

## **A Study of Physical Fitness Profile of Male Gatka Players**

**Sukhjinder Singh and Ashok Kumar**

### **Abstract**

**Aim:** The aim of the present study was to observe physical fitness profile of male gatka players. **Method:** Twenty seven (N=27) healthy trained male gatka players between the ages of 9 and 27 years volunteered for this study. Each participant was performed a vertical jump test, 505 agility test, a maximal right & left handgrip strength test, queen's step test (VO<sub>2</sub>max) and flexibility measured at hip with goniometry (right & left hip flexion). **Result:** The mean age, height and weight of gatka players was 16.52±4.91 year, 150.56±14.40 cm and 43.00±12.01 Kg. It was found that the scores of vertical jump test, 505 agility test, maximal right & left handgrip strength test, VO<sub>2</sub>max, right & left hip flexion was 14.66±4.16 cm, 2.91±0.35 second, 54.00±33.66 kg, 46.66±26.85 kg, 54.64±5.00 ml.kg.min<sup>-1</sup>, 121.33±3.73 degree and 119.74±3.35 degree. **Conclusion:** It was concluded that the scores of right handgrip strength and right hip flexion were more than the left handgrip strength and left hip flexion and this may be due to the effect of dominant (right) and non-dominant (left) side of gatka players.

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### **Introduction**

Physical fitness is the ability of the body to function at optimal efficiency. Physical fitness involves skill-related (Speed, Power, Agility, Balance, Reaction time, Coordination) and health-related components (Cardiorespiratory endurance, Muscular strength, Muscular endurance, Flexibility, Body composition). The *skill-related* components of fitness are important to athletic success and are not crucial for health. The *health-related* components of fitness are important for health and performance of daily functional activities (Astrand 2000). Gatka is a martial art from the North of India practiced by the Sikhs. Gatka is a style of stick fighting, with wooden sticks intended to simulate swords. By conception, gatka is defensive as well as offensive and focuses on infusing the physical with both the spiritual and mental. The style originated in later 19th century, out of sword practice in the British Indian Army, divided in two sub-style, called rasmi (ritualistic) and khel (sport) from the 1880s. From a physical conditioning perspective, the goal of gatka training is to prepare competitors to effectively manage