

DZIAŁALNOŚĆ KONKURENCYJNA W KARATE KYOKUSHINKAI PODCZAS KWARANTANNY RELACJE ZWIĄZANE Z PANDEMIĄ

ЗМАГАЛЬНА ДІЯЛЬНІСТЬ В КІОКУШИНКАЙ KARATE ПІД ЧАС КАРАНТИННИХ ОБМЕЖЕНЬ, ПОВ'ЯЗАНИХ З ПАНДЕМІЄЮ

COMPETITIVE ACTIVITIES IN KARATE KYOKUSHINKAI DURING QUARANTINE PANDEMIC RELATIONS

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Ключові слова: Кіокушинкай карате, ката, спеціальна підготовка, кваліфіковані каратисти, on line змагання, карантин, COVID 19.

Keywords: Kyokushinkai karate, kata, special training, qualified karatekas, online competitions, quarantine, COVID 19.

Streszczenie

Celem badania jest konkurowanie w Karate Kyokushin podczas ograniczeń kwarantanny nałożonych przez rządy na całym świecie podczas pandemii COVID 19. W badaniu wzięło udział 60 zakwalifikowanych zawodników karate, wiek 18-25 lat, staż minimum 5 lat, kwalifikacje sportowe od 2 kyu do 3 dan w skali japońskiej (kandydat na mistrza sportu, mistrza sportu wg Zunifikowanej Klasyfikacji Sportu Ukraina) oraz trenerów, którzy brali udział w międzynarodowych zawodach karate kyokushinkai online w sekcji Kata. Zastosowano następujące metody badawcze: analiza teoretyczna i uogólnienie literatury naukowej i metodologicznej; metoda porównawcza; metody socjologiczne (kwestionariusze, ankiety internetowe); psychologiczne metody i metody statystyki matematycznej. Ustalono, że jednym ze skutecznych sposobów motywowania sportowców do aktywnego samodzielnego treningu i samodoskonalenia stylu karate Kyokushinkai w okresie kwarantanny było wprowadzenie międzynarodowych turniejów on-line w dziale „Kata”. Analiza warunków zawodów, regulaminów i wsparcia technicznego, liczby uczestniczących krajów oraz liczby sportowców, którzy wzięli udział w turniejach. Ankieta internetowa przeprowadzona wśród ponad 60 respondentów bezpośrednio zaangażowanych w zawody, zarówno sportowców, trenerów, jak i organizatorów w terenie. Analiza respondentów potwierdza zainteresowanie organizowaniem takich kon-

kursów oraz perspektywy tego obszaru rywalizacji. Większość badanych sportowców potwierdziła wysoki poziom motywacji w przygotowaniach do udziału w zawodach internetowych oraz częściowe złagodzenie stresu psychicznego z powodu długiego braku aktywności wyczynowej. Na podstawie wyników analizy konkursów on-line opracowano szereg rekomendacji i propozycji podniesienia poziomu tego typu konkursów, które będą sukcesywnie wprowadzane do procesu konkursowego. Wprowadzenie opracowanej metodyki procesu treningowego w ramach przygotowań do udziału w zawodach internetowych przyczyniło się do znacznej poprawy wyników sportowych kwalifikowanych zawodników karate oraz zwiększenia motywacji do treningu w kwarantannie.

Анотації

Мета дослідження – змагальна діяльність в кіокушинкай карате під час карантинних обмежень запроваджених урядами країн світу на час пандемії «COVID 19». У дослідженні брали участь 60 кваліфікованих спортсменів каратистів, вік 18-25 років, стаж занять не менше 5 років, спортивна кваліфікація від 2-го кю до 3 дану за японською шкалою (кандидат у майстри спорту, майстер спорту відповідно за Єдиною спортивною класифікацією України) та тренерів які були задіяні в on line міжнародних змаганнях з Кіокушинкай карате в розділі «Ката». Використовувалися такі методи дослідження: теоретичний аналіз і узагальнення наукової та методичної літератури; метод порівняння; соціологічні методи (анкетування, інтернет опитування); психологічні методи та методи математичної статистики. Установлено, що одним з ефективних шляхів мотивації спортсменів до активних самостійних занять та самоудосконалення стилю Кіокушинкай карате під час карантинних обмежень стало запровадження в дію міжнародних on line турнірів в розділі «Ката». Проведено аналіз умов проведення змагань, правила та технічне забезпечення, кількість країн учасниць та кількість спортсменів, які приймали участь в турнірах. Проведено інтернет опитування понад 60 респондентів які були безпосередньо дотичні до участі в змаганнях, як спортсмени так і тренери та організатори на місцях. Аналіз опитування респондентів підтверджує зацікавленість у проведенні такого роду змагань, так і перспективність такого напрямку змагальної діяльності. Більшість опитаних спортсменів підтвердили високий рівень мотивації у підготовці до участі в on line змаганнях та часткове зняття психологічної напруги через тривалий час відсутності змагальної діяльності. За результатами аналізу проведення on line змагань розроблено ряд рекомендацій та пропозицій по підвищенню рівня проведення даного типу змагань, які будуть поетапно впроваджуватись в змагальний процес також впроваджено програму удосконалення психічної і фізичної підготовленості кваліфікованих спортсменів. Упровадження розробленої методики тренувального процесу по підготовці до участі в on line змаганнях сприяло суттєвому поліпшенню спортивних результатів кваліфікованих каратистів та підвищенню мотивації до занять в умовах карантину.

Annotations

The purpose of the study is to compete in Kyokushin Karate during the quarantine restrictions imposed by governments around the world during the COVID 19 pandemic. The study involved 60 qualified karate athletes, age 18-25 years, the experience of at least 5 years, sports qualifications from 2nd kyu to 3 dan on the Japanese scale (candidate for master of sports, master of sports according to the Unified Sports Classification of Ukraine) and coaches who were involved in online international competitions with Kyokushinkai karate in the "Kata" section. The following research methods were used: theoretical analysis and

generalization of scientific and methodological literature; comparison method; sociological methods (questionnaires, online surveys); psychological methods and methods of mathematical statistics. It is established that one of the effective ways to motivate athletes to active independent training and self-improvement of Kyokushinkai karate style during quarantine restrictions was the introduction of international online tournaments in the "Kata" section (May - June, October 2020 European Cup, European Championship) organized by international organization IKO (Midori) Shinkyokushinkai. An analysis of the conditions of the competition, rules and technical support, the number of participating countries, and the number of athletes who participated in the tournaments. An online survey of more than 60 respondents who were directly involved in the competition, both athletes and coaches and organizers on the ground. The analysis of the respondents confirms the interest in holding such competitions, as well as the prospects of this area of competitive activity. Most of the interviewed athletes confirmed a high level of motivation in preparation for participation in online competitions and partial relief of psychological stress due to the long absence of competitive activity. Based on the results of the analysis of on-line competitions, a number of recommendations and proposals have been developed to increase the level of this type of competition, which will be gradually introduced into the competition process, and a program to improve the mental and physical fitness of qualified athletes. The introduction of the developed methodology of the training process in preparation for participation in on-line competitions has significantly improved the sports results of qualified karate and increased motivation to train in quarantine.

Introduction. Kyokushinkai Karate is one of the most popular types of martial arts, which is cultivated by more than 16 million people in 140 countries [3, 10]. Competitive activity in Kyokushinkai karate is one of the components that popularizes this species and attracts more and more people interested in clubs that cultivate this style. Analysis of the data obtained by scientists who study and research this style of karate shows that Kyokushinkai karate involves the manifestation of maximum muscular effort; performing complex technical actions for a long time; moving in difficult conditions associated with limited space and time limit; static voltage; high degree of mental stress [5, 7, 9]. All this attracts people to classes and active participation in competitions. In addition, such factors as perfect sensorimotor coordination, ability to quickly distribute and switch attention, speed of reaction are important for the effectiveness of participation in Kyokushinkai karate competitions [2, 7, 15]; development of general and speed endurance, agility, and strength of muscles of arms, legs, abdominal press, dynamic endurance of hands, shoulder girdle and back [11, 18]; formation of a sense of space, time, the magnitude of effort, the development of speed and accuracy of perception of the environment, visual orientation, vestibular stability, coordination of movements; high speed and accuracy of sensorimotor reactions, switching and stability of attention; development of high emotional stability [12. 16]; speed and accuracy of determining the movement and reaction to moving objects [11, 14]; increasing the body's resistance to the adverse effects of specific

conditions of competitive activity [15]. All of the above requires the athlete to constantly actively work on themselves.

However, 2020 introduced significant changes in people's lives. During the COVID-19 pandemic, which invaded our daily lives, sports in many countries became possible only to a limited extent. Gyms were closed, clubs, with the permission of governments, could work only with a limited contingent of national teams. According to experts, in the long run, this could have a negative impact on public health. Therefore, the question arises whether the sport will not lose its importance in society due to this forced weaning of the population. Ingo Frobes sees two main problems. "First, we assume that a third of the ten million members of fitness centers have either already terminated or will terminate their membership in the near future. The second problem is that if children and teenagers can't play sports, they switch to other things." According to the scientist, it will be a big problem to get them interested in sports again, and according to disappointing forecasts, we will lose at least a third of our people here."

Analysis of the introduced restrictions on sports.

Is it possible to play sports on the street?

It will all depend on where the person is.

In Italy, Spain, India, and Israel, there are strict restrictions on movement, which are usually prohibited, and outdoor sports. Spanish police stop and fine cyclists and runners.

However, some countries or regions allow their residents to do outdoor sports individually, but only within the locality in which they live.

France and the United Kingdom have somewhat similar prescriptions, which, however, are quite vague: the British are allowed to play sports once a day and must be close to home. You can also play sports in France near your home. Outdoor sports are not prohibited in Ukraine. However, you can be in public only in a mask, which makes it difficult to play sports. In other countries, such as Switzerland, the Netherlands, and Germany, on the other hand, sport is also clearly permitted on an individual basis and is considered a component of prevention to promote good health.

Exercise and regular physical activity are important for our health and immune system, which should be especially vigilant in times of the danger of contracting a viral infection. After all, people with strong immunity in the case of coronavirus infection have a much higher chance of a mild course of COVID-19 disease.

In fact, sports and physical activity can help fight the coronavirus. Sport is necessary for the prevention of cardiovascular disease, diabetes, high blood pressure, cancer, or depression.

A number of well-known scientists have expressed their views on physical activity in a pandemic, according to Professor Jonas Schmidt-Chanasit, "Sport is important for health, especially now." that people who stay at home without movement find themselves in stressful situations, "which can lead to a heart attack or stroke." "It's important that people have the opportunity to play sports. For many people, it provides mental and physical stability."

A pandemic is not a reason to give up physical activity. You just need to follow the quarantine rules and regulations to make sports safe.

Kyokushinkai karate competes in 3 disciplines - Kumite, Kata, and Tamishivari. However, in today's environment, total restrictions on the competition with Kumite are impossible, as they involve the actions of two athletes in full contact, Tamishivari online is possible, but provide many nuances in the preparation of materials for discipline on the ground. KATA is so far the only individual competitive discipline that meets all the criteria and conditions of the competition online.

In Kyokushinkai karate, a specialized Kata system has been developed - a formalized sequence of movements that are combined according to the principles of fighting with an imaginary opponent or a group of opponents. In essence, this is the quintessence of the technique of a particular style of martial arts and a powerful means of mobilizing the physical, functional, and psycho-emotional reserves of the athlete, which is achieved through the following indicators (M. Kawaishi, 1998):

- passive and active meditation;
- formation of rational, perfect, and variable technique, consolidation of clear motor reflexes; active-dynamic psych training;
- accumulation, control, stimulation, and self-direction of bioenergy to activate physiological and energy processes, the implementation of the necessary dynamic structures at the level of maximum capabilities of the individual (M. Kawaishi, 1998; J. Taylor, 2005; OV Guziy, 2013; O. Be-rezhansky, 2015).

Thus, the problem of finding effective ways to improve the standard of sports in a pandemic, special training of qualified karate practitioners in the discipline of Kata, will increase the motivation of athletes to self-training, increase the resistance of the immune system to viral infections, while performing optimal training and psycho-emotional stability, the level of energy reserves and, accordingly, sports results.

The purpose of the study is to compete in Kyokushinkai karate during the quarantine restrictions imposed by governments around the world during the COVID 19 pandemic. Objectives of the study:

- To determine the structure and content of competitive activities of qualified karate fighters in the discipline of Kata, online.
- Establish the criteria necessary for online competitions.
- Identify effective components of special training of qualified Kyokushinkai karate athletes.
- Analyze online competitions in the discipline of Kata, which took place during 2020, Develop recommendations and make suggestions for improving the quality of online competitions.

The following research methods were used to solve the tasks: theoretical analysis and generalization of scientific and methodological literature; comparison method; sociological methods (questionnaires, online surveys); pedagogical observation; pedagogical experiment; analysis of the provisions of online competitions, refereeing rules, tournament results; medical and biological methods; psychological methods and methods of mathematical statistics. Organization of the study. The survey and questionnaire involved 60 qualified karate athletes, age 18-25 years, the experience of at least 5 years, sports qualifications from 2nd kyu to 3 given on the Japanese scale (candidate for master of sports, master of sports according to the Unified Sports Classification Ukraine) and coaches who were involved in online international competitions with Kyokushinkai karate in the "Kata" section. The following research methods were used: theoretical analysis and generalization of scientific and methodological literature; comparison method; sociological methods (questionnaires, online surveys); psychological methods and methods of mathematical statistics. It is established that one of the effective ways to motivate athletes to active independent training and self-improvement of Kyokushinkai karate style during quarantine restrictions was the introduction of international on-line tournaments in the "Kata" section.

Results of the research

On June 13, 2020, the 1st online European Kata Cup for clubs took place. The tournament is open to all versions of Kyokushin Karate and was held according to the rules of the European Karate Organization - EKO (Shinkyokushin). The competition was held on 6 virtual tatami mats. A total of 308 participants from 17 European countries and 60 clubs took part in the competition. Simultaneously with the holding of the European Cup, the European Kata Adult Championship was held on-line in parallel. It was attended by 71 clubs from 21 countries. At the online meeting of the European Board of WKO, it was decided to hold the second such European Cup among clubs and, not least, to hold the European Championship in the Kata section. On October 24, the Lithuanian Kyokushin Karate Federation together with the European Kyokush-

in Karate Organization held the second on-line Cup and European Kata Championship among clubs - "The 2nd European on-line Karate Kata Championship and European Cup". 487 participants from 20 countries took part in the competition: Andorra, Belgium, Great Britain, Denmark, Kazakhstan, Latvia, Lithuania, Moldova, the Netherlands, Poland, Romania, Slovakia, Tunisia, Hungary, Uzbekistan, Ukraine, France, Switzerland, Sweden, Russia. The analysis of competition conditions, rules, and technical support is carried out, the number of participating countries and the number of athletes who took part in tournaments are determined. An online survey of more than 60 respondents who were directly involved in the competition, both athletes and coaches and organizers on the ground. The analysis of the respondents confirms the interest in holding such competitions and the prospects of this area of competition. The majority of surveyed athletes (85%) confirmed a high level of motivation in preparation for participation in online competitions and partial relief of psychological stress (78%) due to the long absence of competitive activity. Based on the analysis of on-line competitions, a number of recommendations and proposals have been developed to increase the level of this type of competition, which will be gradually introduced into the competitive process, and a program to improve the mental and physical fitness of qualified athletes has been introduced. The introduction of the developed methodology of the training process to prepare for participation in online competitions has significantly improved the sports results of qualified karate and increased motivation to train in quarantine. Results of the on-line European Cup competitions in Kyokushinkai karate in the Kata discipline.

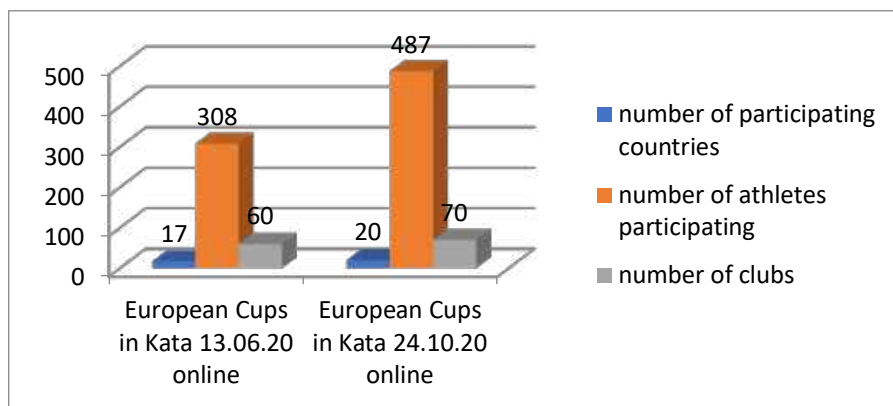


Fig. 1 Indicators of participating countries, athletes, and clubs online Kyokushinkai Karate European Cups in Kata.

The issue of sports and competitions in the conditions of pandemic quarantine (quarantine restrictions), preparation of qualified athletes for the main competitions are extremely important and relevant.

The result of the analysis of special scientific and methodical literature on martial arts, devoted to competitive activity [3, 6, 9], improvement of various parties, and control of training of qualified karate fighters [2, 12, 16], showed that a small part of the research is aimed at studying sports activities. under conditions of quarantine restrictions.

However, it is established that one of the effective ways to motivate athletes to active independent training and self-improvement of Kyokushinkai karate style during quarantine restrictions was the introduction of international on-line tournaments in the "Kata" section.

Leading martial arts experts [7, 12, 17] have found a close relationship between all aspects of training: physical, technical, tactical, and psychological, both in preparation for Kata competitions and Kumite competitions.

Thus, the active participation of athletes in international on-line tournaments in the "Kata" section will help maintain an active sports form to participate in competitions in the "Kumite" section when the bans on holding such tournaments are lifted. Measures to improve the conduct of online tournaments have been developed and substantiated, proposals have been made on the requirements for technical support for holding such competitions. The structure and content of the construction of preparatory, competitive microcycles and annual macrocycle of training of qualified karatekas in the Kata discipline with the use of coaching video control have been improved.

Scientific provisions on the use of individual Kata in pre-competition training and in the process of competitions as an element of special psycho-emotional preparation for the main competitions with Kata in on-line format were further developed; scientific data on the system of remote control over the functional state of karate athletes have been supplemented.

Conclusions

In the practice of Kyokushinkai karate, as in other types of martial arts, there is no single approach to online competitions in quarantine restrictions in the discipline of Kata, the experience gained from competitions can be successfully used in the future in case of such situations. At the same time, this experience can be successfully implemented for use in international tournaments in the discipline of "Kata" in the event of various factors that may affect the participation of teams in competitions, such as non-opening of visas for athletes to enter the host country, any restrictions on leaving the country of the

tournament participant, the lack (delay) of exit documents, financial and economic problems, etc.

The introduction of a mixed system of competitions will significantly expand the geography of tournament participants and significantly increase their number, which in turn will lead to the popularization of Kyokushinkai karate as a type of martial arts.

At the stage of direct preparation for the main competition with Kumite, a high physical and functional state of the body of qualified karate fighters in pre-competitive mesocycles was established, but there is a tendency to deplete energy reserves and reserves of psycho-emotional state management.

The main factors that do not allow a qualified karate athlete to show a high sports result when participating in online competitions in the Kata section are identified: technical support for broadcasting the athlete's performance, Internet coverage and signal strength; level of competitions; information about the enemy; insufficient special training in terms of performance in such competitions and the level of psycho-emotional state of the athlete; lack of a sense of competitive spirit, emotional pressure from the audience and support from the team.

As a result of the implementation of recommendations for improving the special training of qualified karate in the discipline of Kata with the use of certain Kata, which is not competitive in the athletes of the experimental group, there were significant positive changes in the level of special physical qualities, psycho-emotional and functional state.

Thus, the conducted pedagogical experiment confirmed the effectiveness of the developed program to improve the special training of karate athletes (Kyokushinkai style) for the main competitions in the online format in the discipline of Kata in the conditions of quarantine restrictions.

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