



Preparatory actions and indicators for their assessment in competitive fights of highly qualified karatekas in the olympic weight category up to 67 kg

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PhD, Associate Professor **Yu.L. Orlov**¹

Postgraduate student **Tian Zhiyue**¹

Dr. Hab., Associate Professor **L.G. Ryzhkova**¹

Postgraduate student **A.Yu. Orlova**¹

¹The Russian University of Sport «GTSOLIFK», Moscow

Corresponding author: fencing-rgufk@yandex.ru

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Abstract

Objective of the study was to determine the versatility, effectiveness and success of preparatory actions used in competitive fights by highly qualified karatekas for the successful implementation of offensive and defensive actions.

Methods and structure of the study. Pedagogical supervision was carried out over highly qualified athletes occupying leading positions in the world rankings in the weight category up to 67 kg: Assadilov Darkhan (Kazakhstan), Dacosta Steven (France), Crescenzo Angelo (Italy), El-Sawy Ali (Egypt), as well as the leader Russian national team in this competitive discipline, Honored Master of Sports Evgeniy Plakhutin. Competitive fights at the 2020 Olympic Games, world and continental championships, where athletes achieved high results, were examined.

Results and conclusions. The analysis of the competitive activity of highly qualified karatekas in the Olympic weight category up to 67 kg, who occupy leading positions in the world rankings, was carried out thanks to pedagogical observations using video recording tools, which make it possible to conduct research without interfering in the competitive activity of athletes and evaluate the actions of both opponents at once using video replays of combat fights, accurately record the technical and tactical actions used by the participants in the fight and their instant-remote characteristics. The results of a survey of the competitive activity of the strongest karatekas in the world make it possible to identify differences in the indicators of the volume of preparatory actions, their versatility, efficiency and success. It is noted that the leader of the world ranking has the highest volume of use of preparatory actions, which confirms their importance for the successful conduct of competitive struggle.

Keywords: *competitive activity, highly qualified karatekas, Olympic weight category up to 67 kg, characteristics of preparatory actions.*

Introduction. Analysis of the competitive activity of highly qualified athletes - leaders of world karate - made it possible to verify that the effectiveness of competitive fights (Japanese: SHIAI-KUMITE 試合組手) largely depends on the following factors:

- the athlete's ability to use preparatory actions;
- precise selection of the distance and moment of the start of the attack;
- the presence or absence of uncontrolled spontaneous pre-signals before the start of the chosen action, which can inform the opponent about the athlete's intentions.

All these factors sufficiently ensure the effectiveness of attackers and the effectiveness of defensive actions in competitive fights, and preparatory actions play the most important role among the means of tactical equipment of karatekas. Currently, there are no exact criteria for assessing preparatory actions; there is practically no information about the relationships between their use and their significance in the success of competitive activity in sports karate.

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ratekas for the successful implementation of offensive and defensive actions.

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Results of the study and discussion. Combat action (Japanese SENTO KODO 戦闘行動) in karate is the main unit of combat activity of a karateka, which is a set of technical techniques that have preparatory, attacking, defensive, defensive-response motor structures. In sports karate, the concept of “combat actions” implies specialized movements of athletes that are used with the tactical intention of ending a combat fight with an effective striking technique when implementing selected actions of attack and defense.

Among the fighting actions in karate, the following should be distinguished: attacking, defensive, defensive-response. As a rule, a combat fight consists of a whole combination of actions (for example, initial attack - defense - retaliatory attack, etc.). At the same time, the implementation of combat operations cannot be ensured without serious preparation of the moment-to-remote conditions for their use, which determines the importance of preparatory actions for effective competitive confrontation.

Preparatory actions (Japanese: JUMBI DOSA 準備動作) – a group of tactical actions, usually preceding attacking, and sometimes defensive and defensive-response actions, which are carried out in order to ensure their effective implementation. Preparatory actions (PA) make it possible to provide conditions for the implementation of a selected technical technique and the completion of a combat fight with an effective striking action with a hand or foot [1, 3].

In sports karate, preparatory actions allow you to solve the following tactical problems:

- scout out the opponent’s intentions (reconnaissance in force);
- disguise one’s own intentions (camouflage);
- challenge the opponent to use offensive or defensive actions (challenge);
- prevent the opponent from starting the chosen combat action (interference).

To achieve the stated goal of the study, criteria for assessing the preparatory actions constantly used by highly qualified athletes in competitive fights at official international competitions held by the World Karate Federation (WKF) were determined.

Characteristics of preparatory actions:

- *volume of preparatory actions* - an indicator of the total number of preparatory actions used in a duel (competition);
- *versatility of preparatory actions* - an indicator of the use of various preparatory actions in a duel (competition);
- *the effectiveness of preparatory actions* - an indicator of the use of the total number of preparatory actions in a duel (competition) in relation to the number of its preparatory actions that caused the planned response of the opponent;

Indicators of the use of preparatory actions in fights of highly qualified karatekas in the weight category up to 67 kg

No.	Name	A country	Number of battles	Characteristics of preparatory actions			
				Overall volume (\bar{X})	Versatility (%)	Efficiency (%)	Success (%)
1	Assadilov Darkhan	KAZ	9	31,7	45	32	10
2	Dacosta Steven	FRA	4	21,4	45	28	15
3	Crescenzo Angelo	ITA	6	18,9	50	41	13
4	El-Sawy Ali	EGY	3	23,2	45	36	16
5	Plakhutin Eugene	RUS	2	25,0	60	24	7
Statistical indicators		$\pm\sigma$	2,8	24,04	49	32,2	12,2
		\bar{X}	2,59	4,84	6,52	6,65	3,70

Note: No. – number in the WKF Olympic ranking, number of fights – number of examined fights.



- *the success of preparatory actions* - an indicator of the use of the number of preparatory actions that created the conditions for the effective use of subsequent attacking actions that received a judicial assessment, in relation to the total number of preparatory actions.

To obtain objective information, pedagogical observations were used using video recording tools, which allow conducting research without interfering in the competitive activity of athletes. Examination of the competitive activity (CA) of karatekas using video recordings makes it possible to evaluate the actions of both opponents at once using video replays of combat bouts, to accurately record the technical and tactical actions used by the participants in the fight and their moment-distance characteristics [2, 3].

The assessment of the performance indicators of competitive fights was aimed at identifying the characteristics of preparatory actions preceding the implementation of intentions in competitive fights among highly qualified karatekas of the Olympic weight category up to 67 kg, which made it possible to evaluate the versatility, efficiency and success of their use.

In the weight category up to 67 kg, the competitive activity of four athletes occupying the first four places in the international ranking was examined to compare their performance with the leader of the Russian national team in this competitive discipline, Tracked Master of Sports of Russia Evgeniy Plahutin (see table).

The Competitive Activity Survey (CAS) of Asadilova D. (at the time of the study No. 1 in the WKF Olympic ranking), carried out in nine fights at the 2020 Olympic Games, Asian and World Championships, allowed us to determine the highest indicator of the volume of preparatory actions (31.7), in comparison with other athletes. Considering that a Kazakh karateka fights using a defensive model of combat, one should pay attention to the average indicators of versatility (45%) and efficiency (32%) of preparatory actions [4]. The success rate of their use was only 10%.

The CAS of the French karateka Dacosta Steven (at the time of the study No. 2 in the WKF Olympic ranking), carried out on fourteen fights at the 2020 Olympic Games, World and European Championships, allowed us to establish an insufficiently high indicator of the volume of use of preparatory actions (21, 4). The athlete's inclination towards an offensive model of combat and the choice of active maneuvering explains their not very high efficiency (28%) and average level of versatility (45%). At the same time, the success of preparatory actions was found at a 15 percent level.

The CAS of the Italian karateka Crescenzo Angelo (at the time of the study No. 3 in the WKF Olympic ranking), performed over sixteen fights at the World and European Championships, made it possible to verify that he, like the French athlete, prefers to fight fights, choosing an offensive model and using active maneuvering. There is an insufficiently high volume of use of preparatory actions (18.9), which apparently explains the high, compared to other observed athletes, indicators of versatility (50%) and efficiency (41%). The success rate of preparatory actions was 13%.

The CAS of the Egyptian karateka El-Sawy Ali (at the time of the study No. 4 in the WKF Olympic ranking), performed on thirteen fights at the 2020 Olympic Games, World and African Championships, made it possible to identify the athlete's tendency to choose a defensive model of combat against the background of positional maneuvering. The total volume of use of preparatory actions was recorded at an average level (23.2). The versatility indicator is set at approximately the same level as that of previous athletes (45%). However, this karateka's efficiency and success rates turned out to be the highest (36% and 16%, respectively).

The CAS of the strongest Russian karateka E. Plakhutin in this weight category (at the time of the study No. 15 in the WKF Olympic ranking), performed over twelve fights at the World and European Championships, revealed the athlete's preferences mainly for choosing a defensive model of combat using positional maneuvering. The total volume of preparatory actions was 25. Against the background of a fairly high versatility of preparatory actions (60%), the athlete showed low efficiency (24%) and success (7%).

Conclusions. The results of a survey of the competitive activity of the strongest karatekas in the world, performing in the Olympic weight category up to 67 kg, make it possible to identify differences in the indicators of the volume of preparatory actions, their versatility, efficiency and success. It should be noted that the leader of the world ranking recorded the highest volume of use of preparatory actions, which confirms their importance for the successful conduct of competitive struggle. Against the background of a sufficient versatility of preparatory actions, a good level of their effectiveness was found. The conducted examination of the competitive activity of the leaders of the world ranking and the strongest Russian karateka allows us to conclude that the choice by athletes of the types of preparatory actions and their correlation is explained by the individual inclinations of the athletes, as well as the influence of mental and intellectual factors, which is reflected in the preparation and implementation of



technical and tactical actions, on the effectiveness of competitive activity.

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