

EVALUATION OF IMPACT BY BARE- HAND PERFORMANCE OF VIETNAMESE TRADITIONAL MARTIAL ARTS ON STUDENTS IN SOUTH CENTRAL COAST UNIVERSITIES

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Abstract:

The study has carried out an experiment on 13 exercises of bare hand performance and selected teaching methods for 8 months (equivalent to one school year) in the elective hours for students at the age of 20-21 in the two South Central Coast universities. The post-experimental results show the relevance of the curriculum of Vietnamese traditional martial arts through change and growth of physical fitness, morphology, physiological function, learning excitement and technical development of the experimental group, which is better than that of the control group.

Key words: Bare hands performance, Vietnamese traditional martial arts, students, physical fitness, morphology, function, spirit, technique...

INTRODUCTION

One of the most effective physical and mental training methods to develop constitution for students is exercises in the form of bare hand performance of Vietnamese traditional martial arts. Based on 13 selected exercises of bare hand performance and creating the basic conditions for the conversion of Vietnamese traditional martial arts into the physical education at schools, the study has conducted a research on the impact by bare hand performance of Vietnamese traditional martial arts on students of several universities in the South Central Coast.

RESEARCH METHODS

The process of solving research tasks has used the following methods: Analysis and synthesis of materials; interview; pedagogical examination; biomedical test; pedagogical experiment and mathematical statistics.

Experimental subjects include 285 students in the second year, aged 20-21, who have selected the Vietnamese traditional martial arts for curricular study in two universities in the South Central Coast.

RESULTS AND DISCUSSION

1. Selection of bare hand performance exercises of Vietnamese traditional martial arts for students of universities in South Central Coast

We have identified the exercises of bare hand performance for students of Universities in the South Central Coastal firstly through the studying the references, observation and analysis of Performances at international festival of Vietnamese traditional martial arts and observation of the training sessions of athletes, analyzing the good sparring matches and games in the tournament 2014 in the whole country. At the same time, we have synthesized and put 26 exercises into interviews and workshops. As a result, we have selected 13 exercises including:

*Groups of exercises- Fundamental martial arts of hands and foot (06 exercises)

Exercise 1: Ambivalent formal of the footwork, arm action, hand attacks, foot attack method, is a combination of single fundamental movement footwork/ armaction/ handaction/ handattack/ footattack, moving according to the

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diagram of the ambivalent (for 20 year olds, students in the second year).

Exercise 2: Ambivalent consecutive of the footwork, arm action, hand attacks, foot attack method, is a combination of combining footwork- armaction- handaction- handattack- footattackmethod, moving according to the diagram of the ambivalent (for 20 year olds, students in the second year).

Exercise 3: Monument formal of the footwork, arm action, hand attacks, foot attack method, is a combination of single fundamental movement footwork/ armaction/ handaction/ handattack/ footattack, moving according to the diagram of the monument (for 21 year olds, students in the third year).

Exercise 4: Monument consecutive of the footwork, arm action, hand attacks, foot attack method, is a combination of single fundamental movement footwork/ armaction/ handaction/ handattack/ footattack, moving according to the diagram of the monument (for 21 year olds, students in the third year).

Exercise 5: The way counter attack of fight training, is a combination of basic movement fight training in forecast circumstance moves (for 20 year olds, students in the second year)

Exercise 6: The way counter attack of competition countervailing, is a combination of basic movement of hand and foot countervailing in unforeseen situations moves (for ages 20-21, students in the second and third year).

* Groups of exercises- Unit martial art by hands and foot (02 exercises)

Exercise 7: Pugilism hero chicken, is a unit in the pugilism art of defensive position, hand attacks, foot attack with basic level movement connective (for 20 year olds, students in the second year)

Exercise 8: Pugilism old tree, is a unit in the pugilism art of defensive position, hand attacks, foot attack with advanced level movement connective (for 21 year olds, students in the 3 third year).

* Groups of exercises- The fight training of hand and foot (01 exercise)

Exercise 9: The art of foot fight training, is a

combination in the way leg action on foot attacks fighting with foot attacks (for ages 20-21, students in the second and third year).

* Groups of exercises- The countervailing of hand and foot (04 exercises)

Exercise 10: The technical of hand attacks countervailing, is a combination of hands attack counterattacking in the attack, counter, defense and adaptive for improvising in unforeseen circumstances (for 20 year olds, students in the second year).

Exercise 11: The technical of foot attacks countervailing, is a combination of foot attack counterattacking bout in the attack, counter, defense and adaptive for improvising in unforeseen circumstances (for 20 year olds, students in the second year).

Exercise 12: The pugilism of hand attacks and foot attack countervailing, is a combination of hand attacks and foot attack counterattacking bout in the attack, counter, defense and adaptive for improvising in unforeseen circumstances (for 21 year olds, students in the third year).

Exercise 13: The pugilism of hand attacks and foot attack competition countervailing training (competition training limit and comprehensive), is a combination of part hand attacks and foot attack bout performed in each of the round oppositions, a match played between sparring partner with the same techniques, adaptation of leverage, major and specialized in the condition of unforeseen situations of limited and comprehensive practice (for ages 20-21, students in the second and third year)

These exercises were introduced into the construction curriculum content in sports elective classes at the universities of the Southern Central Coast region is essential.

2. Evaluation of impact by bare hand performance exercises of Vietnamese traditional martial arts on students of universities in South Central Coast

We have conducted the experiment during 8 months on the students randomly selected and divided into 2 groups, including:

Experimental group: 146 students (75 men, 71 women), learning Vietnamese traditional martial



The hand techniques system of Traditional Vietnamese martial arts is diversified, rich and highly effective in practical competition

arts in the curricular class with specialized teachers in 60 hours/2 credits/2 semesters. The exercises are bare hand performance (including 06 basic exercises, 02 exercises, 01 training game and 04 sparring exercises)

Control group: 139 students (73 men and 66 women), learning Vietnamese traditional martial arts in the curricular class with specialized teachers in 60 hours/2 credits/2 semesters. The exercises are under the old program but do not practice the exercises selected for the experimental group.

2.1. Impact by bare hand performance exercises of Vietnamese traditional martial arts on students' constitution

We have used the following tests:

- Morphological indexes: Height (cm), weight (kg), average chest (cm), Quetelet index (kg/dm), Pignet index (Pi)
- Functional indexes: Tapping rate (taps/10s), Vital Capacity (liter), Heart Working (Hw)
- General physical fitness, including tests: Pancake split (cm), 4x10m shuttle running (s), 30m standing start run (s), strength of dominant handgrip (KG), crunches (times/30s), 5- minute run (m)

Comparison of results of evaluating the physical fitness between control and experimental group before the experiment have no statistically significant difference ($t_{\text{calculation}} < t_{\text{table}}$ at $P > 0.05$).

After 8 months of experiment, the difference in the results has statistically significantly on both men and women ($t_{\text{calculation}} > t_{\text{table}}$ at $P < 0.05$) at the indexes of function and physical fitness. There is no statistically significant difference, indicating that the selected exercises have initial effect on the physical fitness development of the students.

2.2. Impact by bare hand performance exercises of Vietnamese traditional martial arts on students' spirit (feeling, excitement, learning attitudes)

We have evaluated the spiritual impact after the experiment in terms of feeling of good eating and sleeping, more optimistic spirit, improved health, improved quality of life, desire of continuing to practice. We have evaluated by interview method. The results show that:

Students of both groups have more positive feeling than negative feeling. However, students of the experimental group training the exercises of bare hand performance in Vietnamese traditional martial arts are much more positive than the control group.

2.3. Impact by bare hand performance exercises of Vietnamese traditional martial arts on students' technique

2.3.1. Determination of technical evaluation criteria for experimental subjects

The study has used muscle biology test through the SM 103 impulse tester with 12 kinetic indexes of 2 technical criteria including straight punch and round kick.

The results in Table 4 show that, when using the self-comparison of the test content (12 kinetic indexes and 2 technical criteria), the technical capacity of students between the 2 groups has significant difference with $t_{\text{calculation}} > t_{\text{table}} = 1.960$ at the probability threshold



Traditional Vietnamese martial arts use both bare hands and a variety of weapons

of $P < 0.05$. Except for parameter t (ms) – respond of the right hand punch of men and the left hand punch of women, though in the experimental group (male and female), the response is faster than the control group, but the difference was not statistically significant with $P > 0.05$

Thus, the application of bare hand performance exercises of Vietnamese traditional martial arts to the curricular training developed by the research has had significant effect in the development of professional technical capacity for university students.

CONCLUSION

The research process has selected 13 exercises of bare hand performance to apply to the curricular training for students of universities in the South Central Coast. The initial application has confirmed the effectiveness and impact by bare hand performance of Vietnamese traditional martial arts to physical, spiritual and technical development for students at the age of 20-21 in some universities in the South Central Coast. The exercises has shown high efficiency in terms of morphology, physiology, general physical fitness, mental excitement, technical capacity of the experimental group compared with the control group. The difference has statistically significant at the probability threshold $p < 0.01$ to 0.05 .

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