

The Effect of motor tempo Exercises on the Inter-temporal Level of Effective Attack in the Kunité"

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Introduction and research problem

The rhythm is an important part in mastering the movement skills because rhythm is the process of balance between tension and relaxation in accordance with the motor duty, and shows the rhythm when the movement of both the nervous system and muscle harmony, and has known the international medical organizations the importance of motor rhythm as it is a very important factor in the treatment Physical, psychological and mental aspects and contribute to the improvement of skill performance (Nahed Hathout 2000)

The source of the movement is the nervous system, which sends signals to the muscles to work according to the movement required as each movement a certain range controlled by the large and small muscles, and it is linked to the count and time, which

means that each movement has its own rhythm. (Mona Al-Badri 2008)

Mathematical models have shown that prognostic stereotypes as critical time constraints can lead to the full identification of dynamics of motion over the entire motion cycle, thereby improving motor planning and execution.

The signal frequency in one system is reflected in the frequency of another system. Thus becoming one of the main neural mechanisms that connects music and rhythm to brain rehabilitation. These findings provided a scientific basis for the development of neural music therapy. (Michael2010)

Thus, the sensitivity of the locomotor system and the auditory block may be merely a useful developmental function to take advantage of specific and unique aspects of the processing of auditory information to enhance control

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and regulation of motor behavior (Thaut1999)

The motor rhythm is defined as "the motor mobility in which the athlete can perform these movements and athletic skills with a constant weight and timing of movement of contractions and relaxation of the muscle mass according to a precise mechanism and appropriate time periods." (Cristina2013)

Djatschkow defines the dynamic rhythm (the intervals between movement sections and the continuous and consistent interplay between them, which appear through the relationship between tension and relaxation), so that Diatchkov did not lose sight of the temporal and dynamic rhythm.

Domenico Masciotra (2001) points out that distance and time are connected to rhythm, which are fundamental dimensions in all human works and relations, and are called time, distance, or rhythm in Japanese (Maai) (ma-time interval, ai-harmony) Two places or more, harmony in the encounter between things or persons (Domenico 2001)

The mastery of space, time and rhythm, knowledge about them is important at all levels.

The way in which people develop their adaptive relationships relates to the consistency of space, time and rhythm. One way of development with their surroundings is through "dancing" in an effort to reach higher levels of harmony with space, time and rhythm. (Roth2000)

This temporal, spatial and harmony interval, called maai, has been developed at the highest levels in a variety of arts in Japanese culture, including martial arts, dance and music (Domenico 2001)

The motor rhythm is "the process of balance between tensile and relaxation in proportion to the motor duty, where the rhythmic rhythm is shown when both the nervous system and the muscle function economically" (Iman Shaker 2001)

The rhythmic movement can be illustrated by the use of music, which is an important means of clarifying, learning, developing, and manifesting

the verses. (Atiyat Khattab 2002)

In the view of "Abdul Rahman" (1986) that the movement rhythms are different, some of them characterized by strength and speed, and some of the advantage of smoothness and laxity or the combination of laxity and strength and other combinations, as the effort at a specific time and place to make distinctive qualities,

In its rhythmic way until it achieves its qualities and has not yet achieved its goals and became repeated movements in its timing with an equal division of the temporal movement of the movement if performed at a uniform rhythm and similarity. "(Abdulrahman 1998)

The researcher sees the interplay time of the attack as "the rhythmic time of the attack and measured by its own unity" a procedural definition

"dynamic Dance" is also known as a type of dance, which is performed by using the sounds resulting from hitting the shoe to the ground

to produce some kind of rhythms

The International Federation of Traditional Karate (2009) states that Comet competitions

- Ibon Chubu: The actual combat competition is a home between two individuals using the arts and skills of traditional Karate and the winner is the one who gets the number of two buttons or a full point Ebon

- Kujo: is an actual fighting competition between two individuals using traditional Karate arts and skills and alternates in defense and attack so that the player Akka starts the attack with three attacks then the player Akka defender while the player Baida attack attack and the rotation between the attack and defense each of them three consecutive attacks

- Vkogo: a competition of traditional Karate competitions player plays once Ibon Chubu and Kata Kita. (Traditional2009)

Nakayama, M (1979) asks how can a karate player be away and close to the opponent at the same time?

To answer the question, Domenico Masciotra, Edith Ackermann, and Wolff-Michael Roth believe that the art of moving away (time, rhythm and rhythm) in Karate-du is an art that encompasses a variety of different aspects and begins to reveal the spatial, temporal and rhythmic aspects and coordination between them.

It has a set of signs, what are the near and distant positions of a successful strike? Do the blows have equal effects in the near future?

Karate is not about attack alone but at the same time a set of defensive measures and side steps.

Here we find that the opponent must be kept along the farmers and at the same time protect the body and try to open the defensive gaps and the player must be ready to attack or counterattack, There are at least two different chronological types in the first karate linked to the concept of "decisive action" and relate to the speed and length of the impact of the strike. The second time relates to the comprehensive sense of timing

and rhythm that characterizes the encounter

The control of space and time is perfecting the timing and rhythm and thus controlling the games. Although we deal with timing and rhythm on its own, the two are inseparable from each other.

Timing is defined as an action at the right moment, and in the right direction, the ideal timing of an attack technique is to reach the target part of the opponent's body at the moment it opens its gaps.

The timing is to recognize the target and attack the opponent's attack simultaneously (Senn-no-Sun) (Domenico 2001)

This is why the researcher believes from his face that the rhythm of movement with its multiple levels helps the player to master the performance in any traditional Karate competition.

The researcher chose the competitions of the Comet (Ibon Chopo - Vkogo - Kojo Comet) because the comet is characterized by variable and fast positions that require automatic performance without Time to think about the

decision and hence it is difficult to implement the technique of tricks no matter how trained it may lose the player the rhythm of your technique during the performance and may train on the short techniques, which consists of two movements at most violin that some players when the technology is more special

As he noted in the analysis of a number of matches in the African Championship in February 2014 in Cairo and the world championship in November 2014 in Cairo and the Arab League in April, (2016) in a number of Egyptian and foreign players noticed that there is a severe shortage in the internal rhythm of the attack (composite attack) as well as the lack of attack in the compound where the attack strikes hit individually or at most two hits for each offense as noted not Effective attacks She attributed this to the researcher several reasons, including

- \The referee system in the games of the Comet (Ibon Chopu and Vkojo Kojo Komite) depends on the single point (Ibon) so that any

opportunity lost by the player is a loss of the game may not compensate and this is what distinguishes the traditional Karate (Toodmi Waza)

- \limited training on the rhythm of the player and development.

The researcher analyzed a number of Comet games (Epun Chopu and Phogo Kojo Komiteh) in Annex No. 4 where she noted that the percentage of the use of the composite attack of Egyptians is 22.43% for Egyptian players compared to 36.47% for foreign players and 6.11% for Egyptians compared to 20.58%

Table 1 shows the number of attack times, the number of successful attack times, the number of times the attack was used, the number of times of successful attack from the composite attack, the percentage of attack from the composite attack, and the proportion of the number of times the attack was used for the number of attack times and the percentage of The hybrid The compound is multiplied by the number of attack times.

Therefore, the researcher tried to use the rhythm of multi - level rhythms by rhythms

performed by the hands and then the two men and then both together in a similar (dance) different rhythms by fake rhythmic gradual difficulty and then gradual speed and then of stability and then of the movement and then the performance of rhythms free to reveal each player rhythm internal and then

The rhythm of the technique preferred by the player rhythm rhythm leads hands and feet and then both together and then Technik preferred player graded speed and then graded difficulty in the attempt to increase the effective offensive in the sentence animation in the game,

The researcher prepared a program of rhythmic rhythmic training to reach the eyebrows Li implement this rhythm within games in with favorite technique for the player to reduce the time interconnecting attack, which increases the density of the vehicle as well as the offense moves speed

Research goal

The aim of this study is to identify the "effect of drastic training at the intermediate

time level for effective attack in the comma"

Research hypotheses

- There are statistically significant differences between the mean and the post measurements of the experimental research group in the level of the inter-attack time and the effectiveness of the combined offensive sentence and the effectiveness of the offensive performance in the comet in favor of the dimension measurement.

- There are statistically significant differences between the pre and post measurement parameters of the applied research group at the time level of the attack and the effectiveness of the combined offensive sentence and the effective performance of the offensive performance in the comet in favor of the telemetry.

- There are statistically significant differences between the average of the post measures in the experimental and control groups in the time level of the attack and the effectiveness of the combined offensive sentence and the effective performance of the offensive attack in the comet in

favor of the experimental research group.

Plan and research procedures
Research Methodology

The researcher used the experimental method using two groups, one experimental and the other controlling the preand post measurement method to suit the nature of the research.

The research sample

The sample was randomly selected from the traditional Karate players (Ibon Chopo and Phogo Kojo Komete) at Al-Mashah House in Cairo and the Black Belt 2 Dan and 3 Dan, for the age stage (over 20 years) and the number of (24) player was divided into two teams (12

(10) players to conduct the survey study and the standardization of the research and outside of the basic research sample, and before the implementation of the application of the program,

And in order to control the variables that affect the accuracy of the search results resorted to the researcher to verify the homogeneity Research sample and table The following describes the homogeneity of the type of research in variables that may have an effect in relation to the application of the proposed rhythmic program. These variables are (height, weight, age and training age)

Equal search sample

Table (1)

Equivalence of the experimental and control groups in physical skill, rhythmic and musical accompaniment

N = N = 2 = 12

Serial	Variables	Measurement unit	Expermental group		Control group		T value	Significance index
			S	E	S	E		
1	Hight	Cm	163.25	1.52	163.20	1.69	0.52	Non sign.
2	Weight	Kg	73.52	1.32	72.51	1.30	0.14	Non sign.
3	Age	Year	21.55	1.25	21.44	1.21	0.36	Non sign.
4	The new training for karate sport	Year	6.57	0.36	6.54	0.29	0.21	Non sign.
5	The old training for traditional karate sport	Year	3.84	0.22	3.81	0.32	0.28	Non sign.

Follow Table (1)
Equivalence of the experimental and control groups in physical
skill, rhythmic and musical accompaniment‘
N = N = 2 = 12

Serial	Variables		Measurement unit	Experimintal group		Control group		T value	Significance index
				S	E	S	E		
6	Reaction speed		S	35.33	0.58	35.30	0.25	0.44	Non sign.
7	Ability	Kzami zouki + kzami moshi	S	8.81	0.32	8.81	0.52	0.52	Non sign.
8	Ability acuration	Jiaku Zuki + Kizami Zuki	S	11.63	0.17	11.61	0.11	0.18	Non sign.
		Giaco Zaki + Kazami Moshi	S	16.27	0.21	16.25	0.74	0.32	Non sign.
9	Ability endure	Jiaku Zuki	S	48.05	0.28	47.69	0.36	0.17	Non sign.
		Moshe Geary + Mye Gerry	S	22.35	0.32	22.31	0.22	0.33	Non sign.
10	Elegance endure	Giacomo Zaki + Moshe Giri	S	8.21	0.17	8.19	0.17	0.52	Non sign.
11	The rhythmic excitation with music for the eye		Degree	7.21	0.52	7.15	0.32	0.85	Non sign.
12	Complex Active Group Attack			Degree	0.24	0.10	0.25	0.09	0.32
13	Interval time of attack		Degree	65.00	10.10	65.00	10.20	0.14	Non sign.

•Tabular value at function level (0.05) = 1.711

It is clear from the previous table (1) that there are no statistically significant differences between the average of the premeasures of the control and experimental groups in the variables in question, indicating the equality of the two groups in these variables.

Data collection tools and means

Measurement tools

-Resistometer to measure length in centimeters

-Medical balance to measure weight in kilograms after calibration with other scales

-Tape measure - Stopwatch - 2 person - Video camera

-Quick Response Device Attachment (3)

.YForms

The researcher designed a questionnaire to achieve the objectives of the research as follows:

-Conditions for selection of experts and their names Annex (1) .- Player's data form attached (2)

- (ξ) a form of observation of the effective performance of the skill facility (5)

-A questionnaire for experts to review the most important physical skills of players (Ibon

Chubu and Phogo Kojo Komiteh) attached (6)

- Effective form of skillful and planned performance (7)

-Expert questionnaire on the proposed program (Annex 8)

-Form to determine the most suitable tests for measuring the physical abilities of the skilled research facility (9)

-Interval Time Attack Form Attachment (10)

-TASER TIMASER MUSIC FORMAT (11)

-A survey of experts in the tests of Tazer Music Facility (12)

-Training of experts in the rhythmic exercises for the training program (13) 3Tests

-Physical fitness testing facility (14)

-Testers of rhythmic music (15)

-Notes of musical exercises (1)

.ξProgram Proposed Rhythm (17)

Steps to build the program:

Proposed Program:

Steps to prepare a program of rhythmic exercises:

-Conducting a survey of research and studies related to research variables

-To meet the experts and benefit from their varied experiences in the design of

training programs for this age stage

Determinants of the rhythmic exercise program

The program is 6 weeks old

B - The number of units (3) units per week, by 3×6 weeks = 18 alone in the proposed program

Training method used

The researcher used the method of high-intensity, high frequency and repeat training.

Steps to perform the search

First: predressings

The premeasurements of the traditional karate players in the competitions of the Lobon Chubu, the Pogojo and the Kujo Comet were performed in all the variables as follows

Physical measurements on Friday 26 January 2018

T - measurement of the Tazir rhythms on Saturday, 27 January 2018

C) Measuring the effectiveness of the skill and the intermediate time of the attack by setting up an internal tournament where this tournament was semi-cyclical among the players. The video games were filmed with 4 arbitrators through the analysis of the matches

prepared by the researcher. Attachment 4 and the interim time model for the attack prepared by the researcher ANNEX (10)

Second: The proposed rhythm program has been implemented from Monday 29 January 2018 until Friday 16 March 2018 according to the research procedures. The training units are to be performed at 7 pm on Mondays, Wednesdays and Fridays every week. No. (16)

Third: dimensional measurements

The measurements were carried out Friday 23 March 2018 as follows

A - measuring the effectiveness of the skill and the intermediate time of the attack by establishing an internal tournament where this tournament was semi-periodic between the players and video games were filmed with the presence of 4 arbitrators through the form of analysis of matches prepared by the researcher Annex 4 and the time format of the attack prepared by Researcher

View and discuss the results

Table (2)
Significance of the differences between the pre and algebra measurement in the intermediate time of attack and the effectiveness of the composite offensive sentence of the experimental group N = 12

Variables	Measurment unit	Pre measurment		Post measurment		Differnces between the two averages	Improvement rate	Value t	Significance Index
		M	E	M	E				
And the effectiveness of the composite offensive group	Degree	0.24	0.10	0.29	0.08	0.05	17.24%	2.88	Ssignificance
Interval time of attack	Degree	65.00	10.10	110.20	0.20	45.50	41.01%	3.47	Ssignificance

•Tabular value at the significance level (0.05) = 1.666

Table (2) shows statistically significant differences between the averages of the preand post measurements in the time level of the attack and the effectiveness of the combined offensive sentence of the experimental group where the t value of the table is greater than its calculated value.

Table (3)
Significance of the differences between the pre and the parametric measurement in the level of efficiency of the skill performance in the experimental group N = 12

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
Calculated offensive skills	3.18	0.24	5.50	0.21	2.32	42.18%	4.85	Significance
Offensive skills Not calculated	30.58	0.11	41.32	0.14	10.74	25.99%	4.32	Significance
Total offensive skills	33.76	0.52	46.82	0.32	13.06	27.89%	4.21	Significance

Follow Table (3)
Significance of the differences between the pre and the parametric measurement in the level of efficiency of the skill performance in the experimental group N = 12

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
The intensity of one-stroke attacks is calculated	3.65	0.32	5.22	0.11	1.57	30.07%	4.28	Significance
The intensity of attacks is one non-calculated strike	22.81	0.17	27.56	0.41	4.75	17.23%	4.69	Significance
Density of blow set	26.46	0.63	32.87	0.21	6.41	19.50%	4.28	Significance
The intensity of attacks is calculated	4.84	0.21	7.21	0.28	2.37	32.87%	4.21	Significance
The intensity of attacks is calculated	4.62	0.28	7.65	0.36	3.03	39.60%	4.28	Significance
The intensity of the two batches is total	9.46	0.22	14.86	0.21	5.40	36.33%	4.65	Significance
The intensity of the attacks is three calculated strokes	3.12	0.17	5.58	0.41	2.46	44.08%	4.85	Significance
The intensity of attacks is three strokes not calculated	1.69	0.36	2.28	0.39	0.59	25.87%	4.69	Significance
Intensity attacks three total hits	4.81	0.52	7.86	0.21	3.05	38.80%	4.28	Significance
Intensity of attacks is more than three calculated strokes	2.10	0.31	3.98	0.14	1.88	47.23%	4.69	

Follow Table (3)
Significance of the differences between the pre and the parametric measurement in the level of efficiency of the skill performance in the experimental group N = 12

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
The intensity of attacks is three times more than calculated	0.91	0.14	1.81	0.41	0.90	98.90%	4.41	Significance
Intensity attacks more than three total hits	3.01	0.85	5.79	0.33	2.78	48.01%	4.24	Significance
Face recording areas	1.51	0.26	2.28	0.21	0.77	33.77%	4.32	Significance
Chest and abdomen recording areas	16.84	0.32	21.25	0.14	4.41	20.75%	4.17	Significance
Total registration areas	20.65	1.52	26.25	0.12	5.60	21.23%	4.62	Significance

•Tabular value at the significance level (0.05) = 1.666

Table (3) shows efficiency of karate skill statistically significant performance and kicks level. differences between the The experimental group where averages of preand post the value of (T) is more than measurements in the level of the value of the value (0.05.)

Table (4)
Significance of the differences between the pre measurement and the encroachment at the level of the intermediate time of attack and the effectiveness of the composite offensive sentence of the control group N = 12

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
And the effectiveness of offensive wholesale compositions	0.25	0.09	0.27	0.01	0.03	7.40%	2.11	Significance
Interval time of attack	65.00	10.20	90.20	0.30	25.50	27.93%	2.65	Significance

•Tabular value at the significance level (0.05) = 1.666

Table (4) shows statistically significant differences between the averages of the pre and post measurements in the level of the intermediate time of the attack and the effectiveness of

the combined offensive sentence of the control group where the value of the t-value was greater than the value calculated from the significance level (0.05)

**Table (5)
The significance of the differences between the pre measurement and the deviation in the level of efficiency of the skilled performance in the control group N = 12**

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
Calculated offensive skills	3.19	0.36	4.12	0.17	0.93	22.57%	3.25	Significance
Offensive skills Not calculated	30.59	0.22	35.21	0.21	4.62	13.12%	3.15	Significance
Total offensive skills	33.78	0.14	39.33	0.17	5.55	14.11%	3.22	Significance
The intensity of one-stroke attacks is calculated	3.68	0.62	4.10	0.33	0.42	10.24%	3.39	Significance
The intensity of attacks is one non-calculated strike	22.91	0.21	24.58	0.36	1.67	6.79%	3.21	Significance
Density of blow set	26.59	0.14	28.68	0.41	2.09	7.28%	3.28	Significance
The intensity of attacks is calculated	4.95	0.52	5.69	0.21	0.74	13.00%	3.26	Significance
The intensity of attacks is calculated	4.65	0.36	6.10	0.17	1.45	23.77%	3.21	Significance
The intensity of the two batches is total	9.60	0.21	11.79	0.28	2.19	18.57%	3.17	Significance

Follow Table (5)
The significance of the differences between the pre measurement and the deviation in the level of efficiency of the skilled performance in the control group N = 12

Variables	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	Value t	Significance Index
	M	E	M	E				
The intensity of the attacks is three calculated strokes	3.13	0.17	3.98	0.26	0.85	21.35%	3.29	Significance
The intensity of attacks is three strokes not calculated	1.68	0.85	1.81	0.21	0.13	7.18%	3.21	Significance
Intensity attacks three total hits	4.81	0.21	5.79	0.17	0.98	16.92%	3.28	Significance
Intensity of attacks is more than three calculated strokes	2.11	0.14	2.10	0.25	0.99	31.93%	3.22	Significance
The intensity of attacks is three times more than calculated	0.89	0.33	1.10	0.41	0.21	19.09%	3.54	Significance
Intensity attacks more than three total hits	3.00	0.41	3.20	0.22	0.20	6.25%	3.15	Significance
Face recording areas	1.50	0.21	1.91	0.17	0.41	21.46%	3.22	Significance
Chest and abdomen recording areas	16.81	0.32	18.10	0.21	1.29	7.12%	3.41	ignificance
Total registration areas	20.20	0.84	22.25	0.28	2.05	9.21%	3.58	ignificance

•Tabular value at the significance level (0.05) = 1.666

Table (5) shows statistically significant differences between the averages of the pre and post measurements in the level of the efficiency of the skill performance in karate of the control group where the value

of (t) is greater than the value significance level (0.05)
calculated from the

Table (6)

Significance of the differences between the two dimensions in the experimental and control groups in the intermediate time of attack and the effectiveness of the composite offensive sentence

N = 24

Variables	Measurement unit	Experimental group		Control group		T value	Level of significance
		M	E	M	E		
And the effectiveness of offensive wholesale compositions	Degree	0.29	0.08	0.27	0.01	3.85	Significance
Interval time of attack	Degree	110.20	0.20	90.20	0.30	3.21	Significance

The value "T" is a tabular at the level of 0.05 = 1.671

Table (6) shows that of the intermediate time of the there are statistically attack and the effectiveness of significant differences between the combined offensive the measures of the two sentence. The value of the t-dimensions in the experimental value is greater than the value and control groups in the level of (0.05.)

Table (7)

The significance of the differences between the two dimensions in the experimental and control groups The level of efficiency of skilled performance N = 24

Variables	Experimental group		Control group		T value	Level of significance
	M	E				
Calculated offensive skills	5.50	0.21	4.12	0.17	3.98	Significance
Offensive skills Not calculated	41.32	0.14	35.21	0.21	3.28	Significance
Total offensive skills	46.82	0.32	39.33	0.17	3.54	Significance

Follow Table (7)
The significance of the differences between the two
dimensions in the experimental and control groups The level of
efficiency of skilled performance N = 24

Variables	Expermental group		Control group		T value	Level of significance
	M	E				
The intensity of one-stroke attacks is calculated	5.22	0.11	4.10	0.33	3.28	Significance
The intensity of attacks is one non-calculated strike	27.56	0.41	24.58	0.36	3.17	Significance
Density of blow set	32.87	0.21	28.68	0.41	3.62	Significance
The intensity of attacks is calculated	7.21	0.28	5.69	0.21	3.21	Significance
The intensity of attacks is calculated	7.65	0.36	6.10	0.17	3.85	Significance
The intensity of the two batches is total	14.86	0.21	11.79	0.28	3.21	Significance
The intensity of the attacks is three calculated strokes	5.58	0.41	3.98	0.26	3.17	Significance
The intensity of attacks is three strokes not calculated	2.28	0.39	1.81	0.21	3.56	Significance
Intensity attacks three total hits	7.86	0.21	5.79	0.17	3.62	Significance
Intensity of attacks is more than three calculated strokes	3.98	0.14	2.10	0.25	3.17	Significance
The intensity of attacks is three times more than calculated	1.81	0.41	1.10	0.41	3.21	Significance
Intensity attacks more than three total hits	5.79	0.33	3.20	0.22	3.28	Significance
Face recording areas	2.28	0.21	1.91	0.17	3.52	Significance
Chest and abdomen recording areas	21.25	0.14	18.10	0.21	3.21	Significance
Total registration areas	26.25	0.12	22.25	0.28	3.17	Significance

. Takako Fujioka(2.12) The value "T" is a tabular at the level of 0.05 = 1.671

Table (7) shows statistically significant differences between the averages of the two dimensions in the experimental and control groups in the level of the efficiency of the skilled performance in the traditional karate and the kicks level. The value of the t-table value is greater than the value calculated from the significance level.)

Table (2) shows statistically significant differences between the averages of the preand post measurements in the level of the intermediate time of the attack and the effectiveness of the combined offensive sentence of the experimental group. The value of the t-value is greater than the value calculated from the significance level (0.05). With an improvement of 17.24% and 41.01%

Table (10) shows statistically significant differences between the averages of the preand post measurements in the level of efficiency of the skilled performance of the experimental group where the value of (T) is greater than the value calculated from the

significance level (0.05) with improvement rates ranging from 17.23% to 98.90 The researcher returns this development to the proposed program and its impact on the effectiveness of the attacks

This is due to the training program and its training which focuses on developing the intermediate time of the attack by shortening the time between the attack skills in the one vehicle attack through the training program which contains the rhythmic rhythmic exercises difficulty in the main part of the program through the rhythm of the player as well Which contained training for offensive skills.

This is consistent with Cristina Nombela et all (2013). "The characteristics of the human hearing system are better than optical for the following reasons: (1) reaction times for audio signals are 20-50 times lower in visual or tactile signals (2) To detect the periodic and structural patterns of time, compared to other sensory systems, 3 - the timing is necessary for the manufacture of movements and precise structure and timing and impaired performance of

motor, the system can use the rhythmic music to affect the system of motion, and uses the timing of timing with music to affect the system) Although the pulse is not S of the auditory stimulus, but the rhythm can also stimulate a sense of rhythm internally and once it is installed style can continue in the mind of the listener and in the nervous system. (Cristina2013 m)

It is also consistent with the findings of et all Takako Fujioka (2012) that there is a cohesion between energy linked to the rate of sound (rhythm) across the audio and motor systems, although there is no motion, so the rhythmic modification emits the rhythm of vocal stimulation in audio lines and regions Related to the motor, including the sensory cortex, and that the temporal path provides a mechanism for maintaining predictive timing (Takako Fujioka2012)

This is consistent with what some studies and research have pointed to the importance of using rhythm when learning skills and controlling the motor rhythm of this skill because the motor rhythm is an important basis on which the analysis of

sports movements is based and evaluated. And the development of the technique of various sports skills, especially if accompanied by the rhythm of music in the performance of skills. "(Najah Mahdi 2011)

Domenico (2001) agrees that the success of an attack is not only the extent to which the individual reaches, but also the speed of the attack in the target. (Domenico 2001)

This is what Castas kasageorghis has concluded: "Music is the spiritual present for exercise practitioners. It is an important point to remember to athletes, and listening to music makes you gain important training positions." (Accredited 2001)

Thus, the first objective is achieved, which states that there are statistically significant differences between the mean and the post measurement of the experimental research group in the level of the interplay time of the attack and the effectiveness of the combined offensive sentence and the effectiveness of the offensive performance in the comet in favor of the telemetry

Table (3) shows statistically significant differences between the averages of the pre and post measurements in the level of the intermediate time of attack and the effectiveness of the combined offensive sentence of the experimental group where the value of the t-value was greater than the value calculated from the significance level (0.05) And 27.93%.

As shown in Table (4) there are statistically significant differences between the mean of the pre and post measurements in the level of the efficiency of the skill performance in the karate of the control group where the value of (t) the table is greater than the value calculated from the level of significance (0.05), with an improvement of 6.25 % To 31.93%

As for the control group, whose results showed significant differences, the researcher returned to the commitment of the members of this group to the training units and to do regular repetitions and agreed with this (Wajih Mahjoub) (2000) that repetition is one of the important aspects

in the process of learning motor skills and without it The process of learning locomotor and the repetition or training on the performance of the right technique helps to increase the experience of motor, "Experience has shown that the proper training of skills to achieve the best results because the recognition of the relationships between the elements of skill and create the foundations of memory movement helps to develop Level learning and training. (Wajih Mahjoub 2000)

The second hypothesis is realized. There are statistically significant differences between the pre-and post-measurement parameters of the combative search group at the inter-time level of the attack, the effectiveness of the composite attack sentence, and the effective performance of the offensive performance in the comet in favor of the telemetry.

Table (13) and Figure (3) show statistically significant differences between the two dimensions of the measures of the two dimensions of the experimental and control groups in the intermediate period of the

attack and the effectiveness of the composite offensive sentence. The t value of the table is greater than the value calculated from the significance level (0.05). Where the mean arithmetic mean in the offensive sentence of the experimental group of 0.29 and the set of 0.27. The researcher said that the players are all of a high level and convergent and have many experiences in the competitions and therefore,

Although there are differences but it is simple because the traditional program and the proposed program both focused in particular On the wholesale offensive vehicle. The mathematical averages were in the intermediate time of the attack of the experimental group 110.20 and the control group 90.20. The researcher returns the differences to the proposed dynamic motion program, which is specifically designed to shorten the attack time or increase the internal speed of the attack

Table (5) shows statistically significant differences between the averages of the two dimensions

in the experimental and control groups in the level of the efficiency of the skilled performance in the traditional karate, where the value of (t) is greater than the value calculated from the level of significance (0.05)

The differences between the two dimensions of the two groups to the proposed rhythmic program and the interesting material for the players may break the standard training courses and, as the researcher believes, changed the money in the training in Egypt on the martial arts, the players may think at the beginning of learning the rhythm of the hands and hands For two men, which is similar to dance, it is a kind of recreation or recreation between the complex exercises in the training program which creates a kind of happiness, fun and more effort.

It is also consistent with the "US National Library" (2012) and "Ming-YangCheng (2017) that it may be the psychoactive motor of elite athletes in that the motor efficiency is less complicated in the processes associated with control of motor and

neural network activities less and this during cognitive behavioral movement, Thus, the mental-motor movement can be issued to the scene during the cognitive processing of the movement related to the experience, and this indicates that the rhythm associated with Ballet performance, it works faster and bigger, as it is a catalyst linked to memory movement body and experience. (Ming-Yang 2012) It also agreed with Bilal Rahal (2005) that the dynamic rhythm has a positive impact on the responses of the players to the different variables (Bilal Sulaiman 2005)

The results of this study are consistent with those of Mohammed Dahi (2008) and Amir Abdul Wahid (2007) that the accompaniment of the Musabqi and the rhythm helps to perform regular steps and to sense the proper timing of the skill and also help to focus the movement in a particular place at a certain time and show The strength of the movement and the sense of the economy and the effort exerted nerve and mentally. (Mohammad Dahi 2008) (Amirah Abdul Wahid 2007)

Amal al-Khasawneh (1997) asserts that the application of motor rhythm associated with performance regulates the energy process through the rhythmic exchange of tension and relaxation, which reduces the burden on the musculoskeletal system (Amal al-Khasayneh 1997)

It also agrees with the "shining light" (2015) that the rhythm helps to improve the time of achievement and improve the digital time of the players and reduce the burden on the nervous system, as well as, increase the elements of physical fitness, and enjoy education and training.

Nashayama (2007) also notes that timing helps to increase the body's energy and that the correct timing and rhythm of each movement from the individual part of the body reaches the body to the level of the Great Power, in the sense that the timing and rhythm of each movement part of the body accumulate and reach the movement followed by smoothness and smoothness without cutting and movement The growing body reaches 100% of the force with the correct timing and rhythm of

performance. (Nashayama 2007)

" When people engage in physical conflict, whether real or mathematically, it is an inherent system of defense and attack movements and there is a continuous and continuous sequence of movements. The ability to control the timing and rhythm of the fighting provides the ability to control the skillful performance and the techniques surrounding the rhythm. The harmony of performance depends largely on training, repetition and practice (Colin P 2015)

Karate Your opponent must be present all the time whether you sit or stand or eat, and if you decide to use karate you should not have any doubt that one hit decides everything and if you move your hands and feet only and jump up and down, that is not all Karate learning is not very different from learning to dance. Cartesian movements are not only performed at a particular rhythm but rhythm has a heart and substance, and you will never reach the heart of the subject if you fail to understand the essence of Karate Du. (GICHIN 1998)

That the timing of the fighting, whether the age of no age, Juno Sen and Taino Sen depends on the player's response and internal rhythm and continuous training. (DAVE 2012)

From all of the above, we see with no doubt that the rhythmic rhythmic exercises have been credited with this clear development as well as regularity of performance daily.

And that the rhythm of movement is important in the need to follow the means of economic work of the muscular nervous system in all movements, but that the observance of the application of the principle of rhythmic change between the extremes and relaxation affect positively so as to raise the level of performance in general and health in the sense of mass, the rhythmic movements always require vigilance and questionnaire so be This is a society that leads to the development of the performance of the movement and that farmers in the field of sport are characterized by a highly dynamic motor

syndrome. (Ahmed Bastois 1996)

Thus, the third hypothesis, which provides that there are statistically significant differences between the average of the post measures in the experimental and control groups in the inter-time attack level, the effectiveness of the combined offensive sentence and the effectiveness of the offensive performance in the comet, is achieved in favor of the experimental research group.

Conclusions

-Motion rhythm has a positive and effective effect in developing the intermediate time of attack

-The dynamic rhythm has a positive and effective effect in increasing the effective sentence of the motor vehicle

-The proposed program has helped to increase the effectiveness of the skilled performance

-Motion rhythm changes the rhythm of training and makes it more vital and helps to exert effort

Recommendations

-Exercises for different rhythms of motion in kata and inbano

-Therefore, the researcher recommends the use of the rhythm of motion during the various training programs may be placed by the coach at the beginning of the training season in times of rest as a kind of recreation and increase the propulsion of players

-Use of Taesu training in martial arts by tools such as stick

-Provide opportunities for students and students of martial arts in the colleges of sports education to start the day of training in lectures and practical education with music and rhythm as an introduction to innovation in training.

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