

The effect of competitive exercises to develop the Power Endurance and attack blows of young boxers to light weights of the Middle Euphrates clubs

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Abstract

The importance of the research, which is based on the addition of competitive exercises in boxing training to develop the tolerance of the power endurance and skill performance, including the offensive punches of boxers, which will contribute to provide the people of boxing sport of coaches, boxers, clubs and federations necessary information necessary through the use of these exercises that make the boxer live In a competitive environment, the researcher aimed to prepare competitive exercises to develop the ability to withstand the speed and offensive punch of young boxers for light weight using the experimental method The research community, the young boxers of the Middle Euphrates Boxing Clubs (46-49- 52- 56 kg) of the 92-kilogram, has been identified to construct a test (power endurance of the arms of the boxing) (100%). As for the sample of the experiment, Al-Rafidain Sports Club was chosen by simple random draw, and their weight and all data related to them were recorded from reliable sources of the club's management, coaches and supervisors. (56%) representing 19% of the research community into two passion (experimental and control) and by 8 boxers in each group for each weight of two boxer, results have been presented and analyzed and discussed in detail in chapter IV of the statement of work results.

KEYWORDS: (competitive exercises) (Power Endurance) (attack blows)

تأثير تمارين تنافسية لتطوير تحمل القوة المميزة بالسرعة ولللكمات الهجومية للملاكمين الشباب للأوزان الخفيفة لأندية الفرات الأوسط

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الملخص

تضمنت أهمية البحث والتي تركز على إضافة تمارين تنافسية في التدريبات الخاصة برياضة الملاكمة لتطوير تحمل القوة المميزة بالسرعة والأداء المهاري والمتضمن باللكمات الهجومية للملاكمين والتي ستساهم بتزويد المعنين برياضة الملاكمة من مدربين وملاكمين والأندية والاتحادات بالمعلومات الضرورية واللازمة من خلال الاستفادة من هذه التمارين التي تجعل من الملاكم يعيش في أجواء تنافسية وقد هدف الباحث الى اعداد تمارين تنافسية لتطوير تحمل القوة المميزة بالسرعة واللكمات الهجومية للملاكمين الشباب للأوزان الخفيفة حيث استخدام الباحث المنهج التجريبي بأسلوب المجموعتين المتكافئتين التجريبية والضابطة، وقد تم تحديد مجتمع البحث وهم الملاكمين الشباب لأندية الفرات الأوسط بالملاكمة للأوزان الخفيفة (٤٦-٤٩-٥٢-٥٦ كغم والبالغ عددهم (٩٢) ملاكماً، لبناء اختبار تحمل (القوة المميزة بالسرعة للذراعين بالملاكمة) عليهم، إذا شكلت نسبتهم (١٠٠٪)، أما عينة التجربة فقد تم اختيار نادي الرفادين الرياضي بالقرعة العشوائية البسيطة وتم تسجيل أوزانهم وكافة البيانات المتعلقة بهم من المصادر الموثوقة الخاصة بإدارة النادي والمدربين والمشرفين عليهم، حيث اتضح هنالك (١٦) ملاكماً بوزن (٤٦-٤٩-٥٢-٥٦ كغم اذ يمثلون نسبة (١٩٪) من مجتمع البحث، وتم توزيعهم الى مجموعتين (التجريبية والضابطة) وبواقع (٨) ملاكمين في كل مجموعة لكل وزن (٢) ملاكم، وقد تم عرض النتائج وتحليلها ومناقشتها لبيان العمل.

1- Introduction :

Sports training is one of the basic pillars of the level of sports through the codification of the training curricula for the manufacture of heroes for all sporting events in general and the effectiveness of boxing in particular, as it seeks to reach the boxer to the highest levels in all aspects of physical, technical and skill to achieve the desired goal.

Boxing requires the highest level of physical and skill preparation to face the opponent during the fight and overcome the boxer's position. Boxing means that the boxer needs to have strength and high speed throughout the period. In light of the above, the importance of the research is to try to add exercises in the special exercises The boxing sport to develop power endurance and attack blows of boxers, which will contribute to provide the players with boxing sports from coaches, boxers, clubs and federations with the necessary and necessary information by taking advantage of these exercises that make the Fought live in a competitive atmosphere and thus the development of special qualities to power endurance boxer force speed, which in turn serve attack blows boxer dramatically during fights.

2-purpose of research

2-1 Identify the effect of competitive exercises in the development of the power Endurance and attack blows

3-Search procedures

3-1-Research community sample:

"Is all individuals, events or things that are the subject of the research "(1: 143), the research community was identified as the young boxers of the Middle Euphrates Boxing Clubs of Light Weight (46-49- 52- 56) kg (92), to build The test of carrying (the speed characteristic of the arms of boxing), if their percentage (100%), the sample of the experiment was selected Rafidain Sports Club simple random draw and recorded their weights and all data related to them from reliable sources of management of the club and coaches and supervisors, There are (16) boxes weighing (46-49 - 52 - 56) kg, representing a percentage (19%) of the research community, and were divided into two groups (experimental and control) and with (8) boxers in each group for each weight of two boxer

3-2-Study Design:

The researcher used the experimental method in the style of the two parallel groups, tribal and remote.

3-3-Studied Variables:

The study included the following variables:

3-3-1-The Independent variable:

The competitive training is one form of training and is by matching all the elements of the specific sportswear, as it accelerates the psychological and physiological adjustment of the boxer and puts him in front of the requirements of competition directly and force him to follow the behavior of psychological and skill and plan and the burden of physiological as if in real competition, That competitive training is a training exercise according to the rules and type of sports activity, which is the dynamic transactions used as a means of training in competitions and this term training is fairly fun, but we must differentiate between the weak game and competition exercises as a training form The aim of the game is to improve the performance of matches. Competition exercises are similar to the game in the general form and formative foundations, but they differ from them in some performance characteristics where the main goal

is training, the game comes under the conditions of real competition and in accordance with the rules of activity fully practiced (2:157-158)

3-3-2-The dependent variable

3-2-2-1 a variable of power endurance:

The concept of power endurance is "the ability of the athlete to make the maximum effort with a special resistor and overcome it by means of high-speed muscle contraction for the longest possible time in the race and competition" (3:19)

3-2-2-2 attack blows

Sami Mohammed explained the offensive performance as "all the ways and means used by the boxer according to his ability and skill to pay a punch or a total punch to achieve his win of the game" (4: 114).

3-4 The Tests:

3-4-1 The power endurance test of the arms of the boxing:

The goal of the test: Measure the power endurance of the speed of the arms.

Test description: The boxer stands in front of a boxing bag in the standby mode and has two cameras on the side to show the performance. When the whistler starts, the boxer starts to perform various punches for him and for 1 minute. The boxer starts punching until the end of 40 seconds. The last second of the micro punching number is more punching and high-speed starts shooting the performance of the last (20) second of (1) minutes with wearing a glove weighing 14 ounces.

Recording: The record number of correct punches during (last 20) seconds only through photography and by experts.

3-4-2: Performance skills test (5:2015)

The goal of the test: Measuring performance skills level of boxing.

Test description: Boxers stand in each corner and when they hear the starting signal by the referee, the competition begins with the performance of the different punches and defend them for 3 rounds in 3 minutes. The boxer is also allowed to use different punches and the correct types of defense in the game.

Recording: Recorded boxer points from every correct injury during the bout through photography.

3-5-Procedures of field research:

3-5-1-The exploratory Experience:

The researcher conducted the experiment for the tests used on Friday, 31/1/2019 before the implementation of the main experiment. The experiment was conducted on a sample consisting of boxers (5) of the research community and they are from the same sample of the experience in the outer court and boxing room of the Forum Youth Sports Housing and your To identify the procedures and difficulties in the physical and human efforts that may accompany the implementation of tests.

It was benefited from the exploratory experiment conducted on the boxers, including the following:

- Validation of the instruments and devices used in the tests.
- Be sure to perform and perform the tests correctly by boxers on time.
- Ensure the work of the work team assistant.
- Be sure of the times specified by the researcher when performing exercises in the module.
- Interval intervals were confirmed.

- Be sure to accept boxers for tests and instructions and how to implement.



Figure (1) of the pilot experiment for tests and exercises used shows the extent to which boxers respond to the exercises used.

3-5-2-Test before:

The pre-test of the skill performance of the two groups (the experimental group and the control group) was held on Thursday, 7/2/2019, at 3:00 pm in the Boxing Hall of the Youth Housing Sports Forum and on the following day on Friday) On 8/2/2019, the physical test the carrying bower of the characteristic speed l of the two groups (experimental and control) was carried out at 3:00 pm in the Special Boxing Hall of Rafidain Sports Club before starting the competitive exercises. Where place and time and method of performing tests and Frei Assistant work in order to achieve the same conditions in posteriori tests as much as possible to identify the variables studied were performance imaging and presentation to a group of experts and specialists in boxing.

3-5-3-Main Experience (training method):

After a pre-test and the preparation of pre-researcher competitive exercises to develop carry some physical abilities and performance skills, the researcher applying these exercises on boxers research sample in the main section stage setup of daily training module has taken into account the researcher days in which they can use competitive exercises on the members of the experimental group While the control group continued to work on the curriculum prepared by the trainer, relying on the sources of scientific references in the science of sports training as well as the opinions of experts and specialists in boxing. The exercises included several things, including:

1. Training was carried out in (3) training units per week with (36) training units distributed over (12) weeks.
2. Units were applied for training days (Sunday, Tuesday, Thursday) seen as Appendix (1).
3. Method of training used: repetitive, high frequency training.
4. The exercises were carried out in the main section of the training unit.
5. The size of the training load was determined on the basis of the number of repeat rounds for group exercises and on time.
6. The performance time of the main section is (58-80) minutes.
7. Various gloves were used according to the objective of the exercise (10-12-14).

8. The tests of the experimental group were conducted in the tests used to determine the benefit of the exercises used. The performance was tested on Sunday 17/3/2019 in the Boxing Hall of the Youth Housing Forum at 3 pm and on Tuesday and Thursday, 19 21/3/2019 The speed tolerance test was conducted at 3 pm at the Boxing Hall of Rafidain Sports Club.

3-5-4-test after:

After the completion of the practice of competitive exercises prepared by the researcher on the sample of the experimental research was conducted the same remote tests that were applied tribal to the boxers of the research sample of the two groups (experimental group, and control group) where the performance was tested skills with some of the teams of the Middle Euphrates (Hilla - Al-Kut and Najaf) where the tests were conducted in the Boxing Hall of the Youth Housing Forum in Diwaniyah Governorate for the period from 28/4/2019 to 30/4/2019 and for three days for each governorate on Sunday, Monday and Tuesday. 3) afternoon, while The test of the strength of speed characteristic on Thursday, 2/5/2019 at 3 pm in the Boxing Hall of the Rafidain Sports Club, the same method used in the application of tests taking into account the same conditions of temporal, spatial and climatic And the same tools and tools that were used in the tribal testing of sample compilers as much as possible.

4- Showing, Analyse, discuss, the results:

4-1 Showing and analysis of the results of before and after tests to the power endurance and attack blows of young boxers of the experimental and control groups.

4-1-1 Showing and analyze the results of before and after tests to the power endurance and attack blows of young boxers of the control group.

Table (1)

Shows the differences between the after and before measures of the control group in the variable power endurance and the attack blows of the young boxers

variable	Measure unit	After		before		T-test	Sig. (2-tailed)
		Stdeva	Average	Stdeva	average		
power endurance	Number	0.74	11	1.7	15	7.24	moral
attack blows	Number	1.83	25	2.20	33	6.11	moral

(T) value at the degree of freedom (7) and the level of significance (0.05) = 2.36

In the light of the data extracted for the control sample, the following table shows significant differences between the After -test and the before-test tests (the power endurance and the attack blows) used in the research. (0.74). For the post-test, the mean was 15 with a standard deviation (1.07), while the calculated value (T) was 7.24 at the freedom level (7) and the significance level (0.05) Of the (T) value of (2.36). The test of the skill performance (attack blows) was the mean of the arithmetic mean in the before test (25) and the standard deviation (1.83). For the After test, the mean was 33 and by standard deviation (2.20), while the calculated (T) At the degree of freedom (7) and the level of significance (0.05), which is therefore greater than the value (T) tabular (2.36).

4-1-2 Showing and analyze the results of before and after tests to the power endurance and attack blows of young boxers of the experimental group.

Table (2)

Shows the differences between the after and before measures of the experimental group in the variable power endurance and the attack blows of the young boxers

variable	Measure unit	After		before		T-test	Sig. (2-tailed)
		Stdeva	average	Stdeva	average		
power endurance	Number	0.92	12	1.96	21	7.37	moral
attack blows	Number	1.51	27	6.33	41	5.26	moral

(T) value at the degree of freedom (7) and the level of significance (0.05) = 2.36

In the light of the data extracted for the sample of the research sample of the experimental group, there are statistically significant differences between the befor-test and the after-test tests (the power endurance and the attack blows) used in the research. (0.92). For the after-test, the arithmetic mean was (21) and by standard deviation (1.96). The calculated value (T) was 7.37 at the freedom level (7) and the significance level (0.05) Of the (T) value of (2.36). The test of the skill performance (attack blows) was the mean of the arithmetic mean in the tribal test (27) and the standard deviation (1.51). For the post test, the mean was 41 and by standard deviation (6.33), while the calculated (T) At the degree of freedom (7) and the level of significance (0.05), which is therefore greater than the value (T) tabular (2.36).

4-1-3 show and analyze the results of after tests to power endurance and attack blows of young boxers of the control and experimental group.

Table (3)

The differences in the telemetry between the experimental and control groups are shown in the power endurance variables and the attack blows of the young boxers

variable	Measure unit	experimental group		control group		T-test	Sig. (2-tailed)
		Stdeva	average	Stdeva	average		
power endurance	Number	1.96	21	1.07	15	7.76	moral
attack blows	Number	6.33	41	2.20	33	3.59	moral

(T) value at the degree of freedom (14) and the level of significance (0.05) = 2.14

In the light of the data extracted from the research sample, significant differences were found between the after-test of the control group and the after-test group of experimental tests (the power endurance and the attack blows) used for the experimental group. (1.07) The after-test of the experimental group was the mean (21) and the standard deviation (1.96), while the calculated value (T) was (7.76) at the freedom level (14)) And the level of significance (0.05) Thus, it is greater than the value of (T) of the scale (2.14). And the test of the skill performance (attack blows). The mean of the correct number of punches in the remote test of the control group (33) and the standard deviation (2.20). The after-test of the experimental group was the mathematical mean 41 and the standard deviation (6.33) (T) calculated at (3.59) at a degree of freedom (14) and the level of significance (0.05), which is therefore greater than the value (T) tabular (2.14).

4-2 Discussion of results:

4-2-1 Discussing the results of the power endurance of young boxers for both experimental and control groups:

(1-2-3) shows that the experimental and control group members have evolved in the results of the after tests compared to the before tests by carrying the power endurance in terms of increasing the computation of the two groups. The development of the experimental group was better than the control group. The number of punches in boxers on the remote tests of the control group, and attributed the researcher the reason for the development in the level of tolerance of the power endurance to competitive exercises, which came similar to the work of muscles in the performance of real skill to play to enhance the outcome of the descent, This is what Michael Doyle has emphasized in the fact that carrying the power of speed "is an essential objective of difficult competitions. The ability to perform difficult movements is after many movements. The important thing in carrying speed is that it requires the right mix between the power endurance. Speed during the training process "(2003, 15) Michael, Doyle.

The reason for the training of carrying power is characterized by speed because the game of boxing needs to punches characterized by strength and speed to the end of survival as much as possible, which must be punches by force and speed required even at the end of the round or down for this boxer needs in the training to withstand the power of speed, "A very important methodological relationship between speed and the pilot is a very important methodological relationship," Mohammed Reza said. During the first few years of the participation of athletes in training, trainers must pay attention to the development and improvement of all physical and motor abilities in order to build a solid base for future private training, as the special training phase is one of the characteristics of training high-level athletes whose training curriculum aims to improve the level of special training So as a result of the use of special exercises, the adaptation process occurs according to the stage of specialization of athletes for the type of game or sports activity practice "(Madameh: 2008, 63)

In the opinion of the researcher that the combination of endurance, strength and speed using competitive exercises, which is similar to the performance of the specialist will lead to good results within the framework of the game or the effectiveness of sports practice, especially boxing what they need exercises.

4-2-2 Discuss the results of the skill performance (attack blows) of young boxers for the experimental and control sample:

Through the presentation and analysis tables (1-2-3) shows that the tribal tests of the experimental and control groups have shown a weak level in the offensive punches through the number of correct punches through the match with the colleague and this reflects the problem of research, a situation that actually exists in young boxers where the bound The demise of the competitions of young boxers is the lack of the number of correct punches and special at the end of the trips or tours and this is observed through the bleeding, and the results of the experimental and control groups have been demonstrated, there are significant differences from the cardiac tests and for the benefit of the experimental group Me that there is a level of development in the experimental group offensive boxers punched through the computational circles.

The researcher attributed the reason for this development is due to the implementation of competitive exercises prepared by the researcher and the training curriculum that will develop the boxer's bearing of the strength of speed and offensive punches that serve the boxer until the end of the fall, where (Abdel-Fattah) "The method of punching the modern is a combination between Offensive, defensive and counter-offensive movements that are executed from different punching distances "(8:61).

The use of competitive exercises in training, which is similar to the real competition serves the skill of the boxer because it gives or return boxer to the real picture of competition or descent, which makes it easy for you to develop the performance of offensive skills, the number of punches correct boxer under any circumstances of the victory, (Adel Abdel Basir), "as the real competition represents the most specialized forms of observation, it provides important information on the level of real performance of the individual and enable the conclusion and thus contribute to the improvement of the form of sports to a large extent." (9: 191).

And that the training units and exercises given through which confirm the progress of the competition with the colleague to maintain the level of boxer On the other hand, the survival and competition between boxers will lead to the maintenance of the physical and professional level of the boxers who reached him and achieved through systematic training and increase in the number of repetition exercises and diversification in The performance of this improved performance of the boxer characterized by carrying the strength of the characteristic speed and the required offensive punches in the game, and this development at the beginning of the training was not well of all members of the group, but there was a difference in level in terms of access to The good performance of the members of the experimental group for the performance of offensive skills and the researcher that the individual during the process of real survival needs a lot of offensive skills, for example offensive punches that should be used during the presence of a suitable gap by the competitor as well as defensive means that must be used as needed and this work requires The boxer carries high physical abilities that serve skillful performance. The offensive attacks are of great importance in the boxing game. The development of the offensive performance of the boxer means gaining the highest number of correct points during the run. Ahmed Abdullah describes the attack as "the effective method in the opponent with a punch or several punches from fast movements to the permitted areas of punching. The opponent and his body and the movement of the attack in most cases to move forward and is not supposed to launch the attack a certain distance between the boxers where the boxer can launch an attack of the appropriate conditions and different distances, and also used to achieve and implement the methods and methods of attack and defense and camouflage and opening loopholes The opponent's attack must be carefully followed, so that the balance of the body must be kept constant and safety precautions taken to avoid punching the opponent and using the other arm to cover the exposed target (head, chest, abdomen) 10:159)

As for the boxers of the control group, there was also a noticeable development in the offensive punches. The researcher attributed the reason to this as a result of their exposure to exercises and exercises by their trainer. However, the size of the effect of this training was clearly different from the impact exerted on the members of the experimental group. And through the results obtained from the performance of tests for the two groups and comparison between them, as we have already mentioned that the control group has evolved in the tests of distance compared to the tests of tribal variables of the study and this is obvious that the group also has been exposed Training and because no training and no matter what it will lead to influence the level of a particular but not development witnessed in the experimental group and the reason is that most of the most of the exercises and exercises that were given in this group has proved that it did not lead to influence the level of the boxers in the study variables.

5- Conclusions and recommendations:

5-1 Conclusions:

Based on the research findings reached within the research community, the following conclusions were reached:

1. Competitive exercise has had a positive effect on the tolerance of the power endurance through the results of remote tests of tribalism.
2. Competitive exercises have had a positive effect on offensive punches during the tests of the remote tests of tribalism.
3. The conduct of the tests and real tests between boxers on a regular basis will help to develop their offensive capabilities and the skillful performance required for transfers.
4. The continuation of most trainers in training their boxers in the same manner and in the same exercise without giving new exercises will restrict the process of progress and development of boxers.

2-5- Recommendations:

In light of the conclusions of the study, the researcher made a number of recommendations:

- 1 .The need for the benefit of the concerned persons and trainers from the tests of tolerance of the power endurance used by the researcher in the process of identifying the capabilities of boxers and their development.
- 2 .The need to emphasize the trainers and boxer's full knowledge of the importance of tests, especially the power endurance of the boxers.
- 3 .The need to use new competitively competitive exercises to withstand the speed to develop offensive punches to achieve the desired goal.
- 4 .Conducting checks and boxing exercises with the teammate at the end of each exercise or training unit between boxers to get used to offensive and defensive performance and move correctly.
- 5 - The need for trainers to know and know fully about the importance of the power endurance of speed to serve the performance of boxing skills and explain to the boxers.

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Annex(1)

Shows a model of the exercises used in the work of the study

s	Exercise	Intensity	size (Min × set)	Rest	Total training time
1	Boxer and another boxer with the coach When you hear the trainer pointed out, the boxer begins to practice straight punching on a punching bag while using the AC trunk without stopping for 30 seconds. The second boxer faces the trainer with various batches directed by the coach for 30 seconds. With a signal from the coach boxers exchange roles and when the completion begins directly between the boxers for (2) d.	٪٩٠	3 m * 6 set	2.30 min	33 min
2	The division of the ring into four sections and numbered from (1-4) and the boxer is in the position of readiness when the trainer gives the first whistle to the boxer in the first box boxer does the work of two straight (left - right) and then the defense of pulling and then return the two inches straight (left - 10) s When the second whistle is given, it moves to square (2) where the boxer performs two straight strokes (left-right) and the defense turns left and grabs (left-right) for 10 seconds. 3) The boxer performs two straight strokes (left-right), then the dive defense down and the left (right) and for the period (10) The last whistle will be moved to box 4 where the boxer will face another boxer in the final box and will perform different batches for both of them while not leaving the box for 1 d. Note Boxer in the box will play the free punch during this time, 10) Unes.	٪٧٥	1.30 m * 10 set	1.30 min	28.30 min