

LIST OF TABLES

Table No.	Title	Page No.
I	Selection of Tests	73
II	Intra Class Correlation Coefficient of Test-Retest Scores	77
III	Training Plan for Isolated and Combined Randori and Uchikomi Training	78
IV	Twelve Weeks Training Schedule for Isolated Randori Training Group	79
V	Twelve Weeks Training Schedule for Isolated Uchikomi Training Group	80
VI	Twelve Weeks Training Schedule for Combined Randori and Uchikomi Training	81
VII	Score Values of Stress	86
VIII	Score Values of Anxiety	87
IX	Score Values of Aggression	88
X	Computation of Analysis of Covariance of Height	94
XI	Computation of Analysis of Covariance of Leg Length	96
XII	Computation of Analysis of Covariance of Arm Length	98
XIII	Computation of Analysis of Covariance of Flexed Arm Girth	100
XIII.a	Computation of Analysis of Scheffe's Post-Hoc Test of Flexed Arm Girth	101
XIV	Computation of Analysis of Covariance of Thigh Girth	103
XV	Computation of Analysis of Covariance of Stress	105
XV.a	Computation of Analysis of Scheffe's Post-Hoc Test of Stress	106
XVI	Computation of Analysis of Covariance of Anxiety	108
XVI.a	Computation of Analysis of Scheffe's Post-Hoc Test of Anxiety	109
XVII	Computation of Analysis of Covariance of Aggression	111
XVII.a	Computation of Analysis of Scheffe's Post-Hoc Test of Aggression	112
XVIII	Computation of Analysis of Covariance of Self Confidence	114

XVIII.a	Computation of Analysis of Scheffe's Post-Hoc Test of Self Confidence	115
XIX	Computation of Analysis of Covariance of Nage-Waza	117
XIX.a	Computation of Analysis of Scheffe's Post-Hoc Test of Nage-Waza	118
XX	Computation of Analysis of Covariance of Katame - Waza	120
XX.a	Computation of Analysis of Scheffe's Post-Hoc Test of Katame-Waza	121
XXI	Computation of Analysis of Covariance of Randroku - Waza	123
XXI.a	Computation of Analysis of Scheffe's Post-Hoc Test of Randroku -Waza	124
XXII	Computation of Analysis of Covariance of Kaeshi -Waza	126
XXII.a	Computation of Analysis of Scheffe's Post-Hoc Test of Kaeshi -Waza	127