

# **Compare some anthropometric and biomotor characteristics in trained men and women judokas**

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**The purpose of this study was to Compare some anthropometric and biomotor characteristics in trained men and women judokas. Method: Male and female judo who have at least 2 years experience in Judo in Guilan province were considered as the statistical community. 40 person (20 men with an average age of  $18.77 \pm 1.71$ , Weight  $70.77 \pm 4.17$ , height  $174 \pm 04.17$ , and women  $20/15 \pm 1.40$ , Weight  $60.47 \pm 5.34$ , and height  $164 \pm 0.02$ ) Non-random sampling targeted by the recall were informed of the study voluntarily. A week prior to the measurements, participants were invited to the training hall and completed the forms of personal data, the medical records of the sport and the written consent form of the company in the study. Then some features of anthropometric such as weight, height, sitting height, length range, hands, forearm length, arm length, body fat percentage, shoulder width, the width of the hip and thigh circumference, arm circumference, chest circumference and biological characteristics Motion included The strength of the hand, the test of a maximal repeat (upper and lower trunk), Sargent jump, the Cooper test (for VO2max), the RAST test, the length of the meeting of men and women judokas were measured and recorded and compared to men and women. Independent t-test showed that between two groups, height, weight, height, length of arm, length of forearm, arm length, body fat percentage, shoulder width, elbow width, circumference, arm circumference, breast circumference and There was a significant difference in body fat percentage(p**

**Keywords : judokas, Anthropometric profiles, biomotor characteristics, Women-Men.**

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