



Latest trends in training martial arts athletes: a study of the contents of articles published in the journal «teoriya i praktika fizicheskoy kultury»

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Abstract

Objective of the study is to identify current trends in the training of martial artists based on the content analysis of publications in the journal TiPFK.

Methods and structure of the study. The study included a content analysis of sixty issues of the journal "Teoriya i praktika fizicheskoy kultury". (TiPFK) for the period from 2020 to 2024. Two hundred and fifty-seven articles on martial arts were identified. The selected materials were used to study the quantitative and qualitative indicators of the authors' publication activities in various fields and sports disciplines. The goal was to analyze the authors' activity in different sports.

Results and conclusions. Current trends in the field of training martial artists are manifested in the emphasis on the physiological aspects of sports (37 works), monitoring the level of athletes' readiness (33), practicing technical and tactical skills (28), studying the history and evolution of sports disciplines (24), psychological training (23) and general physical training (21). However, the study revealed a deficit of publications devoted to the use of information technology in sports (only 4 articles), which contrasts with the importance of this area in the current realities. In total, 15 areas of publication activity of authors in the field of martial arts were identified with a range from 4 to 37 articles, which is clearly visualized in the presented diagram.

Keywords: martial arts, content analysis, modern trends, training of martial artists, articles on martial arts, publication activity.

Introduction. In the modern conditions of active work of specialists and versatility of scientific research in the field of martial arts, it is very important to have information about the features of the latest developments and trends reflected in the publications of journals in the field of physical education and sports. One of such journals is "Teoriya i praktika fizicheskoy kultury" (TiPFK), which is a popular scientific platform for publications of researchers, teachers, coaches and other specialists in the field of martial arts. The scientific and theoretical journal, founded in 1925, is included in the Scopus database, the Russian Science Citation Index (RSCI), and the EBSCO database of English-language periodicals. This journal has a high status, unique information content, and its 100-year historical archive of publications contains knowledge and practices that reflect the current needs of sports science [5, 3].

Martial arts are constantly evolving, which is accompanied by a search for new solutions in various di-

rections. Therefore, it is important to identify modern trends that play an important role in the development of martial arts. In this regard, conducting a content analysis of publications on martial arts for the period from 2020 to 2024 will allow us to identify publication activity in various sports, the main current areas of research and trends in change [1, 2, 4, 6, 7].

Objective of the study is to identify modern trends in the training of martial artists based on the content analysis of publications in the TiPFK journal.

Methods and structure of the study. A content analysis of publications in the TiPFK journal from 2020 to 2024 was conducted. The journal is published once a month, so all 60 issues over the past 5 years were analyzed.

A total of 257 articles on martial arts were identified to analyze the quantitative and qualitative parameters of the publication activity of authors on various topics and sports.



Results and conclusions. An analysis of publication activity over the past five years showed that, on average, 51.4 articles were published annually in the TiPFK martial arts journal, which is 4.3 articles in a monthly issue. The dynamics show a smooth increase in the number of articles per year from 39 in 2020 to 61 in 2024 (Fig. 1), which indicates an increase in the publication activity of authors on martial arts by 56.4%.

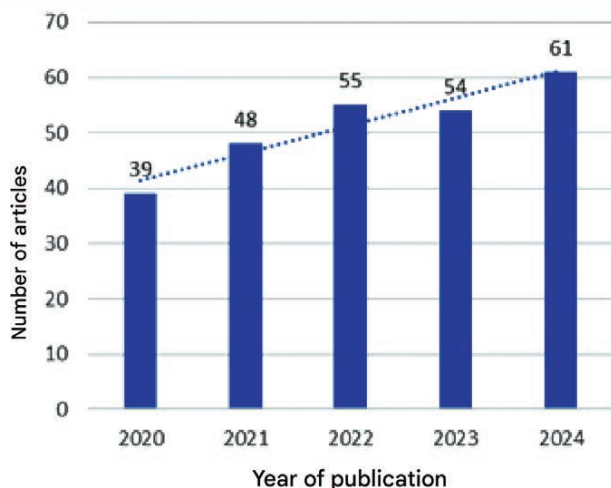


Fig. 1. Dynamics of the number of articles on martial arts in the TiPFK journal for the period 2020-2024

Publications in the TiPFK journal over the past five years have been written on 19 types of martial arts (Fig. 2). The distribution of articles by types of martial arts varies from 1 to 38. The largest number of publications were made, in general, on all types of martial arts (42 articles). The most popular martial arts in the scientific journal are all 6 Olympic sports: judo (38 articles), wrestling (29), boxing (26), fencing (17), taekwondo (14) and karate (12). Also, two domestic types of martial arts have high rates of publication activity: sambo – 26 articles, hand-to-hand combat – 12 articles. The following martial arts have average ratings: kickboxing (9 articles), muay thai (8), wushu (7), mixed martial arts (MMA) (5). The lowest ratings are for army hand-to-hand combat (3 articles), aikido (3), other types of wrestling (belt wrestling – 2, jiu-jitsu – 1, kurash – 1, kazakhsha-kures – 1) and oriental martial arts (1).

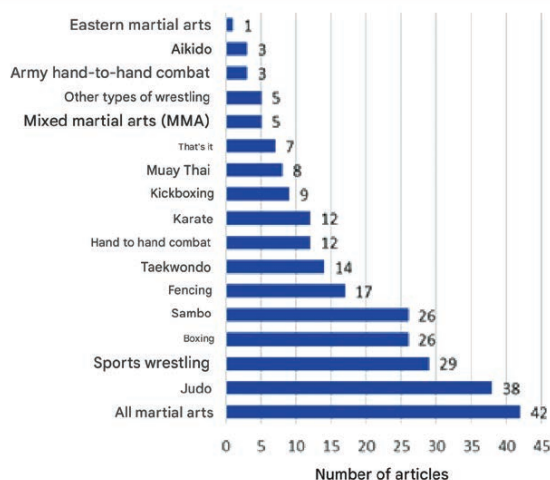


Fig. 2. Number of articles by martial arts in the TiPFK journal for the period 2020-2024

taekwondo (14) and karate (12). Also, two domestic types of martial arts have high rates of publication activity: sambo – 26 articles, hand-to-hand combat – 12 articles. The following martial arts have average ratings: kickboxing (9 articles), muay thai (8), wushu (7), mixed martial arts (MMA) (5). The lowest ratings are for army hand-to-hand combat (3 articles), aikido (3), other types of wrestling (belt wrestling – 2, jiu-jitsu – 1, kurash – 1, kazakhsha-kures – 1) and oriental martial arts (1).

By type of martial arts, the largest share falls on wrestling martial arts - 98 articles, which is 38% (Fig. 3). Striking martial arts make up 30% (76 articles). There are 42 articles (16%) devoted to all martial arts. The smallest values for the number of publications are for mixed martial arts and martial arts with weapons, 24 (9%) and 17 (7%) articles, respectively.

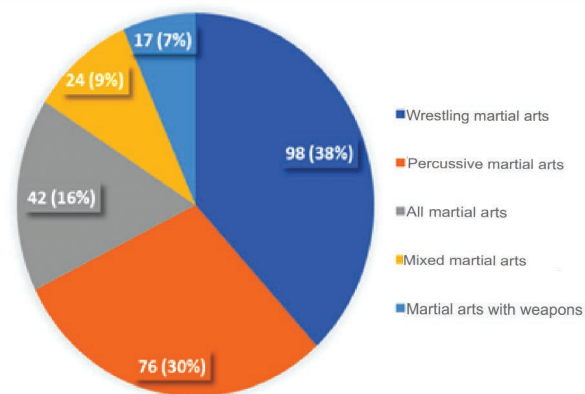


Fig. 3. Number of articles by types of martial arts in the TiPFK journal for the period 2020-2024

The analysis allowed us to identify 15 areas of publication activity of authors of articles on martial arts in the TiPFK journal (Fig. 4). The largest number of articles (more than 20 in each area) were published on sports physiology (37 articles), fitness control (33), technical and tactical training (28), history and development of sports (24), sports psychology (23) and physical training (21). The areas with average ratings (from 10 to 20 articles): biomechanics of sport – 19 articles, health-improving physical culture – 14, modeling in sport – 11, and training planning – 10. The lowest ratings (less than 10 articles) are for the topics of service-applied sports (9 articles), integrated training (9), sociology of sport (8), adaptive sports (7), and information technology (4).

Conclusions. Thus, the results of the content analysis of publications in the TiPFK journal over the past five years show that the interest of authors in pub-

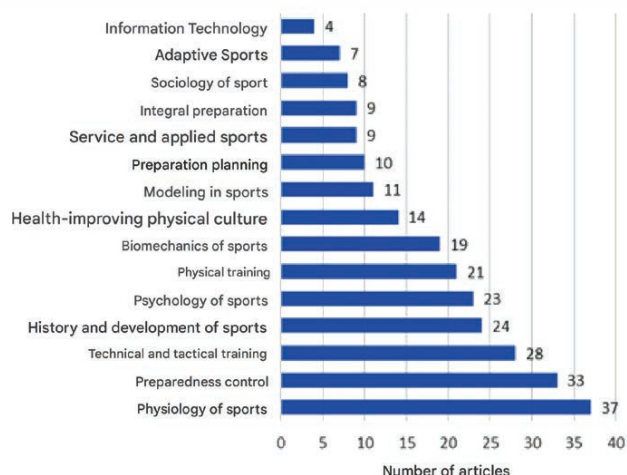


Fig. 4. Number of articles on martial arts in the *TiP-FK* journal for the period 2020-2024

lishing articles on martial arts is increasing every year, as evidenced by the positive dynamics of the number of articles from 2020 to 2024. At the same time, the publication activity of authors is more focused on wrestling martial arts (38%), such as judo, wrestling and sambo. The publication activity on striking martial arts (30%), such as boxing, taekwondo and karate, is slightly lower. 16% of publications were completed without highlighting a specific type of martial arts. The smallest number of publications are on mixed martial arts (hand-to-hand combat, mixed martial arts (MMA), army hand-to-hand combat) – 9% and martial arts with weapons (fencing) – 7%.

Modern trends in the training of martial artists are revealed, expressed in the greatest interest among researchers in areas related to the physiology of sports (37 articles), training control (33), technical and tactical training (28), history and development of sports (24), sports psychology (23) and physical training (21). At the same time, the analysis showed that an insufficient number of publications is observed in the areas of information technology in sports (4 articles), which is quite relevant in modern conditions. A total of 15 areas of publication activity of authors on martial arts were identified in the range from 4 to 37 articles.

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