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Study of physical competencies of Thai Taekwondo competition achieved athletes

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This purpose of this research is to study and compare the physical competencies of Thai Taekwondo competition achieved athletes. Subjects are 114 Thai Taekwondo athlete of which 57 were males (6-National Representatives from 2015 AD-present day (MNR) 27-Medalists of National Games (MNG), 24-medalists of the 43rd University Games (MUG) and 57 were females (7-National Representatives from 2015 AD-present day (FNR), 22-medalists of the 44th National Games (FNG) and 28-medalists of the 43rd University Games (FUG) aged between 18-25 years. Subjects were assessed on their physical characteristics (BMI, greater tubercle-styloid process, greater trochanter-lateral malleolus, arm flex and tensed, calf circumference), specific fitness for Taekwondo athlete (overhead medicine ball throw for upper body power, standing board jump for lower body power, 30 s sit-up test for abdominal strength-endurance, 30.0 m speed running test for speed, hip flexion for flexibility, reaction time with specific Taekwondo techniques for taekwondo skills) and specific Taekwondo punching (kicking, turning kick skills, aerobic capacity Astrand rhyming test and anaerobic capacity 30 s Wingate Test).

Biography

Nuntapol Tongnillpant has obtained his MSc degree in Sports Science from Srinakharinwirot University in 2005. He is a Sports Scientist at Sport Science Center of Sports Authority of Thailand. He is also the Sport Scientist of National team for 29th Sea Game 2017 in Malaysia, 6th Asian Indoor and Martial Arts Games in Turkmenistan.

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