

Modern tendencies of technical preparation in single combats*Dnipropetrovs'k State Institute of Physical Culture and Sport (Dnipropetrovs'k city)*

Urgency of research. Analysis of the last researches and publications. One of modern problems in sport training is scientific and practical basis of sport preparation means and methods [5]. On the modern stage of development taekwondo competition activity of sportsmen is characterized high power-hungryness and speed of implementation of moving and kicks. Also frequency grows applications and efficiency of the use of complicated in coordination technical actions. Speed of tactical thought rises, “inflexibility” of exchange by kicks, duration of attacks and counter-attacks. For winning a capacity becomes especially important for the most effective use of receptions taking into account the features of direct battle situation.

In competitions terms a sportsman must be able variously to use technical actions in different situations, to execute them stably, it is especially good to own the complex of receptions which in a fight it is necessary to use more frequent in connection with the specific of competition activity [4].

Just the preliminary basic preparation stage is basis of high sport results. His efficacy and direction will define all sport preparation way [5].

Technical preparation in martial arts is very complicated and difficult process [1]. When we teaching youth sportsmen is important training rational technical activities and explanations of situations for their application.

The analysis of scientific-methodical literature shows that on the modern stage of development of sporting science the lack of scientifically-methodical literature comes to light on sporting preparation of taekwondists, therefore a trainer is used by the adapted methods from the contiguous types of sport.

A research problem consists in the necessity of determination of modern tendencies of technical preparation of single combaters.

Employments which foundation of technical preparation is mortgaged in the process of begin on the stage of base pre-treatment, the base elements of exercises, simple and more difficult on a structure, are mastered, but they are executed in the facilitated terms. The important feature of labour in this period is made by development and fixing at the sportsmen of devotion of taekwondo, as to the favorite type of sport.

On the modern stage of development of taekwondo, a long-term training process needs to be examined as single system of preparation in which children are novices. Early specialization which hopes depend upon foresees the account of all, features of preparation of young taekwondists related to age. To examine the system of preparation of young taekwondists separately from the general system of preparation of taekwondists beside the purpose [2].

Period in sporting preparation on which young sportsmen acquire necessary knowledge abilities and skills conditionally name “teaching”. In the single combat teaching to motive actions is process laborious and labour intensive, as the technique of execution of receptions and embay is related to the concrete terms of competitions, that stipulates more variation and so wide arsenal of attacking and protective actions. At teaching to technical actions, except for raising of rational technique, has the special meaningfulness practical possibility of application them in sparring. It should be remembered that teaching to motions can not be conducted separately from development of the proper physical internals which serve as foundation for the correct and rapid capture by a technique.

The purpose of research: to define the modern tendencies of technical preparation of young single combaters.

Methods of research: the analysis and generalization of scientifically-methodical literature.

Exposition of basic material. One of basic methods of teaching to the technique is the method of learning of exercise by installments. At the study the reception conditionally divides by phases. Above all attention must be attracted at first on the basic (main) phase of motion, and already then on details and variety of preparatory and finishing phases. Studying the technical reception it is necessary to adhere to the logical sequence of forming of motive abilities and skills:

- 1) initial acquaintance with technical action;
- 2) study and perfection of technical action in the simplified terms;
- 3) perfection of technical action in the complicated terms close to competitions;
- 4) application of technical action in a free fight (sparring).

On the initial stage of teaching at young sportsmen it is necessary to create the correct visual picture of the studied reception for what is needed expressly and exactly to rotin him, and to account for the technique of execution of the studied reception, tell basic information about his setting and application. The reception is shown once or twice: at first quickly, as in a competition fight, and then with small speed, that students paid attention to most essential his details. Telling to the young sportsmen as necessary to execute technical action, it is necessary to explain why he so must be executed. Desirably, that the show was accompanied by demonstration of evident manuals the use of which will allow more precisely to describe technical action and to pay attention on his detail. The show is accompanied by short clear explanation which helps students to comprehend motions and to master them. After the show and explanation, sportsmen try independently to execute this reception, as a result they get the motive pictures of character and sequence of motion. It is necessary to aim, that maiden trial attempts were executed with the least amount of errors: than less errors at the beginning of learning of new motive skill, the he will be formed quick.

At learning in the simplified, specially created terms the capture by the correct structure of implementation of reception is the basic task of studies. On the first stages of studies it is necessary to execute the receptions in the simplified terms: in place without motion of opponent, after beforehand known, comfortable for implementation this reception motion of opponent, etc. Thus from the correct selection of tricking exercises into, in a great deal teaching success depends. Tricking exercises into must be near to the studied reception, and to correspond to the level of preparation and possibilities of getting busy. Simplification of terms of implementation of reception is executed due to the change of initial position, noted distance of blow, implementation of blow, with small force. At the study of technical actions, a teacher is under an obligation at the beginning of teaching to mark errors, define the reasons of their appearance and to specify the most correct methods of their removal. At first it is necessary to remove flagrant errors, and then are second-rate. For errors correction is used: repeated show, explanation, demonstration of reception, facilitated terms of implementation of reception, learning of reception, by installments and another ways.

At learning of reception in the complicated terms, teaching more protracted, than at learning in simplified. Preparation of sportsmen is a primary purpose to free implementation of reception in sparring. Not only the most technical action but also situations is thus worked off for his successful application. For the conditioning complicated use: increase of speed of implementation of blow; change of force of blow; implementation from uncomfortable initial position; implementation in an opponent which moves constantly; implementation of blow in a copula from a few shots; implementation with moving forward, back, from a supporting leg; conditional sparring with the use of the only conditioned shots, with an opponent which constantly a little breaks rules.

Sportsmen must freely execute the studied receptions in the conditions of suddenly changing situation, using a variant most rational in this combat situation .

For the study of technique of sporting single combat it is necessary to unite all receptions in the proper technical-tactical complexes basis of which there is the attack or action of competitor. It is necessary to make the different variants of development of events. It is also necessary to take into account the methods of tactical preparation and concrete favorable terms for the lead through of certain technical actions.

The account of all possible variants of attacking actions is rational, that for them to choose adequate returns actions accordingly with development of situation in a duel. Sportsmen study to finding of possible finishing victories actions in those or other situations. The domain by edynobortsamy is also taken into account by the concrete favourite receptions or tactical actions [3].

The row of researchers is examined by the creative capabilities of sportsmen as component part of their professional trade and confirmed that sport was the type of creative activity of man.

Creation in the single combat brighter than all shows up in the domain by the different technical-tactical receptions, in their application during a duel, and also in development of original technical-tactical combinations [6].

Conclusions: The structure of training process must be based on objective conformities to the law of becoming and perfection of sporting trade, to be instrumental in optimization of training process and competition activity, taking into account the period of preparation, level of qualification and individual features of sportsmen.

The far of certain methodical miscalculations takes place from ignoring in practice positions that on initial stages it is not necessary to try to stabilize the technique of motions and to labour for proof motive skill, that enables to attain certain sporting results.

In our future researches we planned work out system and practical recommendations by technical preparation of taekwondists at the preliminary basic preparation stage.

Literature

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Annotation

The purpose of the article is theoretical analysis of methods single combaters technical preparation. In the article author points out on modern problems in single combaters technical training; lack of specialized literature by taekwondo sport training; analysis literature sources by technical preparation; open maintenance of work outing system of taekwondo technical preparation at the preliminary basic training stage.

Key words: *modern tendencies, single combat, taekwondo, technical preparation, preliminary basic training stage.*

Метою статті є теоретичний аналіз методів технічної підготовки одноборців. Автор указує на сучасні проблеми технічної підготовки одноборців, на нестачу спеціальної літератури зі спортивного тренування тхеквондистів, аналізує літературні джерела щодо технічної підготовки; розкриває зміст роботи з розробки системи технічної підготовки тхеквондистів на етапі попередньої базової підготовки.

Ключові слова: *теоретичне обґрунтування, одноборство, тхеквондо, технічна підготовка, етап попередньої базової підготовки.*

Целью статьи является теоретический анализ методов технической подготовки единоборцев. В статье автор указывает на современные проблемы технической подготовки единоборцев, на нехватку специальной литературы по спортивной тренировке тхэквондистов, делает анализ литературных источников по технической подготовке, раскрывает содержание работы по разработке системы технической подготовки тхэквондистов на этапе предварительной базовой подготовки.

Ключевые слова: *теоретическое обоснование, единоборство, тхэквондо, техническая подготовка, этап предварительной базовой подготовки.*