

CONDITIONAL FIGHT, AS METHOD OF IMPROVEMENT OF TACTIC-TECHNIQUE PREPAREDNESS IN KICKBOXING, AND ITS CLASSIFICATION

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Abstract. A place and role of conditional duels is certain in the system of training in kickboxing as a methodical reception of perfection to technical tactical preparedness of sportsmen. The analysis is conducted on 24 literary sources. The alternative variant of classification of conditional duels is offered, in which for basis of distributing limitation of volume is chosen battle technical tactical actions and them sets. It is suggested to group conditional duels for duels with one-sided a task and multilateral tasks. Also for duels with the narrowly limited actions of partners and duels with wide technical tactical by tasks. The use of alternative classification is given by possibility. It is recommended to utilize in training narrow limitation of actions of one of partners and considerable expansion technical tactical tasks other. Offered to recommendation on artificial limitation of battle facilities in conditional duels and forming of individual manner of embay.

Keywords: kickboxing, technique, tactic, preparedness, conditional, duel, classification.

Introduction

Improvement of technique level in impact martial arts is an important reserve of high sports results. This is stressed in many works [3, 4, 5, 7, 10, 12, 14, 23, 25-27]. But, by the data of B.B. Shapovalov, Ye.G. Dvoretzkiy [22], A.A. Kupriyanov [11] and V.A. Yeganov [7] only 30% of training time is net time, considering conditional fights, freestyle and sparrings, of kickboxers' technique improvement. Meanwhile the authors think that the main way to improve the performance quality is a purposeful approach to training, with competition peculiarities being considered. This approach means purposeful formation and improvement of combat actions with the help of exercises, simulating main competition conditions and situations. Simulation of competition conditions in training is easier in sparring; conditional fight is one of its kinds [9].

For stimulation of sportsman's specific activity, in order to improve tactic-technique level special methods were developed in martial arts: trainings without partner, trainings with conditional partner, training with partner, trainings with adversary. Training with partner is the main method for mastering tactic –technique actions. In this case, partner is active assistant and promotes rational mastering of these actions. As training means the following is used: exercises in conditioned situations, in which sportsman –“adversary” acts within strictly definite by coach frames of tasks; fragments of different competition situations [15].

In most of impact martial arts the method of training with partner in conditioned situations is used as conditional fights in boxing, kickboxing and tae kwon do during training classes, devoted to improvement of tactic-technique level [1]. Conditional fight is a fight with certain restriction of tactic and technique means [9, 24]. By the opinion of V.A. Kiseliyov [10], in boxing, conditional sparring is intended for boxers' special skills and technique development and improvement; it is conducted at a brisk pace and is approached to natural conditions of boxing. Such sparring develops both: technical skills of boxers and his special abilities – endurance, quickness, dexterity, quick thinking, prognostication of situation and etc. [9, 10].

In French boxing “savate”, which is a “relative” of modern kickboxing, two kinds of conditional fights are used for preparation to competitions: fight, in which partners exchange kicks and punches determined for them by coach, and semi-conditional fight, in which sportsmen use any blows, technically correctly, very accurately and quickly but with restricted strength [20].

A.V. Zhadan, in his work [8] described variants of karate conditional fights on the stage of specialized basic training: programmed sparring by one step (kimon-ippon-kumite), semi-freestyle by one step (ji-ippon-kumite), “pendulum” of one movement (okur-kumite), semi-freestyle by one step with attack by combination (yakusoku-kumite), “pendulum” on combination (kuyeshi-kumite).

By information of A.Ye. Taras [19], in Korean combat martial art “vietvodao-vovinam” conditional fight “fan don” is used: sparring in which counterattacking techniques are trained with partner; it resembles training “kumite” in karate (by three, two or one movement) and is constructed by principle “block plus blow”.

In Thailand boxing “muai thai”, by the opinion of Sagat Noi Koklama, fixing of tactic technique actions is realized in conditional fights, which are conducted first at slow pace and then with progressive quickness [17].

In the course of trainings on improvement of techniques and tactic of kickboxing conditional fights are used [1, 2, 16, 23] as a methodological method, directed to improvement of tactic-technique level, in which two partners, being relatively restricted by their tasks (using not all blows), have broad opportunity to apply different combinations and series of attacking and counterattacking blows and all kinds of blocks. Conditional fight is a transient stage to freestyle fight and is used, on the one hand to discipline the fighter (making him to control every movement) and on the other hand to simplify the fight in respect to possible combinations and thus, to make sportsmen's self orientation easier [2].

In conditional fight coach can determine combat abilities of his disciple because it is the first and responsible sportsman's test "in practice", the test for combat thinking, combat excitement, blows, counterattacks and blocks techniques. Meanwhile, the first signs of combat individual manner manifest in conditional fight [9, 18, 22, 23].

Classification (from Latin "classis" - degree and "facere" – to do) in the opinion of I.T. Frolov, is a sensible order of things and phenomena, division of them into kinds according to their significant properties; special kind of logical operation of concepts scope concepts, which is a certain combination of divisions (division of a class into kinds and distribution of these kinds, etc.) [21].

V.M. Romanov, in his paper on kickboxing tactics [16], classifies conditional fights into: conditional fights with one-sided task and conditional fights with multi-sided (two-sided) tasks. Other boxing and kickboxing specialists [1, 9, 13] think that conditional fights shall be classified into:

- a.) conditional fight with restricted task and partners' actions;
- b.) conditional fight with wide range of tactic and technique tasks.

Thus, the above said permits to come to conclusion that improvement of martial arts sportsmen's tactic and technique level with the help of conditional fights is an important reserve for achievement of high sports results. But in our opinion in scientific and methodological literature insufficient attention is paid to conditional fights' classification and it prevents from understanding of the significance and effectiveness of this methodological method of kickboxers' tactic and technique level improvement.

The research has been carried out as per aggregate plan of scientific and research work in the sphere of physical culture and sports for 2011-2015 of Ukraine Ministry of education and science, youth and sports, subject 2.18 "Improvement of sportsmen motion activity mechanisms' controlling".

Purpose, tasks of the work, material and methods.

The purpose of the research is to determine the place and role of conditional fights in kickboxing training system, as a methodological method of kickboxers' tactic and technique level improvement, to complement the existing system and to develop alternative classification of conditional fights.

The tasks of the research.

1. To analyze scientific and methodological literature about conditional fights as a methodological method of kickboxers' tactic and technique level improvement.
2. To provide definition of conditional fight, improve the existing classification, develop new classification of conditional fights in kickboxing.,

In the period of work on this paper 27 sources of scientific and methodological literature have been analyzed.

Results of research.

According to the conducted analysis of scientific and methodological literature, kickboxing conditional fight is a variant of sparring (method of tactic and technique improvement) and its application implies using of exercises in conditioned situations. Besides, it is one of the most effective ways of kickboxer's tactic and technique level improvement, which reflects an arsenal of actions and their combinations (structures), promoting to achieve his target and to solve combat tasks arising in the course of competition fight. Technique consists of the trained up to automatic performance separate operations and their combinations, while tactic means capability to combine them in different actions, considering his own current state and the adversary's peculiarities.

But, concerning classification of conditional fights, which was finally formulated in the papers by M.I. Romanenko (1978) and I.P. Degtyariov (1979) for boxing (fig.1), in our opinion, in the future boxing and the kickboxing specialists based on it automatically, without paying any attention to this problem.

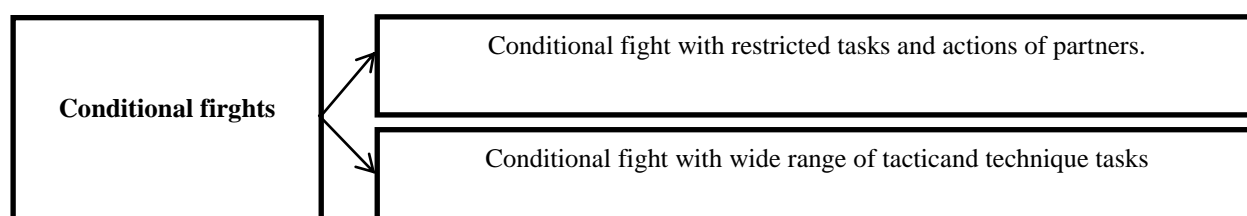


Fig.1. Classification of conditional fights in boxing. (As per I.P. Degtyariov 1979).

From our point of view, classifications, given in scientific and methodological literature, have rather conservative character and are reduced to division into conditional fights with one-sided task, in which one sportsman attacks by the coach's instruction and the other blocks or counterattacks, and two-sided conditional tasks, in which both partners attack and counterattack, restricted by the instructions of coach. Besides, there is division into conditional fights with strictly restricted actions of partners (one partner executes only one attacking blow and the other use any block or counterattack mean, combined with this block) and conditional fights with wide range of tactic and technique tasks (two-sided actions of partners when each of them has right to attack, counterattack and block the adversary).

After fulfilling the analysis of scientific and methodological materials and basing on our own experience, we have made an attempt to improve the current classification of conditional fights by means of widening of kinds (classes) range of the a.m. fights, by marking out certain kind of conditional fight, which, in our opinion, can not be covered by any item of classification. Thus, when using division of conditional fights into one-sided and multi-sided ones or into the fights with strictly restricted of wide-range tactic and technique tasks, there is, in our opinion, a transient variant, which cannot be related to either first class or the second one in both classifications. The example is a conditional fight, in which one of sportsman attacks (with one tactic and technique action or combination) strictly as per instruction of coach and the other blocks in freestyle (on his own) or uses determined by the coach block technique and counterattacks with a blow or blow combination on his own, considering the current situation. Thus, with classification into one-sided and multi-sided tasks there appears a transient stage, which could be called conditional fight with combined tasks (combined tasks mean one-sided task of one partner and multi-sided tasks of the other one).

Using division into conditional tasks with restricted tasks and fights with wide range of tactic and technique tasks, we can specify, as a transient stage, conditional fights with one-sided – widened actions of partners, in which “one-sided-widened” means restricted actions of one partner and wide range of actions of the other.

But even this, improved classification, in our opinion, reflects the essence of the given method only in boxing. I.e. in kind of martial arts, in which sportsmen are rather restricted in their tactic and technique attacking arsenal (as per existing rules only punches are permitted). In martial arts, in which punches and kicks are used (kickboxing, Thailand boxing - muai thai) the above mentioned classifications reduce the possibility of conditional fights’ using in training of combat skills. That is why we have developed an alternative classification of conditional fights for kickboxing, which would permit for modern coach to understand deeper the essence of conditional fight, and a methodological form of kickboxers’ tactic and technique level improvement; for martial art sportsmen to achieve better results in mastering skills with less efforts; which would permit not only to reveal first signs of individual combat manner but to develop the most efficient for every sportsman tactic and technique actions, which will lead to formation of his individual combat manner.

In the developed by us alternative classification of conditional fights, quantitative and qualitative restriction of combat tactic and technique actions and their combinations was taken as the distribution base.

Conditional fights in kickboxing are classified as follows (see Fig2):

1. Reduction of quantity of sportsmen, which are limited in their tactic and technique actions.
 - 1.1. Conditional fights, in which actions of both sportsmen are restricted.
 - 1.2. Conditional fights, in which actions of only one sportsman are restricted.
2. Reduced quantity of tactic and technique actions (blows) in attack (counterattack).
 - 2.1. Conditional fights, in which only one tactic and technique action is used.
 - 2.2. Conditional fights, in which two tactic and technique actions are used.
 - 2.3. Conditional fights, in which three or more tactic and technique actions are used.
3. Reduction of active and passive combat tactic and technique actions quantity.
 - 3.1. Conditional fights based on “attack-block” scheme.
 - 3.2. Conditional fights based on “attack-block-counterattack” scheme.
 - 3.3. Conditional fights based on “attack-block-counterattack-block-counterattack-block” scheme.
4. Reduction of attacking – counterattacking tactic and technique methods.
 - 4.1. Conditional fights, in which only punches are used (jabs, hooks, uppercuts).
 - 4.2. Conditional fights, in which only kicks are used (front-kick, round-kick, side-kick, back-kick, ankle trips, etc.).
 - 4.3. Conditional fights, in which only knee kicks are used (direct, side-kicks, with grasp of adversary, without grasp).
 - 4.4. Conditional fights, in which only blow combinations are used (hands-legs. hands-knees, legs-knees).
 - 4.5. Conditional fights, in which all permitted blows are used.
5. Reduction of blow impact direction level.
 - 5.1. Conditional fights, in which blows at upper level are used.
 - 5.2. Conditional fights, in which blows at middle level are used.
 - 5.3. Conditional fights, in which blows at lower level are used.
 - 5.4. Conditional fights, in which combinations of direction variants are used (upper-middle levels, upper-lower levels, middle-lower levels).
 - 5.5. Conditional fights, in which blows at all levels are used.
6. Restriction of blocking techniques.
 - 6.1. Conditional fights, in which blocks with hands and legs are used.
 - 6.2. Conditional fights, in which blocks with body are used.
 - 6.3. Conditional fights, in which defensive maneuvering is used.
 - 6.4. Conditional fights, in which defensive combinations are used (hand and legs blocks, body blocks, maneuvering, etc.).
 - 6.5. Conditional fights, in which complex defense is used combination of all defensive techniques, depending on definite situation of conditional fight).
7. Restriction of combat distance.

- 7.1. Conditional fights at far distance.
- 7.2. Conditional fights at medium distance.
- 7.3. Conditional fights at close distance.
- 7.4. Conditional fights in clinch.
- 7.5. Conditional fights at possible two or more distances (far-medium, medium-close, close-clinch).
8. Restriction of impact strength.
 - 8.1. Conditional fights with light-touch blows.
 - 8.2. Conditional fights with medium strength blows.
 - 8.3. Conditional fights with full strength blows.

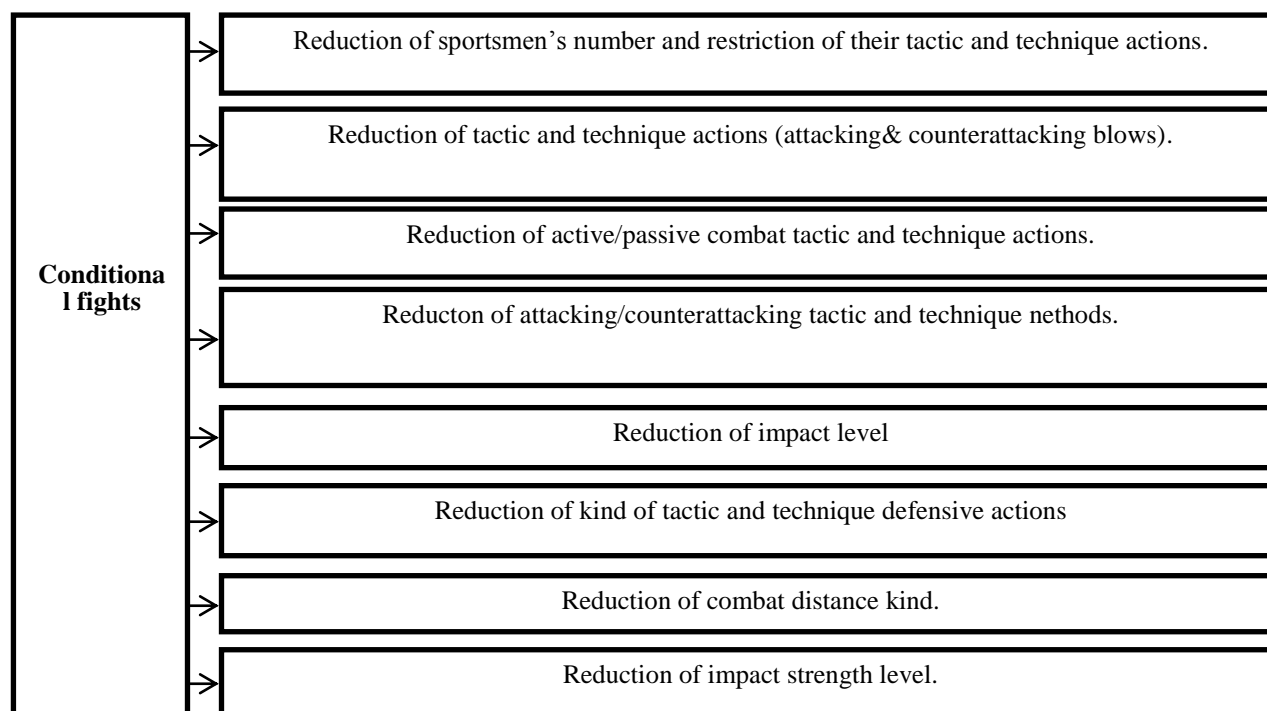


Fig.2. Alternative classification of conditional fights in kickboxing.

In training kickboxing programs for children & youth sports school such methodology as conditional fight practically is not reflected. The time for practicing of this method is given, but the selection of conditional fights kinds is entrusted to experience and skills of coach staff. That is why we implement in practice the developed program on improvement of kickboxers tactic and technique preparedness with the help of conditional fights on the stage of specialized basic training and the results of it will be presented in future works.

Thus, using alternative classification of conditional fights in kickboxing, coach can definitely determine the circle of tasks for every of sportsman, depending on the range of tasks to be solved in the given exercise.

Summary.

Artificial reduction of combat means n conditional fights permits not only to improve attacking or counterattacking actions, but also promotes kickboxer to find tactical ways for raising of these actions' efficiency; in other words promotes to improve tactic and technique attacking and blocking actions and to form individual manner of combat conduction.

Classification of conditional fights with quantitative and qualitative restriction of tactic and technique actions and their combinations as its base, permits to open all varieties of this method of kickboxers' tactic and technique preparedness improvement and completely reflects the essence of its name.

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