

SELECTING PROFESSIONAL PHYSICAL DEVELOPMENT EXERCISES FOR MALE STUDENTS OF APPLIED MARTIAL ARTS TEAM OF PEOPLE'S SECURITY ACADEMY

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Abstract:

Using the basic scientific research methods, we have selected 19 exercises to develop professional fitness and 04 tests to evaluate the effectiveness of professional fitness with sufficient reliability, notification for students of Applied Martial Arts, People's Security Academy.

Keywords: Exercises, physical fitness, Applied martial arts, People's Security Academy.

INTRODUCTION

The development of professional physical strength is the basis and foundation for acquiring and mastering techniques in applied martial arts, thereby applying tactics flexibly and creatively in competition. In other words, the effective acquisition and manipulation of tactics Martial arts applications can only be done on the basis of general physical strength and professional physical strength.

Research issues on professional physical strength of students in the applied martial arts team and other martial arts subjects have been considered by many authors, however, through studying the documents, there is no research conducted in depth, choosing an exercise system to develop professional physical strength for male students of Applied Martial Arts team. Therefore, in order to contribute to improving the quality of training and teaching of the applied martial arts team, step by step improving the effectiveness of training and teaching in the school, we proceed: selecting the exercises to develop professional physical strength for male students of Applied Martial Arts team People's Security Academy.

RESEARCH METHODS

The research process uses the following research methods: Methods of analyzing and synthesizing documents; Methods of interview and discussion; Pedagogical observation method; Method of pedagogical examination;

Experimental method of pedagogy; Statistical mathematical methods.

RESULTS AND DISCUSSION

1. Selecting exercises to develop professional fitness and test to assess the level of professional fitness for students of the People's Security Academy's Applied Martial Arts team

Through reference materials, pedagogical observations, interviews with experts and large-scale interviews with questionnaires, we have selected 19 exercises to develop professional physical strength for students of the applied martial arts team. The People's Security Academy and 04 tests are qualified in the professional fitness assessment for athletes. Specifically:

Single-team professional physical development exercises (10 exercises):

Exercise 1: Kick one leg to the goal, perform 10 times x 3 teams, rest for 1 minute between the teams.

Exercise 2: Back kick to the goal continuously, performing 10 times x 3 teams, resting 1 minute.

Exercise 3: Kick straight ahead into the goal 20s x 3 teams, resting between 1 minute team.

Exercise 4: Back kick into the target 20s x 3 groups, resting 1 minute.

Exercise 5: Kick straight into the goal 20s x 3 teams, resting between 1 minute.

Exercise 6: Round kick with left leg (right),

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Martial arts is a mandatory content in the Physical Education program for students at People's Security Academy (photo source: <http://baomoi.me>)

speed on ramly for 15s x 3 teams, rest for 1 minute between teams

Exercise 7: Side kick into the goal 20 seconds x 3, resting between 1 minute.

Exercise 8: Back pushing kick to the goal 20 seconds x 3 teams, rest for 1 minute in the middle.

Exercise 9: Punch 2 hands at a rate of 10 seconds x 3 teams, resting between 1 minute.

Exercise 10: Feet wearing lead kick continuously in ramly 1 second 5 times x 3 teams, resting between 1 minute.

Group of combined specialized physical development exercises (09 exercises):

Exercise 11: Punching your hands back and forth while wearing lead for 10 seconds x 3 teams, resting for 1 minute between teams.

Exercise 12: Side kick on 2 opposite targets 3m tall, 1.2m high, 20 seconds x 3 teams, rest for 1 minute.

Exercise 13: Move punching 2 target 20 seconds x 3 teams, resting between 1 minute.

Exercise 14: Punching 2 hands at a rate of 10 seconds x 3 teams, resting between 1 minute nest.

Exercise 15: Hook punching hands first, straight hands kicking back, kick the front to lamper for 2 minutes x 3 groups, rest for 1 minute between the groups.

Exercise 16: Punching 2 hands back and

forth, side kicking the front leg in five minutes 2 minutes x 3, resting between 1 minute.

Exercise 17: Two hands wearing a lead punching into the ramly for 15 seconds x 3 teams, resting for 1 minute between the teams.

Exercise 18: Elbow constantly hitting the target x 3 groups, rest for 1 minute between groups.

Exercise 19: Side kick with front leg, punch the back arm straight, side kick the back leg to the lamper in five minutes x 3 minutes, rest for 1 minute between the teams.

Tests of assessing professional fitness level for students of Applied Martial Arts team include:

1. Punch back arm into two targets 2.5m apart 10s (times).
2. Punch 2 hands continuously into the fist for 15 seconds (number of times).
3. Surfing round kick into 2 goal within 3.0m 15s (times).
4. Kick back, kick the front foot for 10 seconds (time).

2. Applying and evaluating the effectiveness of professional physical development exercises for students of the People's Security Academy's Applied Martial Arts team

2.1. Experimental organization

After having selected 04 tests to assess the level of professional fitness for the study

Table 1. Experimental process

Exercise	Week																									
	1		2		3		4		5		6		7		8		9		10		11		12			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24		
Exercise 1	x	x		x		x		x	x	x				x		x		x		x		x				
Exercise 2	x		x		x		x		x		x		x		x		x		x		x		x			
Exercise 3		x		x		x		x		x		x		x		x		x		x		x		x		
Exercise 4	x	x		x		x		x				x				x		x		x		x		x		
Exercise 5	x		x		x		x		x		x		x	x	x		x		x		x		x			
Exercise 6		x				x		x		x		x				x		x		x		x		x		
Exercise 7		x		x		x		x		x		x		x		x		x		x		x		x		
Exercise 8	x		x		x		x		x		x		x		x		x		x		x		x			
Exercise 9		x		x						x		x	x	x		x		x	x	x		x		x		
Exercise 10	x	x		x		x		x		x		x		x		x		x		x		x		x		
Exercise 11	x		x		x		x		x		x		x	x	x		x		x		x		x			
Exercise 12		x		x	x	x		x		x		x				x		x		x		x		x		
Exercise 13	x	x		x		x		x		x		x		x		x		x		x		x		x		
Exercise 14	x		x		x		x		x		x		x		x		x		x		x		x		x	
Exercise 15	x	x		x		x		x	x	x		x		x		x		x		x		x		x		
Exercise 16	x		x		x		x		x		x		x		x		x		x		x		x		x	
Exercise 17		x		x		x		x		x		x				x		x		x		x		x		
Exercise 18		x		x		x		x		x		x		x		x		x		x		x		x		
Exercise 19	x		x		x		x		x		x		x		x		x		x		x		x		x	

Table 2. Test results of professional fitness of experimental groups (EG) and the control group (CG) before experiment

No	Tests	CG (n = 9)	EG (n =10)	Comparison	
				t	p
1	Punch the back arm into two targets 2.5m apart 10s (time)	16.25 ±0.82	16.37±0.71	1.13	> 0.05
2	Punch 2 hands continuously into the fist for 15s (time)	63.6±1.67	63.8±1.72	1.92	> 0.05
3	Round kick to 2 goals 3.0m apart 15s (time)	72.15 ±3.39	72.21±4.92	1.24	> 0.05
4	Round kick to 2 goals 3.0m apart 15s (time)	12.54 ±0.64	12.59±0.66	1.39	> 0.05

subjects, we conducted an experiment to organize the 19 selected exercises as follows:

The experiment was conducted for 3 months, 2 sessions per week in extracurricular time, time for each session of 20 to 25 minutes at the end (details are presented in Table 1).

- Experimental object including: 19 students in Applied Martial Arts team is divided into 2

groups by random drawing:

+ Group 1 (called experimental group): includes 10 students practicing in 19 exercises that we have chosen.

+ Group 2 (called the control group): consists of 09 students practicing according to the old exercises at the school, according to the program and lesson plan built by the applied

Table 3. Test results of professional fitness of two experimental groups and the control group after 3 months of experiment

No.	Tests	CG (n = 9)	EG (n =10)	Comparison	
				t	p
1	Punch the back arm into two targets 2.5m apart 10s (time)	16.92 ±0.84	17.85±0.76	2.22	< 0.05
2	Punch 2 hands continuously into the fist for 15s (time)	64.7±1.69	66.2±1.77	2.68	< 0.01
3	Round kick to 2 goals 3.0m apart 15s (time)	73.10±3.36	75.52±3.25	2.76	< 0.05
4	Round kick to 2 goals 3.0m apart 15s (time)	12.80 ±0.66	14.32±0.72	2.36	< 0.05

martial arts team.

Experimental location: People's Security Academy.

2.2. Evaluating the experimental effect

We conducted the use of selected tests to check and evaluate the results of the experimental and control groups before experiment and after experiment. Specific results are presented in Table 2 and Table 3.

Table 2 shows that there is no difference between experimental group and control group ($t_{calculated} > t_{table}$, $P > 0.05$). In other words, before the experiment, the physical fitness level of the experimental and control groups were similar.

Table 3 shows: After 3 months of experiment, the test results of the experimental and control groups had significant differences shown in $t_{calculated} > t_{table}$; $P < 0.05$. This shows that the exercises we selected initially have the effect of developing professional physical strength for male students of the People's Security Academy's Applied Martial Arts team compared to the commonly used exercises.

Thus, experience has shown that the application of exercises to enhance professional physical strength is entirely appropriate and capable of improving professional physical strength for male students of People's Security Academy's Applied Martial Arts team. After 12 weeks with a total of 24 practice sessions, along with using 19 selected exercises, it is possible to develop professional physical strength for male students of the People's Security Academy.

CONCLUSION

1. Having selected 19 exercises to improve the professional fitness level and 04 tests to assess the professional fitness level for male students of Applied Martial Arts for People's Security Academy.

2. Apply the selected exercises in practice and evaluate the effectiveness. As a result, the selection exercises have been effective in improving the physical fitness for male students of the People's Security Academy's Applied Martial Arts team.

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