Influence of Kalari Training on Select Motor Fitness Variables among School Boys
M. Syed Ali¹, Dr. P. Kumaresan²

Abstract: The purpose of the study is to find out the influence of traditional training on select motor fitness variables of school level kalari players. Thirty kalari players were randomly selected as subjects. The selected subjects were divided into two equal groups consisting of fifteen each. This study consisted of two groups such as kalari training group and control group. All the subjects were tested prior to and after the experimentation on arm strength, reaction time, and eye-hand co-ordination. The collected data were statistically analyzed by using analysis of covariance. The result reveals that there is a significant difference between the experimental groups and the control group on the selected motor fitness variables.

Keywords: Martial Arts, Kalari, Motor Fitness Variable, Self Defence, Physical Exercise.

1 Assistant Director of Physical Education, Department of Physical Education, Sadakathullah Appa College (Autonomous), Rahmath Nagar, Tirunelveli, India.
2 Associate Professor, Department of Physical Education, Health Edu & Sports, The M.D.T. Hindu College, Tirunelveli, India.