

EVALUATION OF KARATE EXTRA-CURRICULAR TRAINING HANOI SECONDARY SCHOOLS

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Abstract:

Through the common scientific research methods, the research has assessed the status quo of Karate extra-curricular training for students of secondary schools in Hanoi on the following aspects: Reality of content and mode of training; Reality of factors influencing the Karate extra-curricular training. The results show that, except for the lack of consistency in the curriculum at the clubs, other factors ensure relatively the demand for Karate extra-curricular training of secondary school students in Ha Noi.

Key words: Status quo, extra-curricular activities, clubs, Karate, students, secondary school, Ha Noi.

INTRODUCTION

In order to develop Karate in schools at all levels, it is necessary to evaluate the actual situation of the Karate extra-curricular training as a basis for proposing appropriate solutions to Karate development in schools. Therefore, the implementation of the study "Evaluation of Karate extra-curricular training in Ha Noi secondary schools" is an urgent matter.

RESEARCH METHODS

The research has used the methods of document reference, pedagogical observation, interview and mathematical statistics..

RESULTS AND DISCUSSION

1. Reality of content and mode of Karate extra-curricular training for students of secondary schools in Ha Noi

1.1. Reality of Karate extra-curricular training content

We have assessed the real situation of training content through surveying the content of Karate extra-curricular training by 30 secondary schools in Ha Noi. We have interviewed 839 students who have demand and already participate in extra-curricular training of martial arts at secondary schools in Ha Noi. The results show that all schools organize the

training in accordance with the framework of Ha Noi Karate Federation.

The results show that: The current state of Karate extra-curricular training content applied to secondary school students in Ha Noi is a program applied to all levels of education and Karate clubs in Ha Noi. There is no specific training time for different content (Technique, tactics, physical strength, psychophysiology, etc.) but there is only the regulation of the ranking examination time. Namely, from the White belt to the Purple belt 4th Kyu is every three months, from Brown belt 3rd Kyu to Brown belt 1st Kyu is every 6 months, from Brown belt Kyu 1 to the 1st Dan Black belt is at least 12 months. Weekly training is inconsistent but depends on each club, usually 2-3 sessions per week, 90-120 minutes in each session.

The program does not regulate the specific content of training for each belt level, but only the content of the ranking examination with each color. Therefore, depending on each club, each coach arrange themselves the time and content of training so as to timely upgrade the belt. The level of the coaches of each club is different, so the quality of training of each club is strictly different.

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Karatedo is a sport subject which is developing strongly at secondary schools in Hanoi (Photo: Karatedo Club, Yen Thuong Secondary School, Yen Vien, Ha Noi)

For highly effective teaching, at different ages, the distribution of training programs with different content and specific requirements are consistent with characteristics of perception, psychophysiology and age, etc. Therefore, the building of specific training content by schools' coaches themselves according to their opinions is not truly scientific. The requirement for a consistent, scientific, effective program for each subject (corresponding to each level) is necessary and urgent.

1.2. Reality of Karate extra-curricular training mode

Survey on the model of Karate extra-curricular training in 30 secondary schools in Ha Noi shows that the schools are organizing Karate extra-curricular training in the mode of clubs with fees. Specifically:

- The training program: The clubs use the general framework as stipulated by Ha Noi Karate Federation. Coaches, guides at the clubs do not have plans of teaching and training for each session. The examination and evaluation has been conducted at the end of each training period (equivalent to each belt color), and by Ha Noi Karate Federation.

- Organization of clubs:

- + Subjects: Mainly students at secondary schools in Ha Noi and others interested in Karate (if any)

- + Location: School- yard

- + Facilities: Personal clothes (including

clothes, belts, mouth-guards, gloves) prepared by students themselves, other equipment such as kick training target, Lamper, dumbbell, resistance band, Kuki, etc. prepared by the clubs.

- + Time: The training session starts after the afternoon class with duration of 90 minutes per session (usually 17:30 to 19:00), 2-3 sessions per week depending on each school

- Fees: from 200,000 to 250,000 Viet Nam Dong per month

- Club management: Clubs managed directly by the club's head coaches, few clubs have physical education teacher supervising the sessions. The head coach is responsible for the club's activities with the school and Ha Noi Karate Federation.

- Coaches: The head coaches of the clubs must have qualifications from Second Dan Black belt or more, work as the national Karate referee, have certificate of national Karate coach training program by the General Department of Sports. The coaches have qualifications from First Dan Black belt or more, have certificate of national Karate coach training program by the General Department of Sports. Guides have qualifications from 1st Kyu to First Dan Black belt. The coaches have good morality, dedicated to the profession.

Thus, mode of club Karate-do in Ha Noi is a combination of private and public. The school and board of directors invest in facilities. Operating funds are contributed from students and funding sources.

Karate clubs at secondary schools in Ha Noi is an extra-curricular activity organization for students organized on voluntary principle with mobilization of the participation and distribution of students, parents and other social organizations.

Karate clubs at secondary schools in Ha Noi operate under the regulations by Ha Noi Karate Federation with the management of the schools and Education and Training Sector.

Karate clubs at secondary schools in Ha Noi is a member of sport clubs of Ha Noi Karate Federation and the school.

Head of Karate club at secondary schools in Ha Noi have professional knowledge, meet the requirements of a coach.

Thus, the organization of Karate clubs in Ha Noi is relatively scientific, meeting the requirements of the extra-curricular sports clubs in schools at all levels.

2. Reality of factors affecting Karate extra-curricular training at secondary schools in Ha Noi

2.1. Reality of facilities for Karate extra-curricular training at secondary schools in Ha Noi

We have evaluated the real situation of facilities for Karate extra-curricular training for

students at secondary schools in Ha Noi through the survey of facilities at 30 Karate clubs at secondary schools in Ha Noi. The results show that the facilities for Karate extra-curricular training is relatively complete, meeting the needs of training of club's members.

2.2. Reality of Karate extra-curricular training teachers at secondary schools in Ha Noi

We have assessed the status quo of training coaches and guides for the students of secondary schools in Ha Noi through the survey of facilities at 30 Karate clubs at secondary schools in Ha Noi. The results presented in Table 1.

Table 1 Reality of Karate extra-curricular training teachers at secondary schools in Ha Noi (n = 30 clubs)

No.	Classification	Number	Level			Dan (Rank)			Seniority (Average)
			Under-graduated	University	Post-graduate	1 st Black Belt	2 nd Black Belt	≥ 3 rd Black Belt	
1	Head coach	30	0	16	14	-	-	30	9
2	Coach	18	3	14	1	-	16	2	6
3	Guide	25	14	11	0	16	9	-	4
4	Manager	4	2	2	0	4	0	-	2

The table 1 shows, coaches and guides of Karate extra-curricular training at secondary schools in Ha Noi is sufficient in quantity and quality ensuring high performance.

2.3. Reality of demand on Karate extra-curricular training by students of secondary schools in Ha Noi

The study has assessed the demand on Karate extra-curricular training by students of secondary schools in Ha Noi by interviewing 839 students having demand on martial arts training about martial arts selected for training. The results show that:

Among 329 students who have participated in martial arts extra-curricular training, there are 103 students, accounting for 31.31% of the students who have practiced Karate. Thus, the students at secondary schools in Ha Noi are greatly interested in Karate and many of them have participated in the training.

Among 839 students who have demand on martial arts extra-curricular training, there are

285 students with demand on Karate extra-curricular training, accounting for 33.97% of the total students. Thus, it can be seen that the demand on Karate extra-curricular training by students is relatively high and highest in the most popular martial arts extra-curricular training at secondary schools Ha Noi (including Vovinam, Karate, Taekwondo, Pencak Silat).

- In terms of training time, the students often have demand on training 2-3 sessions per week, 60-90 minutes per session and at time from 17:00 to 19:00 per day. This is also a suitable time to organize Karate extra-curricular training secondary school students in Ha Noi.

However, through practical observation and direct interview with Karate coaches at Karate arts clubs in Ha Noi, Karate extra-curricular training by the students has a seasonal nature. Students practice most in June, July and August. This falls sharply in September, when students begin the new school year. The number of students who maintain the training during the



Secondary school pupils in Hanoi are engrossed in practicing Karatedo subject

year also decrease after each rainy season. This is also a limitation in organizing outdoor extra-curricular activities for students.

CONCLUSION

1. The content of Karate extra-curricular training applied to secondary school students in Ha Noi has no specific training time for different content (Technique, tactics, physical strength, psychophysiology, etc.) but only the regulation of the ranking examination time. There is no regulation on specific training content for each belt level. Therefore, depending on each club, each coach arrange themselves the time and content of training so as to timely upgrade the belt. The level of the coaches in each club is different, so the quality of training by each club is also strictly different.

2. All the schools organize Karate extra-curricular training in the form of clubs with fee. The real situation of facilities for the training at secondary schools in Ha Noi is relatively complete, meeting the demand on training of club's members.

3. Coaches and guides of Karate extra-curricular training is sufficient in quantity and quality, ensuring high performance. The demand on Karate extra-curricular training by students is highest in the extra-curricular training martial

arts in Ha Noi. Thus, all conditions guarantee the development of Karate extra-curricular training movement in Ha Noi achieved with the highest efficiency.

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