

THE ROLE OF PHYSICAL TRAINING IN MARTIAL ARTS PRACTITIONERS, CHILDREN (6-8 YEARS)

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Key words: physical preparation, martial arts, children.

Abstract: In martial arts weight training component is determined by its own methodological requirements, determined by the Sports Calendar. Their weight varies from one stage to another, but within the same period of training also, pursuing to achieve the sporting forms at certain times of the annual cycle.

Improving the training components in order to obtain individual and collective indices has some particular characteristics adapted to the need to assure a clear premise for achieving a high level of performance.

The share of sports training components in different periods must realize the established quantitative indicators by the orientation methods developed by specialists in the field for a competitive season (R. Manno, 1996; Chirazi M., 1999; Cismas G., Ozarevici C., 2001, Levet P., 2006).

Along with other factors of preparation (technical, tactical, psychological theory), the physical component contributes to a sports training in order to ensure successful participation in the competition.

At the age of 6-8 years, which interests us in this research, at the beginners level the share of physical training is high in order to provide necessary motility support to acquire basic technique of style. The exercises used are general, being borrowed from other sports (gymnastics, athletics, games), but also relay and application paths.

Introduction

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1996; Chirazi M., 1999; Cismas G., Ozarevici C., 2001, Leviticus P., 2006).

Physical training plays an important role in the complex structure of sports training, influencing the manner of the stages during the preparation of macrocyclic components. Physical training must be in uniform and balanced for each of the driving skills that the practicing martial arts require at a performance level.

Material Method

Making a presentation of the required Vovinam Viet Vo Dao style driving skills, these are: power, speed, speed-strength, coordination capabilities, mobility (Chau, Phan T., 1999, 2002, Avalon M., 2000, Tran Van Ba J., 2002a, b; Leviticus P., 2006).

Physical training is the process of educating the physical skills of athletes. Through it develops all the organs and body functions, improves the driving qualities as strength, speed, strength, skill, detention and many skills of movement form, thus creating the basis for the successful conduct of sports activity (Thomas R., 1995). Physical training represents a fundamental condition for acquiring sports techniques and tactics and its application in competition.

Physical training of martial arts practitioners has two aspects, namely: general physical training and specific physical preparation. General physical training practice is intended to ensure a good working capacity of the body exercise conditions. Only athletes performing indices raised by speed, strength, endurance and skill get high performance.

Performing general physical training planned during all periods of training, giving its appropriate weight, on the purpose and tasks of that period, provide training to a large stock of skills facilitating work driving strict specialization.

General physical training takes differentiated forms from a branch of one sport to another, both in skill development driving and general physical development. The content of general physical training of martial arts practitioners differ in terms of means used to achieve them at the athletes from other sports.

Specific physical training is the specific motor skills of martial arts education. This activity is runs in conditions as close to those of competition and is done in close interdependence with the acquisition technical and tactical skills. Special physical training aims to provide the necessary qualities to cope with athletes competing requirements of speed or event specific application of force, skill and strength.

Special physical training can not compensate for the lack of general physical preparation. The two sides are in a physical training closely and condition each other.

Discussions

Practical work aims to develop qualities of physical training of athletes during motor preparation and improve or maintain their competitive periods. Physical training results depend largely, of method used by the coach and the efficiency of the used means.

Making general physical training is specific to preparatory period and gradually the transition will be made to the multilateral, at the end the largest share being reserved for specific physical training.

The preparatory period will focus on improving the quality indices of manifestation of the general driving, but also specific; during the training competitive one will use means to maintain target levels achieved

Previously in simple and combined driving skills specific to practice martial arts, Vovinam Viet Vo Dao style. For the transition period it is specific to program specific individual or group training sessions to eliminate gaps in physical and technical preparation of the athletes, but also the maintenance of an optimal level of driving skill levels achieved before.

In martial arts at performance level, the share of training components is determined by methodical requirements and also by the competitive calendar.

The share of components in different periods of training should perform quantitative indicators recommended by the general methodological orientation given by the sports literature and respectively, by the competitive category. At senior training the share of preparation factors (table no. 1) is as follows (Chau, Phan T., 1986, Avalon M., 2000, Tran Van Ba J.,2002a; Levet P., 2006):

Table no. 1-The share of training components to prepare senior-level sports

Training components	Physical preparation	Technical preparation	Tactical preparation
Seniors	25-30%	35-40%	30-35%

The situation of children and junior level is different, because the training objectives are different too (Table no. 2).

Table no. 2 The weight training component in sports training for children and juniors

Training components	Physical preparation	Technical preparation	Tactical preparation
Children	40-50%	40-50%	10%
Juniors	30-40%	40-45%	20-25%

Discussions

Gradual improvement in children and junior training components in order to obtain the superscript individual and collective training and participation in competitive activity has some characteristics of adapted both age characteristics and the need to ensure certain prerequisites for achieving a higher level perspective performance.

Technical training is the component with the largest share in the training of children. To the percentage share established for the technical training there are added also the effects of specific competitive exercises in the form of games, developed with the main purpose of improving the physical preparation. Although the share of this component is large, the content is limited to the technical fundamental that children need to learn properly, to strengthen and even to improve in some circumstances.

The share varies from one stage to another, and even within the same period of training, pursuing to achieve the sportive form certain times, table no. 3 (Chau, Phan T., 1986, Tran Van Ba J., 2002, Leviticus P., 2006).

Table no. 3 Share of components within the preparatory stages

Training components	Preparatory Period	Precompetitive Period	Competitive Period
Physical training	50-60% (general and specific physical training)	25-35% (specific physical training)	20-25% (specific physical training)

Technical and tactical training	35-45%	60-65%	70-75%
Psychological preparation	5%	5%	10%

At senior level the share of training components has a high stability by attaching a type of share for longer periods, taking into account several factors: the potential of athletes in terms of general and specific motility, the material and the competitive calendar.

The situation is different in children and juniors because there are short-term objectives, and depending on their response at training program it is established the next stage or work to strengthen new skills learned and motor skill development in general forms of manifestation.

Conclusions

The driving development oriented on the specific sports industry is one of the main aspects of the future development of performance capacity. General and specific motility is one of the elements that must be present permanently in the training structure, regardless of stage or preparedness.

In planning of the preparation must be known the fact that martial arts is the dominant energy system that uses in 90% of cases the energy supplied by ATP (adenozintrifoforic acid) and PC (phosphocreatine) with accumulation of lactate and 10% at intake based on oxygen (Chiraz M., 1999, Chau T. Phan, 2002; Dragnea, A., Teodorescu, S., 2002, Constantin B., Michael T., 2003). According to dominant energy systems should be selected physical training resources aimed at practitioners.

In the noncontact and semicontact styles, the exercise intensity is lower, ie the category of heavy effort (intensive and optimal), but there are not excluded exhaustive or maximal intensities at certain times of struggle. Efforts in the severe group meet in extra full contact fighting styles of contact. Breaks between rounds last a minute, during which the athletes back part.

Along with other factors of preparation (technical, tactical, psychological theory), the physical component contributes to a sports training in order to ensure successful participation in the competition.

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exercises used are general, being borrowed from other sports (gymnastics, athletics, games), but also relay and application paths.

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Titlu: Rolul pregătirii fizice în artele marțiale pentru practicanții copii (6-8 ani).

Cuvinte cheie: pregătire fizică, arte marțiale, copii.

Rezumat: În artele marțiale, rolul pregătirii fizice este determinat de propriile cerințe metodologice și de calendar sportiv. Ponderea acestora lor variaza de la o etapă la alta, dar și în cadrul aceleiași perioadă, de asemenea, pentru a permite obținerea forme sportive în anumite perioade ale ciclului anual de pregătire.

Îmbunătățirea pregătirii fizice, în scopul de a obține indicii optimi la nivel individual și colectiv, are câteva caracteristici special adaptate la necesitatea de a asigura o premisă clară pentru atingerea unui nivel ridicat de performanță.

Ponderea componentelor de pregătire sportivă în diferite perioade trebuie să realizeze indicatorii cantitativi stabiliți prin metoda de orientare elaborate de specialiști în domeniu pentru un sezon competițional (R. Manno, 1996; Chirazi M., 1999; Cismas G., Ozarevici C., 2001, Levet P., 2006).

Alături de ceilalți factori ai pregătirii (tehnic, tactic teoretic, psihologic), componenta fizică contribuie la obținerea formei sportive cu scopul de a garanta participarea cu succes în competiție.

La vârsta de 6-8 ani, care ne interesează în această cercetare, la nivel de începători ponderea pregătirii fizice este mare, cu scopul de a oferi suportul necesar pentru însușirea corectă a tehnicii de bază a stilului. Exercițiile utilizate sunt cu caracter general, fiind împrumutate de la alte sporturi (gimnastica, atletism, jocuri), dar și cele cu specific din artele marțiale.

Titre: Le rôle de la préparation physique dans les arts martiaux professionnels, les enfants (6-8 ans).

Mots clés: préparation physique, arts martiaux, enfants.

Resume: Dans les arts martiaux la composante de formation de poids est déterminée par ses propres exigences méthodologiques, déterminé par le Calendrier sportif. Leur poids varie d'un stade à l'autre, mais dans le même délai de la formation aussi, la poursuite d'atteindre les formes sportive à certains moments du cycle annuel.

L'amélioration des composantes de formation afin d'obtenir des indices individuels et collectifs a quelques caractéristiques particulières adaptées à la nécessité d'assurer une prémisses claires pour atteindre un niveau élevé de performance.

La part des composantes de la formation sportive dans les différentes périodes doivent se rendre compte des indicateurs quantitatifs établis par les méthodes d'orientation développées par des spécialistes dans le domaine pour une saison de compétition (R. Manno, 1996; Chirazi M., 1999; Cismas G., Ozarevici C., 2001, P. Lévet, 2006).

Avec d'autres facteurs de préparation (technique, tactique, la théorie psychologique), la composante physique contribue à un entraînement sportif afin d'assurer une participation réussie dans la compétition.

À l'âge de 6-8 ans, ce qui nous intéresse dans cette recherche, au niveau débutants, la part de l'entraînement physique est élevée afin de fournir un soutien nécessaire pour acquérir la motilité technique de base du style. Les exercices utilisés sont d'ordre général, est empruntée à d'autres sports (gymnastique, athlétisme, jeux), mais aussi des chemins de relais et de l'application.