted to the principal current Olympic Games in Athens 1896. Present day fencing rivalry comprises of three distinct weapons; the foil, the saber and the epee, each challenged with various guidelines. The genuine matches speak to just 18% of all out rivalry time, with viable activity time being 17 and 48 minutes. The physical requests of serious fencing require a significant level of vigorous and anaerobic molding. Further, the examination reports demonstrate that body synthesis, is a significant angle according to a competitor's exhibition. The ideal body synthesis shifts by sport, yet as a rule, the less fat mass, the more noteworthy the presentation potential. Past investigations have shown that achievement in fencing relies more upon procedure, speed, and nimbleness rather than a high oxygen consuming limit and low percent muscle versus fat ratio. In spite of the fact that the discoveries of the investigation might be valid, various examinations affirmed that oxygen consuming preparing expands the fencers' response times, their consideration limits and causes a general lower muscle versus fat arrangement. Moreover, muscle versus fat dissemination has been related with atherosclerotic illness hazard factors just as wounds related with back, knees, lower legs joints and muscles issues.

1. Introduction

Fencing is a rich, renowned and traditional game which mirrors the achievement characteristics that are essential to contemporary individuals who look for a test to both body and brain through a serious mix of tolerance and assurance, control and seriousness. Truth be told, fencing is likewise alluded to as physical chess by numerous defenders. While there might be an applicable examination here, the physical part of fencing is disparaged as a general rule in this similarity. Fencing is a round of the psyche yet it requires monstrous thinking ahead, exact execution and extraordinary core interest. In any case, fencing is a game that requests physical force, spryness and flexibility.

Proficient fencers invest a ton of energy being physically fit. The preparation routine includes works out, weight preparing and extends. Throughout the long term, the significance of physical fitness has not been given as much significance by the competitors as it ought to be given. Separately, fencers do their normal runs, weight lifting and follow different other exercise schedules while they ought to preferably be following a more explicit everyday practice to improve their fencing aptitudes.

With fencing, a fencer needs to sharpen his essential reactions, have a specific degree of physical fitness and mental strength. The fundamental muscles that permit parity, deftness and coordination are the ones to be centered around in a game, for example, fencing. These are free of cardio-perseverance, standard strength and muscle versus fat proportion.

Fencing has numerous highlights and aptitudes fencer ought to must be recognized by from different games since it requires an extraordinary endeavors in explicit time with capacity to do his best ceaselessly at lopsided periods for a couple of days. Accordingly, there is have to create unique

preparing program for fencers to achieve the essential physical fitness and fixation which is a key for accomplishment in fencing rivalries. In this setting it was thought to present yogic exercise program as a preparation part for world class fencers. Various examinations have shown that Yoga has numerous physiological and mental advantages. . Indeed, Yoga is a critical piece of common way of thinking. It is an old Indian framework which assists with keeping individual physically and intellectually fit. It has been deductively demonstrated that yoga assists with improving fixation which is a key factor for making progress in rivalries. In this examination, along these lines, an endeavor has been made to see the adequacy of yoga preparing on wellbeing related fitness, fencing abilities, character and grouping of state level fencing players.

1.1 Effects of yoga on the physical fitness

Fencing started as a type of battle and is known to have been polished well before the introduction of Christ. Fencing has a long tradition most definitely. It is played with bladed weapons and was remembered for Athens Olympics in 1896. Serious fencing is separated into three classifications viz., the foil, the saber and the epee. This game requests physical force, deftness and flexibility. To make progress in fencing the preparation measures rely upon creating physical, physiological and mental perspectives. The objective of uncommon physical readiness in the game of fencing is to improve the fundamental physical qualities for this game and to take a shot at creating them to have the fencer arrive at more elevated levels of execution. The basic physical attributes for the fencer incorporate speed, solid strength, perseverance, flexibility, spryness, coordination and exactness. Taking a gander at the physical angles required for fencers it was believed that yoga preparing system may be fitting for development in fencing execution. Indeed, prior examination

reports demonstrate psychophysiological improvement after act of yoga in fluctuated populace. Yoga is an antiquated Indian framework which assists with keeping individual physically and intellectually fit. It has been logically demonstrated that yoga assists with improving physical fitness, muscle to mind coordination which is a key factor for making progress in rivalries. Expected impacts of yoga for physical wellbeing are various; including improved physical fitness and improved cardiovascular wellbeing. Yogic practices incorporate postures, controlled breathing and reflection which are generally drilled as psyche body approach. In this examination, consequently, scientist plans to see the viability of yoga preparing on physical fitness factors of juvenile epee fencers.

1.2 Health Related Physical Fitness

As indicated by AAHPERD (American Alliance of Health, Physical Education, Recreation and Dance), Health Related Physical Fitness can be seen as, "Physical fitness is a multifaceted continuum stretching out from birth to death. Influenced by physical action, it ranges from ideal capacities in all parts of life through high and low degrees of various physical fitness, to seriously restricting sickness and brokenness."

1.3 Flexibility

The capacity to move a joint through its full scope of movement is known as flexibility. Flexibility is the scope of development through which a joint or succession of joints can move. Dormant people lose flexibility, though successive development holds the scope of development. Through extending exercises, the length of muscles, ligaments, and tendons is expanded. The tendons and ligaments hold their flexibility through steady use. Flexibility is imperative to fitness; an absence of flexibility can make medical issues for people. Individuals who are adaptable are less dependent upon injury in sport, typically have sound stance, and may have less low back agony. Numerous physical exercises request a wide scope of movement to produce greatest power. Static, controlled extending without skipping is viable on the grounds that it doesn't prompt the stretch reflex. The "Stretch reflex" is the point at which an individual bobs during extending, which causes muscle touchiness and strain.

Extending includes continuously expanding the stretch to the point of uneasiness, easing off somewhat to where the position can be held serenely, and keeping up the stretch for an all-inclusive timeframe. The period of time to hold the stretch can be begun at 10 to 15 second and expanded progressively up 30 to 45 seconds.

2. Fencing

The historical backdrop of fencing matches the development of human progress, once again from the times of antiquated Egypt and Rome, to the uncouth Dark Ages, to the quick and rich Renaissance, up to the advanced, progressively famous fencing of today. Fencing has consistently been viewed as in excess of a game; it is a work of art, an antiquated image of intensity and magnificence, and a profoundly close to home, singular type of articulation. Fencing is and consistently has been an inborn piece of life, from the dueling and skirmish of yesteryear to the generally spellbinding motion pictures and aspects of mainstream society, for

example, *Zorro* and *The Princess Bride*. The soonest proof of fencing as a game originates from a cutting in Egypt, going back to around 1200 B.C., which shows a game fencing session with veils, defensive weapon tips, and judges.

2.1 Brief History of Fencing

Fencing has advanced more than 800 years from a lethal battle to a total game. Speed of development and the many-sided system of antiquated dueling are still particularly a piece of current fencing. Since dueling was prohibited, fencing as a game has developed increasingly more famous with the two people. Ladies and men contend independently, with certain fencers getting capable in two or each of the three weapons, while others work in just one. Coordination, speed, spryness and confidence are a couple of the characteristics this game expects of its adherents. Due to the need to dissect the adversary's down and to create system, fencing is regularly portrayed as an energized round of chess. With the advancement of new metal composites, lighter and more sensible weapons have gotten conceivable. These spot a premium on speed and coordination and give nearly nothing if any bit of leeway to sheer strength.

At the point when the French presented another kind of fencing, it was flawless, calm, exact and more lethal than previously. The embodiment of the activity was deftness of wrist and fingers which required speed instead of strong force. By fencing, we have come to mean not just battling for hits, yet a carefully directed game. Its traditions have been communicated through ages and make fencing a genuinely educational game. Notwithstanding the advancement of fencing from battle to brandish, certain shows have stayed flawless - judges don't recognize incidental and deliberately considered hits. Rivalries are by and by held in three weapons: Foil, Epee, and Saber.

3. Foil

In the XVIIth century a light, straight blade was developed. It was a fine flimsy edge and honed at the tip, roughly 110 centimeters in length, having a little round watchman fit with a cross-pole at the handle. The fencing experts utilized this weapon to show their students the strategies for sword fencing since its lighter weight made it simpler to move and furthermore forestalled the danger of being inadvertently harmed or executed during training. It supported activities with the point and turned into an examination weapon. It set up the establishment of our cutting edge foil fencing.

The advanced foil is a light weapon. Its sharp edge is rectangular and tightens from a moderately thick and rigid segment at the watchman to a more thin and adaptable area toward the end. The tip is smoothed into a little catch like end for a training foil or fitted with an electric point for authentic rivalry. In foil fencing, the objective territory is kept to the storage compartment and rejects the arms, legs and cover. Legitimate hits are those which arrive at the objective zone. Hits outside this district are invalid and are not counted.

4. EPEE

It appears to be that epee fencing was headed toward the center of the XVIth century. After the vanishing of the two-gave broadsword and the relinquishment of the total suit of defensive layer, another weapon was conceived in Spain. The sword or

epee, had a long fine edge with a more honed edge and tip that could be utilized to cut and push. The gatekeeper seemed as though a little container penetrated with gaps, having a long, straight ramrod drilled through it to be utilized in drawing in and breaking the rival's cutting edge and point. With the change from substantial broadsword to lighter epee, fighters were obliged to customize fencing with dishonesty and guilefulness. Some fencing experts built up the insider facts of dreadful stunts and the universally handy repels into such a scholar's stone of fencing. In the XVIIIth century, the little sword with its three-sided edge, like the one utilized in electric epee today, turned into the weapon of decision for dueling. From that point forward, the fencing procedures and weapons have been rearranged and improved and their standards have been shown and changed into the foundation of the current present day epee fencing.

In current epee, the edge is three-sided in cross-area and comes up short on any forefronts. It can flex upward and descending, yet not to the sides. An electric point at the tip is utilized for recording hits. In contrast to thwart, the epee target territory incorporates the entire of the fencer's body. There is no region of the rival's body which is considered askew.

5. SABRE

The advanced saber took its causes and traditions from the rangers saber. It is accepted that the Hungarians presented saber fencing in Europe towards the finish of the XVIIIth century. Their saber, gotten from oriental evenness, had a level, marginally bended sharp edge and was not as wide and thick as the French mounted force saber. Around then, Hungarian fencing had not yet evolved top to bottom. The Hungarians couldn't ideal their saber until they were impacted by the Italian school which helped them to consummate their instructing.

Towards the finish of the XIXth century, the Italians concocted a light saber (Sciabota) bound to be utilized in dueling. From the outset it was exceptionally condemned on the grounds that it shared nothing for all intents and purpose with the weighty rangers saber. With time nonetheless, this blade was all around embraced. The premise and improvement of the methods of the light saber are by and large ascribed to the Milan fencing expert Giuseppe Radaelli.

6. Fencing - A Game

6.1 Method of movement in french fencing

The procedure of French fencing depends on a method of development ^ that fundamentally includes the structures, with a styled technique for causing the examples of structure to advance from the development, and the development rise up out of the structures.

The structures are so changed as to place into have each impact of the body from the littlest joint to the biggest muscle. Amicably planned and stunningly designed, they are finished with streaming congruity, artfulness, perfection and uniformity. Exact equalization and tranquility is the traditional French fencing way. The fundamental characteristics of the strategy are exemplified by the ideal weaving of the elements of development by the weapon hand showing fine development in round, sidelong, slanting and crescent activities and by the unpretentious developments of the legs in venturing, passing,

sliding and bouncing forward or in reverse. Most importantly, these characteristics calm the mind and manage the feelings.

It is artfulness in the style of activity which creates vitality by failing to allow one to exhaust oneself in a savage offer of brutality. This artfulness appears differently in relation to the hard or over-fieri power that doesn't allow save of activity in the craft of fencing. Normal body conduct with a liquid and consistent style of moving takes out any chance of getting excessively unbending or hard In learning the French method of fencing from this book, the fencers should keep themselves intellectually animated as the procedure creates from structure to shape. The psyche can't be anyplace yet on the activity, as the variety and reiterations request absolute consideration. Since the structure doesn't advance effectively without this psychological interest, control of the cognizant brain definitely creates and legitimate focus is a characteristic aftereffect of such method and structure. Moving with smooth activities keeps the body from getting tense or hard and makes the muscles stronger and flexible. Strength can't be squandered or erroneously impelled, in light of the fact that smooth development requires mindful control.

The whole framework is heated up bit by bit as the activities collect. Examples and developments in unpretentious progression enact various pieces of the body and never, whenever, rehash themselves in over-concentrated units. This empowers the body to accomplish more without making the heart beat unduly quick with an end goal to stay aware of the body's efforts.

Breathing is common, light or profound relying upon the structure and the places of the fencing methods themselves. Nonetheless, the fencer must not worry about the breathing cycle. This angle is grown steadily during the time spent learning.

The generally smooth artfulness and beat are the quintessence of the French classical method and add to the capacity to continue cognizant control and help in the structure of involvement with the study of fencing. With streaming adjustment among light and solid elements, and liquid and strong structures, the strategy permits the fencer to execute activities precisely and openly with the psyche in agreement with the body.

6.2 Science of french fencing

The standards at the very heart of this book are gotten from the hypotheses and practices of the creative antiquated French fencing experts schools which were worried about the improvement to maximum capacity of a fencer's characteristic physical and mental capacities. In this book I have consolidated specialized thoughts that have become out of my instructing experience to give the fencer not just a scholarly familiarity with the French traditional fencing strategy, yet additionally to make the understanding important to encounter their pith just as their physical structure. We know too well that this cycle can't be rushed unnaturally: by and by, the way can be enlightened by unobtrusively examining and investigating with the end goal that one's body, continuously by degrees, figures out how to do the offering of the psyche.

"To go a thousand miles one needs to venture out" a natural saying. Each progression is apparently similar to the accompanying yet the additional experience that each progression brings to the following adds to continuance,

deftness and strength. The incredible assortment of the French fencing structures, the strongly intriguing strategies - the nuance of which unfurl with understanding - and the sheer magnificence of the postures of the French traditional style gives joy and effortlessness.

As one creates comprehension and advances with the procedures from this book, the French strategy of fencing turns into a more extravagant element, apparently boundless in what it has to bring to the table. The capacity to perform it at its base gives one great enduring structure. To consummate it and live with it as a deep rooted practice is to guarantee oneself of stable wellbeing, mental readiness and serenity of soul.

7. Benefits of fencing

The individual advantages of fencing range into basically every zone of the members physical and scholarly being. The power of fencing, and the outrageous requests it places on the psyche and body are a characteristic aftereffect of fencing's bleeding and honorable legacy. It is maybe the most complete association of thought and activity that has ever advanced as a game. Anyway the expertise, strength and discretion which were once just side-effects of this dangerous workmanship presently figure among its most elevated prizes. Beside the sheer joy of rivalry, the fencer additionally appreciates an improved coordination, perseverance and strength. One need just watch a cultivated fencer in rivalry to completely value these realities. So as to succeed, a contender must fence many sessions with unflagging endurance. To lose focus or loosen the pace can mean a speedy thrashing. Likewise, an effective fencer must be equipped for mounting amazing driving assaults or then again, of making inconspicuous and shrewd guards, all inside the space of a couple of moments. The coordination must be so finely built up that the fencer can adjust all developments to various adversaries of broadly changed strength, expertise and speed. A fencer's prosperity anyway isn't simply an aftereffect of physical ability. The fencer

should likewise have the intense keenness of the chess player in addition to incredible fixation to control his/her activities and make great his/her counts.

The charming outside which veils all the plotting and viciousness of fencing is that of refined politeness. In the same way as other hand to hand fighting, fencing is encircled by a specific measure of kindness and service, and obviously the tradition of the polished fencer dives straightforwardly from the aristocrat who initially rehearsed the workmanship. The soul of reasonable play and honor which is an indispensable some portion of fencing is normal both on and off the fencing strip. A limit of respectfulness and thought is constantly watched while contending with others, anyway it would be a slip-up to expect that a fencer's decent habits, strength and balance start and end in the exercise room. Undoubtedly fencing is as much a demeanor as it is a game and the individuals who practice the workmanship find that it can significantly influence their lives.

To begin with, and most basically, the fencer appreciates the great wellbeing and vitality that lone extreme, vivacious exercise can bring. Fencers become more receptive to their physical potential and would thus be able to utilize their strength and perseverance with more noteworthy effectiveness. Furthermore there is the fencer's beauty and characteristic simplicity of development. The mid-point between the absolutely physical and the simply mental is maybe best communicated as one's balance. Of this, the fencer is plentifully supplied, having the great stance, exact activity and the certain carriage of the ballet performer. Besides, the fencer will have built up a ready and clever insight which effectively praises their physical nearness. Were it not for the discretion that great fencing requires, it would be simple for a fencer to become careless or even egotistical. Anyway as savvy instinct and great sportsmanship overrun the game this chance is only here and there figured it out. Notwithstanding its physical and scholarly advantages, it can likewise be normal that acceptable adjusted fencing produces a decent adjusted character.

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