

AN INVESTIGATION INTO DIFFERENCES IN MODIFIED STORK BALANCE ABILITIES BETWEEN EXPERIENCED AND NON- EXPERIENCED KARATEKAS AT KENYATTA UNIVERSITY

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ABSTRACT:

Karate is a martial art sport whose main objective is to develop techniques and tactics for self-defence without the use of weapons. The ability to balance determines how well an individual can perform in this sport. The body's balance is maintained at the hip, where the a mass of the body is concentrated. A one-show case study was carried out on twelve experienced and twelve non-experienced make karatekas. The subjects performed the modified stork balance test. The two group compared and data descriptively presented. Among other findings, it was established that the experienced karatekas had a mean balance of 111.42 seconds compared to the 58.08 seconds for noble the non-experienced group. The t-test techniques indicated that there was a difference in balancing abilities in favour of experienced karatekas. It was evident that the more one engages in the sport the more one becomes competent in balancing abilities. Training and persistent practice are, therefore, vital if athletes are to improve balancing ability.

Key words: Modified stork balance, Karatekas, self defence.