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Model technical and tactical training karate a «game» manner of conducting a fight

Abstract. Purpose: optimization of technical and tactical training karate «gaming» the manner of conducting a duel.

Material and Methods: analysis and compilation of scientific and methodological literature, interviews with coaches for shock combat sports, video analysis techniques, teacher observations. **Results:** the model of technical and tactical training karate «game» manner of conducting a duel. Selection was done complexes jobs matching techniques to improve athletes 'game' in the manner of conducting a duel «Kyokushin» karate. **Conclusion:** the model of technical and tactical training fighters "game" manner of conducting a duel, which reveals the particular combination technique karate style «Kyokushin». Selection was done complexes jobs matching techniques to improve athletes 'game' in the manner of conducting a duel «Kyokushin» karate, aimed at improving the combinations with the action on the response of the enemy.

Keywords: technical and tactical training, model, style, fight, combination techniques.

Introduction. An individual manner of conducting a fight, and respectively, still individual tactics are formed depending on identity of a sportsman, creation of his body, physical development, temperament, will, motor ability inherent only to him [1; 2; 4; 8; 10].

In combat sports the identification of a manner of conducting a wrestle of a sportsman is carried out behind the physical qualities dominating in him: ability to manifestation of force characterizes "weightlifter", endurance - "temper", ability to technical and tactical defeating - "player". These manners of conducting a wrestle are standard in combat sports. But each separate type of single combats has specific additions to them, and sometimes allocates the manners which characteristic is defined by specifics of the competitive activity.

The researches which were conducted in "kyokushinkai" karate in recent years, [3; 9] allowed to establish that for sportsmen of "kyokushinkai" style the application of three manners of maintaining a fight is characteristic: percussive attack (power domination, tempo, domination at the coordination of actions, in the management of motive reactions of a rival), combinational attack and provocative maneuvering. Percussive attack is characterized by a constant aspiration of both fighters to the capture of a tactical initiative at a distance choice. When drawing all kinds of blows to a fight aspire, carrying out an impact, to overcome a rival. Series of blows and a combination of blows wrestlers want to finish in blow which knocks out. The considerable part of a fight is in the middle and short distances, and distant is applied seldom and generally to carrying out blows by feet. For combinational attack a wide application of threats, wrong and preparatory attacks are characteristic. The basis of this manner is made by a call at a rival of a reaction of switching at his defeating change to a sector of drawing blows, rate of their performance, but other. A provocative maneuvering is characterized by granting an opportunity to a rival of the application of the actions elected by him in unprofitable conditions, active application of various preparatory and productive actions without a transition to attack (a provoking and a call). For this manner of a fight the application of defeating, change directly lines of attack and length of a distance, a call on prosecution but other are peculiar.

The connection of the research with scientific programs, plans, subjects. The work is performed according to the plan of the RW of Kharkov state academy of physical culture.

The objective of the research: optimization of the process of technical and tactical training of karatekas of a "game" manner of conducting a fight.

The tasks of the research:

1. To create a model of technical and tactical training of karatekas of a "game" manner of conducting a fight.

2. To carry out a selection of complexes of tasks for the improvement of combinational technique of sportsmen of a "game" manner of conducting a fight in "kyokushinkai" karate.

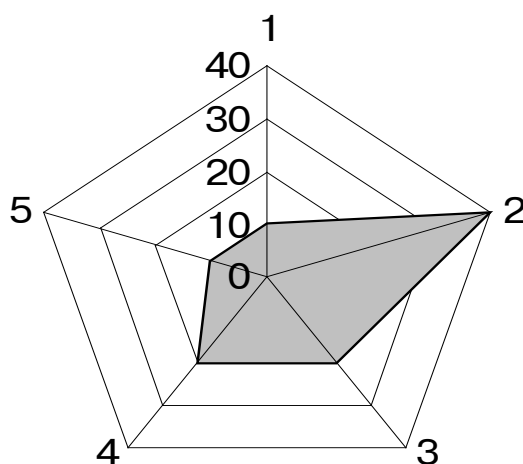
Material and methods of the research. For the solution of the put tasks such methods were used: the analysis and synthesis of these scientifically methodical references, conversations with coaches-teachers of percussive types of single combats, the analysis of videos of techniques, pedagogical supervision.

Results of the research and their discussion. For the purpose of the optimization of the educational-training process and the achievement of the planned result, using strengths of a wrestler, it is recommended to adhere to an individual approach, considering a manner of conducting a fight of a sportsman.

A wrestler of a “game” manner of conducting a fight it is necessary to pay attention to the improvement of wrong attack actions, threats, pauses and application of delays of blow in a combination, to have the counter combinations connected to maneuvering, change of the line of attack and pushing in an arsenal.

It is known that series and combinations of techniques in each type of single combats are carried out taking into account specifics of the competitive activity. So, for “kyokushinkai” karate is expedient the performance of five types of combinations [3]: combinations with change of sectors of a defeat; with action on reaction of an opponent; with repeated blows; with application of an impact of an opponent; with application of an impact on an opponent.

The analysis and synthesis of these scientifically methodical references, conversations with coaches-teachers of “kyokushinkai” karate, the analysis of videos of techniques of karatekas, pedagogical supervision, allowed to create a model of technical and tactical training of sportsmen-juniors according to a manner of conducting a fight (pic). At the improvement of combinations of techniques karatekas of a “game” manner of conducting a fight paid more attention to combinations with action on reaction of an opponent (40%), with application of an impact of an opponent (20%), with repeated blows (20%), with change of sectors of defeat (10%), with application of an impact on an opponent (10%), with emphasis on the creation of inconvenient situations for a rival.



Pic. Model of technical and tactical training of sportsmen-juniors of a «game» manner of conducting a fight:

- 1 – combinations with change of sectors of a defeat (%); 2 – with action on reaction of an opponent (%);
 3 – with repeated blows (%); 4 – with application of an impact of an opponent (%);
 5 – with application of an impact on an opponent (%)

Being guided by the analysis of special literature [3; 5–7] and on the created model, the selection of complexes of tasks was carried - out for the improvement of combinational technique of sportsmen of a “game” manner of conducting a fight in “kyokushinkai” karate, in particular combinations with an action on the reaction of an opponent. The improvement of combinations of techniques happened in the main part of the educational-training classes.

The improvement of combinations with an action on the reaction of an opponent.

Without a partner (by means of a boxing bag):

1) satisfactory performance of series of blows with the use of a wrong attack (a pause, a micropause, a delay of blow, threat) before a series, in a series, before the last blow, before a series and before the last blow;

2) satisfactory performance of series of blows behind a coach-teacher's signal, a wrong attack and the following counterattack by a series of blows with a change of a defeat sector;

3) satisfactory performance of series of blows behind a coach's signal, a pause (micropause) and the following counterattack by a series of blows.

With a partner (by means of a boxing pillow):

1) tasks 1-3 are the same as with a boxing bag, but a circular kick in the gentle level is directly struck to a rival's hip;

2) performance of series of blows in a movement, at the rival's impact with a pillow – a defense and a counter counterattack by a series of blows with imitation of a wrong attack (a pause, a micropause, a delay of blow) before the last blow;

3) at a retreat of a rival with a pillow – an attack by a series of blows with imitation of a wrong actions (a pause, a micropause, a delay of blow) before a series, in a series, before the last blow, before a series and before the last blow (1 attack – 2–3 series; 3–4 series).

Example:

- defense – a direct stroke by a left hand in the average level (breast) – a direct stroke by a right hand in the average level (breast) – blow from below a left hand in the average level (stomach) – a pause – blow from below a left hand in the average level (stomach);

- from a left-side rack a circular blow by a left foot in the average level – a direct stroke by a right hand in the average level (breast) – a wrong attack by a direct stroke by a right hand in the average level (breast) – blow from below a left hand in the average level (stomach) – circular blow by a right foot in the lower level with a step forward.

With a partner (by means of boxing paws):

1) performance of series of blows in paws, provoking on a protective action of a rival with paws by means of a wrong attack actions and a counterattack in the opened sector;

2) performance of series of blows in paws, by means of wrong attack cancellation of a defensive action of a rival with a paw and a counterattack in the opened sector;

3) performance of series of blows in paws, by means of a pause, a micropause and a delay of blow, a call of a retarded reaction in defensive actions of a rival with a paw and a counterattack in the opened sector.

Example:

– from a left-side rack a wrong attack in a circular blow of a right foot in the lower level – a circular blow by a right foot in the average level with a step forward – a direct stroke by a hand – a circular kick in the lower level with a step forward;

– from a left-side rack a wrong attack in circular blow of a left foot in the lower level – a direct stroke by a left hand – a direct stroke by a right hand – blow from below a left hand – a circular blow by a right foot in the lower level with a step forward – a threat by a direct stroke of a right hand – blow from below a left hand.

Fixing of the studied material is recommended during a free fight.

Conclusions:

1. The model of technical and tactical training of martial artists of a "game" manner of conducting a fight which opens features of a combinational technique of karatekas of "kyokushinkai" style is created.

2. The selection of complexes of tasks for the improvement of combinational technique of sportsmen of a "game" manner of conducting a fight in "kyokushinkai" karate, directed on the improvement of combinations with the action on reaction of an opponent is carried out.

In the subsequent it is planned to create a model of technical and tactical training of karatekas of a "power" manner of conducting a fight.

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