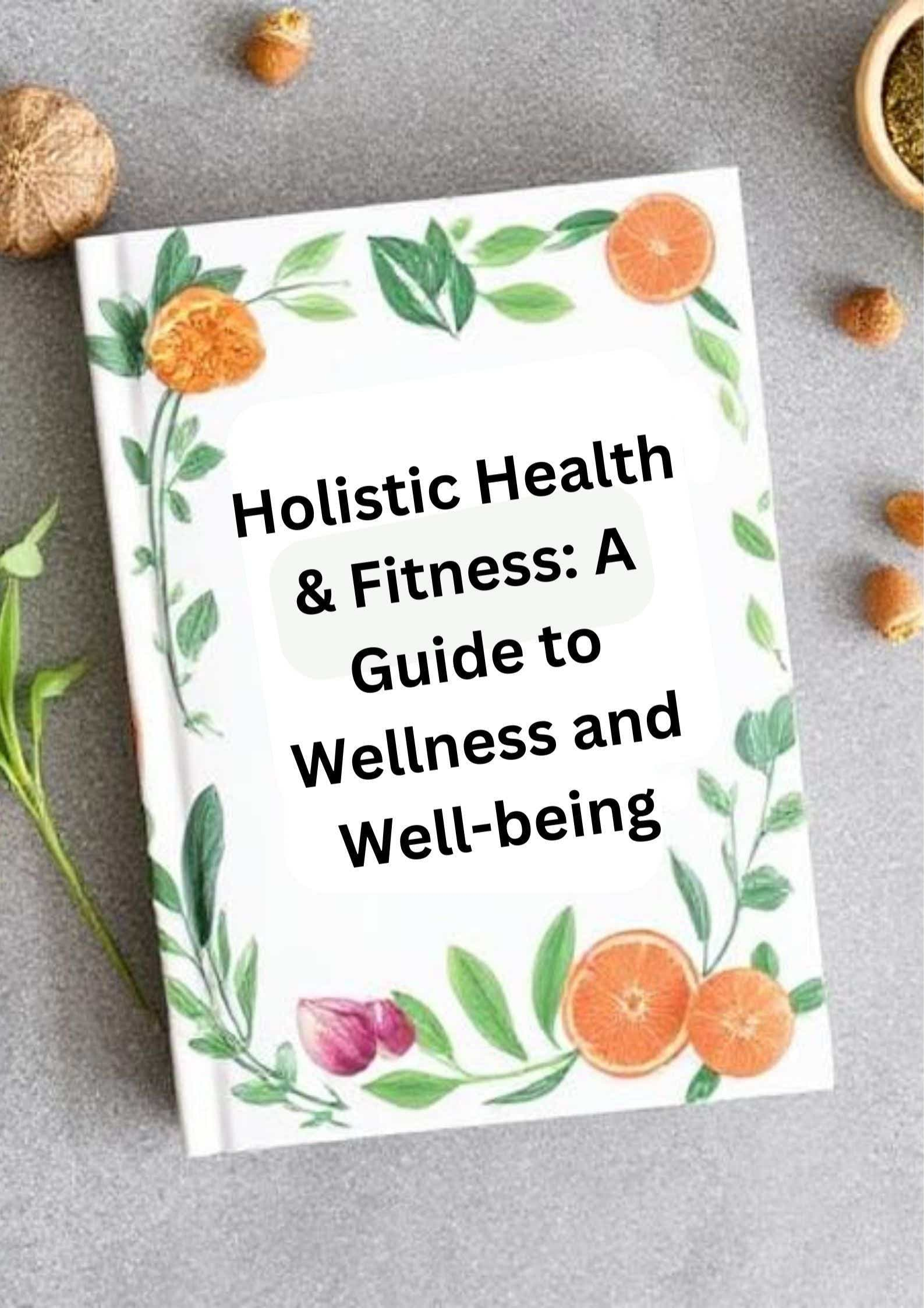
Holistic Health & Fitness: A Guide to Wellness and Well-being

We normally relate the terms diseases and illness interchangeably in relation to health, even though these words do not mean the same. Health is the general condition of a person in respect to all aspects of life. It is also a level of functional and/or metabolic efficiency of an organism. The word metabolic is the adjective of the term metabolism which means the whole range of big chemical processes that occur within us or any living organism to produce energy and basic materials needed for important life processes. Diseases and illness adversely affect these processes. And thus health, diseases and illness are inter-related. However, health is not just being free from diseases, illness or injury. As defined by World Health Organisation (WHO), health is "a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity". Let's now see how is illness different from that of disease? While illness and disease are at times used interchangeably, these in fact, are different from each other. Disease refers to a biomedically defined deviation from norms of body function or structure, whereas, illness is the experience of this deviation. It is a state of experience by the body when one or more of the control systems of the body are not functioning normally. Illness refers to a subjective distress feeling of a person, when one is sick or suffering from some disease. However, it is not appropriate to conclude that any one being merely free from illness or disease is healthy. You might have seen people suffering from various types of diseases. Some of the diseases, like high blood pressure affect only a particular person who is suffering from it. On the other hand, some diseases like common cold, spread rapidly and affect a number of people in a very short period. You must have often wondered as to how does this happen. In one of the chapters of your textbook on Science, you would have studied about 'Why We Fall Ill'. In that chapter, it is mentioned how diseases are caused and how some of these affect only the persons who suffer from them are called non-communicable, whereas, there are those diseases that are transmitted from oneLet us understand how communicable diseases are spread. These diseases are caused by certain infectious agents which may be bacteria or viruses. These are capable of being transmitted from person to person or from the environment to person. spread in other ways. For example, Rabies is spread to humans from animal. It is generally known that it occurs due to a dog or a monkey bite. Hepatitis occurs owing to virus, transmitted through contaminated needles. The HIV (Human Immunodeficiency Virus) can be transmitted by sexual contact or through transmission of infected blood from an infected person. HIV can be transmitted by the HIV infected mother to baby and can cause AIDS (Acquired Immune Deficiency Syndrome) Communicable diseases are also transmitted indirectly in the following ways that are popularly known as '5Fs'— flies, fingers, fomites (material capable of carrying infections, like towels, handkarchiefs etc.), food and fluid. Some diseases are spread through water, food, ice, blood and body tissues and organs. For example, typhoid, diarrhoea, polio, intestinal parasites and infective hepatitis. Flies contaminate food and other eatables. A living carrier (also known as a vector) is a disease agent that lives on or inside the body of the carrier causing diseases like malaria and plague. Airborne infectious materials transmitted through droplet infection or dust cause diseases like respiratory infections and itch mites. Fomites are objects like towels, handkerchiefs, toys, glass, spoons, etc. which we use daily. Eye and skin infections and dysentery (diarrhoea with blood) are spread through these fomites. Our unclean hands and fingers act as disease causing agents and transfer infection to food through skin, nose, and causes diseases, such as intestinal parasites, dysentery, typhoid. Healthy people can also spread disease if they are "carriers". These are the people who themselves may be immune to the organisms they harbour, but can be a source of transmission to others as happens in the case of typhoid. Vaccines boost immunity and thus helps the body fight diseases. A large number of infectious diseases can be prevented by taking vaccines at an appropriate time, such as, diphtheria, pertussis, polio, tetanus, rabies, measles, chickenpox, typhoid, etc. Treatment of diseases using medicines Medicines kill microbes and /or slow their growth. These are classified as anti-virals, anti-fungals, anti-protozoals and antibiotics according to the group of microbes they act upon. However, these medicines should be taken in the recommended dose and duration as advised by the doctor. One should avoid self-medication. Isolation of patients with communicable

diseases Patients suffering from such diseases that are communicable should be kept in a clean environment isolated from others. Education and awareness It is important to make people aware about communicable diseases, their causes and modes of spread. People shouldAll packaged and canned food items contain a very high level of sodium because of the presence of salt that is used as a preservative. If you are in the habit of adding table salt to your food you are consuming excess salt. Use of excess salt is linked with hypertension. Hence, consumption of excessive salt in daily food, packaged and canned foods need to be avoided. Sedentary lifestyle and lack of exercise You can put on excess weight, if you do not exercise daily. This excess weight and lack of exercise can lead to hypertension. n addition to taking the prescribed medication, doing regular exercises and taking high fibre diet can help one to control hypertension. Mental stress and chronic anxiety People who cannot manage stress and constantly worry about things, are prone to hypertension. Hence, one needs to learn to cope with stress in a healthy way by doing meditation and yoga and diverting attention by observing healthy mental habits like listening to music, reading, writing poems, pursuing a hobby, etc. Tobacco use Intake of nicotine either through smoking or chewing tobacco may lead to hypertension and should be avoided. Consistent use of tobacco, gutkha, khaini, etc. has been linked to various types of cancer. The consumption of tabacco, therefore, must be avoided. Endocrine Diseases Diabetes mellitus is one of the endocrine diseases. It is caused due to inadequate secretion of the hormone insulin from pancreas. Insulin regulates the level of sugar in our body. Lack of insulin causes increase of sugar in our body leading to the condition called diabetes mellitus. Common symptoms of this are increase in hunger, frequency of urination, and growing thirst. Until recently, most children and adolescents with diabetes were thought to have Type 1 (insulin dependent) diabetes. However, Type 2 diabetes mellitus (DM Type 2) among children is now being increasingly reported from several parts of the world. Adolescents who are obese are more likely to get Type 2 diabetes which is manifested as high blood sugar. If untreated, it leads to complications in kidneys, eyes and other organs systems in the body. Diabetes can be managed primarily by bringing about changes in lifestyle and physical exercises and medication. Hereditary Disorders Genetic disorders such as hemophilia, thallasemia, muscular dystrophy are hereditary diseases which run through generations in a family. Constant care and support may help the concerned individual manage these disordersIn India, non–communicable diseases cause major health problems. These diseases cause disability, loss of income, disruptions in family environment and poor quality of life in the most productive years. We are going to have the highest incidence of diabetes in the world by 2020. You may have heardabout young people having heart attacks and requiring bypass surgery. We need medical help for treatment. However, efforts should be made to prevent them. We can prevent these, if we adopt a healthy lifestyle right from childhood and continue it throughout life. Non–communicable diseases can be prevented in the following ways: Healthy diet Eating a balanced diet helps in the prevention of obesity and other lifestyle diseases. The balanced diet includes fruits and vegetables, preferably locally available and seasonal, wholegrain products (including pulses), milk and milk products. Adequate sleep We all require daily 6–8 hours of sound sleep. Inadequate sleep leads to changes in blood pressure, increase in stress level and disturbance of what is called the biological clock. Regular exercise People who undertake physical exercise and yoga activites daily keep themselves physically fit, feel happy and do not put on excess weight. One must do 20–30 minutes of physical activity daily to keep fit. This can be done by taking part in sports. Exercising or spot jogging can be done at home. Simple walking, climbing stairs, not using the lift and skipping have the same effect. Gym is another dedicated place for workouts. If a person is not able to handle stress, he/she experiences anxiety and depression. This weakens the immune system and one falls sick very often. One can also experience psychosomatic symptoms like headache, bodyache, stomachache, fatigue, inability to concentrate and loss of interest in all activities. Meditation, relaxation, exercises and other yoga actvities help reduce stress. You can also engage in hobbies like drawing, painting, listening to music and so on as relaxation techniques when under any type of stress. All these have positive impact that reduce anxiety and depression and prevent diabetes, hypertension and heart attacks in

the long run. Avoiding the use of tobacco, alcohol and drugs Use of tobacco, both by way of smoking and consuming chewable tobacco in any form directly contributes to heart disease, stroke, chronic lung disease and common cancers. Even the non–smokers inhale the smoke released by smokers around them. Therefore, prohibition of smoking in public places is an example of a public health regulation that decreases the risk for non–smokers. You should request the smokers not to smoke in public places. You may avoid company of smokers. Alcohol use contributes to chronic liver disease, depression and injuries, especially motor vehicular injuries. Both alcohol and drugs can have long term effects not only on the physical health but also on the mental health. Excess stimulants like caffeine in tea, coffee and cola drinks also have a harmful effect on our body as they cause rapid increase in heart-beat rate, lack of sleep and elevated blood pressure. These may also cause acidity and stomach ulcers. Addictive drugs impair social and occupational functioning and are associated with impaired mental health. Antioxidants Antioxidants help in prevention of the damage, repair of cellular functions and delay in the ageing process. Fresh vegetables, fruits and dry fruits are rich sources of antioxidants. Use of Ayurvedic, Homeopathy and Unani medicine also help in the cures of Non-communicable Diseases. Ayurveda is the science of life and health, developed in India since ages. It lays emphasis on prevention and promotion of health in addition to curing the diseases. The treatment under Ayurveda can be successfully used in early stages of diabetes, liver-disorders, skin diseases, stress, insomnia (sleeplessness) and anorectal-diseases. Some specialised Ayurvedic treatments can be helpful in diseases like joint-pains, neuromuscular diseases and paralysisBoth Homeopathy and Unani systems of medicine are also used in the treatment of non–communicable diseases. Homeopathy is that system of medicine which is based on the nature's law of cure. It is a safe and effective method of treatment. It helps in increasing the immunity of the body and offers in many cases a long lasting cure. Unani system of medicine is also the natural way of treatment with the help of herbal medicines. According to this system, the health of a person depends on the balance of four elements in the body. These are Dam (blood), Balgham (phlegm), Safra (yellow bile), and Sanda (black bile). The Unani medicines are given to the person suffering from a disease to promote an equilibrium of these elements in the bodyYou have read in your previous classes that cell is the structural and functional unit of our body. To perform various specialised functions, nature has divided our body into many functional units or systems comprising different organs. One such system is the 'reproductive system'. It is made up of reproductive and genital organs. You will study more about the structure and functions of the reproductive system in your science classes. In this chapter you will learn about the need to keep it healthy. In fact, reproductive health refers to healthy reproductive organs performing normal functions. But there are diseases that adversely affect this system. These are as follows: Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs) are non-communicable diseases which affect the quality of life and have important bearing on the reproductive functions. RTIs are infections involving reproductive organs. These can be caused by various microbes like bacteria, viruses or protozoa. Improper maintenance of hygiene of the genital organs or through infected instruments used in medical procedures for treating genital organs also result in reproductive tract infections. STIs are infections which are transmitted through close physical and sexual contact between individuals. However, STIs like infections through Human Immunodeficiency Virus (HIV) and hepatitis B and C can also spread by non-sexual modes like sharing of needles, transfusion of infected blood and using infected equipment for surgery(i) Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition and (v) Flexibility. The skillRelated Fitness Components are: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength, and (vi) Reaction Timcardio-respiratory endurance reflects the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity. To improve your cardio-respiratory endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, running, jogging, swimming, bicycling etc. The activity you choose need not be strenuous enough to improve your cardio-respiratory endurance. Start slowly with an activity you enjoy, and gradually work up increase to a more intense paceis the amount of force applied on muscle or muscle groups, is able to exert for one maximal effort (contraction).The key to

making your muscles stronger is working them against resistance, whether that be from weights or gravity. If you want to gain muscle strength, try excercises such as lifting weights (under proper supervision). s the ability of a muscle or muscle group to exert force against a submaximal load for a given length of time (or number of repetition) before fatiguing to the point of failure. refers to the proportion of team body mass to body fat, it includes amount of muscle, fat, bone, and other vital parts of the body. Body composition is important to be considered for health and managing the body fat. is the range of motion around a joint. Good flexibility in the joints can help prevent injuries through all stages of life. If you want to improve your flexibility, try yoga, gymnastics and basic stretching exercise programme. s the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example changing directions to hit a tennis ball. is the ability to move your body or parts of your body swiftly. Many sports rely on speed to gain advantage over opponents. For example, a Basketball player making a fast break to perform a lay-up, a tennis player moving forward to get to a drop shot, a football player running the defense to receive a passis the ability to move the body parts swiftly while applying the maximum force of the muscles. Power is a combination of both speed and muscular strength. For example, volleyball players lifting up to the net and lifting their bodies high into the aiAnaerobic exercise develops stronger muscles. With vigorous workouts, there is temporary shortage of oxygen being delivered to the working muscles, for example sprinting or body building. However the early stage of all exercise is anaerobic. This kind of activity is responsible for developing speed. This form of activity benefits the bones, i.e. their thickness increases. The different types of anaerobic activities are weight lifting, sprint races, jumping, mountain climbing, rafting etc. All major games and individual sports require a certain level of fitness components like strength, speed, agility, flexibility and endurance for successful participation. Warming up is usually performed before participating in any games and sports and physical activities. It is important to keep oneself free from injury, pain and how to avoid fatigue. While warming up prepares your body for intense exercise, whereas cooling down helps bring it back to near normal after rigorous activity. Muscle stiffness is thought to be directly related to muscle injury and therefore, the warming up should be aimed at reducing muscle stiffness. Warming up should consist of a gradual increase in physical activity for individuals for increasing joint mobility, stretching and various ways of sports related activities. Warming up is a low intensity dynamic exercise and static stretch performed to gradually prepare the body for further exercises and to present damage to skeletal muscles commutive tissue and heart. Cool down exercise used to prevent rapid drop in arterial blood pressure. After completion of vigorous exercise, the person should move for few minutes untill his/her breathing come down to near normal. We use the term training in various contexts. We talk of training of teachers, administrators, police and army personnel, medical and paramedical functionaries including, working in nongovernmental organisations and volunteers engaged in various events. In these contexts, by training we mean, an organised and systematic instructional process which aims at improving an individuals' ability to play their assigned roles effectively and meaningfully. However, this kind of understanding of the term training cannot be applied to the concept of sports training. The term sports training is specifically used in the context of athletics, sports and games which could be a training of sports persons, coaches and teachers of physical education. It is also used by scientists and experts who belong to the field of sports science and medicine, sports bio-mechanics, exercise physiology, sports psychology and other fields like yoga and science movement. But even in these contexts, the concept of sports training is understood differently. In this chapter, therefore, we shall learn the meaning of sports training, its aims, characteristics and principles and also about sports skills. Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport. It includes strength in training, corrective and restorative exercises, conditioning and cardiovascular training. It also includes mental and psychological training and advise on nutritional values. Sports training is especially focused on optimal

performance in a particular sport. Its main aim is to develop the performance capacity of sports persons, so that they achieve the highest possible performance. To do so, it is essential to be mentally strong. The ability to manage stress and anxiety associated with different sports need to be strengthened. Competition in sports makes the participants face varied situations which require the individuals to be mentally fit. The performance in sports generally depends upon physical fitness of a sports person. Every sport activity needs specific type of physical fitness, and hence, the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility is an important aim and objective of sports training. This includes motors skills as well as basic movement skills. Fundamental motor skills are prerequisites to the learning of sport-specific skills. Every sports activity requires to observe certain specific movement procedure to tackle a particular task. This movement procedure is known as technique and when this technique is learnt and perfected, it leads to skill development. Whenever sports persons include in technical training, they focus on acquisition of motor skills relevant to a particular sport. Fundamental motor skills such as hopping, jumping, skipping, kicking, throwing, catching and striking are prerequisites to the learning of sport specific skills of basketball, football, gymnastics, tennis, cricket, badminton etc. Tactical training is designed to improve various strategies and is based upon analysis of the tactics of opponents. Specific training in sports helps the sports persons to make the best use of their abilities and techniques so that the chances of success in competition are increased. The training develops three kinds of tactics: offensive, defensive and high performance tactics. Tactical efficiency is enhanced by providing the sports persons with knowledge of rules and repeated opportunities to perfect tactical abilities in them. are critical for high level performance in any sport. The training aims at development of positive attitude towards sports and competition, dedication and devotion towards particular sport or event, sincerity and honesty, self-confidence and optimum level of aspirationThe needs of every individual for performing in a particular sport are different from those of another. If we take the example of the sprint event, even a small difference in time and speed or distance decides the performance record, victoryor defeat. The difference depends on individual-specific capabilities. It is, therefore, necessary to identify the individual potential during the training. By identifying their needs, training may be focused at improving the identified gaps in the abilities of that sports personThe important feature of sports training is its focus on enabling the sportsperson to achieve the highest possible level of performance in any of the sports competitions. It is a process which is spread over a long period of timeIt is highly influenced by the scientific methods, to achieve best result the knowledge from various dimensions of which is the key to ensure the best outcome in a sport. The training of the sports persons has to be continuous and regular. Hence, too long a break in the training should be avoided and the condition of optimum load should be created. there is a relationship between the load and adaptation process. Training load should be gradually increased to enable the body, to adapt higher demands progressivelyIt is a well known fact that a player who is passively engaged in the training does not develop abilities and always remains totally dependent upon the coach or the physical education teacher and never develops confidence or improves performance capabilities. Therefore the teacher/coach must ensure that the sports persons participate in the training with conviction and sincerity. To achieve a high level of sports performance in competitions, the training must be well planned and conducted in a systematic manner for better resultsBoth general and specific training of a sports person are equally important because general training creates the base and specific training helps to achieve high performance. General training needs to general conditioning of the body such as developing strength, speed, endurance, flexibility, agility, balancing, ability in general. General training is done by general exercising for the development of althe muscle group of the body whereas specific training consists of specific exercises with the aim to develop specific strength, specific muscle group and specific motor abilities required for a particular sport. with respect to all aspects of the concerned sport and games more importantly, its techniques and tactics for performance enhancement is the key: The training can be organised in three different cycles: Macro cycle: having duration of 3–12 months; Meso cycle of 3–6 weeks; and Micro cycle of 5–10 daysThe training load may be increased to meet the higher demands

of competition in unforeseen situations. The training load should be managed more than the general load. This critical load should be measured 4–5 times in a yearThe uniformity may be in terms of time and duration of the activity, whereas, the load may vary as per the capacity of the individual sportsperson. It is an established fact that no two individuals are alike. The sports persons participating in the training are different in terms of age, health condition, individual capacity, recovery pace and physique. Keeping these factors in view, the training must be planned as per the needs of the individual sports person. As is evident from the above, in sports training, the load is a major concern. Efforts should be made so that possible work can be done with minimum effort. Load is defined as the amount of work done by an individual's body. It is the psychological and physiological demand put on the body parts through motor stimuli resulting in improvement and maintenance of higher performance capacity. Sports training consists of physical exercises. Therefore one needs to be aware During training of sports persons, load is given to the players according to their capacity. Whenever this load goes beyond the capacity of an individual, the physiological and psychological functions get disturbed. Though this increased load does not affect the sports person immediately, if the administration of the overload continues for a longer period, it results in decrease of his/her performance. The important signs and symptoms of over load are: (i) fatigue, (ii) decline in performance, (iii) loss of interest in sports, (iv) loss of concentration, (v) lack of motivation, (vi) sleep disorder and (vii) loss of appetite (viii) prone to injuries. Adaptation is defined as the adjustment of physical and psychological functional systems to the training load. Adaptation to a load results in the enhancement of performance capacity. Thus, a sports person is able to increase his/her performance as a result of adaptation process. Adaptation process demands that a sports person maintains regularity in training. If a sports person is exposed to new and unfamiliar load in a systematic planned way the adaptation process will be faster. Games and sports in some form or the other have been a part of human life either for survival or for pleasure. Gradually human beings started organising events including games and sports as community events. Consequently, the need was felt to acquire specific skills and advancement in many sports. Each sport has its specific skills which need to be developed for playing correctly. In this chapter we are going to discuss how some individual sports have evolved and how to develop proficiency in playing these sports. Rules and regulations of these sports are revised from time to time by there federations. Badminton is a game which is played by men, women (Singles/Doubles) and both men and women (Mixed Doubles) together. It can be played by persons of all ages. The first set of rules were formulated in Pune, in India in 1901. These rules were gradually adopted by other nations. Due to this reason, it is believed that badminton originated in India. However, the game became an international sport after the first All England Championship. In 1934, the International Badminton Federation (IBF) was formed and the rules of the game were standardised. World Badminton Federation (WBF) regulates the game. Badminton Association of India came into existence in 1934 and various State A player will lose the rally if service is not correct or server misses the service or shuttle lands outside the prescribed area, shuttle passes through the net, shuttle does not cross the net, shuttle touches the walls/ceiling or shuttle hits twice on the player's racket and any part of her/his body touches the net. Three types of cards are used in Badminton, i.e. yellow card for first warning due to misconduct, red card for those who have been previously warned and black card for disqualifying a player for persistent misbehaviour, this shall render a player disqualified for the entire tournament. The Forehand Grip The grip is very important for a player. The racket is held with a shake hand grip. The 'v' between the thumb and fore fingers runs down the middle of the side of the handle as shown in Fig. 6.3. Backhand Grip In this, the player holds the racquet in the forehand grip. She/he then relaxes the grip and moves her/his hand over the top edge of the handle until the thumb lies flat along the back edge. The strength is directly behind the backhand face of the racket. Footwork Footwork is an essential skill for Badminton. Being agile and flexible, enables a badminton

player move all over the court efficiently in accordance with a Forehand, Backhand, Drop, Drive shot etc. and these are given below: StrokesIf a serve lands in the court of the opponent without volleyed back or the opponent returns a volley outside the play area, the server scores a point. In case of boys, it is best of five games of 21 points with two points lead, e.g. 21-19, 19-21, 22-20 and 21-17 and in case of girls, best of three games with same lead of two points. The word gymnastics has been derived from the Greek word 'Gymnos' meaning "naked art". In ancient Greek, the word "Gymnastics" was used to denote the exercise done with the naked body. Guts Muths, is known as the Grand Father of Modern Gymnastics and Friedrich Ludwig Jahn is known as the Father of Gymnastics. Modern gymnastics is regulated by the Federation International de Gymnastique (FIG) which was founded in 1881. Gymnastics was included in the Modern Olympic Games in 1896 and women gymnastics was introduced in Olympic Games in 1928. The first gymnastics world cup was organised in 1975. At present, gymnastics as an event can be seen in almost all the known multi sports meetsBroadly gymnastics has been classified in three types, i.e. Basic Gymnastics, Sportive Gymnastics, and Auxiliary Gymnastics. Sportive gymnastics is further categorised as artistic (men and women), rhythmic, aerobics, acrobatics, and trampoline gymnastics. This chapter deals with artistic gymnastics which is a popular discipline of gymnastics. Artistic gymnastics apparatus for men are: floor exercise, pommel horse, roman rings, vaulting table, parallel bars, and horizontal bar. For women, the apparatus are: vaulting table, uneven bars, balancing beam and floor exercises. As you know now, gymnastics is performed on various apparatus and for all the apparatus some skills are identified as the basic skills of the game. Some basic skills, apparatus wise are listed below: is an inverted gymnastics controlled skill performed by supporting the body on both hands, with the arms straight and the body vertical. (Fig. 6.5.1places her/his hands on the ground in the same line while kicking with other leg up into a side handstand. The gymnast then lands with one leg on the other side followed by the other leg. (Fig. 6.6are considered as one of the basic swings on pommel horse. These are sideways swings which are performed with legs apart. Leg swings are the basis for scissors, leg cuts and undercuts and one leg circle. (Fig. 6.8.1) This skill is typically performed by kicking heels high behind in a backward swing. On the top of the swing, head rolls forward and arms and shoulder rotate inwards, bringing the body once again into a pike position. (Fig. 6.9.1) This is a skill in gymnastics that involves a rotation of the shoulders when performing a forward swing or movement. Dislocation requires a good degree of shoulder flexibility. (Fig. 6.9.2) At the start of front swing, the body is straight and slightly pike, with shoulders as high as possible. Thereafter, the body swings backward. (FigIn this position the gymnast's arms, legs and body are held straight over the parallel bars while legs are brought at an angle of 90 degrees at the hips in support position. – In this skill, the body acquires a forward movement around the bar while touching upper part of thigh to the bar and body rotates forward and downward around the bar in a circleIn this skill, the body acquires a backward movement around the bar with the hips resting on the bar and the body rotating backward and downward around the bar in a circlIn this skill a gymnast stands on one leg, with other leg backward above horizontal level keeping arms side ways and holds the position for 2 seconds. - In this skill, the gymnast rocks the knees with feet pointing on each step and performs walk, with variations in arms movements. Eventually the arms position can be combined during the walk on each step changing from straight arms out to crown up and vice-versaThe gymnast initiates the skill from support position. The gymnast falls forward with a tight body touching upper thigh or stomach, leaning well forward to initiate momentum and to complete the forward circleJudo had its origin in the ancient Japanese art of Ju-jitsu (Gentle art), a system of hand-to-hand combat. It is a sport of Asian origin which was included in Tokyo Olympic Games in 1964. The first school of Judo was started by Professor Jigoro Kano in 1882 at Eishoji (a Buddhist temple) in Tokyo, Japan. As a player progresses through the ranks (Grading reflected by the belt of the Judo player) and the very nature