

DEVELOPING MOTOR QUALITIES THROUGH THE INTRODUCTION OF A TAE-BO PROGRAM IN TAEKWONDO TRAININGS

Andreea Eveline GLEVEŞANU¹

Abstract: *Taekwondo is one of the most complex sports, so all motor skills are important for this practice. Although Taekwondo has gained increasing importance in the modern age, recognizing its positive effects on the harmonious development of the child and young person, the beneficial combination of Taekwondo and Tae-Bo, still does not enjoy enough attention from specialists. We will prove through this research, coming up with something new in the world of sports, that Tae-Bo, which is based on Taekwondo and Boxing, can bring benefits to all practitioners, such as the development of motor skills, through a program designed especially for athletes aged 10-11 years.*

Key words: *Taekwondo, Tae Bo, motor qualities*

1. Introduction

“Practicing arts martial is likely to develop a good coordination very early in the child, and along with the technical progress, he will acquire a better discipline and better self-confidence” [11].

It is very important for every child to play a sport, because it helps both the physical and mental development. Taekwondo is found in all that you do. It is found in the way in which put on a coat or the way in which we take off a coat. It is found in the way in which we treat people, and that is why we strongly support that Taekwondo is a style of life.

„In the direct fight with the opponent a high capacity of effort is required, and to withstand the rhythm imposed by the enemy, and his actions, but mostly to be able to trigger vigorous actions throughout the match, a key element in the training program is the physical training“ [6].

Starting from the earlier quote, we can say that Taekwondo is a complex sport, which requires the development of all motor qualities. „Motor quality is the ability of the individual to perform movements expressed in indices of speed, strength, endurance, skill, mobility“ [2].

¹ National University of Physical Education and Sports, Bucureşti.

To continue we will convey the definitions of all the motor qualities to get clearer idea about their importance in practicing Taekwondo. "Speed is a physical quality which allows carrying out movement in space in the shortest time" [7].

This quality is decisive for Taekwondo because the actions that lead us to victory are fruit of rapidly done technical executions that cannot be blocked in time by various defensive measures taken by opponent. „Skill, a profoundly complex quality, represents the ability to control one’s body and body segments to perform movements or motor actions” [4].

Skill motor quality is important because an athlete practicing Taekwondo has the mission to hit in the same time with both the upper and lower members, to accomplish certain techniques easily and have orientation in space to not overstep the boundaries of the fighting surface.

“Resistance means the time it takes one individual to execute a thing at a certain intensity” [5].

This motor quality is important because the matches are comprised of 3 sets of 2 minutes each with 1-minute break in between. Without a finely tuned resistance skill, athletes cannot finish a match.

“Force represents the ability of the locomotor apparatus that by moving it’s a segments or because of a static muscular contraction triggered by a

S.N.C. command, to defeat diverse extreme resistances, even weight in inertia of some parts, segments or the body itself” [10].

This motor quality is especially important in practicing Taekwondo, because in the matches you have to hit your opponent with a certain force to obtain a point. Calculating the required

force is done factoring the weight and sex of the athlete.

“The ability to easily execute an ample movement is known as mobility of sometimes flexibility, being very important in training” [3].

It is considered that the Taekwondo athlete needs a good level of flexibility that will allow him to accomplish a special course of techniques, respectively a big movement range.

We continue with the in depth definition of our discipline that we believe to be extremely important in a child’s development:

“Taekwondo is both: a sport, it’s a practice that requires self-discipline; it’s a wrestling sport with an opposing partner, in which the hands and feet are used to defeat the opponent; it is a style of life. At the same time, Taekwondo is an ancient Korean martial art, but also a modern international Olympic sport” [8].

In order to outline connection of between the two, we can define Tae-Bo as being “An aerobics activity very popular in Romania, practiced in most gyms. Initiative of this activity belonged to Billy Blanks who was fighter of Taekwondo, hence the name (Taekwondo - Tae and Bo– Boxing). With these data, we can define this activity as being a cardio and tonifying class that combines movements and kicks form Taekwondo and Boxing” [12].

We talk about Taekwondo as an interdisciplinary science, constantly growing in our country, which leaves room for any novelty, such as the introduction of a Tae-Bo program in Taekwondo training. This paper aims to be a tool for evaluating and deepening the beneficial effects of the introduction of the Tae-Bo program in every Taekwondo training. We want our idea to take shape and enter the

sights of all coaches both in our country and abroad.

“Tae Bo is also a way of thinking that unites your mind, heart and spirit. It continues to develop because, no matter what stage you are in – no matter if you started yesterday or have been practicing if for 10 years – training will offer you challenges and possibilities you would never have imagined succeeding. That is why Tae-Bo would not end or begin” [9].

2. Objectives

The aim of this research is to develop motor skills introducing the Tae Bo program at the beginning of each Taekwondo training.

“Every step on the road to superior sports performance requires a new level of training efforts” [1].

3. Materials and Methods

This research consists of implementing 30 minutes of Tae Bo at the beginning of Taekwondo training, twice a week, for 15 weeks. The training sessions took place on Tuesdays and Thursdays, with a total duration of 120 minutes. To demonstrate that this research will have the desired results, we designed of the 15 weeks, before introducing the Tae Bo program in Taekwondo training, the athletes subjected to the experiment, participated in the 5 initial tests to observe their evolution at the end of 15 weeks, with the support of the final tests. The experiment began on September 8, 2020 and ended with the final test on December 17, 2020, and consisted of 6 boys aged 10-11 years.

Test 1 – test for checking motor skills “Speed” – running speed 25 m. Given the initial test and the final test, athletes must run on a straight surface, 25 m, with maximum speed in the shortest possible time. The test will be performed twice, with the best result.

Test 2 – “Skill” test for motor skills – Alternative rope jumping, on the spot. For both the initial test and the final test, the athletes subjected to the experiment are provided with a skipping rope. They have to perform alternative rope jumps, on the spot, for 15 seconds. The test will be performed twice, with the best result.

Test 3 – “Endurance” test for endurance running.

The mode of action for recording the results of the initial and final testing is as follows: each athlete will run on an area of 350 m.

Test 4 – “Strength” motor quality test – Trunk lifts from lying on the back.

Given the initial and final testing, athletes must perform trunk lifts from lying on the back position for 30 seconds. The test will be performed twice, with the best result.

Test 5 – test for verification of motor skills “Mobility” – Flexion of the torso without prior push on the things, with arms and legs outstretched. The mode of operation for recording the results at the initial and final test is as follows: from the seat, flex the torso with arms and legs extended forward, holding the position for two seconds, during which the result will be read. The test will be performed twice, with the best result.

Initial test summary table

Table 1

| Subject | Test 1 | Test2 | Test 3 | Test 4 | Test 5 |
|----------------|------------|-------------|--------------|-----------|------------|
| Subject 1 | 5"8 | 18 | 2'43" | 15 | 6 |
| Subject2 | 5"7 | 16 | 2'32" | 18 | 3 |
| Subject3 | 5"9 | 14 | 2'46" | 12 | 5 |
| Subject4 | 6"0 | 15 | 2'22" | 14 | 5 |
| Subject5 | 5"7 | 17 | 2'38 | 16 | 4 |
| Subject6 | 5"6 | 15 | 2'44" | 15 | 6 |
| Average | 5"7 | 15,8 | 2'37" | 15 | 4,8 |

4. Results

The dynamics of the evolutions of the performances of the subjects to research

is presented in table 2. From the analysis of these data we can conclude that all subjects register an improvement of the indices of all motor qualities.

Table 2

Final test summary table

| Subject | Test 1 | Test 2 | Test 3 | Test 4 | Test 5 |
|----------------|------------|-------------|--------------|-----------|---------------|
| Subject 1 | 5"7 | 19 | 2'48" | 16 | 8 |
| Subject 2 | 5"5 | 18 | 2'36" | 20 | 5 |
| Subject 3 | 5"7 | 16 | 2'49" | 16 | 7 |
| Subject 4 | 5"8 | 18 | 2'27" | 15 | 6 |
| Subject 5 | 5"5 | 19 | 2'41" | 18 | 6 |
| Subject 6 | 5"2 | 17 | 2'46" | 17 | 9 |
| Average | 5"6 | 17,8 | 2'41" | 17 | 6,8 cm |

Analysis of the dynamics of the values of the results at the initial tests and the final tests lead to the following findings:

Table 3

Initial and final progress

| | Initial test | Final test | Progress |
|---------------|--------------|------------|----------|
| Test 1 | 5"7 | 5"6 | 0"1 |
| Test 2 | 15,8 | 17,8 | 2 |
| Test 3 | 2'37" | 2'41" | 4" |
| Test 4 | 15 | 17 | 2 |
| Test 5 | 4,8 | 6,8 | 2 cm |

- The analysis of the data in the previous table indicates that test 1 has a performance of 5"7 and the final test a performance of 5"6, thus registering a progress of 0"1.
- The second test records at the initial test an average performance of 15,8m, improving at the final test by 17,8 units, reaching the threshold if 2 m.
- The third test shows a performance of 2'37" in the initial test, and in the final test a performance of 2'41" is recorded, thus registering a progress of 4".

- As for test 4, we recorded a yield of 15 in the initial test and in the final test a performance of 17, thus registering a progress of 2.
- Regarding the last test, a performance of 4,8 was recorded at the initial test, and a performance of 6,8 at the final test, thus registering a progress of 2 cm.

5. Conclusions

Following the completion of the research, we reached the following conclusions and practical-methodical recommendations:

- Analyzing the results of the final weaving, I came to the conclusion that the introduction of the Tae Bo program in Taekwondo training is extremely beneficial and the results are not long in coming;
- Both Taekwondo and Tae Bo can be considered lifestyles;
- Speed, skill, endurance, strength and mobility are essential motor skills for human motor activity.

Recommendations

- Frequent testing of motor skills;
- Implementation of the Tae Boprogram at the beginning of Taekwondo training in all sports clubs in the country and abroad;
- The means of actuation for the development of motor skills should be selected so as to prove their effectiveness.

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