

The Effect of Using the Method of Training Sections upon the Activity effectiveness of tactic and Kicking in the Competitions of Fuku-go

***Dr/ Doaa shawkey Mohammed**

Introduction and research problem

The karate players practice the basic movements. After learning and mastering these movements, these movements move together to learn in a science called kata in karate, which is a fictional fight of several imaginary people surrounding a person, attacking him regularly and systematically. Kata is one of the basic rules in this game.

It is the heart, which develops mind, spirit and body, and works largely on the consistency of the body, including the methods of kicking, punching and repelling, and to be able to master and excellence in performance, the player must be trained to train to have the ability to control and balance in movements. R. Lee 2003)

Karate sport is one of the individual combat sports that have been the subject of scientific development,

characterized by a variety of basic offensive methods, including punching, hitting and kicking, which requires defensive and offensive performances with arms and legs strong and fast, the skill time in the performance of less than one second and high intensity, The game in Kata follows the performance of skilled and permanent and dynamic muscle contractions (central- decentralized) non-stop in performance over the duration of the Kata, which may range from 60 - 90 w depending on the type of kata and the school to which it belongs. (Ahmed Ibrahim, 2002)

The International Kinetic Sentence is a series of dynamic performance of defensive and offensive tactics performed by a player or player in an internationally organized sequence against a group of imaginary competitors in different directions and with

* Lecturer Dr. at Department of Compete and Individual Sports Training at the Faculty of Physical Education Girls Helwan University

varying speed and strength according to the position. (Ahmed Ibrahim, 2014)

Kata is considered the most important katate in the field of traditional karate. It consists of (51) skills in (7) repeated skills in different directions and different kinetic methods with varying performance strength in terms of consistency in motor performance between slow and fast.

Each school is also based on the correct good techniques and is the basis of the Fokugo Championship, one of the traditional karate competitions practiced by all registrars within Tournament.

Kata Kitta is characterized by the fact that it can not be modified in terms of performance, practice or shouts, which is practiced by all players at the same time and the best performance and constant and strength wins the game and therefore must be one performance and at the same time. Therefore, it is the thermometer for each performance correctly and with the same strength and timing and hence shows the importance Kata kite in it is a measure of the performance of

each player practicing traditional karate. (Egyptian Federation of Karate, 2012)

The Fokogo is an individual competition and a combination of Kata Kitta and Kumite skills. The final stage is Komete and is played for adults. It is Kata Kitta + the Apon Shobu Competition and for the boys Kata Kitteh + Kujo Komete. (Traditional 2009)

The researcher noted that the comic, which is one of the traditional karate competitions, is one of the most important competitions.

The importance of the competition is that the player is interested in training the kata as much as his interest in the comet.

The researcher believes that this competition specifically contains within it the philosophy of the martial arts in terms of attention to the daily kinetic duty With the mastery of martial art against the opponent and that the traditional Karate philosophy specifically aimed at building the player integrated (technically, physically and psychologically) so the most appropriate competition for this

purpose is the contest of the phonetic.

The researcher also believes that the normal performance of the Kata in the traditional karate sport requires special skill abilities which are of great importance in achieving the skill and planning requirements and thus achieving direct efficiency in the performance level in the comet competitions.

The researcher also noticed that the activity of the Egyptian players' plans is accompanied by some fluctuation in the level of the competitions of the jawojo fighting part (Albon Chubu) as well as the lack of use of the Egyptian players for kicking during the matches and this is not good for the players of the level of Egyptian players, and to make sure of the researcher's observation the researcher analyzed a number of Al-Abon Shubo matches of Al-Fajouj Competition (Annex 4), where the percentage of active attack activity of Egyptians is 57% compared to 58% for foreigners. The defensive activity of Egyptians is 43%, compared to 53 for foreigners and the activity activity of

Egyptians is 1.66 vs. 1.85 for foreigners.

The percentage of the use of attack kicks for Egyptians is 0.011% for Egyptian players compared to 21% for foreign players and the percentage of registration is 0.03% for Egyptians compared to 0.14% for foreigners Table 1 shows the number of attack times and the number of attacks that reached the goal and the number of defense times and the number of defense times Which was repulsed by the opponent and the active activity of the offensive and active defensive activity and effective activity schematic and the number of times the use of kicks and the number of times of successful registration of kicks and the percentage of registration of kicks for the number of successful attack times and the percentage of the number of times the use of kicks attack times and percentage The number of times the kicks are scored for the number of attacks.

The researcher attributed this fluctuation to a weakness in the effectiveness of the schematic activity, as well as not to use the kicks to fear the

players from the loss of the point as the game Albon Chubo is half a point (2 ministerial) or (1 Ibon) and therefore the adventure must be calculated and players tend to defend more than attack As well as the non-performance of kicks.

Here we show the importance of research in the use of a new method of training to practice the activity of planning in the games Albon Chubu, the use of training pieces in Kata Kitth belief that the proficiency of skills and rhythm Kata directly affect the effectiveness of the skill and planning in MP The comets are special for Kata, such as Kata Kite, where they contain four schools, so training them in the style of training pieces will affect the fighting skills of four different schools.

Research goal

The aim of the research is to identify the effect of using the method of training pieces for Kata Kitta on the activity of schematic and kicking in the competitions"

Research hypotheses

- There are statistically significant differences between the averages of preand post measurements in the level of effectiveness of the effectiveness of the offensive

activity and the effectiveness of the defensive activity and the effectiveness of the planning activity for the benefit of telemetry

- There are statistically significant differences between the averages of the preand post measurements in the level of the use of kicks calculated and the effectiveness of kicks in favor of post measurement.the

The plan and research procedures

Research Methodology

The researcher used the experimental method using one batch in the preand post measurement method to suit the nature of the research.

The research sample

The sample was randomized by the traditional karate players at Al-Mashah in Cairo and the second black belt for a period of more than 20 years. In order to control the variables that affect the accuracy of the search results, the researcher sought to verify the homogeneity of the research sample. The following table shows the homogeneity of the research sample in the variables that may have an effect on the The proposed program Baiq These variables are (height, weight, age and age the training) through the form's data

Table (1)

**Arithmetical mean, standard deviation and coefficient
Torsion of the sample variables (N = 22)**

Serial	Variables	Measurement unit	SMA	Mediator	standard deviation	Torsion coefficient
١	Height	Cm	163.85	163.00	1.01	1.583
٢	Weight	Kg	72.65	72.50	1.01	0.445
٣	Age	Year	21.24	21.00	0.94	0.765
٤	The new training for karate sport	Year	6.28	6.00	0.54	1.555
٥	The training age for traditional karate sport	Year	3.45	3.40	0.52	0.288

It is clear from Table (1) that the torsion coefficient is between 0.288 and 1.583, which is limited to (± 3), indicating that the research sample is homogeneous in these variables.

Table (2)

Arithmetic mean, standard deviation, intermediate, and torsion coefficient Physical skills are under investigation N = 22

Serial	Variables		Measurement unit	SMA	Mediator	standard deviation	Torsion coefficient
Physical variables	Reaction speed		S	35.32	1.25	35.00	0.768
	Ability	Kizami Zoki + Kozami Mawashy	S	8.84	0.52	8.50	1.961
	Ability accurate	Jiaku Zuki + Kizami Zuki	S	11.65	1.14	11.50	0.394
		Jiaco Zaki + Kzamey Mawashei	S	15.85	0.36	15.80	0.416
	Ability bureden	Jiaku Zuki	S	45.62	0.28	45.50	0.840
		Mawashaye Jiriei + Maye Gerayi	S	21.28	0.57	21.00	1.473
Ability Bearing	Jiaku Zoqi + Miyashi Gyri	S	8.20	0.39	8.00	1.538	

It is clear from Table (2) that the torsion coefficient is between (0.0.416 to 1.571), which is limited to (± 3), indicating that the research

sample is homogeneous in these variables.

Table (3)
Arithmetic mean, standard deviation, intermediate, and torsion coefficient Active activity plans and kicking N = 22

Serial	Variables	Measurement unit	SMA	Mediator	standard deviation	Torsion coefficient
	Effectiveness of offensive activity	Degree	0.11	0.02	0.10	1.50
	The effectiveness of defensive activity	Degree	0.52	0.10	0.50	0.60
	The effectiveness of planning activity	Degree	0.63	0.11	0.60	0.818
	The effectiveness of kicking	Degree	0.33	0.01	0.30	0.176

It is clear from Table 3) indicating that the research sample is homogeneous in these variables. (3) that the torsion coefficient (0.60 to 1.923) is limited to (\pm)

Table (4)
Arithmetical mean, standard deviation, median, and torsion coefficient in level The skillful performance of kata kitty N = 22

Serial	Variables	Measurement unit	SMA	Mediator	standard deviation	Torsion coefficient
	Evaluate the level of performance of the first track	Degree	6.21	0.21	6.20	0.142
	Evaluate the performance level of the second track	Degree	6.84	0.17	6.80	0.705
	Evaluate the level of performance of the third track	Degree	6.34	0.62	6.30	0.193
	Evaluate the performance level of the fourth track	Degree	6.14	0.32	6.10	0.04
	Evaluate the performance level of the fifth track	Degree	6.57	0.14	6.55	0.428
	Evaluate the level of performance of the whole tracks sentence	Degree	6.68	0.68	6.60	0.352

1- (It is clear from Table (4) that the torsion coefficient is limited to (± 3) indicating that the sample of the research is homogeneous in these variables

2- Data collection tools that are appropriate to the nature of this research were determined through scientific references and access to previous researches and studies, and were represented in the following:

3- Means of data collection

4- Measurement tools

5- Resistometer to measure length in centimeters

6- Quick reaction device

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

8- Tape measure - Stopwatch - 2 person- Video camera attached (3)

1- Forms

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

3- (1) Conditions for selection of experts and their names Annex (1.)

4- Player data form attached (2.)

5- Form for the effective performance of kicks and plans facility (5)

6- A questionnaire for the opinion of the experts of the most important physical elements of players (Fokogo) attached (6.)

7- Form of note of the effectiveness of the performance of the plans in the games Facility (7)

8- Expert questionnaire on the proposed program (Annex 8)

9- Form to determine the most appropriate tests for measuring the physical abilities of the skilled research facility (12)

10- Tests

11- First: the tests of muscular ability and muscular capacity of the skills of men:

12- Test the muscular ability and the ability of muscle skills (muashy- Jerry) (May – Jerry)

13- Test the muscular capacity and the muscular capacity of the skill method of the front straight opposite punch (Jiaku - Zoki)

14- Fitness fitness test (Jiaku- Zoki) (muashy- Jiri) (May – Jerry)

Second: The tests of the accuracy of the ability of the muscle and the muscular ability of the individual skills (men)

1-Test the accuracy of the ability and muscular ability and the ability of muscle to the

technique of the skill half-circular kick (kizami muashy-Jerry) on a specific goal

Third: tests the accuracy of the ability and muscular capacity and the ability of the muscle complex skills

1-Test the accuracy of the ability and muscular ability and the muscular ability of the skill method (Zami Zaki + Giaco Zuki)

2-Test the muscular ability and the muscular ability of the skill method (kizami zuki + kizami cattle) on a specific goal

4-Proposed program (10)

Proposed training program:

The aim of the program is to identify the effect of the use of the training method of Kata Kitta on the activity of the schematic and kicking in the competitions"

General principles for the development of the training program:

- The program is based on the development of the active activity of the plans and kicking in the games of Alobon Chubo competitions fokogo

- The program is implemented during the preparation period for the competitions according

to the training plan which lasts six weeks

- Determine the number of training sessions (4) modules per week during the preparation period for the competitions

- Determine the size of the training load during the program:

Maximum load 120 minutes

High load 90 minutes

The average pregnancy is 60 minutes

- Determine the intensity of the training load during the program:

Maximum load 85% - 100%

High pregnancy 70% - 84%

Average pregnancy 50% - 69%

Basic experience

The pre-measurement of the requirements under study was carried out on 9 February 2016. The proposed program was implemented from 24 February 2016 to 28 March 2016 for a period of 6 weeks with three training units per week guided by the specialized references. The distance measurement was 30 March 2016

Proposed training program

Table (5)
Characteristics of the proposed training program content and implemented by the players in the group under study

Charachtristics	Time distribution of the program
Number of application methods	6 weeks
Number of training units	24units
Number of weekly training sessions	2 times
Percentage of intervals rest between sessions	(1/1)work-rest
Interval intervals between training groups	(1-1)work-rest

Steps to carry out the research

First: pre measurements

The measurements of prekarate traditional players participated in competitions Vkogo in all variables as follows:

A: Physical measurements on Tuesday, 30 August 2016

A: measuring the effectiveness of the performance of the plans and kicks by establishing an internal tournament where this tournament was semi-periodic and this was done by videotaping the matches through the video and evaluate the effectiveness of the performance of the plans and kicks by observation during the matches by the observation form prepared by the researcher on Thursday, September 1, 2016 Annex (5)

Second: The proposed program was implemented from

Saturday 3 September 2016 until the end of October 13, 2016 according to the research procedures. The training units were performed at 6:00 pm on Saturday, Monday, Wednesday and Thursday each week.

(1/1) annex (14)

Third: Metaphysical measurements: Saturday, October 15, 2016, the measurements were carried out for the same type of research in the optimists as follows:

A - measuring the effectiveness of the performance of the plans and kicks by establishing an internal tournament where this tournament was semi-periodic for the players participating in the games of the phonograms and this was done by videotaping the matches through video and evaluate the effectiveness of the performance of the plans and kicks through the observation

during the matches by the observation form prepared by the researcher (6)

Discuss the results

**Table (6)
The significance of the differences between the premeasurement and the deviation in the level of effectiveness of the plan N = 12**

Variables	Measuemnt unit	Pre measurement		Post measurement		SMA	Mediator	standard deviation	Torsion coefficient
		M	E	M	E				
Effectiveness of offensive activity	Degree	0.10	0.2	0.81	0.05	0.71	87.65%	4.28	coefficient
The effectiveness of defensive activity	Degree	0.51	0.09	0.79	0.06	0.28	35.44%	4.32	coefficient
The effectiveness of planning activity	Degree	0.64	0.12	0.97	0.10	0.33	34.02%	4.28	coefficient

Table (6) shows statistically significant differences between the averages of the preand post measurements in the level of effectiveness of the activity of the attack activity and the effectiveness of the defensive activity and the effectiveness of the planning activity in favor of the distance measurement. The improvement rates ranged from (34.02%: 87.65%) The scale is greater than the value calculated from the significance level (0.05).

This is due to the consideration of the rationing for the training loads of the active offensive and defensive activity and planning activity,

in addition to taking into account the specificity of the training directed to the nature of the performance during the play situations in the match, which was included within the content of the training unit, and the training included in the exercises for the development of active offensive, defensive and planning activity,

The improvement to the player's implementation of the training content of the training pieces of kata kitech, which was carried out gradually in the training units, which contains skills to balance the attack and defense of the four schools, in addition to contain the part Jesse on the positions of

various games used by the player what he learned from the training of Kata Kitta in the games of the Komitah including its defensive skills and attacks as one of the stages of the development of the performance of the plan (Kehon Komité), and all of the above helped to improve the offensive and defensive activity, which developed the effectiveness of the schematic and then Achieving the points easily in the games The researcher applied what has been mentioned to the possibility of developing the level of achievement of the players to perform the components of the sentence dynamic "Kata" to a set of skillful methods based on scientific standards do not occur fluctuations in motor performance and rhythm also notes the movement of the movements of the feet

Which is followed by the line of performance and internationally recognized pathways, which must be adhered to during the performance of the kata and then the integration of parts and performance in a continuous manner without time intervals for the

intermediate style of the first technique (1-7) and the second skill style (8-15) (16- 27), the fourth skill style (28-38), the fifth skill style (39-51), and then the loads and the high level of the total achievement of the kinetic movement kite, which clearly affected the performance in the comet games in competitions The training on KATA by its four schools and mastering the style of training sections has Impact on motor performance and the number of offensive activity and Effectiveness of defense and tactical and kicking.

This is consistent with what Ahmed Ibrahim pointed out that the specialist coach to note during the implementation of the training loads of codified throughout the season of the athlete and directed to the player specialty (Kata or Komite) that at the height or decline in the level of training load, there is no immediate signs of change in the level of achievement of the player at His performance of the skillful style during the contest (kata or comet) is under training as a direct result of the change in dynamic loads. (Ahmad Ibrahim 2015)

This corresponds to what Waji Shamandi (2002) said that the performance of the plan passes through four stages (Kihon Komete, Jeju Ibon Koumitteh, Komeite semi-free and Jeju Koumitteh) and that the stage Kehun Koumith training the player to attack a specific goal and his way of defense and counter attack and the number of attacks with the attack The one Ippon or three attacks or five attacks Sanbon attacks and the player in this stage on the skill performance and the appropriate readiness and also the distances and sensitivity and the basic skills in karate, and develop what the player learned in this stage, where the player learns how to convert the performance plan to Ed This is a process that is determined by the instructor and given specific defensive and defensive duties. (Wajia Shamandi 2002)

Ibrahim Abdul Hamid Al-Abiari, 2015, emphasizes the importance of training programs to be conducted in similar conditions to perform skill, plan and competency to improve their technical competence in accordance with the requirements of their specialized activity. This may

lead to increasing the skills of the players and their ability to perform And increase the effectiveness of counter-attack corresponding to reduce the number of) attacks, which is reflected on the economy in the effort of the players. (Ibrahim Abdel-Abiari 2015)

And that training in a scientific way, such as the method of mixing on the motor sentences and the development and development of movements of the feet make the player to perform automatically and state without complex combinations is a plan to reach the player to the mechanism in dealing with the requirements of multiple play situations successfully and helps to reach the desired form of sport. (Wael Hussein 2014)

And the use of the activity of the planter is a new and innovative approach to improve the player's productivity and increase the effectiveness of his performance during the competition "Comet" and the need to apply this method within the training programs to the first directed to develop the physical requirements - the skill of the techniques of the constituent activity of the plan,

During the spatial division over the rug or during the time division during the actual match time. (Ahmed Ibrahim 2011)

And that the Karate coach must understand that when trying to raise the level of achievement of the player or player should work on the development of a set of capabilities and requirements for this achievement, and

should be planned for the development process, which includes compatibility or coordination until the end result produces a general result leads to The high level of achievement of the determinants of activity schematic, and this is related to the rationalization of the player's potential or training player (Ahmed Ibrahim 2015)

Table (7)
The significance of the differences between the premeasurement and the encroachment in the act of kicking N = 12

Variables	Unit measurement	Pre measurement		Post measurement		SMA	Mediator	standard deviation	Torsion coefficient
		M	E	M	E				
Use of calculated kicks	Frequency	1.26	0.33	2.25	0.17	0.99	44.00%	4.69	coefficient
The effectiveness of kicking	Degree	0.35	0.05	0.61	0.06	0.26	42.62%	4.17	coefficient

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

Table (7) shows statistically significant differences between the averages of the preand post measurements in the level of the use of kicks and the kicks in favor of the distance measurement where the improvement rates were (44.00%, 42.62%). For the significance level (0.05)

This improvement is due to the nature of the special exercises and implemented

during the program, which have been specialized in the selection of sections in the kata similar to the different techniques of the players and the implementation of them in the main part and then the part of the unit training

This result is consistent with what Ahmed Mahmoud Ibrahim (2001) noted that training loads positively influenced the values of

functional, physical and skill capabilities, which were reflected in the effectiveness of the skillful performance of the methods most commonly used individually as well as their impact on the effectiveness of defensive and offensive behavior.

It is in line with what Rha, Landor, Roder, Faro (2011) noted that the correlations between the physical and professional abilities of karate players and the level of performance among karate players help to achieve successful competitive performance by relying on successful punches and kicks rather than just punches and kicks.

These results are consistent with what Hussein Hajaj, Ahmed Ibrahim (2009) pointed out that individual attention should be given to rationalizing the player's abilities and abilities to develop them during the implementation of training loads using the skillful performance method

This was agreed with the results of the study of Amr

Abdel - Azim (2003), which showed the superiority of offensive skills on the defense skills in (some kata) and the average distance is better for a certain Kata while long distances are better in others.

In the opinion of Ahmed Mahmoud Ibrahim, Atef Mohammed Abaza (2005) that the sentence movement "Kata" the essence of real Karate sport and one of the poles of that sport and the right way and effective to understand the skillful performance of the methods of structural structure of karate sport, and that the sentence Kata " The level of achievement of the skills of defensive and defensive skills and the ability to self-defense, which is reflected in the level of skilled performance during the competition in which the player or player, whether the competition to fight the actual "Kometeh" as well as the battle contest imaginary kata.

-There are statistically significant differences between the averages of the preand post measurements in the level of effectiveness of the activity of the offensive activity and the

effectiveness of the defensive activity and the effectiveness of the planning activity in favor of the telemetry

-There are statistically significant differences between the averages of the preand post measurements in the level of use of kicks calculated and the effectiveness of kicks in favor of the dimension measurement

Recommendations

-The use of different methods to train on the skillful performance in the kumite competitions linked to kata as it is the basis of the correct skill performance in karate sport

-Attention to the use of different methods in the development of schematic performance in the comet linked to kata

-Pay attention to master the four different schools in the sport of traditional Karate and training them because they are complementary to the other.

-Use the proposed program with the players and with different age groups, taking into account the training loads.

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