



UNIVERSITI TEKNOLOGI MARA

**ACUTE EFFECT OF HIGH AND LOW INTENSITY HOURS
KARATE TRAINING TOWARDS EXPLOSIVE POWER AND
FLEXIBILITY AMONG YOUNG KARATE ATHLETES**

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Abstract

The purpose of this study was to examine the effects of the short term karate training with high and low intensity hours of training towards explosive power and flexibility among young karate athletes. Sample size for this study was 24 subjects (N=24) of age between 8-12 years old, were randomly assigned to two groups which is high intensity group and low intensity group. The results from the acute effects between high and low intensity karate training was found in no significant in both pre test and post test for standing long jump and sit and reach. This shows that the improvements from both groups were not significantly different between groups that in a different duration of training for both motor abilities components. Through this finding, it was proved that by applying short term karate training for both different group intensity hours are less effective to be used to see the effects between low and high intensity hours training towards the flexibility and explosive power.

Key words: Short term training, High intensity training, Low intensity training, Explosive power, Flexibility, Motor abilities.

CHAPTER 1

INTRODUCTION

1.1 Background of study

Karate is a martial art form with strategy of unarmed self-defense that using all of body parts which is hands and legs (Padulo, Chamari, Chaabene, Ruscello, Maurino, Faina, Labini, Migliaccio, 2014). In this modern era, karate has been known as combat sport which it is divided into two different events such as Kumite which is performed combat between two individuals or called as an opponents and Kata which is performed as in individual demonstration form that shows different offensive and defensive techniques against the imaginary opponents (Padulo et al., 2014).

In karate match, it is focusing on the motor task performance by the arrangement of technical and technical-tactical formation of fighting techniques (Katic, Jukic, Glavan, Ivanisevic & Gudelj, 2009). In accordance to observe the effectiveness of karate training on improving the karate technique, it has already organized into motions of hand kicks, foot kicks, defence from kicks, throwing, falls, and attacking and defensive technique combinations where all of the techniques is construct in Kata performance with the arrangement movement of attack and defence demonstration form (Katic et al., 2009).

According to the study of Iide (2008) stated that in kumite event involve burst on lower body successive techniques which the main part is the bouncing movement that empower a quick changes of direction while kata perform in prescribed order motion that require in relation to lower postures. In competition rules, higher scoring are indicate as using leg techniques and it is the most quality and effective in karate

CHAPTER 2

LITERATURE REVIEW

2.1 Karate

Karate comprises of kihon which is a basic skills of karate techniques, kata and kumite training. Kata is represent as the actual convention and concept of karate (Funakoshi, 1995), with in excess of 20 sorts of offensive and defensive technique utilized dependent on the kata performance. In kumite, it is a match that is between two rivals in which it is describe as a bout with other opponent by applying any techniques and game plan. The rule is complicated where it demand in extensive physical and psychological strength. It also usually need a continuing training time to master the techniques and productively apply each of the techniques in karate (Katic et al., 2005). In order to have a good performance in karate, the athletes are exposed to sustained physical effect and thus physical development is critical not just for interdependent between specialized strategies yet in addition so as to lessen and preventing from injury (Padulo, 2014).

The word “Karate” in another meaning is an “empty hand”, it is obtained from Okinawa martial art after the Japanese take control of Okinawa in the mid 17th century and the boycott of weapons was actualized. Karate was introduced to world after World War II and as the fact confirmed by a lot of karate practitioner around the globe, karate is one of appealing combat sports. There are 4 karate styles exist which has been recognized by World Karate Federation (WKF) among numerous style founded which was Goju, Shito, Shotokan and Wado. Each of the styles pursues with