

ASHANIN V.¹, LITVINENKO A.²

¹*Kharkiv State Academy of Physical Culture*

²*Kharkiv National University of Radio Electronics*

SPECIFIC FEATURES OF THE STRUCTURE OF A TECHNICAL AND TACTICAL ARSENAL OF NON-OLYMPIC SINGLE COMBATS OF AN IMPACT TYPE AND A WAY OF ITS IMPROVEMENT

Abstract. Purpose: identify key differences in technical operations and tactical combat potential ways to implement popular athletes in combat shock type, applying for entry into the Olympic Games. **Material and Methods:** distinctions of sports technique and tactics in duels in karate, taekwondo, kickboxing and Thai boxing were estimated by the expert group. The arsenal of technical and tactical actions of sportsmen was analyzed at competitions of various levels. **Results:** essential distinctions in competitive exercises, estimated criteria of refereeing, the structure and the arsenal of the applied sports technique and tactics are revealed in chosen for the research types of impact single combats. **Conclusions:** essential differences in the technical – tactical arsenal of the studied types of impact single combats which are shown in the topography of zones allowed for drawing, the structure of attacking and protective actions, and also tactical stylistics of carrying out duels.

Keywords: sports training, karate, competitive activity, methodology, competitive exercises.

Introduction. Non-Olympic single combats of an impact type as effective remedies of physical training and a version "sport for everybody" gained a wide popularity in the second half of the XX century. The foundation to it was laid by the successful distribution of karate over the countries of Europe, having created necessary prerequisites of acquaintance of the western society to centuries-old traditions of Far – Eastern martial arts. Soon Korean taekwondo and Chinese wushu received the popularity. A bit later Thai boxing involved the interest of experts which had an essential impact on the development of contact single combats of the beginning of the XXI century. Kickboxing is taken the special place among single combats of an impact type which is a synthetic sport in which sportsmen and coaches seek to unite the best technical – tactical elements of national types. The above-mentioned single combats of an impact type often surpass some Olympic sports in the popularity and the number of training sportsmen of the various level of preparedness.

Experts of the theory of sport and coaches of high qualification connect prospects of the further development of impact types of single combats with the growth of competitive skill of sportsmen, which is indissolubly with the scientific validity of the training process. The necessity of the research of the competitive and

training activity is caused by also modern requirements to versatile preparation of the qualified coaches' specialists which are perfectly know a technique of leading of sportsmen of high level to a condition of the highest combat preparedness. The description, the classification, the analysis and the assessment of the efficiency of competitive exercises, technical elements and tactical schemes of a competitive fight are a necessary link for the optimization of system of sports preparation of impact types of single combats at the present stage of their development.

There are a lot of publications are devoted to a problem of the optimization of technical and tactical preparation in single combats of an impact type in scientific and methodical literature [1; 3; 4; 11; 13]. In these works authors, using a complex of effective research approaches to data acquisition about the competitive and training activity in single combats, estimate the productivity of the applied technical actions and specify the possible directions of the increase of the competitive opportunities of sportsmen. In works [2; 5; 12] the structure of the applied technical-tactical actions in karate is investigated and in our opinion perspective and methodologically justified attempts of classification of sports technique and tactics of maintaining a competitive single combat are become. Works of V. V. Romanenko, A.S. Rovnyi (2009) and Yu. B. Kalashnikov (2009) are devoted to a problem of use of reference technique of Taekwondo for the improvement of technology of the performance of the main fighting receptions at various stages of the sports improvement. In several works questions of a specific adaptation of sportsmen to physical and mental activities in oriental martial arts and Thai boxing are revealed [6; 7]. It should be noted the lack of works in which the complex analysis and the comparison of technique and tactics of different types of single combats is carried out depending on the existing rules of competitions.

The objective of the research: the detection of key differences in technical actions and tactical ways of realization of fighting potential of sportsmen in the popular single combats of impact type applying for the entry into the program of the Olympic Games.

Material and methods of the research: pedagogical supervision, theoretical analysis and synthesis of these references.

Results of the research and their discussion. Manifestation of technical-tactical potential of sportsmen in the conditions of the competitive activity is closely connected with features of rules of competitions. Arsenal of techniques is regulated in rules the admissible to application in competitive single combats, and criteria of estimation of military operations of sportsmen are established. It is obviously important to note that, there are always steady traditions in treatment and estimation of competitive actions of sportsmen besides the official rules of competitions, in sports which don't have an opportunity to express achievements of sportsmen in accurately established units of measure. In the course of the organization of the system of sports preparation the qualified coaches consider the set of the dominating external and internal factors causing the productivity of speech of their sportsmen at preparatory, minor and main competitions. It should be noted the existence in each of them of the developed steady stereotype of conducting a competitive fight in view of rather long period in the development of the types of single combats chosen by us for the research.

Modern karate came from Okinavskiy styles of maintaining a single combat without a weapon which had an originally exclusively applied character. Tactics of the application of methods of Okinavskiy karate was formulated by fighters as follows: "at one kick is on the spot" that assumed a choice of the successful moment for attack with the subsequent infliction of a powerful accented kick. Unsuccessful attack could end with death as counteracted the fighter or the armed pirates, or Samurais trying to colonize Okinawa on a certain historical piece.

The commitment of the Japanese society to traditions had an essential effect on the formation of rules of competitions of modern karate. Single combats pass in the facilitated protective equipment. The task of a sportsman is to strike a kick first corresponding to the established criteria. It is possible to attack a head and a trunk. Kicks in a head are designated (or are put with the minimum contact), kicks in a trunk are allowed being strong, but controlled one. After the ended fighting episode of a referee stops a single combat and shows the test points or penal estimates appropriated to sportsmen for the violation of the rules. Kicks by feet to a head are estimated by high points. The most productive are direct kicks by hands in a trunk and circular kicks by feet.

It was supposed that there will be approximately equal ratio of the struck kicks by hands and by feet in a single combat at the beginning of the development of sports karate by theorists of this type of single combat. Researches of the competitive activity of karatekas, by the criterion of primary use of tactical ways of impact on the opponent, allow marking out three main technical- tactical styles of maintaining a single combat: offensive, defensive and maneuverable. The popularity of karate and the staginess of single combats in many respects promoted that karate WKF was several times considered by the International Olympic Committee as the applicant for the inclusion in the program of the Olympic Games.

In the sport having a North Korean origin taekwondo ITF are resolved kicks by hands and by feet in a trunk and a head. Korea during a certain period of the history strongly suffered from the aggressive militaristic policy of Japan and the concept of the formation of a national type of single combats assumed the rules of conducting competitive fight which are very different from rules of competitions in karate. Single combats pass without stopping for charge of test points that gives to actions of fighters a big dynamics and a variety in application of fighting movements. Referee's estimates stimulate infliction a large number of high kicks by feet and kicks by feet in a jump. Biting high kicks by feet became "a business card" of modern taekwondo, giving it the staginess.

The powerful place is taken by repeated and dual kicks by feet in a fighting arsenal of taekwondists. The classical ratio of the struck kicks is respectively 70% and 30% in a single combat by feet and by hands. Experts and coach community note that now there is a steady tendency to increase in a share of kicks by hands. We connect it with the general growth of the popularity in the world of technology of prize-fighting. Most often classify by belonging to a certain technical and tactical scheme of maintaining a competitive single combat of taekwondists as "players", "tempoviks" and "universalists". Also other approaches to classification of technical-tactical styles in taekwondo are displayed in special literature. In our opinion, allocation of the attacking, counterattacking and protective styles of conducting competitive fight has the theoretical value and the high practical importance.

In kickboxing, the synthesis of technique of boxing which is in a general view and karate, rules of competitions assume some options of maintaining a single combat. The division of them on soft and tough sections is methodologically justified used by coaches at the organization of sports preparation. There were the most popular two sections – light – contact and full-contact in which kicks by hands from boxing and by feet from karate in ahead and a trunk were resolved in the first decade after the formation of kickboxing as a modern spectacular sport. However statistical data on the participation of sportsmen in All-Ukrainian and international competitions show that more popular are sections in which low circular kicks are resolved in recent years: low – kick – light, K-1- light, low – kick and K-1.

Considering technical- tactical features of two last sections it should be noted the greatest probability of inclusion them in the program of the Olympic Games. In these sections strong kicks by hands and by feet put with a sportsman in a head, a trunk and on feet are resolved and are estimated by referees. The analysis of the publications reflecting these studying of the competitive activity in kickboxing, and our own researches allow marking out four technical- tactical styles of maintaining a single combat: game (defeating), tempo, power (with a rate on a knockout) and universal. Stirs and inability prevent mainly to merger of world federations inclusion in the program of the Olympic Games of kickboxing dissociation. According to most of experts, the best Olympic prospects have two world federations: WAKO – is the closest approached the necessary standards of carrying out the international competitions and WTKA – is holding the most mass championships and World Cup and Cup of Europe. Analyzing tendencies in the development of world kickboxing, it is obviously important to assume that one of the leading federations will achieve in foreseeable prospect of the right to represent this sport at the Olympic Games, but in one of sections. The second will dominate in Non-Olympic sector of single combats of an impact type, giving the chance to compete at the high level to representatives of various sections, styles and schools of martial arts. Other federations either will be absorbed by undisputed leaders, or will stop the existence.

Thai boxing Muay Thai is quickly developed and has certain Olympic prospects. The second name "a fight of the eight" reflects the extensiveness of the technical arsenal allowed by rules – kicks can be struck with fists, elbows, raising a foot, a shin and knees to a head, in a trunk and to feet. The reference tactics of this sport assumes the power pressure upon the rival and makes the great demands of physical fitness of sportsmen. Strong kicks are estimated, and there are kicks and put on protection to offset, but shaken the rival. It is authorized to capture an opponent for removal him from a balance and restriction of possibility of protection with maneuvering. There is a hard work at a clinch in single combats: kicks by elbows and knees, twisting. A little development of this interesting sport constrains certain shortcomings of protective equipment: the lack of protection on knees and imperfect elbow pieces, and also features of rules of competitions among fans which represent the changed basic professional rules in small degree.

The conducted by us research of participation of sportsmen of Kharkov regional federation of kickboxing VTKA, Kharkov federation of oriental martial arts and Kharkov regional office of Federation of Okinavskiy Goju-ryu and Ryukyu Kobudu Jundokan of Ukraine in open regional tournaments, the championships and Cups of the Kharkov area on kickboxing of VTKA and Goju-ryu karate for 2014

allows to draw conclusions on some tendencies of the development of sports equipment of these sports. We analyzed the main indicators of distribution of sportsmen according to competitive sections of kickboxing of VTKA (tab. 1) and Goju-ryu karate (tab. 2).

Table 1

Distribution of sportsmen according to the competitive sections of kickboxing VTKA, %

Soft sections			
Semi-contact	Light-contact	Low-kick-light	K-1-light
11,2	18,9	45,5	24,4
Tough sections			
Full-contact	Low-kick		K-1
16,4	61,4		22,2

Table 2

Distribution of sportsmen according to the competitive sections Goju-ryu karate, %

Sections		
Shobu – kumite (analogue of karate WKF)	Irikumi – dzyu	Irikumi – go
25,2	24,6	50,2

Conclusions:

1. Non-Olympic types of single combats of an impact type (karate of WKF, taekwondo ITF, kickboxing and Thai boxing of Muay Thai) in the popularity at the audience, to quantity training, the development of organizational structure and technical-tactical skill of sportsmen closely approached sports entering the program of the Olympic Games.

2. As a result of the research the essential differences in the technical- tactical arsenal of the studied types of impact single combats which are shown in the topography of zones of kicks allowed for infliction, the structure of the attacked and protective actions, and also the tactical stylistics of carrying out single combats are revealed.

3. The percentage ratio of number of the sportsmen who are taking part in the competitive sections of kickboxing VTKA provided by rules and Goju-ryu karate that allows the coach to consider an orientation of the educational- training process of preparation of sportsmen is defined.

4. The efficiency of the further development of the specified sports will be defined in many respects by results of scientific researches of various components of sports preparedness both the competitive activity and their practical use in the system of modern sports preparation.

Prospects of further researches. Conducting the comparative analysis of the efficiency of a technique of the increase of the competitive opportunities of sportsmen of high qualification is planned in single combats of an impact type in a year cycle of sports preparation.

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Volodymyr Ashanin: *PhD (Physics-Mathematics), Professor; Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.*

ORCID.ORG/0000-0002-4705-9339

E-mail: ashaninv@mail.ru

Andriy Litvinenko: *PhD (Physical Education and Sport), Associate Professor; Kharkiv National University of Radio Electronics: Lenina ave. 14, Kharkov, 61166, Ukraine.*

ORCID.ORG/0000-0003-2822-0438

E-mail: K-JFK@rambler.ru