



Identification of successful competitive combinations in the section of kickboxing pointfighting

UDC 796.85:612.76:796.015.4(043)



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Abstract

Objective of the study was to identify effective competitive combinations in the point fighting kickboxing section, based on an assessment of the results of the performances of winners and prize-winners at major international competitions.

Methods and structure of the study. In the course of the study, a theoretical analysis and generalization of scientific data, a video analysis of the competitive fights of the semi-finals and finals of the Cups and Championships of Russia, Europe and the world in the point fighting section in different age categories were carried out.

Results and conclusions. We conducted a video analysis of the semi-finals and finals of the Cups and Championships of Russia, Europe and the world in the point fighting section in different age categories from 7 to 18 years old. It should be noted that athletes from the age of 7 years old are allowed to all European and world tournaments, and in Russia only from 10 years old, where they hone their basic technique in the point fighting section. In the course of the study, we have identified and presented effective competitive combinations in the point fighting kickboxing section for athletes of different age categories and gender. The use of effective competitive combinations in the kickboxing point fighting section helps athletes earn the maximum number of points per round and, accordingly, win the most prestigious tournaments in Russia, Europe and the world. In this study, effective competitive combinations were identified in the kickboxing point fighting section for athletes in different age categories performing at the Championships and Cups of Russia, Europe and the world.

Keywords: *effective competitive combinations, point fighting, kickboxing, technical and tactical training.*

Introduction. The relevance of the study is determined by the lack of scientific substantiation of the technique of technical and tactical training of kickboxers in the point fighting section. From the author's point of view, this can significantly affect the level of sportsmanship of pointfighters and significantly narrows the range of opportunities to achieve high competitive results.

The scientifically substantiated organization of technical and tactical training of kickboxers representing the point fighting section will allow avoiding deliberately losing actions of athletes in a duel with an opponent [3].

Theoretical analysis and generalization of literary data presented in the works of both domestic and foreign experts indicates the presence of a complex structure of a competitive duel, saturated with attacking and defensive actions in constantly changing combat conditions, due to the wide variety of technical and tactical actions used by pointfighters, which indicates the presence of a problematic situation [6, 9].

The scientific studies analyzed by us, affecting this problem, mainly relate to the use of effective techniques in hand-to-hand combat and freestyle wrestling. There are studies on successful connections and combinations in boxing, judo, karate, taekwondo, etc.

However, to date, we have found no similar studies in kickboxing. At the same time, many experts note a tendency to increase the level of competition in kickboxing, which in turn requires the search for new most effective means and methods for teaching kickboxers technical and tactical actions [1].

At present, a distinctive feature of the point fighting section in kickboxing is the use by an athlete in a duel of punching techniques borrowed from karate and kicks from taekwondo [7, 8].

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Table 1. Effective competitive combinations in the point fighting section in the semi-finals and finals of the Russian Cup and Championships

Age, gender	Resulting competitive combinations			
Younger boys 10-12 years old	Blow with the front hand to the head		Backhand blow to the body	
Younger girls 10-12 years old	Blow with the front hand to the head	Backhand blow to the body		Kick side-kick in attack
Senior boys 13-15 years old	Blitz from the front hand	Blitz from the back hand	Blow with the front hand towards	Kick side kick towards
Older girls 13-15 years old	Blitz from the front hand	Leg pad		Фехтование передней ногой
Juniors 16-18 years old	Blitz from the front hand	Leg pad	Blow with the front hand towards	Backhand strike towards
Juniors (girls) 16-18 years old	Kick + punch	Leg pad		Backhand strike towards

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Results of the study and their discussion. The results of video analysis are presented in tables 1 and 2.

It is shown that athletes from the age of 7-9 years old are allowed to all European and world tournaments, where they hone their basic technique in the point fighting section. Boys use single kicks with the front and back hands, as well as side kicks with the front foot. Girls work more only with their front hand and use the technique of chasing an opponent with their front foot - fencing.

In the age category of 10-12 years old, in the point-fighting section, foreign kickboxers attack with a blitz

from the front hand in two or three hits, and also know how to counterattack from the attacks of the opponent's front and back hands: a blow with the front hand towards and a side kick with the front foot towards. Boys of 10-12 years old in domestic kickboxing at this age earn more points with single punches, like foreign kickboxers at 7-9 years old. Girls 10-12 years old at international tournaments most often earn a point in blitz from the front hand in two or three hits and use fencing with the front foot. In Russia, younger girls use a single kick with the front hand to the head, with the back hand towards and an attacking single kick with the front leg side kick.

In the age category of 13-15 years, Russian kickboxers, having participated in international tournaments for 10-12 years and gained experience, try to keep up with their foreign peers and also earn points with an attacking blitz of two or three punches from the front and back hands, as well as a counterattack coun-

Table 2. Effective competitive combinations in the point fighting section in the semi-finals and finals of the Cups and Championships of Europe and the world

Age, gender	Resulting competitive combinations			
Boys 7-9 years old	Front hand strike	Back hand strike		Front foot kick in attack
Girls 7-9 years old	Front hand strike	Fencing with the front foot of the kick side-kick		
Younger boys 10-12 years old	Blitz from the front hand	Blow with the front hand towards		Kick with the front foot side-kick towards
Younger girls 10-12 years old	Blitz from the front hand	Fencing with the front foot of the kick side-kick		
Senior boys 13-15 years old	Blitz from the front hand	Blitz from the back foot	Fencing with the front foot	Kick with the front foot towards
Older girls 13-15 years old	Blitz from the back hand	Fencing with the front foot	Blow with the front hand towards	Kick with the front foot hook-kick towards
Juniors 16-18 years old	Kick + punch	Blow with the front hand towards	Backhand strike towards	Leg pad
Juniors (girls) 16-18 years old	Fencing with the front foot+ Blitz from the front hand			Leg pad



ter kick. Only domestic kickboxers are more likely to meet with a side-kick and an opposite front hand with a backfist, while foreign older boys use the development of the front leg to the maximum in the attack - fencing with different blows, as well as a counterattack with the foot from different sides: directly - side-kick, from the side - round-kick and hook-kick, on top - ex-kick. Older girls aged 13-15 in Russia earn more points in blitz with the front hand, use work against the leg with the help of a rubber and counterattack with the back hand, as well as fencing with the front leg from different sides. Foreign older girls attack more in reverse with a blitz from the back hand, earn points with a counterattack with the front hand in a jump with a backfist kick, legs, as in Russia, use the chasing technique with the front foot, as well as a counter hook-kick with the front foot.

In the age category of juniors - in Russian point fighting, the emphasis is on the work of the hands. In attack - a blitz from the front hand. Counterattack with hands: a blow with the front hand towards the head and a blow with the back hand towards the body, as well as work against the leg, most often occurs with a hand on the knee. Juniors in Russia use a single blow with the front hand and immediately attack with a single blow with the hand. Against the leg, an overlay is most often used. In international tournaments, the chasing leg is used the most, followed by a blitz from the front hand. As a counterattack, an overlay on the leg and the continuation of a single blow from the back hand are used [7].

In the scientific works studied by us, no information was found about which combinations are the most effective and bring victory to athletes in a competitive duel in the kickboxing point fighting section.

At the same time, similar studies are conducted in other sports, in which the order of application of certain techniques may vary depending on the competitive conditions.

O.B. Malkov conducted a video analysis of the behavior of martial artists in competitive fights, depending on the change of situations of conflict behavior. The bundles of techniques most often used by high-class athletes in this sport were identified [5].

A.V. Konakov's research is devoted to the determination of effective techniques and the construction of technical and tactical combinations based on them in a competitive duel in sports hand-to-hand combat [4].

In the preparation of freestyle wrestlers for competitive activity, A.V. Zakharov recommends using a methodology based on effective competitive combinations, which were determined based on the analysis of duels of leading athletes [2].

Conclusions. The use of effective competitive combinations in the point fighting kickboxing section

allows athletes to earn the maximum number of points per round, and, accordingly, win the most prestigious tournaments in Russia, Europe and the world.

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