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## IMPROVING MATCHING TECHNIQUES KARATE STYLE "KYOKUSHIN"

**Abstract. Purpose:** to carry out the selection of systems to improve job matching technology karate-specific competitive activities. **Material and Methods:** analysis and compilation of scientific and methodological literature, interviews with coaches and instructors with "Kyokushin" karate teacher observations. **Results:** defined combination of techniques tailored specifically to competitive activity in "Kyokushin" karate. Conducted selection complexes jobs matching techniques to improve karate style "Kyokushin". **Conclusion:** there are five types of combinations corresponding to the specificity of competitive activity in the "Kyokushin" karate combination with a change in the sectors of defeat; with the action on the response of the enemy; with repeated blows; with the onslaught of the enemy; with the onslaught by the enemy. Selection of jobs held complexes to improve matching techniques karate style "Kyokushin" (with a partner and without a partner).

**Keywords:** combination of techniques, complex tasks, improvement, boxing bag, boxing paws boxing pillow, "Kyokushin" karate.

**Introduction.** The main direction of the development of modern single combats still has the improvement of technical and tactical skill of sportsmen.

It is established that the researches of technical- tactical skill of the last years are directed on the studying of a technique of the competitive activity [1; 3]; the development of individual models of training and competitive activity of different types of sport [8; 10]; the creation of model of technique of "stronger" sportsmen [2; 4]; the studying of biomechanical characteristics of movements [6]; the studying of the main tactical actions and receptions of sportsmen [7]; the development of technical-tactical schemes of conducting a competitive fight [5] and so on.

It is allocated that for today the questions connected with the development of special complexes of tasks, the programs directed on the improvement of technical-tactical skill of sportsmen – wrestlers taking into account specifics of type of single combats aren't rather considered. It gives the chance to claim that for today a technique of the improvement of technical- tactical preparedness of karatekas which isn't rather developed and need the subsequent researches.

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

**The objective of the research:** to carry out the selection of complexes of tasks for the improvement of combinational technique of karatekas taking into account specifics of the competitive activity.

**The task of the research:**

1. To define combinations of techniques which answer specifics of the competitive activity in "Kyokushin" karate.
2. To carry out the selection of complexes of tasks for the improvement of combinational technique of karatekas of "Kyokushin" style.

**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 " Kyokushin " karate.

**Results of the research and their discussion.** 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 " Kyokushin " karate is expedient the performance of five types of combinations [9]: combinations with change of sectors of a defeat; with action on reaction of the opponent; with repeated kicks; with application of an impact of the opponent; with application of an impact on the opponent.

Complexes of tasks taking into account specifics of the performance of each combination (tab. 1-5) which are fulfilled without a partner and with a partner are developed for the improvement of combinations of techniques in " Kyokushin " karate to each type of combinations (by means of boxing paws, a pillow).

Success in *combinations with change of sectors of a defeat* is achieved due to the unexpected change of the quantity of kicks at a combination, their rhythm and force, carrying out the accented kicks, change of the quantity of sectors of a defeat. All these actions happen surely at change of sectors of a defeat of the opponent (tab. 1).

Table 1

**Complex of tasks for the improvement of combinations with change of sectors of a defeat**

STM	Exercises
Boxing bag	<b>Without a partner</b>
	1. Satisfactory performance of series of kicks in one sector by the coach's signal – a fast change of a defeat sector
	2. Satisfactory performance of series of kicks by the coach's signal – performance of separate kick in a series with emphasis on force (speed, accuracy)
	3. Satisfactory performance of series of kicks by the coach's signal – increase in a rhythm of infliction of kicks (2 rounds on 1 min, 3 accelerations on 10 s)
	4. Satisfactory performance of series of kicks by the coach's signal – increase in force of infliction of kicks (2 rounds on 1 min, 4 accents on 5 s)
	5. Satisfactory performance of series from two kicks by the coach's signal – increase in quantity of kicks in a series
Boxing pillow	<b>With a partner</b>
	1. Tasks 1-5 are the same as with a boxing bag, but at change of sectors of a defeat a circular kick in gentle level is directly struck to the rival's hip
	2. Performance of series of kicks in the movement, at the rival's impact with a pillow – protection and counter counterattack by a series of kicks with a mine of sectors of a defeat, at retreat – attack by a series of kicks with a mine of sectors of a defeat (2–4 series)
	3. Performance of series of kicks in the movement, attack by a series of kicks with a

	mine of sectors of a defeat
<b>Boxing paws</b>	1. Performance of series of kicks in paws. The athlete with a paw causes previously the first kick in a series, and also an alternate of the following kicks and defeat sector thanks to a certain fixing and a paw turn
	2. Performance of series of kicks in paws. By the rival's signal (opening of a defeat sector) inflicts the accented kick in the opened sector
	3. Attack of the rival with a paw – protection and counter counterattack by a series of kicks with the following accented kick in the free sector
	4. Attack of the rival with a paw – protection and counter counterattack by a series of kicks with the following accented kick in the free sector (1 attack of 2-3 series; 3–4 series)

*Note.* Here and further STM – special technical means.

Characteristic of *combinations with action on reaction of the opponent* is ability to the opponent's call on reflex and conditionally reflex corresponding reactions by means of a pause, interchange, delay of a kick, provoking (wrong actual actions, threats). By means of wrong actual actions, threats, the interchange sportsmen can cancel protective actions of the opponent or, on the contrary, cause necessary protective actions (tab. 2).

Table 2

**Complex of tasks for the improvement of combinations with action on reaction of the opponent**

STM	Exercises
<b>Boxing bag</b>	<b>Without a partner</b>
	1. Satisfactory performance of series of kicks in front of the mirror with imitation of wrong attack (a pause, a micropause, delay of a kick, threats): before a series; in the middle of a series; before the last kick; before a series and before the last kick
	2. Satisfactory performance of series of kicks with the use of wrong attack (a pause, a micropause, delay of a kick, threats): before a series; in the middle of a series; before the last kick; before a series and before the last kick
	3. Satisfactory performance of series of kicks by the coach's signal – wrong attack and the following counterattack by a series of kicks with change to a defeat sector
	4. Satisfactory performance of series of kicks by the coach's signal – a pause (micropause) and the following counterattack by a series of kicks
	5. Performance of tasks 1-3 with the increase in a rhythm during attack
	6. Satisfactory performance of series of kicks by the coach's signal – the slowed-down performance of a kick with the following counterattack by a series of kicks
	7. Performance of tasks 2, 3, 5 with the increase in series at attack (2–4 series)
<b>Boxing pillow</b>	<b>With a partner</b>
	1. Task 1-6 are the same as with a boxing bag, but a circular kick in gentle level is directly struck to the rival's hip
	2. Performance of series of kicks in the movement, at the rival's impact with a pillow – protection and counter counterattack by a series of kicks with imitation of wrong attack (a pause, a micropause, delay of a kick) before the last kick, at retreat – attack by a series of kicks with imitation of wrong actions (a pause, a micropause, delay of a kick): before a series; in the middle of a series; before the last kick; before a series and before the last kick (1 attack of 2-3 series; 3–4 series)
	3. Performance of series of kicks in the movement, attack by a series of kicks with imitation of wrong actions (a pause, a micropause, delay of a kick, threat): in the middle of a series; before the last kick

<b>Boxing paws</b>	1. Performance of series of kicks in paws. Provoking on protective action of the rival with paws by means of wrong the attack actions and counterattack in the opened sector
	2. Performance of series of kicks in paws. By means of wrong attack cancellation of protective action of the rival with a paw and counterattack in the opened sector
	3. Performance of series of kicks in paws. By means of a pause, a micropause and delay of a kick, a call of overdue reaction in protective actions of the rival with a paw and counterattack in the opened sector
	4. Attack of the rival with a paw – protection and counter counterattack of 2-4 series of kicks with imitation of wrong attack (a pause, a micropause, delay of a kick) before the last kick

The *success in combinations with repeated kicks* is provided thanks to the unexpected change of quantity of kicks at a combination, their rhythm and force, carrying out the accented repeated kicks, change of quantity of sectors of defeat of the opponent. Interchange in kicks with repetitions in certain sectors of defeat allows to strike the unexpected accented kicks. Repeated kicks carry out for the purpose of preparation of the accented kick, a stop of attack of the opponent to keep a distant distance, for activization of actions with a definite purpose and so forth (tab. 3).

Table 3

**Complex of tasks for the improvement of combinations with repeated kicks**

STM	Exercises
<b>Boxing bag</b>	<b>Without a partner</b>
	1. Satisfactory performance of series of kicks by the coach's signal – infliction of repeated kicks in a series with emphasis on the speed (force)
	2. Satisfactory performance of series of kicks by the coach's signal – infliction of repeated kicks with change of a defeat sector
	3. Satisfactory performance of series from two kicks by the coach's signal – the increase in quantity of kicks in a series with emphasis on repeated final kick
	4. Satisfactory performance of series of kicks by the coach's signal – infliction of a series of the repeated accented kicks with the increase in a rhythm of their infliction
<b>Boxing pillow</b>	<b>With a partner</b>
	1. Tasks 1-4 are the same as with a boxing bag, but a circular kick in gentle level is directly struck to the rival's hip
	2. Performance of series of kicks in the movement, at the rival's impact with a pillow – protection and counter counterattack by a series of kicks with the accented repeated final kick, at retreat – attack by a series of kicks with repeated kicks before a series; in a series; before the last kick; before a series and before the last kick (1 attack of 2-3 series; 3–4 series)
	3. Performance of series of kicks in the movement, attack by a series of kicks with repeated kicks in a series; before the last kick (1 attack of 2-3 series; 3–4 series)
<b>Boxing paws</b>	1. Satisfactory performance of series of kicks by the rival's signal (opening a defeat sector) infliction of a repeated kick in the opened sector with emphasis on the speed (force)
	2. Satisfactory performance of series of kicks by the rival's signal (opening a defeat sector), infliction of a series of repeated kicks, in the opened sector with emphasis on the speed (force)
	3. Attack of the rival with a paw – protection and counter attack in repeated kicks and counterattack by a series of kicks
	4. Attack of the rival with a paw – protection and counter counterattack by a series of kicks with the repeated accented final kick

The positive result *in combinations with application of an impact of the opponent* is guaranteed at application of the counter combinations connected to maneuvering, change of the line of attack and pushing. Maneuvering, change of the line of attack and pushing, in response to an impact of the rival will allow the athlete to reject attack of the rival and to carry out counterattack action (tab. 4).

Table 4

**Complex of tasks for the improvement of combinations with application of an impact of the opponent**

STM	Exercises
Boxing bag	<b>Without a partner</b>
	1. Satisfactory performance of series of kicks by the coach's signal – pushing to a bag and counterattack by a series of the accented and repeated kicks with change of sectors of a defeat
	2. Satisfactory performance of series of kicks by the coach's signal – maneuvering to the right (to the left) from the line of attack and counterattack by a series of the accented and repeated kicks with change of sectors of a defeat
Boxing pillow	<b>With a partner</b>
	1. Task 1-2 are the same as with a boxing bag, but in the movement, a circular kick in gentle level is directly struck to the rival's hip. At the rival's impact with a pillow – pushing (maneuvering from the line of attack) and counterattack by a series of the accented and repeated kicks with change of sectors of a defeat
	2. Performance of series of kicks in the movement, at the rival's impact with a pillow – pushing and counterattack by a series of the accented and repeated kicks with change of sectors of a defeat
Boxing paws	1. Attack of the rival with a paw – pushing and counter attack by a series of the accented and repeated kicks in the open sector of a defeat
	2. Attack of the rival with a paw – maneuvering from the line of attack and counter the accented and repeated kicks in the open sector of a defeat

When carrying out *combinations with an impact on the opponent kicks* with change of their quantity, rhythm and force, sectors of a defeat of the opponent, carrying out the accented repeated kicks are used. And, the change of quantity of blows, their rhythm and force, is directed on the increase which forces the opponent to pass from the attack actions to protective. Pushing during the interchange in kicks will allow to discompose the rival and to carry out action attack. The implementation of abolition causes an aspiration to be released that allows to attack it in the open sector defeat (tab. 5) in the opponent.

**Complex of tasks for the improvement of combinations with an impact on the opponent**

STM	Exercises
	Without a partner
Boxing bag	1. Satisfactory performance of series by the coach's signal – the increase in rhythm and force of infliction of kicks
	2. Satisfactory performance of series by the coach's signal – the increase in rhythm of infliction of kicks with simultaneous change of a sector of a defeat
	3. Satisfactory performance of series from two blows kicks by the coach's signal – the increase in quantity of kicks in a series with simultaneous increase in a rhythm of infliction of kicks
	4. Satisfactory performance of series by the coach's signal – carrying out a series of the repeated accented kicks with increase in a rhythm of their infliction
Boxing pillow	With a partner
	1. Task 1-4 are the same as with a boxing bag, but in the movement, a circular kick in gentle level is directly struck to the rival's hip. At an impact on the rival with a pillow – abolition and counterattack by a series of the accented and repeated kicks with change of sectors of a defeat
	2. Performance of series of kicks in the movement, performance of abolition, counterattack by a series of the accented and repeated kicks, with change of sectors of a defeat
Boxing paws	1. Satisfactory performance of series of kicks, carrying out abolition, and counterattack by a series of the accented and repeated kicks in the open sector of a defeat
	2. Satisfactory performance of series of kicks, carrying out pushing, and counterattack by a series of the accented and repeated kicks in the open sector of a defeat
	3. Performance of series of kicks in the movement, carrying out abolition (pushing) and counterattack by a series of the accented and repeated kicks in the open sector of a defeat (1 attack of 2-3 series; 3–4 series)

**Conclusions:**

1. Five types of combinations which answer specifics of the competitive activity in " Kyokushin " karate are defined.
2. Selection of complexes of tasks for the improvement of combinational technique of karatekas of “Kyokushin” style is carried out (with a partner and without a partner).

**Prospects of the subsequent researches.** In the subsequent it is planned to develop complexes of tasks for the improvement of technical-tactical training of karatekas taking into account styles of maintaining a single combat.

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