

## **A predictive study of the lotus skill in terms of the biomechanical analysis of wushu kung fu players**

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### **First search introduction:**

The sports field is one of the areas that witnessed great development in various disciplines, and this came through extensive studies and research that contributed greatly to the development and supply of this field with important and many information and provided the coaches with a solid base for work, creativity, and conducting the training process at a scientific pace regulated to reach the best sports levels.

Fouad Abu Hatab and Amal Sadiq (2010 AD) indicate that the future was not clearly defined in the scientific method of research except with the emergence of the concept of regression in modern statistics, and this concept has evolved from the correlation coefficient method that appeared in its original form with the aim of describing Relationships between variables, i.e. within (the empirical approach) that deals with the current situation, then scientists soon discovered the enormous potential contained in this important statistical method, including estimating the value of an unknown variable from the known value of another variable as long as there is a relationship between them calculated for the correlation coefficient, and this is the essence Statistical prediction The statistical method used in this case is called the

regression analysis method, which may be simple or multiple.(68 :12) .

Mr. Abu Hashem (2005 AD) states that one of the most widely used statistical methods in various sciences is the regression analysis method, as it identifies and explains the relationship between variables

### **Second, the research problem:**

Through the observation of the researcher during the practice of kung fu as a player and then a coach, and through the observation that the tactical maps (schematics) in penetrating the field of the competitor in the match do not perform their role with each player in the optimal manner and that there are clear differences between each player in the performance of these maps, which puts the player During the match, the failure and random performance of the tactical maps, which are not commensurate with the opponent and are not performed at the appropriate time, as well as not performed in the appropriate place, and with the lack of scientific research that legalizes the use of tactical maps, which forces the coach to change the method of training the tactical performances of this player without standing on The reasons for the failure of the tactical performance despite his success with another player and with the same physical and skillful

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qualities, which prompted the researcher to identify the reasons for the failure of these maps despite the player's attempt to master them. Perform these tactical maps automatically. Hence, the researcher saw that there is an urgent need to identify the proportions of the contribution of harmonious abilities in the tactical maps of wushu kung fu players, in order to try to reach the player to the required technical level through tactical maps and harmonious abilities.

**Third, the research objective:**

1- Developing a predictive equation to calculate the degree of some tactical maps through the harmonious abilities of Wushu Kung Fu "Sanda" players.

**Fourth: Research Hypotheses:**

The researcher formulated his hypotheses in the form of questions .1Is it possible to predict the level of tactical maps for "Sanda" kung fu players in terms of some harmonious abilities under study?

**Fifth: search terms:**

1- Predictive studies: in essence, they depend on a statistical method. Where the value of an unknown variable is estimated from the known value of another variable, as long as they have a relationship calculated for the correlation coefficient. This is the essence of statistical prediction, and the statistical method used in this case is called the regression analysis method, which may be simple or multiple.(12:66)

Harmonious abilities: "Relatively stable and general assumptions for directing and organizing motor operations, and harmonic abilities are

important in speed, accuracy, and in the sensory-motor system." Harmonious abilities can also be trained through specialized training (specifically trainable), and during the repair process or Development depends on physical, cognitive and personality stimulating factors(27:129) .

2- Sanda: A fight between two contestants at a specified time on a square rug of equal age and weight and of the same gender, each of them trying to win over his opponent in the ways permitted by the law of kung fu . (25:11)

**Search procedures**

**First: Research Methodology:**

The researcher used the descriptive method, following the survey method, due to its suitability to the nature of this research.

**Second: Research Society and Sample:**

**Description of the research community and sample:**

The research community represents all kung fu players under (17) years old who are registered in the records of the Egyptian Federation of Kung Fu for the 2017/2018 sports season, whose number is (214) players from the governorates (Monofia - Giza - Qalyubia). 60) players representing (4) clubs and youth centers, and their weights were (48 kg - 52 kg - 56 kg - 60 kg) with (15) players in each weight, where (45) players were selected as a sample for the application of the basic study, and the number (15) A player as a sample for the exploratory study and

**table (1)**  
**shows the size and distribution of the research sample according to clubs and youth centers N=60**

إجمالي العينة	Number of Players		Region	Club name	م
	for the exploratory study	to study			
18	6	12	Menoufia	Bahari Youth Center	1
13	2	11	Menoufia	Millige Youth Centre	2
13	1	12	Giza	Arsenal Club	3
16	6	10	Qalyubia	Shubra Al-Balad Youth Center - Shubra Al-Khaimah	4
60	15	45	sample total		
%100	%25	%75	percentage		

Table (1) shows a description of the total research sample according to their clubs and their affiliated regions. Table (1) and fig

(2)A description of the total research sample according to their clubs and affiliated regions, where the number of juniors for the basic study was (45) youths representing (4) clubs and youth centers with a percentage of (75%) in relation to the number of the total research sample of (60) youths, while The number of young people for the pilot study was (15) young people, representing (4) clubs and youth centers, with a percentage of (25%) compared to the number of the total research sample.

#### **Conditions for choosing a research sample:**

The researcher selected the research sample according to the following conditions:

1- The sample members are registered with the Egyptian Kung Fu Federation.

2- The players' ages ranged between (15:17) years

3- The research sample is close in age, training age, physical abilities, skill and compatibility.

4- The training age for them should not be less than (7) years, and approval is obtained to participate in the study.

5- Achieved at least the first three places in the Republic and Governorate championships.

#### **Third: Tools and means of data collection:**

Document analysis: records of the Menoufia region - Giza - Qalyubia for kung fu, in order to verify some data related to the players, especially the training age.

Data recording forms: a form for recording players' measurements in variables (growth - adaptive abilities - tactical maps). Attachment(1)

Analysis of references and previous studies in the field of kung fu (content analysis) in order to determine:

1- Coordination abilities - Kung Fu tactical maps.

Expert survey forms (questionnaires) in order to find out the

most used tactical maps in matches in the dental stage under discussion, and they were presented to (7) experts in the field of kung fu. Attachment(2)

**Table No (3) .**

**Expert opinions on the most important tactical maps in kung fu n=7**

percentage	Repeat approval	offensive performance	No
%42.85	3	A left straight punch to the head, followed by a right straight punch to the head, followed by a left front kick to the torso, followed by a right kick to the torso.	1
%71.4	5	A left straight punch to the head, followed by a right side punch to the head, followed by a left circular kick to the head	2
%71.4	5	A right front kick to the buttocks, followed by a left straight punch to the head	3
%85.71	6	A right circular kick to the head, followed by a left circular kick to the head, followed by a straight right punch to the head, followed by a left straight punch to the head, followed by throwing from under the armpit through the middle and the seat (at the end of the time round and on the edges of the rug)	4

It is clear from Table (3) that the percentage of expert opinions to determine the most important tactical maps in kung fu ranged between (42.85% - 85.71%), and the researcher was satisfied with (80%) or more of the experts' opinions, and the tactical maps extracted are: a circular kick Right to the head, followed by a circular kick, left to the head, followed by a straight punch, right to the head, followed by a straight punch, left to the head, followed by throwing from under

the armpits through the middle and the seat (at the end of the time round and on the edges of the rug)

Compatibility tests:

The battery was based on a published research (For the researcher) in the Journal of the College of Physical Education, University of Arish 2017, and it was presented to the experts, Attachment (2), and it obtained (85%) of the frequency of approval of the test for harmonic abilities, which is

**Schedule (4)**  
**Harmonic abilities and their representative tests**

Capacity	Capacity		No
The ability to assess the situation	The ability to assess the situation		1
The ability to connect movement	The ability to connect movement		2
Dynamometer grip strength test with eyes closed Dynamometer test for the back and the player with eyes closed	The ability to make the appropriate effort	The ability to make the appropriate effort	3
Blindfolded jump test on one foot 2 m			
Circular kick performance test on the edge of the rug to drop the character 3 s			
The ability to exert maximum effort	The ability to exert maximum effort		
Test the performance of the largest number of punches and kicks from the stability of the person 20 s			
Test the performance of the largest number of punches and kicks from the movement of the person 20 s			

**Fourth: Exploratory Study:**

The survey was conducted during the period from 1/11/2017 to 8/11/2017 on a survey sample of (15) kung fu players. The aim of this study was:

- 1- Checking the validity of (tools, devices, data recording forms) used in the research.
- 2- Reviewing the procedures, conditions and instructions of the tests used in the research.
- 3- Ensuring the availability of scientific parameters (honesty, reliability, objectivity) for the tests used in the research.

C- Calculation of the scientific coefficients for the tactical maps tests - the interoperable capabilities in question:

**1- Validity of the tests:**

The validity of the tests in question was calculated using the validity of differentiation between two groups, one of which was distinguished from players under 17 years old, the sample of the exploratory study of (15) Kong Vi players, and the other undistinguished group from outside the research community and from beginners and from the same age group under 17 years.

**Table (5)**  
**Significance of differences in the Mann-Whitney test for the two groups of the**  
**exploratory sample (distinguished - undistinguished) In tests of the physical skill**  
**variables under study, n1 = n2 = 15**

probability of error	ranks is a value	The sum of the	average	The number	the group	the exams	No
0.010	*3.14	155	5	15	Featured	Tactical maps	1.
		55	5.5	15	Undistinguished		
				30	the total		
0.000	3.599*	155	15.5	15	Featured	Test kicks with defensive moves on the edges of the rug without touching the coach's paws 20s	2.
		55	5.5	15	Undistinguished		
				30	the total		
0.002	*3.584	145	14.5	15	Featured	Test the number of repetitions of punches and kicks inside a circle in 20 seconds	3.
		65	6.5	15	Undistinguished		
				30	the total		
0.001	2.035*	155	15.5	15	Featured	Square jump test, punches and kicks for 20 seconds	4.
		55	5.5	15	Undistinguished		
				30	the total		
0.001	-3.591*	155	5	15	Featured	Test the number of repetitions of punches and kicks in 20 seconds	5.
		55	5.5	15	Undistinguished		
				30	the total		
0.004	*3.334	123	13.67	15	Featured	Numbered circuit test 20s	6.
		48	5.33	15	Undistinguished		
				30	the total		
0.001	*3.587	45	5	15	Featured	Punch and kick repetition test 20 seconds	7.
		126	14	15	Undistinguished		
				30	the total		

**Follow Table (5)**  
**Significance of differences in the Mann-Whitney test for the two groups of the**  
**exploratory sample (distinguished - undistinguished) In tests of the physical skill**  
**variables under study, n1 = n2 = 15**

probability of error	ranks is a value	The sum of the	average	The number	the group	the exams	No
0.002	*3.600	45	5	15	Featured	Dynamometer grip strength test with eyes closed	8.
		126	14	15	Undistinguished		
				30	the total		
0.001	*3.521	125	13.89	15	Featured	Dynamometer test for the back and the player with eyes closed	9.
		46	5.11	15	Undistinguished		
				30	the total		
0.002	*3.606	45	5	15	Featured	Blindfolded jump test on one foot 2 m	10.
		126	14	15	Undistinguished		
				30	the total		
0.002	*3.481	124	13.78	15	Featured	Circular kick performance test on the edge of the rug to drop the character in 3 s	11.
		47	5.22	15	Undistinguished		
				30	the total		
0.001	*3.103	120.5	13.39	15	Featured	Test the performance of the largest number of poses for the person 20 s	12.
		50.5	5.61	15	Undistinguished		
				30	the total		
0.003	*3.115	120.5	13.39	15	Featured	Test the performance of the largest number of punches and kicks from the stability of the person 20 s	13.
		50.5	5.61	15	Undistinguished		
				30	the total		
0.001	3.554*	125.5	13.94	15	Featured	Test the performance of the largest number of punches and kicks from the movement of the person 20 s	14.
		45.5	5.06	15	Undistinguished		
				30	the total		

The tabular value of "y" at the 0.05 level of significance is 1.96

It is clear from Table (5) that there are statistically significant differences between the privileged and non-discriminatory groups in the variables under study, where the calculated value of "y" is greater than the value of the tabular "y" at a significant level of 0.05, which indicates the validity of the tests under study. Seventh: Basic Study:

The researcher, after making sure of the availability of scientific parameters (honesty, reliability) for the candidate tests to measure some of the basic skills in question for kung fu players under (17) years old, applied them to the basic study sample of (45) kung fu players representing (4) clubs and youth centers in The period from 10/11/2017 AD to 20/11/2017 AD, then the data was processed statistically.

#### **Eighth: Statistical treatments:**

In light of the research objectives and questions, the researcher used the following statistical treatments:

-SMA.  
standard deviation .

#### **Presentation and discussion of results**

Presentation and discussion of the results of the first hypothesis, which states:

Is it possible to predict the level of tactical maps for the "Sanda" kung fu players in terms of some of the compatibility capabilities under study.(<sup>8</sup>)

#### **First: Characterization of tactical map data and interoperability capabilities under study**

#### **Schedule(8)**

#### **Characterization of tactical maps and adaptive capabilities n = 45**

Arithmetic mean, median, standard deviation, skewness	standard deviation, skewness	median,	Arithmetic mean,	measuring unit	variants	No
0.071	2.1	8.51	8.56	Degree	Tactical maps	1.
0.051-	4.67	16.31	16.23	Number	Test kicks with defensive moves on the edges of the rug without touching the coach's paws 20s	2.
0.457-	5.25	15.31	14.51	Number	Perform punches and kicks inside a circle for 20 seconds	3.
0.135-	4.89	15.31	15.09	Number	Square jump test, punches and kicks for 20 seconds	4.



**Follow Schedule(8)**  
**Characterization of tactical maps and adaptive capabilities n = 45**

Arithmetic mean, median, standard deviation, skewness	standard deviation, skewness	median,	Arithmetic mean,	measuring unit	variants	No
0.602-	3.89	22.31	21.53	Number	Test the number of repetitions of punches and kicks in 20 seconds	5.
0.016-	3.67	20.31	20.29	Number	Numbered circuit test 20s	6.
0.613-	3.62	21.31	20.57	Number	Punch and kick repetition test 20 seconds	7.
0.928-	4.85	4.31	2.81	Degree	Dynamometer grip strength test with eyes closed	8.
1.007-	6.67	6.31	4.07	Degree	Dynamometer test for the back and the player with eyes closed	9.
0.816-	6.18	5.31	3.63	Degree	Blindfolded jump test on one foot 2 m	10.
0.051-	2.36	4.81	4.77	Number	Circular kick performance test on the edge of the rug to drop the character in 3 s	11.
1.76	3.77	13.81	11.75	Number	Test the performance of the largest number of poses for the person 20 s	12.
0.91	3.82	13.31	14.47	Number	Test the performance of the largest number of punches and kicks from the stability of the person 20 s	13.
1.94	3.81	15.31	12.85	Number	Test the performance of the largest number of punches and kicks from the movement of the person 20 s	14.

The results of the table refer to the arithmetic mean, standard deviation, torsion coefficient, and median of the variables of tactical maps and special compatibility

capabilities. to the evenness of the sample distribution.

Second: the correlation matrix for the variables of tactical maps and the interoperable capabilities under study

**Schedule (9)**  
**Correlation matrix table n = 45**

13	12	11	10	9	8	7	6	5	4	3	2	1	lotus skill		No
													1.000	lotus skill	1.
													0.659	1	2.
											1	0.126	0.628	2	3.
											0.064-	0.066	628	3	4.
										0.095	0.164	0.083	0.026	4	5.
								1	0.549	0.014-	0.284	0.159-	722	5	6.
							1	0.321-	0.278-	0.094	0.13-	0.37	0.096	6	7.
							0.3	0.076	0.221-	0.276-	0.236	0.06-	0.422	7	8.
						0.167-	0.087-	0.203	0.257	0.203-	0.033-	0.108	0.123	8	9.
				1	0.159-	0.308	0.035	0.028	0.144-	0.197-	0.368	0.254	0.016	9	10.
				0.366-	0.208	0.035	0.07-	0.029	0.064	0.22-	0.2-	0.331-	0.233	10	11.
			1	0.229-	0.186-	0.127	0.309	0.149-	0.131-	0.046	0.153-	0.223	0.329	11	12.
			0.215	0.673-	0.047-	0.022	0.121-	0.138-	0.066	0.002-	0.257-	0.32-	0.783	12	13.
			0.288	0.279-	0.486-	0.21	0.133-	0.345-	0.2	0	0.246-	0.194	0.15-	13	14.
	0.019	0.208	0.279-	0.249	0.486-	0.21	0.133-	0.345-	0.2	0	0.246-	0.194	0.15-		

It is clear from Table (9) regarding the correlation matrix for the variables of tactical maps and the harmonic abilities under study that there is a significant correlation at a significant level (0.05), where the value of the correlation coefficient ranged for testing the performance of kicks with defensive moves on the edges of the rug without touching the coach's paws 20s (659.) And a test of punches and kicks inside a circle for a period of 20 s (.628), and a test of the number of repetitions of punches and kicks in 20 s (.722), and a test of performing the largest number of throws for a person 20 s (0.783) with a test with tactical maps, and there is no significant correlation at the level of significance (0 ,05) between the tactical maps test and the rest of the compatibility capabilities, as the coefficient of those capabilities was less than.(0.355)

Third: Predictive variables for tactical maps

Table (10) Stepwise regression of adaptive capabilities on tactical maps using a stepwise method

The results of Table (10) and Figure (3) indicate that there is a strong correlation between tactical maps and adaptive capabilities, as in the performance test of kicks with defensive moves on the edges of the rug without touching the coach's paws, it reached 20s. The multiple correlation coefficient was (0.722), with a contribution rate of (52.10%). The modified correlation coefficient was (0.504) and the variation of the equation was (30.49) and the t value of the equation was (10.673), and the

performance test of punches and kicks inside a circle for 20 seconds reached the multiple correlation coefficient (0.841) with a contribution rate of (70.7%) as the modified correlation coefficient reached (0.685) and the variance of the equation (32.544) and the value of t for the equation (7.457). The test for the number of repetitions of punches and kicks in 20 times reached the multiple correlation coefficient (923), with a contribution rate of (85.3%). The modified correlation coefficient was (836). 50.130) and the t-value for the equation (10.911), and the performance test for the largest number of subtractions for the person was 20 w. The multiple correlation coefficient was (950.) with a contribution rate of (90.3%). (7.277)

It is clear from the table that it is possible to rely on the adaptive capabilities in statistically predicting tactical maps

Fourth: Predicting tactical maps in terms of compromise capabilities

The value of the fixed amount and the regression coefficient of the tactical maps in the prediction equations,  $n = 45$

Contributing variable number  
The name of the contributing variable  
The constant regression coefficient, r  
percentage of error

1 Perform kicks with defensive moves on the edges of the rug without touching the coach's paws 20s 818 0.108 0.02

2 Perform kicks with defensive moves on the edges of the rug without touching the coach's paws 20s 3,539 0.475 0.088

Perform punches and kicks inside a circle for 20 seconds 0.054 0.016

3Perform kicks with defensive moves on the edges of the rug without touching the coach's paws 20s 5.252 0.013 0.083

Perform punches and kicks inside a circle for 20 seconds 0.059 0.481

Test the number of repetitions of punches and kicks in 20 seconds - 0.033 0.012

4Perform kicks with defensive moves on the edges of the rug without touching the coach's paws 20s 3.942 0.077 0.01

Perform punches and kicks inside a circle for 20 seconds 0.069 0.007

Test the number of repetitions of punches and kicks in 20 seconds -0.03 0.542

Performing the largest number of poses for a person 20 s 0.025 0.01

It is clear from Table No. (11) of the predictive regression line equation and Figure (3) that it is:

-1The first contributing variable in a level in the tactical maps:  $Y = S + MQ1$

$P = (4.818) + (.108)$  Performing kicks with defensive moves on the edges of the rug without touching the coach's paws, 20s

-2The second contributing variable to the level of tactical maps:  $R = S + MQ1 + MQ2$

$p = (3.539) + (.088)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws for 20s + (.054) performing punches and kicks inside a circle for 20s

-3The third contributing variable in a level in the tactical maps:  $R = S + M S1 + M S2 + M S3$

$p = (5.252) + (.083)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws 20s + (.059)) performing punches and kicks inside a circle for 20s + (-.033) testing the number of repetitions of punches and kicks in 20s

The fourth contributing variable in a level of tactical maps:  $Y = S + MQ1 + MQ2 + MQ3 + MQ4$

$p = (3.942) + (.077)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws + (.069) performing punches and kicks inside a circle for 20s + (-.030) testing the number of repetitions of punches and kicks in 20s + (.025) Perform punches and kicks inside a circle for 20 seconds

Thus, the researcher has reached the predictive regression line equation for the standard total of the tactical maps in terms of the constant value of the fourth contributor, and the equation is:

$p = (3.942) + mx1 + mx2 + mx3 + mx4$

$P = (3.942) + (.077)$  Performing the largest number of throws for the person 20s + (.069) The number of repetitions of punches and kicks in 20s + (-.030)

Exam performance of kicks with defensive moves on the edges of the rug without touching the coach's paws 20s + (.025) Performing the largest number of poses for the person, 20 s

The percentage of the total contribution of the harmonic capabilities under study reached (90.3%), where the rest of the contribution percentage is due to other

variables that the researcher could not identify. Therefore, the harmonic capabilities are considered important in predicting the level of tactical maps. The researcher attributes this to the fact that the harmonic capabilities represent different models of The skills merge with each other and overlap and represent the harmonious capabilities (90.3%) of the tactical maps. When performing, we cannot separate each skill from the skills and consider that the separate skill is represented by one harmonic ability, and even if we do that, one skill is representative of more than one contributing ability. As for the tactical maps, the player performs Skills successively and quickly until the completion of the tactical maps and gets all the points and puts his opponent to the ground.

This is consistent with what was mentioned by Wolf Drog, W (2002) that harmonious abilities are closely linked to the development of technical motor skills, and that specialized sports activity is what determines the quality of these abilities that must be developed and developed, since the individual cannot master the skills. Technical in the specialized activity in the event that it lacks the harmonious capabilities of this activity(47 :34)

It also agrees with what was stated by "MYNARSKI W., ŻYWICKA A. (2004): that the possibility of the players reaching the higher levels in the specialized sports activity becomes effective if it is possible to predict, according to the scientific foundations and standards, the extent of the effect of practice and

training on the development and development of those preparations in an effective way that enables From achieving progress in the field of specialization(54 :29) .

Thus, the researcher answered the research question, which is whether it is possible to predict the level of tactical maps for the "Sanda" kung fu players, in terms of some of the compatibility capabilities under study.

Conclusions and recommendations:

conclusions

-1The first contributing variable in a level in the tactical maps:  $Y = S + MQ1$   
 $P = (4.818) + (.108)$  Performing kicks with defensive moves on the edges of the rug without touching the coach's paws, 20s

-2The second contributing variable in a level in the tactical maps:  $R = S + MQ1 + MQ2$

$p = (3.539) + (.088)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws for 20s+ (.054) performing punches and kicks inside a circle for 20s

-3The third contributing variable in a level in the tactical maps:  $R = S + M S1 + M S2 + M S3$

$p = (5.252) + (.083)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws 20s + (.059)) performing punches and kicks inside a circle for 20s + (-.033) testing the number of repetitions of punches and kicks in 20s

The fourth contributing variable in a level of tactical maps:  $Y = S + MQ1 + MQ2 + MQ3 + MQ4$

$p = (3.942) + (.077)$  performing kicks with defensive moves on the edges of the rug without touching the coach's paws + (.069) performing punches and kicks inside a circle for 20s + (-.030) testing the number of repetitions of punches and kicks in 20s + (.025) Perform punches and kicks inside a circle for 20 seconds

#### **Recommendations:**

-1The use of the prediction equation extracted in the process of selecting kung fu players under (15-17) years periodically and continuously.

-2Reliance on the prediction equation used to evaluate the tactical level

-3Conducting other similar studies to measure other aspects of kung fu players (skill - anthropometric - physiological - psychological - sense of movement).

-4Conducting other similar studies to measure the aspects (skill - physical - anthropometric - physiological - psychological - motor sense) of male and female kung fu players at different ages.

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