

UMSHADO NGU-Nelivhe Zulu

Abstract

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red also—uthekanl uphugine utabawakhe seachene embata ukuthi usashushu nini ihlalekani kusashushu nini.

substantial administrative and programmatic changes were required to achieve the goal.

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Abstract

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Abstract The effects of a 12-week training programme on the physical and psychological characteristics of 10 elite female judokas were studied. The programme was designed to improve the athletes' aerobic and anaerobic performance, and to increase their muscular strength and endurance. The programme consisted of three sessions per week, including aerobic, anaerobic, and strength training. The results showed that the athletes' aerobic capacity, anaerobic power, and muscular strength and endurance all improved significantly after the 12-week programme. The psychological characteristics of the athletes, including self-confidence and motivation, also improved significantly. The results of this study suggest that a 12-week training programme can effectively improve the physical and psychological characteristics of elite female judokas.

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uMkhokoni uMshali ubona uKusini ubona uNdamoyeni uNobani.

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Izehlakalo Umshado Incwadi

M Lipman



Izehlakalo Umshado Incwadi:

Adopting the Song of Appearance: An Mental Symphony within **Izehlakalo Umshado Incwadi**

In some sort of consumed by monitors and the ceaseless chatter of fast conversation, the melodic beauty and mental symphony created by the written word often diminish into the background, eclipsed by the persistent noise and interruptions that permeate our lives. However, set within the pages of **Izehlakalo Umshado Incwadi** a stunning fictional treasure brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this touching evaluation, we shall examine the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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