

**THE IMPORTANCE OF PHYSICAL SPORTS PREPARATION
FOR CHILDREN PRACTITIONERS OF MARTIAL ARTS
(VOVINAM VIET VO DAO STYLE)**

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Keywords: physical preparation, martial arts, children

Abstract: Physical preparation plays an important role in the complex structure of the sports training, influencing the manner of the training during throughout all stages of the macrocycle. Special physical preparation can not compensate for lack of the general physical one. The two components of the physical preparation are closely linked and are mutually interdependent. The preparatory period will focus on improving the manifestation indices of general and specific motor skills; and during the competitive period there will be used those means that aim at maintaining the levels previously achieved for simple motric and combined physical skills particular to martial arts practice, namely the Vovinam Viet Vo Dao style. The purpose of this paper is to determine the role of physical preparation for training the martial arts practitioners. The fundamental conclusion of the study is that at the age of 6-8 years (beginners level), the share of the physical preparation is large, to ensure the motric support necessary for acquiring the basic technique of this style. The performed exercises are general, being borrowed from other sports branches (gymnastic, athletics, games), but also relays, pathways applied.

Introduction

In martial arts the share of the training components is determined by its own methodological requirements determined by the sporting calendar. Their share varies from one stage to another, but also within the same period of training, trying to pursue the sports form in certain periods of the annual cycle.

Improving training components in order to achieve higher indices of individual and collective training has some particular characteristics tailored to the need for a clear premise for achieving high performance.

The share of sports training components on various periods must achieve quantitative indicators determined by the orientation

methodology developed by experts of the field for a competitive season [1, 2, 3, 4].

Physical preparation plays an important role in the complex structure of the sports training, influencing the manner of the training during throughout all stages of the macrocycle. It must be consistently balanced for each of the driving skills that martial arts practice at performance level.

Making a presentation of the motric skills required by the Vovinam Viet Vo Dao style, these are: strength – speed, speed – endurance, coordinative abilities, mobility [5, 6, 7, 4].

Physical preparation is the process of education for physical skills of the athletes. Through this, all the organs and body functions develop, motric qualities are improved such as strength, speed, endurance, skill, detention and form a large number of movement skills, thus creating the basis for the successful development of sports activity [8]. Physical preparation is a fundamental prerequisite for learning the technique and tactics of the sport discipline and its application in competitions.

Physical preparation for martial arts practitioners has two aspects, namely: general physical preparation and specific physical preparation.

General physical preparation is the practical activity that focuses on ensuring a good working capacity of the body in terms of exercise. High performances can be obtained only by athletes who get high indices for speed, strength, endurance and skill [9].

Achieving planned physical preparation during all the training stages, paying its due share, depending on the purpose and tasks of that period, ensures the formation of a large stock of motor skills that facilitate strict specialized workout [10].

General physical preparation takes different characters from one sports branch to another, both on motor skills development and general physical development. The structure of general physical preparation for martial arts practitioners differs from that of the athletes of other sports, in terms of the means used to achieve it.

Specific physical preparation is the process of education for motric specific skills of the martial arts. Special physical preparation aims at providing the necessary qualities for athletes in order to be able to compete with the specific manifestation requirements for speed or for strength, skill and endurance application [11].

Special physical preparation can not compensate for lack of physical general training. The two components of the physical preparation are closely linked and mutually interdependent.

The practice of physical preparation aims at developing the motor skills of the athletes during the pre – competitive periods and improving or maintaining them during the competitive periods. Physical preparation results depend largely on the method used by the coach, and also the efficiency of the used means [12].

The fulfillment of general physical preparation is specific for the pre – competitive period, and the transition to the multilateral one will be gradually done, so that at the end of the period, the largest share should be reserved for the specific physical preparation.

During the pre – competitive period, the focus will be on improving the manifestation indices of general motric and specific skills, so that during the competitive period there will be used those means aiming at maintaining the levels previously reached for simple and combined motric skills particular to martial arts practice, namele the Vovinam Viet Vo Dao style. The transition period is particularl characterized by individual or group training sessions in order to eliminate the gaps regarding the physical and technical preparation of the athletes, but also the maintenance of an optimal level of motor skills levels previously achieved.

Material – method

The purpose of this paper is to determine the role of physical preparation for the instruction of martial arts practitioners.

In carrying out the work there have been used the following research methods: studying the bibliographic material, graphical and tabular method.

Discussions

In high – level martial arts the share of the training components is determined by its own methodological requirements determined by the sporting calendar.

The share of the components throughout the different training periods must achieve the quantitative indicators recommended by the general methodical guidance given by the writings in this field for the sport category and the appropriate competitive level. For seniors, the share of the preparatory factors (table no. 1) is the following [5, 6, 7]:

Table no. 1 The share of training components in senior-level training

Components of training	Physical preparation	Technique preparation	Tactics preparation
Seniors	25-30%	35-40%	30-35%

As it can be noticed, the share of the preparation allocated to the development of motric capacity for seniors is between 70% and 80%.

The situation for children and juniors level is different because and training objectives are different (table no. 2).

Table no. 2 The share of training components for children and juniors

Components of training	Physical preparation	Technique preparation	Tactics preparation
Children	40-50%	40-50%	10%
Juniors	30-40%	40-45%	20-25%

Improving gradually the training components for children and juniors, in order to obtain higher indices of individual and collective preparation and to participate in competitive activity, has some inherent characteristics adapted to the peculiarities of both age and the need to ensure a clear premise for the perspective of achieving a higher performance level. So that, for children the share of the time allocated to the motric capacity development is over 90% and for juniors between 80 and 85%.

Technical preparation is the component with the largest share in the training of children. To the established percentages there are inevitably added the effects of the competitive exercises and exercises in the form of games, undertaken with the primary goal of improving physical preparation. Although the share of this component is large, its structure is limited to the fundamental technique that children need to learn correctly, to enhance and even to perfect in some circumstances [13, 14].

The share varies from one stage to another, and even within the same training period trying to reac the sports shape in certain moments, table no. 3 [5, 18, 4].

Table no. 3 The share of the components during the preparatory stages

Period	Preparatory period	Pre-competitive period	Competitive period
Components of preparation			
Physical preparation	50-60% (general and specific physical preparation)	25-35% (specific physical preparation)	20-25% (specific physical preparation)
Technical-tactical preparation	35-45%	60-65%	70-75%
Psychological preparation	5%	5%	10%
Development of motric capacity	80-90%	60-70%	50-60%

For seniors, the share of the training components has a high stability, attaching to a particular type of share for longer periods, taking into account certain factors: the potential of the practitioners in terms of general and specific motor skills, material, competitive calendar.

The situation is different for children and juniors as they set short – term goals, and according to their reaction to the training program, there is settled the next stage for strengthening new learned motor skills and developing motric skills in general forms of manifestation.

The development of motor skills oriented towards the particularity of the sports branch is one of the main aspects of the future development of the performance capacity. General and specific motility is one of the elements that must be present continuously in the structure of training, regardless of the preparation stage or phase.

Regarding the preparation planning, it should be noted that in martial the dominant energy system is the one that uses 90% of the energy supplied by ATP (adenozintrifoforic acid) and CP (phosphocreatine) with accumulation of lactate and 10% the system based on the supply of oxygen [2, 15, 16]. Depending on the dominant energy systems there should be chosen the means targeting the physical preparation of the practitioners.

In noncontact and half contact styles, the intensity of the effort is smaller, meaning for the category of *heavy efforts* (intense and the best), but there are not excluded the exhaustive or maximal intensities at certain times of the struggle. The efforts of the severe group are met in extra – full contact rounds of the contact styles. The breaks between rounds last one minute, during which the participants partially recover themselves [17].

Conclusions

Along with the other training factors (technical, tactical, psychological, theoretical), the physical component contributes to a sports training that ensures for the practitioners a successful participation in the competition.

At the age of 6 – 8 years, which interests us in this research, for the beginners, the share of the physical preparation is high, to ensure the motric support needed to acquire the basic technique of style. The exercises used are general, being borrowed from other sports branches (gymnastics, athletics, games), but also relays, pathways applied.

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IMPORTANȚA PREGĂTIRII FIZICE ÎN INSTRUIREA SPORTIVĂ A PRACTICANȚILOR DE ARTE MARȚIALE (STILUL VOVINAM VIET VO DAO) LA NIVEL DE COPII

Cuvinte cheie: pregătire fizică, arte marțiale, copii

Rezumat: Pregătirea fizică joacă un rol important în structura complexă a antrenamentului sportiv, influențând modul de realizare a pregătirii pe parcursul etapelor componente ale macrociclului. Pregătirea fizică specială nu poate suplini lipsa pregătirii fizice generale. Cele două laturi ale pregătirii fizice sunt într-o strânsă legătură și se condiționează reciproc. În perioada pregătitoare se va pune accentul pe îmbunătățirea

indicilor de manifestare a calităților motrice generale, dar și specifice; urmând ca în perioada competițională să fie utilizate în pregătire mijloace care să vizeze menținerea nivelelor atinse anterior la calitățile motrice simple și combinate specifice practicării artelor marțiale, stilul Vovinam Viet Vo Dao. Scopul lucrării este de a stabili rolul pregătirii fizice în instruirea practicanților de arte marțiale. Concluzia fundamentală a studiului este că la vârsta de 6-8 ani (nivel de începători) ponderea pregătirii fizice este ridicată pentru a asigura suportul motric necesar pentru însușirea tehnicii de bază a stilului. Exercițiile folosite au un caracter general, fiind împrumutate din celelalte ramuri sportive (gimnastică, atletism, jocuri), dar și ștafete, parcursuri aplicative.

IMPORTANCE DE LA FORMATION PHYSIQUE DANS LA FORMATION SPORT ARTS MARTIAUX (VOVINAM VIET VO DAO) NIVEAU DES ENFANTS

Mots-clés: entraînement physique, arts martiaux, enfants

RÉSUMÉ: L'entraînement physique joue un rôle important dans la structure complexe de l'entraînement sportif, influencer la manière de la phase de préparation pendant une partie de la macrocycle. Entraînement physique spécial ne peut pas compenser le manque de gène de l'entraînement physique. Les deux côtés de l'entraînement physique sont étroitement liés et sont interdépendants. Dans la période préparatoire se concentrera sur l'amélioration de la motricité indices de manifestation de généraux et spécifiques; et au cours de la période à être utilisé dans la formation des moyens compétitifs visant à maintenir les niveaux précédemment atteints d'attributs physiques combinés arts martiaux simples et pratiques spécifiques de style Vovinam Viet Vo Dao. Le but de ce papier est de déterminer le rôle de l'éducation physique dans les arts martiaux professionnels de la formation. La conclusion fondamentale de l'étude est que l'âge de 6-8 ans (niveau débutant) part entraînement physique est grande, pour soutenir moteur nécessaire pour acquérir la technique de base du style. Les exercices utilisés sont d'ordre général, étant empruntés à d'autres branches (gymnastique, athlétisme, jeux) et le relais, passes appliquées.