

## Abstract

Kung fu is extra than physical exercise or an extremely technical way of self-defense.

Kung fu is a manner of exercising the mind together with a way of life. The mystical side of kung fu cannot be educated by fact-finding or training. It must develop spontaneously in a mind free from requirements and reactions. The core value of Kung Fu is Tao – the impulsiveness of the world.

Aim of the research: To examine the relationship stuck between anthropometric measurements and physical characteristics with the explosive strength of the upper and lower limbs of the players under study. Methods: Prospective correlational study. Sample contained Kung Fu players in Minia Governorate for the sports season 2018–2019. Samalot sport club, from September 2018 to December 2018.

The research sample was randomly selected from the Kung Fu players, Minia Governorate, (20) players out of the total number of (88) players. Results: The mean age was ( $20 \text{ y} \pm 3.6$ ). There was a significant association between leg length and wide jump.

Conclusion: Earning body abilities like anthropometric and physiological features is a necessity to success in any competition. Anthropometric measurements of sportspersons represent important requirements for effective presence at the similar sport, achieving athlete's performance and are essential to achieve excellent performance of sports skills