

DOCTORAL THESIS SUMMARY

Author: Elena-Andreea Lambu

Scientific Coordinator: Prof. Univ. Dr. Sabina Macovei

National University of Physical Education and Sport

Thesis title: STRATEGIES FOR DIRECTING OF TECHNICAL AND TACTICAL TRAINING IN KARATE DO FOR OPTIMISATION OF COMPETITIVE PERFORMANCES

Keywords: karate do, performance, technical and tactical training

This research is based on our desire of bringing a shy input to the evolution of high performance professional karate through theoretical-practical contributions. For reaching high performance, a karate professional must be well prepared from all points of view, but when we talk about pros, a very important role in reaching maximum performance it has the technical and tactical training, therefore through this paper we wish to improve the coaching strategies for technical and tactical training, into the direction of efficiency in the competitive results for helping the coaches and professional sportsmen from the Romanian Federation of Karate.

INTRODUCTION

Among multiple facets of manifestation of human motor skills, the combat disciplines with a structure based on martial arts, karate do represent a veritable pillar of improving human being.

The theme that this thesis is based on it is of course one that it is well known in the martial arts environment, and particularly in karate do. There are multiple books titles in which karate occupies as a main subject their theme, and although this issue has been intensively approached in the international specialty literature, in the national literature they are only a few authors that

dared to approach this subject. Regarding Goju Ryu style we can say that the present paper it is one of the pioneer at least nationwide.

Karate do it one of the most representative sides of Japanese martial arts, and it is part of a specific category through its specificity permanently contributing to the biological, psychological and social development of the athlete, therefore it leads to unconditioned development of its personality. The progress appears very hard, after many years of hard work, for which reason a karate professional transforms, endorses and defines the qualities necessary for a practitioner of high performance.

Karate Do technique is one of the most complex, containing a large number of technical procedures. With this wide variety of movement, you must surprise your opponent through different methods and to bring him into the situation of disadvantage to defeat him.

High performance it is the most important objective in karate do and it can become for those high value athletes the supreme motivation in the process of training.

In karate do, all the actions are in a continuous dynamics, sometimes done at maximal parameters, in which it can be added the unpredictable linked to the direct contact with the opponent and the acute time crisis specific to every competition fight; that is why we consider to be very important the capacity of anticipation of the athlete and takes him into a disadvantage situation, which can make the difference at the highly performance sportsmen between a world champion and just a simple participant at the World Championship.

SUBJECTS OF RESEARCH

The subjects of our research are high performance athletes from Rapid Bucuresti Sport Club, professionals, components of the national team of WKC (World Karate Confluence), that are practicing karate do since over 10 years.

PRESENTING THE TESTS

The tests that are being part of our study have been held together with the psychopedagogy laboratory within the National University of Physical Education and Sport. We have performed an initial testing in July 2012, thereupon we started specific physical training program. Than it has been applied the final testing within the competition period (May 2013). At the final testing they have been applied the same testing as the initial testing, tests that have been reviewed in the second part of the thesis – Preliminary Study.

To verify the practical utility and the reflection in the competition reality, we have supervised the competition activity of our subjects one year before the first testing than within the study time, finished along with the participation at the European Championship for juniors and seniors, October 2013 (England).

The tests performed on athletes, karate do high performance practitioners, are:

- A) Attention concentration and mobility test (C.M.A.);
- B) Complex motor reactivity test (R.C.M. 1);
- C) Reaction time test (T.R.);
- D) Alertness test.

1st Part: THEORETICAL FOUNDATION

It treats aspects regarding sport performance factors in karate do, theoretical aspects of performance, considerations regarding the reflection of the “4 A’s” of karate sport performance, general aspects of effort, technical training, and tactical training, Goju Ryu karate style and the competition system, theoretical foundation regarding skills, reaction time and anticipation, modeling method as well in performance training.

The main theoretical conclusions that are being highlighted from our research are:

- from specific literature we can observe the major interest for updating and modernization of karate do training methods;
- the technical and tactical training has an essential role in karate do;
- anticipation and reaction time represents high importance psychological factors in order to obtain performance in karate;
- in high performance groups it can be remarked the perfection stage and the over-learning of the technical procedure.

2nd Part: it is represented by the **PRELIMINARY STUDY** regarding high level competition performance in karate do and aims: the analysis of the competition system related to athletes ranking from a technical-tactical point of view; development of the theoretical model of the champion that guides the practical and methodical interventions and the development of strategically directions of methodical intervention in the technical-tactical training.

Tasks:

- Presenting the competition forms in karate do;
- Presenting the examination program (1 Dan) in Goju Ryu Karate;
- Systematization of main qualities of the champions in karate do in every weight category;
- Establishing the components of the champion's model;
- Establishing the strategically directions of intervention for optimizing the technical-tactical performances;
- Development of a scoring system for competition performance evaluation at the professional level in karate do;
- Development of conclusions.

Regarding the preliminary study, we can observe the following **conclusions:**

- the modeling theory in high performance sport will be the ground foundation for the elaboration of new methods;

- the analysis of the competition results is offering objective and conclusive data before and after applying the specific training program;
- the competition calendar will stay at the basis of annual planning for the karate national team training;
- the development of an original score system is necessary for competition performances evaluation and hierarchy at the professional level in karate do;
- establishing the strategic directions of intervention will optimize the competition results of high performance athletes.

3rd Part: comprises the **EXPERIMENTAL RESEARCH** according to competition performances optimization in karate do, and personal contribution according to the strategies of directing the training and capitalization of these in practice.

The research objectives are the followings:

- Highlighting the essential aspects that lead to insuring a victory in combat;
- Directing strategies development of technical-tactical training regarding competition results optimization.

Tasks:

- Studying the specialty literature for bringing in front the tendencies from karate do;
- Determinant qualities testing for combat victory, the development of an amelioration program of them and highlighting the usefulness of this program;
- The study regarding the high performance athletes particularities in karate do;

- Developing a model of training for the champion in order to obtain superior results;
- Conclusion development;

Research Hypothesis:

- 1) Applying some original strategies of technical-tactical training will optimize the competition results of high performance karate do athletes;
- 2) The levels of psycho-motoric qualities manifestation investigated through laboratory testing can offer important information regarding performance reaching in near future competitions;
- 3) Applying some individual technical-tactical training programs in accordance with the manifestation specific of psycho-motoric qualities will determine competition performances optimization.

Following this experiment we can withdraw the following **conclusions**:

- The tests offers an important database which we can use in the future in order to do a correlation between the results obtained during testing, high performance athletes training and their competition results;
- High performance athletes training in karate do imposes elaboration of technical-tactical training strategies particular to the psycho-motoric model and technical repertoire of the athletes;
- From the specific psycho-motoric capacities complex in karate do, the anticipation and the simple reaction speed become defining factors of combat victory obtaining;
- Applying an original specific training program to a team of high performance athletes ameliorates the essential psycho-motoric qualities;
- The performance coefficients and classes level of the studied psycho-motoric qualities have established valuable indicators for future competition performances;

- Applying an original specific training program did contributed the achievement of some competition performances.