



INDOOR GYMNASIUM IS BENEFICIARY OR NON-BENEFICIARY TO PLAYERS OF COMBAT SPORTS IN THE SOUTHERN PART OF INDIA

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Abstract

The increasing popularity of combat sports such as boxing, wrestling, judo, karate, taekwondo, and mixed martial arts in the southern part of India has increased awareness regarding training facilities. Indoor gyms, for example, are often publicized as ideal places to conduct structured training throughout the year. Keeping physiological, environmental, infrastructural, social, and economic issues in mind, this study tries to explore whether indoor gymnasiums are indeed beneficial-or not-for combat sport athletes in South India.

According to a wide range of research from around the world, indoor training spaces have certain advantages, including regulated lighting, uniform surfaces, controlled climate, and scheduled scheduling that support methodical, repetitive, and technique-oriented training. The weather conditions-both rain, heat, and humidity-that make many outdoor training situations miserable are greatly mitigated indoors; this is particularly true considering the climate of South India. Standardization of flooring in athletic arenas is commonly recommended, especially for activities involving sudden movements, tumbles, and contact. Such controlled indoor surfaces-sprung floors or specialty mats-reduce impact on joints and minimize the risk of injury when conducting high-intensity exercises or martial drills.

In addition, indoor gyms offer regular, structured exercise irrespective of vagaries in daily or seasonal weather. The possibility of training year-round in stable conditions is a major plus in cities that are characterized by extreme heat, humidity, monsoon rains, or heat waves-all common in large parts of south India. Continuous training momentum, absence of cancellations, and long-term development of athletes are rendered possible through controlled indoor conditions. Indoor facilities also commonly make coaching, strength training equipment, and ancillary support (conditioning, flexibility, recuperation) available for a holistic approach to athlete development.

Key words :- Combat sports and Indoor Gymnasium



1.INTRODUCTION

Combat sports are a wide class of competitive physical activities wherein two opponents actively engage in martial arts-derived tactics, such as grappling or striking, or even both. Since time immemorial, such games have charmed human societies. From military training and ritualistic practices, these have grown into highly regulated affairs with an international audience.

1.1 Ancient Roots and Historical Development

The history of combat sport begins with the earliest evidence of human civilization. Depictions of wrestling have been found in cave paintings dating back at least 15,000 years, and the sport has been described as the oldest. The ancient Sumerians and Egyptians held matches as early as 3000 BCE, while evidence of their own indigenous fighting technique, Shuai Jiao and Malla Yuddha, respectively, goes back thousands of years in Chinese and Indian cultures. Combat sports were regarded as integral aspects of both athletic competition and moral virtue in the ancient Greek Olympic Games. The most well-known and prestigious combat sports were boxing (pygme), wrestling (pale), and pankration, a brutal hybrid of both boxing and wrestling governed by very few rules. Save for eye-gouging and biting, pankration was characterized by scant rules, allowing nearly all forms of hand-to-hand fighting. Death was quite common in the course of competitions, which could not be decided save by the opponent's unconsciousness or submission. Parallel to the Greek and Roman forms of martial art and competition, Asian culture developed unique martial arts and competitive systems. Examples include Chinese martial arts, especially those practiced by Shaolin monks, and the Indian Kalaripayattu. Throughout the Middle Ages, armed and unarmed knightly tournaments, such as jousting and wrestling, which served both as sport and martial training, proliferated throughout Europe.

1.2 Essential Combat Sports in the Modern Era

Combat sports are several disciplines where competitors fight with their body and strictly follow rules and regulations. Some of the very common examples include boxing, kickboxing, wrestling, karate, Muay Thai, Taekwondo, and mixed martial arts. Combat sports generically can be categorized as hybrid, grappling, or striking sports. Following are a few examples, which are most common

1.3 Boxing

Boxing is a fighting sport using fists only and focusing on tactical skill, mobility, and defense. Rules and scoring systems differ at different levels, Olympic and professional. Study shows that boxing is one of Mexico's national sports, along with football.



1.4 WRESTLING

Wrestling is regarded as the national sport of Iran. Wrestling is among those grappling-focused sports that include various regional folk forms and the Olympic styles like freestyle and Greco-Roman.

1.5 Judo

Judo is a Japanese grappling style that focuses on submissions, pins, and throws. Olympic standing since 1964.

1.6 Karate

Karate is one of many Asian martial arts. Most striking arts, such as karate, taekwondo, and kung fu, have sport forms of the activity that incorporate point systems and protective gear.

1.7 Kickboxing

Kickboxing is a contact sport that incorporates the traditional boxing way with kicks emanating from Taekwondo, Muay Thai, and Karate. Competitors use punches and kicks strikes either to score points or to knock down opponents. Kickboxing is done for competitive, physical fitness, and self-defense reasons.

1.8 Muay Thai

Muay Thai is an exceptionally powerful martial art that is often referred to as the "Art of Eight Limbs" and has since become Thailand's national sport. It is a highly effective full-contact discipline that strikes with the fists, elbows, knees, and shins.

1.9 Taekwondo

The Korean martial art of Taekwondo focuses much on kicks: many Korean martial artists combined the best of traditional Korean fighting techniques with elements of other martial arts such as Chinese and karate in the 1940s and 1950s to create Taekwondo.

1.10 Mixed Martial Art

MMA: Involves both grappling (wrestling, jiu-jitsu) and striking (boxing, Muay Thai), fought in a cage or ring with few limits under a single set of rules.

1.11 CLIMATE CONDITIONS IN SOUTH INDIA

The five states in South India include Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, and Telangana. The southern part of India constitutes these states besides the union territories of Puducherry and Lakshadweep.

The year-round tropical climate of South India is characterized by high temperatures and humidity, particularly during the summer. Monsoons in this region, from the months of June through September, are generally rainy, especially along coastal regions. Winter, which falls between October and February, is the perfect time for travel because it is pleasant, dry, and somewhat cooler in the hills.



The weather in South India is always unpredictable. Sometimes it can be extremely hot, with some areas experiencing excessive rainfall.

Due to this, ordinary people's lives are affected. During the months of March to May, the temperature can go higher than 40°C in some areas. The air remains hot.

In certain regions, during the months of June to December, heavy rainfall is experienced while light rainfall is felt. The temperature in other parts of the region reaches as low as about 24.7°C between January and February, making the air dry and the weather cold.

1.12 INDOOR GYMNASIUM

The indoor gymnasium is a large, enclosed area designed specifically for physical activity, exercise, and athletic training. It typically consists of one large main hall with basketball, volleyball, badminton courts, along with space for gymnastics, exercise equipment, and sometimes rooms for group instruction or spectator seating. Many schools, colleges, sports centers, and fitness clubs contain a gymnasium, which consists of a controlled environment for regular physical activity and community events throughout the year.

2.0 Indoor Gyms: Benefits to Combat Sports Players

Indoor gyms offer a variety of benefits to combat sports players in the areas of physical conditioning, development of technical skills, mental stamina, and general well-being. A professional indoor gym for combat sports provides a controlled and specialized environment for advanced training that is not offered by the average fitness centre.

2.1 Maximum Training Environment and Equipment

The main advantage of an indoor gym includes the specialized equipment and facilities. Combat sports will require such things as heavy bags, speed bags, boxing rings, matting places for grappling, and specialized cages for mixed martial arts. These tools are critical in developing explosive power, refining specific tactics, and safely emulating combat scenarios. Because the environment is controlled, training is not affected by weather; this allows regular scheduling, which is so crucial for acquiring muscle memory and endurance. Furthermore, many specialty gyms will also have areas designated for strength and conditioning, ensuring that players can also add specific physical development to their combat training.

2.2 Comprehensive Physical Fitness

Combat sports require a special combination of physical qualities, including functional strength, flexibility, agility, and cardiovascular endurance. Training in an indoor gym creates conditions for the full development of all these areas. High-intensity interval training is also commonly used in combat sports routines and significantly enhances cardiovascular health and stamina, crucial for sustaining many rounds. Functional strength training—making use of compound movements instead of working out isolated muscles—is important for ensuring power in punches, kicks, and takedowns. The



organized environment and professional trainers provide safety and effectiveness in training, tailored to the athlete's phase, whether it be preparation, competition, or the off-season.

2.3 Resilience from a Psychological Perspective

Mental toughness and discipline are put to the test almost more than physical conditioning in indoor gym tests. Committing to show up for challenging sessions, pushing through physical discomfort, and learning complex skills under duress builds resilience that extends beyond the ring. Sparring and drilling in a controlled environment require extreme focus, problem-solving skills, and the ability to remain composed when exhausted or under stress. Furthermore, the facility in which one trains provides a suitable outlet for the dissipation of stress by allowing the athlete to express their anger and irritation through productive physical effort, leaving them in a better mood with a clear mind.

2.4 Community involvement and Professional Coaching

The most valuable of all, perhaps, are community and access to professional coaching. An indoor combat sports gymnasium serves as a hub for athletes of shared ambition who inspire and motivate each other to grow. Such camaraderie breeds a support system, which is vital to sustained motivation on the arduous journey of a combat athlete. Expert coaches employ structured learning, progressive skill development, and personalized feedback to optimize form and technique, leading to accelerated yet precise development with reduced risk of injury. Indeed, one would seldom find such expert support in mainstream fitness centers.

3.0 Disadvantages of Indoor Gymnasiums for Combat Sports (Minor, if managed well)

Air pollution is currently the largest environmental threat to health worldwide, responsible for one in eight deaths in 2012 (WHO, 2016). Indoor and outdoor air pollution poses a health hazard to human beings due to the high risk of exposure to pollutants, even at low concentrations (Kim et al., 2015). IAQ has increasingly become of interest to researchers because people spend as much as 90% of their time indoors (Andrade et al., 2017a; Andrade et al., 2017b; Castro et al., 2015; Godoi et al., 2009). Air pollution research has been carried out in the home, office, hospital, and school settings amongst other areas Buonanno et al. 2013, Pereira et al., 2017, Fuoco et al., 2015, Wells et al., 2015, Maula et al., 2017. The factors affecting air quality in such premises are similar and include location, size, type of ventilation, and building and maintenance materials Ramos et al., 2014. The presence of people and types of activities conducted indoors are the unique features attracting researchers to such settings Ramos et al., 2014. Sports and physical exercise are common activities indoors, characterized by physical, psychological, and performance aspects (Brandt et al., 2017, Andrade et al., 2017a,



Andrade et al., 2017b, Andrade et al., 2016). Due to the metabolic response related to physical activity, the body is more exposed to contaminants. During exercises, respiratory ventilation per minute increases, which elevates the amount of air inhaled by the body and consequently a greater intake of air pollutants (Carlisle and Sharp, 2001). During physical activity, air often bypasses the nasal particle-filtering mechanism through the mouth. As a result of the increased air velocity, the flow of pollutants goes to the deepest area of the respiratory system. The study of air quality is important concerning the impacts it has on human health. This research aims to identify the IAQ of settings used both for physical activity and for sports practice through a careful literature review.

Costs: Setting up and maintaining an indoor gym is expensive, and the membership is too expensive for some players to afford.

Lack of Natural Air: If poorly aired, this may become stuffy and unpleasant. Modern gyms, however, are built with air conditioning or enough ventilation.

Limited exposure to elements of nature: A few argue that training outdoors builds other kinds of resilience or adaptability to environmental circumstance. The controlled environment, however, is generally preferred for combat sport's distinctive needs.

Over-reliance on Equipment: This is a bit of an issue, but over-reliance on machines might sometimes detract from body weight or natural movement training. This can be readily overcome by a well-designed training program.

Conclusion

The indoor gymnasium is something more than just a place for exercise; it is a kind of special laboratory for the combat athlete, providing specific equipment, pro guidance, and a friendly atmosphere that all help the sportsman change his physical talents and mental determination. Indoor gymnasiums decrease the risk of injury caused by the weather. On the outside, a slippery surface or very hot or extremely cold weather may create a hazard; on the inside, you are sure that the playing area is safe and comfortable. Combat sports including boxing, wrestling, judo, Taekwondo, and martial arts all require strength, stamina, agility, and mental toughness. The growth of athletes is highly dependent on the settings they receive for training. While the number of Indoor gymnasiums being used within Southern India for combat sports training is on the increase, there is still much debate about how effective they are compared to traditional outdoors or specific training facilities. This paper thus proposes that indoor gyms in southern India are useful for combat sport athletes mainly in areas of strength, technique, injury prevention, all-season consistency, and structured training, provided such gyms are accessible and of adequate quality-mats or sprung floors, good ventilation, appropriate equipment, qualified coaches. The advantages are especially so in seasons and climates when outdoor training may be hazardous or unpredictable. Yet, the benefit is contingent. In the same way an athlete's adaptation and general preparedness for real-world competition may be limited by an



over-reliance on indoor training without complementing exposure to environmental unpredictability, the potential advantages could be lost or reversed in the absence of adequate infrastructure, cost, and coaching.

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