

CRITERIA OF TRAINING LEVEL EVALUATION FOR VIETNAMESE MALE KARATE HIGH-CLASS ATHLETES (-48 KG AND -53 KG)

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Abstract:

Through the common scientific research methods, the study has selected 19 criteria to evaluate the training level of male Karate high-class athletes in Viet Nam. On such basis, we have developed criteria to evaluate the training level of the athletes by weight category.

Key words: Criteria, training level, Karate, high-class athletes, Viet Nam, -48 kg, -53 kg.

INTRODUCTION

Developing criteria to evaluate the training level of the athletes by weight categories is an important issue in the training of athletes competing within weight categories, including Karate. However, this issue has not been noticed the training level in assessment for Vietnamese male Karate high-class athletes in Vietnam. In order to have basis for accurately evaluate the training level of the athletes in each weight category and develop evaluation criteria are necessary, urgent and scientifically significant.

RESEARCH METHODS

During the study, we have used the following research methods: References, pedagogical observation, interview and mathematical statistics.

The subjects include 30 male athletes of the National Karate Team and other Karate teams at the Sports Training Center of the provinces, cities and the National Sports Training Center, (grandmaster level with the training time of 3-4 years). There are 16 athletes at -48 kg and 14 athletes at -53 kg.

RESULTS AND DISCUSSION

1. Selection of criteria of training level evaluation for Vietnamese male Karate high-class athletes (-48 kg and -53 kg)

We have selected the criteria to evaluate the training level for male high-class Karate athletes in the following steps:

- Selection through references, pedagogical observation and direct interview with the Karate coaches.

- Selection through interview with 30 Karate experts and coaches by questionnaire.

We have conducted two interviews and identify the uniform of interview results by χ^2 . Results show that the 2 interviews achieve high uniform with $\chi^2_{\text{calculation}} > \chi^2_{\text{table}}$ at threshold $P < 0.05$.

- Determination of the reliability of the test by repeated test.

- Determination of the informative characteristic of the test by hierarchical correlation method between the test results and the achievement of one round scoring game according to the current law.

As a result, the study has selected 19 criteria of assessing the training level for high-class Karate athletes in Viet Nam.

2. Development of evaluation criteria

From the selected criteria, we have developed the criteria for assessing the training level of athletes by weight category. The results are in Table 1 and Table 2

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Evaluating exactly the athlete's level of fitness training will help the coach to adjust the direction of the training, improve the effectiveness of coaching

Table 1. Criteria of competition level classification in specific contents of vietnamese male karate high - class athletes - group of 48 kg

No	Test	Classification				
		Poor	Weak	Average	Good	Very Good
1	Height (cm)	<163.00	163.00-167.35	167.36-176.08	176.09-180.44	>180.44
2	Weight (kg)	<46.46	46.46-48.89	48.90-53.76	53.77-56.20	>56.20
3	Quetelet index (g/cm)	<272.37	272.37-285.63	285.64-312.19	312.20-325.46	>325.46
4	Side split (cm)	>4.20	4.20-4.11	4.10-3.91	3.90-3.81	<3.81
5	Front split (cm)	>2.16	2.16-2.13	2.12-2.03	2.02-1.99	<1.99
6	30 m high speed run (s)	>4.23	4.23-4.13	4.12-3.90	3.89-3.79	<3.79
7	3000 m run (s)	>518.68	518.68-507.57	507.56-485.32	485.31-474.20	<474.20
8	Fast lunge reverse punch on fixed target pad for 10 seconds (times)	<15	15-16	17-18	19-20	>20
9	Reverse punch with resistance band on fixed target pad for 10 seconds (times)	<9	9-10	11-12	13-14	>14
10	Back leg round kick with resistance band on fixed target pad for 10 seconds (times)	<6	6-7	8-9	10-11	>11
11	Front kick for 10 seconds (times)	<8	8-9	10-11	12-13	>13
12	Round kick for 10 seconds (times)	<9	9-10	11-12	13-14	>14
13	Reverse kick for 10 seconds (times)	<10	10-11	12-13	14-15	>15
14	Step punch for 10 seconds (times)	<19	19-20	21-23	24-25	>25
15	Lunge punch at 10 targets (s)	>3.34	3.34-3.27	3.26-3.10	3.09-3.02	<3.02
16	Reverse punch at 10 targets (s)	>3.46	3.46-3.38	3.37-3.21	3.20-3.12	<3.12
17	Heart working index (HW)	>10.84	10.84-10.60	10.59-10.09	10.08-9.83	<9.83
18	VO ₂ _{max} index (ml/ph/kg)	<45.46	45.46-46.60	46.61-48.91	48.92-50.06	>50.06
19	Vital capacity index (liters)	<3.77	3.77-3.85	3.86-4.04	4.05-4.13	>4.13

Table 2. Criteria of competition level classification in specific contents of vietnamese male karate high- class athletes - group of - 53 kg

No.	Test	Classification				
		Poor	Weak	Average	Good	Very Good
1	Height (cm)	<166.46	166.46-170.96	170.97-179.99	180.00-184.50	>184.50
2	Weight (kg)	<51.84	51.84-54.80	54.81-60.75	60.76-63.72	>63.72
3	Quetelet index (g/cm)	<300.03	300.03-314.64	314.65-343.89	343.90-358.51	>358.51
4	Side split (cm)	>4.23	4.23-4.06	4.05-3.71	3.70-3.54	<3.54
5	Front split (cm)	>2.13	2.13-2.09	2.08-1.99	1.98-1.94	<1.94
6	30 m high speed run (s)	>4.26	4.26-4.09	4.08-3.71	3.70-3.52	<3.52
7	3000 m run (s)	>517.25	517.25-501.52	501.51-470.03	470.02-454.29	<454.29
8	Fast lunge reverse punch on fixed target pad for 10 seconds (times)	<16	16-17	18-19	20-21	>21
9	Reverse punch with resistance band on fixed target pad for 10 seconds (times)	<9	9-10	11-12	13-14	>14
10	Back leg round kick with resistance band on fixed target pad for 10 seconds (times)	<6	6-7	8-9	10-11	>11
11	Front kick for 10 seconds (times)	<9	9-10	11-12	13-14	>14
12	Round kick for 10 seconds (times)	<9	10-11	12-12	14-15	>15
13	Reverse kick for 10 seconds (times)	<10	10-11	12-13	14-15	>15
14	Step punch for 10 seconds (times)	<20	20-21	22-23	24-15	>25
15	Lunge punch at 10 targets (s)	>3.27	3.27-3.20	3.19-3.04	3.03-2.96	<2.96
16	Reverse punch at 10 targets (s)	>3.38	3.38-3.31	3.30-3.14	3.13-3.06	<3.06
17	Heart working index (HW)	>10.62	10.62-10.38	10.37-9.88	9.87-9.63	<9.63
18	VO ₂ max index (ml/ph/kg)	<46.41	46.41-47.57	47.58-49.93	49.94-51.11	>51.11
19	Vital capacity index (liters)	<3.85	3.85-3.93	3.94-4.12	4.13-4.22	>4.22

CONCLUSION

The study has selected 19 criteria to evaluate the training level of male Karate high-class athletes in Vietnam.

The study has developed 2 tables of criteria for assessing the training level of athletes -48 kg and -53 kg.

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