INTRODUCTION
It sanshou it is a combat modality where the muscle power is essential, being necessary the use of specific training that can propitiate an increase in the performance of the practitioners of this modality. By means of the displayed o above, this study it is of great relevance for the physical professors, technician, trainers and athlete of this modality, therefore it has for objective to argue the effect of the pliométric training on the intermediate practitioners of this modality, being verified its application as half of specific neuro-muscle training. For the accomplishment of this study, two groups with 12 individuals had been formed each, being one of the feminine sex in each group. The two groups had been submitted the tests of power of uppers and lowers members, establishing average for the two groups. In the sequence these groups had been subjected the eight weeks of training, being the group submitted to the pliométric training and group B to the resistance training and force with the weight of the proper body. To the ending of the eight weeks, the groups had been submitted to the same tests, establishing new averages and comparing the results, where he was evidenced the superiority of the pliométric training, that besides in such a way increasing the power of how much inferior the upper members, still presented its results in a upper speed that one that other training could present, adding to this its low cost and its easy application.

THE PLIOMETRIC TRAINING
The explosive exercises if have become very popular in the porting way, being faced for the professionals in porting training as an important ally in the search for an improvement in the performance of athlete of diverse porting areas. Such exercises promote things among others a bigger neural activation, improving the reply of the muscle in quality (force) and speed (FLECK and KRAEMER, 1999; BOMPA, 2002). The CAE has been wide used for the cited advantages already, and the fact to bring good contraction of the CAE is bigger (about 20%) that that one carried through separately. In other words, to carry through a work (concentrical contraction) little oxygen is consumed during the contraction of the CAE of that in the common concentrical contraction, (CAVAGNA, 1965, 1968). The CAE has been wide used for the cited advantages already, and the fact to bring good results in short period of training, or either, in lesser space of time. A practical circumstance that it demonstrates in simple and

Studies regarding the efficiency mechanics of the CAE disclose that the mechanical income of the concentrical contraction that involves the contract machinery and if it adds to the elastic elements in series; e reactive rubber band-explosive Force: this last one adds all the elements (contraction and elastic in series and parallel), being the this last (in the vision of these authors) pliométric contraction par excellence.

This interesting method of training is constituted by a cycle of allonge and shortening (CAE), that it must happen in the proper body. To the ending of the eight weeks, the groups had been submitted to the same tests, establishing new averages and comparing the results, where he was evidenced the superiority of the pliométric training, that besides in such a way increasing the power of how much inferior the upper members, still presented its results in a upper speed that one that other training could present, adding to this its low cost and its easy application.
objective way the biggest power of the CAE is the following one: If a man carries through a preceded slew of a daily pay-stretching, its jump is generally superior to the jump that does not use such procedure (ASMUSSEN, 1974 apud BADILLO and AYESTARÁN, 2001). Although it has all this scientific baseline still is not known as accurately the CAE provokes the improvements in the muscle power (or explosive force), if this occurs for an improvement of the elasticity of the muscle, or for a neural facilitation to the miotactics consequence, (BADILLO and AYESTARÁN, 2001).

The summary of the ideas concerning the pliométrico training is the following one:

a) The muscles will contract with more force and speed from a daily pay-stretching;

b) How much lesser time to exist between the daily pay-stretching and the concentrical contraction, stronger and efficient will be the same one;

c) Is of extreme importance a previous and adjusted preparation to the pliométrico training;

d) The pliométrico training results in: * bigger neural stimulation; * the conscription of the majority, and perhaps of all the motor units and its staple fibres of the requested muscle; * transformation of the muscle work in explosive force, (BOMPA, 2004).

MATERIALS And METHODS

The research was carried through in the Institute of kung fu Chinese of Campos of the Goytacazes, (Institute Lee Sui Loong) interior of the State of Rio De Janeiro. For the accomplishment of the tests the practitioners of intermediate level of the Institute in that date had been used all, being this total of 12 (twelve) young practitioners of sanshou, being 2 (two) of the feminine sort and excessively of the masculine sort, with ages between eighteen and twenty eight years. These twelve practitioners of intermediate level had formed two groups, to know: the group has controlled formed for 6 (six) young e the group has tested formed by others 6 (six), being that each group contained an individual of the feminine sort. The majority of these young practitioners already had some type of experience in competitions. The elements of the research have not practised training with extra overloads in the period of eight weeks in average. All practise it sanshou (kickboxing Chinese) three times per week, and the aerobic work and the exercises located with the weight of the proper body are part of the routine of trainings of these practitioners, being these favorable factors, therefore they can supply security to the work, besides annulling the necessity of a previous work of general, previous conditioning to the tests and to the pliométrico training.

For the accomplishment of this study the following materials had been used: Medicice ball of 3 kilos (mark Goal OlímpicoR), metric trena of three meters with precision of millimeters (GiantR mark), ribbon crepe, chair, rope and chalk. The test consists of mensurar the explosive force of upper and lower members of the practitioners, through it I hurl of medicine ball, and the horizontal jump (JOHNSON and NELSON, 1979 apud DANTAS, 2003). After the accomplishment of the tests, was carried through the statistical treatment (the strategy used statistics was descriptive statistics with application of arithmetic mean and percentages) of the data having found the average of the two groups, which will respectively be called group (group has tested) and group B (control). The group was submitted It to the pliométrico training during eight weeks, three times per week with exercises for MMSS and MMII, as commentaries and illustrations below:

- Press of arm with strokes of 4 palms x the 10 20 repetitions;
- Press of arm in step (of step for the ground and the ground for step) 4 x the 10 20 repetitions;
- Stand of hand 4 x of 1 the 2 minutes;
- Spider (displacement with the hands and feet from 4 the seated position) x of 1 the 2 minutes;
- Leg-press with jump 4 x the 20 30 repetitions;
- Leg-press deep with jump 4 x the 20 25 repetitions;
- Jump in depth (40 cm) folloied of double flying kick 5 x 20 repetitions. Better agreement to follow some pliométricos exercises will be displayed some figures demonstrating

The pictures below demonstrate averages and shunting lines standards of the results of the tests of I hurl of medicine ball and of the horizontal jump, knowing that I hurl it of medicine ball was carried through three times, while the horizontal saint only one attempt. Being thus, below it follows the relation of the results of the tests daily pay and after training:
ANÁLISIS DE LOS DADOS

Por medio de los datos presentados en el capítulo anterior, se observó que no se obtuvo un beneficio significativo en el poder de MMSS desde la aplicación del entrenamiento analizado, solo en MMII la variación fue notable. Ella es notable who only two individuals of the group had not shown improvement in the MMSS power, in the truth, these had shown to an inversion, being they them elements A4 and A5. After the verification of this “fall” of performance, the two elements (A4 and A5), had been questioned on its daily routine, objectifying to find a probable reason for its reduced performance. The two elements had cited one week conturbada in the work environment, having been these professionals of the civil construction. The same ones had told to have been necessary a daily day of 10 the 12 working hours per day, in the week that preceded the re-test. It is possible that this adverse situation has impactedad negative in the results. These results had been: In that it says respect to the MMSS, the group had it a 4.71% improvement, against an improvement of 6.78% for group B. These results suggest little effect positive of the pliométrico training, and due to lack of bibliographical material, and to the problem told for the elements A4 and A5, he is dúbio the result in that it refers to the pliometric training for MMSS.

In that the improvement of 6.46% in the group says respect to the MMII It is indicating positive, however group B showed a 5.14% improvement, that it is a little lesser profit that observed in the group only 1.32% of difference. However it is coherent to remember that in that if relates to the performance any percentage can be a beneficial indicative.

LIMITACIONES DE LA ENSEÑANZA

Diverse variable could not have been controlled, such as the activities extra training, being these, on physical activities to the daily one, between them are domestic work, leisure and tasks. The 0 variable, nutrition and rest after-trainings had also not been controlled. The impossibility to control these 0 variable can have affected in greater or minor instance the results of this research.

CONCLUSIONES y RECOMENDACIONES

The present work discussed on the Sanshou (kickboxing Chinese) and the pliométrico training. It was verified and argued the effectiveness of this type of training for the porting modality in question. The research lead this work to the conclusion that the pliométrico training stops the group in question is more effective for MMII, what it corroborates the position of some authors as: Fleck and Kraemer, (1999); Bompa, (2002); among others. However the study it was not favorable to the application of this training for MMSS. The conclusion reached for this study is that the pliometric training can and must be part of the training of power for intermediate practitioners of Sanshou, being that such training if showed more adequate for the MMII.

All saw is recommendable that other studies can be implemented, aiming at to control other 0 variable and if possible with the use of tests more refined as the electromiografic (BOMPA, 2004), so that if it can better understand the applications, indications, restrictions and results of this fabuloso method of training.

BIBLIOGRÁFICAS REFERENCIAS


ABSTRACT
The objective of the study was to investigate two methods of training with the objective to develop the power of lower and upper members in a combat modality where the muscular power is essential, being necessary the use of specific training that can propitiate an increase in the performance of the practitioners of this modality. For the accomplishment of this study, two groups with 06 individuals had been formed each, being one of the feminine sex in each group. The two groups had been submitted the tests of power of superior and lower members (JOHNSON and NELSON, 1979), establishing average for the two groups. In the sequence these groups had been subjected the eight weeks of training, being the group submitted to the pliometric training and group B to the resistance training and force with the weight of the proper body. To the ending of the eight weeks, the groups had been submitted to the same tests, establishing new averages and comparing the results, where he was evidenced the superiority of the pliometric training, that besides in such a way increasing the power of how much lower the upper members, still that one presented its results in a upper speed that other training could present. It was observed estatisticamente that it did not have significant difference between the two methods.

Keywords: Pliometric; Explosive force; Sanshou.