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## Mallakhamb practices on the impact of other sports performance

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### **Abstract**

Mallakhamb is one of the most advanced apparatus used to build up the physique. Sometime, south side people are practised in their own place inside of Kalam (Practice ground, gymnasium), but other people can't see their practice. Nowadays, fashion has transformed, and it has become a special individuality. Performance in any sport mainly depends upon the individual's physical fitness. The components of physical fitness are strength, endurance, speed, flexibility, agility and coordination. Most of the benefits of physical fitness, physiology, self-efficacy and neuromuscular coordination are achieved through mallakhamb training. Regular conditioning on the Mallakhamb feats would improve sports performance like gymnastics fish poses on the Roman Rings, arm balance on pole vault, and Wrestling and Judo shoulder vaults improve the wrestler's shoulder throw and dismounting a mallakhamb would be basic training for a swimmer for diving.

**Keywords:** Mallakhamb, performance, gymnastics, swimming, wrestling and judo

### **Introduction**

Sports have a very essential role in current society. It is vital for an individual, a group, a nation and indeed the world. Sports performance is the effect and expression of the total behavior of a sports man. The growth of a sportsman enabling him to achieve a high level of enactment is usually concerned with four areas: physical power, social adjustment, psychological development and physiological effectiveness. Different activities make different loads on the organism with respect to circulatory, respiratory, metabolic neurological and temperature-regulating functions. Mallakhamb isn't just exercise; it's a whole-body workout (Singh and Kumar, 2024) <sup>[11, 14]</sup>. It involves tricky poses, spins, and balances, turning, descending, and weeping on a strong vertical wooden pole (Deodhar, 1997) <sup>[3]</sup>. Hanging mallakhamb, or a hanging rope (Senthilkumaran and Saroja, 2021) <sup>[10]</sup>. The pole must be smooth and grip, while the rope must be fast and coordinated (Burt, 2010) <sup>[2]</sup>.

**Muscular Strength:** Systematic training on the mallakhamb would improve the muscular strength of the hands, legs, and thighs. The muscles work against the body weights, which increases their resistance (Shonan Padte and Aditya Gharat, 2023) <sup>[13]</sup>.

**Flexibility:** The various holds and twists extend and flex the joints to their maximum, thereby increasing their flexibility and range of movement. This is an active one, where maximum flexion of the vertebral column is observed (Shalini Menon, Kunwar Singh and Prabhath Kumar, 2024) <sup>[11, 14]</sup>.

**Balance:** Balance, the ability to maintain total body equilibrium in a static or dynamic position, is enhanced by conditioning on the mallakhamb by performing different kinds of balances in the Surprise, prone, lateral, and inverted positions (Kela, 2019) <sup>[5]</sup>.

### **Agility**

Exercise involving quick rounds, twisting movements, and change indications performed in quick succession over the entire length of the Mallakhamb would definitely develop agility in the body (Misal and Battalwar, 2024).

**Anaerobic:** Powerful, continuous practice of routine performance in a stipulated time frame and breathing techniques would help develop anaerobic power. Inverted positions would improve the venous return (Baker *et al.*, 2022) <sup>[1]</sup>.

**Kinesthetic Perception:** Mounting, Dismounting, and many difficult positions require the athlete to previous his body position in space, thereby improving his kinesthetic perception (Ramachandiran and Saravanan, 2020) <sup>[8]</sup>.

**Gymnastics:** Mallakhamb combines fundamentals of gymnastics, yoga, and strength. Practising a vertical hold, horizontal hold, fish poses, and repetition grip on mallakhamb will strengthen a gymnast's shoulder griddle for mallakhamb skills used on the Roman rings and, pommel horse, parallel bars (Sharma, 2022) <sup>[12]</sup>. A strong core is vital for keeping stability during gymnastics routines, helping the athlete perform with self-confidence and control. Mallakhamb's benefit for gymnastics lies in its moves that work the whole core, from the stomach to the lower back. This means better balance and stability during the gymnastics routines can be expected by going for gymnastics with mallakhamb (Thakare, 2015) <sup>[16]</sup>.

**Athletics:** Bagali pharara, hatacha pharara, ghoda balance, to back balance, short arm to one hand mayurasan, ghoda mount an arm balance exercise on mallakhamb will take an athlete a long way in the pole vault, hurdles and high jump. Mallakhamb training increases the endurance, strength, and stamina of shot and long-distance runners, which are needed for athletic events.

**Wrestling and Judo:** Mallakhamb incorporates various actions, with salutation, ascents, twists, grip-strengthening exercises, crawling manoeuvres, bandings, balancing poses (both vertical and horizontal), and intricate body contortions (Tatke, 2012) <sup>[15]</sup>. These exercises suggestively enhance shoulder strength, a crucial component of wrestling and judo (Saloni SiSodiya and Ajeet Jaiswal, 2024) <sup>[9]</sup>. Front leg-grip-adi, back-leg-grip-udi-thedi, shoulder vault, and shoulder plank on the mallakhamb will improve the wrestler's throws. Most martial arts use the mallakhamb for shadow practising; most of the movements in mallakhamb are invented while keeping wrestling in view (Kadam Rajendra Pandurang, 2021) <sup>[4]</sup>.

**Swimming:** Dismounting, front and back salto, gainer front and gainer back, and a mallakhamb would be basic training for a swimmer for diving (Malpure and Husain, 2023) <sup>[6]</sup>.

**Bodybuilding:** Mallakhamb working out efficiently builds lean muscle mass. The core strengths, back, arms, and legs experience significant development in all major muscles and minor muscles.

**Rocket games:** Like Table Tennis, Badminton, Ball badminton, and Tennis, players need shoulder strength and endurance. Mallakhamb exercise will strengthen the muscles of the shoulder girdle and forearm.

## Conclusion

Indigenous activity mallakhamb of joining fundamentals of yoga, martial arts, and gymnastics, it suggestions a comprehensive workout that improves overall health. By improving flexibility, balance, agility, anaerobic, kinesthetic

perception, muscle strength, muscle endurance, responses, and coordination, mallakhamb training empowers athletes to excel in their respective fields. Planned working out programs provide guidance and support to help to progress effectively. Implemented as supplementation training for sports, including wrestling, judo, gymnastics and athletics, in addition to this regular training.

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