

## PECULIARITIES OF PHYSICAL TRAINING IN THE CASE OF ASHIHARA KARATE STYLE PRACTITIONERS

D. MOCIOACĂ<sup>1</sup> M. DRAGOMIR<sup>2</sup>

**Abstract:** *Sports training must obey well-defined principles and rules to lead to progress in the training of practitioners. The purpose of the research is to discover those innovative methods and techniques in martial arts training that to lead to the development of physical parameters as well as technical-tactical training. The experimental research took place over a period of 6 weeks, including 12 athletes, members of the Sen Craiova Sports Club, aged between 20-35 years. Following the analysis of the obtained results, it is evident that the level of general and specific physical training contributes substantially to the increase of the training level of the athletes, an aspect that is reflected in the manifestation of the motor indices, of the change in their physical, functional and technical-tactical parameters.*

**Key words:** *sports training, physical training, Ashihara Karate style.*

### 1. Introduction

One of the newest and most modern styles of Martial Arts in the world - Ashihara Karate is a full contact martial art that has a great impact worldwide, especially due to its dynamic and spectacular character.

Originally from Japan, this style of Martial Art has become extremely well-known internationally and in Romania and

it has had an exponential development recently [8].

Considering the complexity of the activity through which sports performance is achieved, the present research was oriented towards the sports training factor, with preponderance towards the physical training of the style practitioners.

The purpose of the article is to establish the influence exerted by physical training on the ability to perform, a fact that involves a careful analysis of all the

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<sup>1</sup> PhD student, Faculty of Physical Education and Sport, University of Craiova.

<sup>2</sup> Department of Theory and Methodology of Motor Activities, Faculty of Physical Education and Sport University of Craiova.

competing factors, in order to obtain those physical parameters that lead over time to the achievement of sports performance.

Performance and sports form depend on the interaction between the technical, tactical, psychological and physical qualities of athletes, their physical training representing only one of the parameters of sports training, the methods and means used being numerous and diverse.

Three main objectives of sports training are identified [5, p.62]:

- preparing the athlete to successfully participate in official competitions
- maximum development of performance capacity in a sports event, branch or group of events;
- development of the athlete's personality.

There are six components of sports training that act with different weights and with specific means of karate styles to achieve the goals at each level of preparation: beginners, advanced, performance and high performance [2, p.10]:

1. physical training
2. technical training
3. tactical training
4. psychological preparation
5. methodical-theoretical training
6. moral-ethical training (specific to karate do)

The separate highlighting of the sports training components is only methodical in order to better understand the degree of involvement, the importance and weight of each component in achieving the complex training of athletes.

In practice, these components are interwoven with different weights at each moment of the training depending on the level reached by each athlete in the

preparation process. Considering the chosen topic, the training programs that I will propose are mainly located in the area of physical training with an emphasis on specific physical training.

Physical training in general, a basic component of sports training, properly adapted, can lead to an increase in performance capacity, if it is oriented as much as possible towards a specific physical training. This must follow the development with a preponderance of the complex motor qualities identified as dominant and which, in the case of Ashihara karate practitioners, are determining speed in coordination regime, explosive force and mobility [6].

The present research considers the orientation of physical training, to optimize the performance capacity of Karateka - Aashihara style athletes, highlighting the importance of this training factor in the correct and efficient performance of the phases of a specific technical procedure.

Any approach aimed at improving performance capacity, which is based on objective data, leads to methodical and methodological clarifications for training practice.

Considering my experience in martial arts for more than 35 years, I chose this theme as a result of my permanent concern for evolution both as an athlete and as a coach, to find some technical-tactical training strategies that lead to the improvement sports performances of martial arts practitioners on a national and international level.

The purpose of the research is to discover those innovative methods and techniques in martial arts training that lead to the development of physical parameters as well as technical-tactical

training, which implicitly determine the increase in sports performances.

The research hypotheses are as follows:

- The general and specific physical training will contribute substantially to increasing the level of sports training of the practitioners, who will be reflected in the manifestation of the motor indices, the change in their physical, functional and technical-tactical parameters.
- Orientation of the content of training programs of martial arts athletes with the help of advanced technology (modern equipment) that can provide information on the level of training of the athletes, in order to improve the motor qualities of the research subjects.
- Finding and applying work programs aimed at increasing the sports performance of martial arts practitioners.
- Directing the training programs towards the improvement of motor qualities will implicitly contribute to the increase of athletes' performance [4].

## 2. Objectives

- Appreciation of the level of general and specific physical training of the practitioners in correlation with the established objectives;
- Determining the moments when it is necessary to intervene for the correction and consolidation of specific technical procedures, in relation to the pace and speed of their execution.
- Checking the effectiveness of the proposed work programs.

## 3. Material and methods

### 3.1. Methods used in research

- The observation method - was used throughout the observation period and

involves the direct observation of the athletes during specific training sessions as well as for monitoring their behaviour and evolution throughout the entire training period.

- The method of tests and trials – performing anthropometric measurements and applying some technical procedures and motor tests.
- Evaluation methods applied:
  - anthropometric measurements, waist, body mass and wingspan were performed;
  - motor tests were selected and applied.

### 3.2. Organization and conduct of research

The experimental research took place over a period of 6 weeks, including 12 athletes, all of them being of sex masculine, members of the Sen Craiova Sports Club, in the preparation period for participating in the National Championship, aged between 20-35 years.

A physical training program suitable for the development of motor skills specific to karate was developed and applied [1], [3]. Thus, in order to identify the impact of the elaborated programs, initial tests were carried out and, later, at the end of the training, the research subjects were tested again, tracking their progress.

The subjects of the research in number of 12 are semi-advanced and advanced athletes from the Sen Craiova Sports Club, aged between 20-35 years, who practice karate between 5-15 years.

### 3.3. Work programs applied within the framework of research

The research was carried out over a period of 6 weeks, in the pre-competition and competition period. The period was divided into 2 stages, comprising 3 weeks each.

Table 1

*Research subjects*

No. crt.	Name initials	Height [m]	Weight [kg]	Karate years	Age	Wingspan [m]	Belt color
1	G.C	1,83	79	15	34	1,82	brown
2	P.D.	1,77	85	10	31	1,76	brown
3	C.E..	1,90	90	11	30	1,90	green
4	C.B.	1,87	90	7	29	1,86	green
5	C.S.	1,87	85	6	29	1,86	green
6	V.S.	1,84	80	6	26	1,85	green
7	G.S.	1,80	78	5	25	1,80	yellow
8	D.R.	1,77	85	10	34	1,76	yellow
9	R.C..	1,73	77	10	22	1,71	yellow
10	M.S.	1,85	90	7	24	1,85	yellow
11	C.B.	1,75	65	8	26	1,76	green
12	R.G	1,75	73	4	24	1,76	blue

**Stage I**

In the first stage, specific circuits and strength-speed couple development exercises were used, both at the level of the upper and lower limbs, about 4 times a week, the general content of the physical training being oriented towards influencing the capacity for anaerobic effort.

Also, at this stage, strength-speed exercises were also used, but with a different content with the general orientation of physical training towards the development of anaerobic power.

**Stage II**

In this stage, strength-speed exercises were used with the execution of specific technical procedures, within the circuits (4-5 times a week) but with a different content, with the general orientation of physical training towards the

development of lactic acid anaerobic capacity and power.

Complementary to these dissociated physical training sessions, within the integrated physical training, emphasis was placed on the development of the lactate and alactacid anaerobic energy systems, with an emphasis on the practice of specific technical procedures.

**4. Results**

In order to see the level of preparation of the athletes from a physical point of view, we used the following general motor tests:

Test 1= speed run 30 m

Test 2= standing long jump/m

Test 3= detent/m

Test 4= small marathon [ 5 km]

The results obtained by the athletes both at the initial testing and at the final testing were summarized in the tables below:

Table 2  
The results obtained by the athletes at the initial tests

Sportsman	Test 1 [s]	Test 2 [m]	Test 3 [m]	Test 4 [s]
G.C.	4,20	2,20	0,38	1321,80
P.D.	4,50	1,85	0,37	1424,40
C.E.	4,40	2,05	0,39	1584,00
C.B.	4,10	2,21	0,39	1493,40
C.S.	4,20	2,57	0,41	1452,60
V.S.	4,40	1,98	0,35	1543,20
G.S.	4,10	2,31	0,41	1415,40
D.R.	4,70	2,10	0,43	1501,80
R.C.	4,10	2,06	0,34	1535,40
M.S.	4,3	2,30	0,37	1440,60
C.B.	4,20	2,22	0,34	1423,20
R.G.	5,10	1,87	0,36	1644,00
Average	4,30	2,10	0,38	1481,40

Table 3  
The results obtained by the athletes at the final tests

Sportsman	Test 1 [s]	Test 2 [m]	Test 3 [m]	Test 4 [s]
G.C.	4,20	2,25	0,43	1320,60
P.D.	4,40	1,89	0,47	1430,40
C.E.	4,40	2,09	0,41	1504,20
C.B.	4,10	2,23	0,39	1490,40
C.S.	4,20	2,57	0,41	1452,60
V.S.	4,40	2,00	0,35	1459,20
G.S.	4,10	2,31	0,41	1440,00
D.R.	4,60	2,18	0,45	1502,40
R.C.	4,10	2,06	0,40	1530,00
M.S.	4,30	2,20	0,37	1441,80
C.B.	4,20	2,31	0,35	1422,00
R.G.	5,20	1,92	0,37	1415,40
Average	4,30	2,20	0,40	1452,00

## 5. Conclusions

The general average motor capacity of the athletes after the second test: the speed for 30 m - 4.3 s, the long jump from a standing position – 2,20 m, the sprint – 0,40 m, the short marathon – 1.452 sec. we can appreciate it as appropriate, and the progress recorded compared to the first test confirms the effectiveness of the applied training program.

It is found that, with the exception of speed running, where, in the second test, on the same distance of 30 m, the same time was recorded as the average, in all the other 3 tests, progress was recorded compared to the first test, carried out at the beginning of training, respectively, in the standing long jump, progress was recorded from 2.10 m to 2.20 m, in the long jump, an average increase from 0,38 m to 0,40 m, in the short marathon, an average time was obtained better than 1.452 sec. compared to 1.481,4 sec. initial time, thus confirming the correctness of using the applied training model.

The proposed work programs have partially proven their effectiveness on the level of general physical training of the subjects included in the research, following their application obtaining positive effects in 3 of the 4 samples, a relative increase in the specific parameters of each sample, except doing the sprint test.

We can thus state that the results obtained support the beneficial influence of the applied training programs on the level of physical training of the athletes.

In sports training, the main purpose of the evaluation is to highlight functional changes, presented in the form of

adaptation states determined by the influences of long, medium or short-term training.

The conclusions drawn from the analysis of the obtained results will constitute the starting point and, at the same time, the basis for the elaboration of some plans, in some cases, individualized for correcting the entire training process or certain aspects of the training, sometimes going as far as reformulating the training objectives and pursuing depending on the situation, their completion or reduction [7].

The training specific to the Ashihara karate style is carried out at a sustained pace, with techniques specific to the style that must be executed at high speed, which requires very high physical efforts, which requires an appropriate level of physical training.

In addition to the speed of execution, movement and reaction, in addition to the general mobility and suppleness necessary to execute the most complicated movements, it is also necessary to cultivate timing. The latter gives security to the athlete by facilitating the appreciation of the opportune moment of execution of specific techniques, in order to obtain the expected results.

In all the specific stages of martial arts training, there are many elements of progress, improvement, absolute novelties, but also some updates and adaptations to higher parameters.

It is also very important to improve the professional level of coaches, in order to find and use modern technologies in the training process, as well as those corresponding training programs that lead to a physical development necessary to achieve sports performances.

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