

DECLARATIVE AND PROCEDURAL KNOWLEDGE WITHIN THE CONTEXT OF ATHLETIC PREPARATION OF HIGHLY-QUALIFIED TAEKWONDOISTS IN TAEKWON-DO ITF

(Preliminary communication)

Mario Bogdanov

*Southwest Univesity “Neofit Rilski”, Faculty of Public Health and Sport,
PhD student, Blagoevgrad, Bulgaria*

Abstract

The possibility to improve the athletic preparation in Taekwon-Do ITF through a methodologically substantiated interdisciplinary approach integrating modern innovative solutions in the field of training and optimum performance of competition process and the achievements of contemporary theories for the formation and development of knowledge and skills as systems of processes underlies the quality of athletic attainments at different levels. The theoretical preparation in the field of Taekwon-Do ITF is a substantial fragment of the overall conception of development of the training level and the management of athletic fitness of highly-qualified athletes and takes a central position in the overall preparatory and competitive process. The formation of knowledge (declaratory and procedural) from the various basic kernels of contents of theory of Taekwon-Do ITF is the subject of this research within the context of improvement of the sports preparation of athletes participating in prestigious European and world tournaments of Taekwon-Do ITF.

Keywords: *Taekwon Do sportists, anthropometry, physical fitness*

INTRODUCTION

An objective assessment and analysis of the level of knowledge and skills of athletes in martial sports is an issue of primary importance related to the prognostication and management of the process of training and sports practice of highly-qualified athletes. A series of researches study the theoretical preparation directing the attention toward the necessity of its systematic and purposeful implementation as a pedagogic process aimed at acquiring a set of knowledge and skills underlying every stage of improvement of athletes' preparation (Kuzyimenko (Кузьменко), 2011; Briskin (Брискин) 2012).

The theoretical preparation in different groups of sports has a number of common positive and negative features proving the need for adjustment of the common approaches to its implementation at the various stages of long-term preparation. The aim of theoretical preparation of martial arts athletes is to master the specialized knowledge developing well prepared highly-qualified athletes.

There are research works directing the attention to the negative aspects of theoretical training in a group of martial arts (for example, fencing and Taekwon-Do), which are often related to the lack of specificity and differentiation of the means and methods of theoretical knowledge of the various stages of elaboration; lack of structured information in training for a period of many years; neglecting the control in the theoretical preparation of athletes (Briskin (Брискин).

The Theoretical Preparation in Taekwon-Do ITF – a Context of Understanding and Substantiation

The development of a scientifically-based system of athletic preparation in Taekwon-Do ITF through a methodologically-grounded interdisciplinary approach integrating modern innovative solutions in the area of training and optimum implementation of the competitive process underlies the quality of sports achievements at various levels. This is due to the fact that “being a multi-factor process the athletic preparation is a system of specialized knowledge, means, methods and forms providing complex conditions for adequate preparation and maximum demonstration of the athlete's potential capabilities” (Zhelyazkov & Dasheva (Желязков, & Дашева), 2002).

Regardless of certain contradictions in literature concerning the relationship “athletic preparation, pedagogical process, training process, practice training process” or its definition as a process, manner of form, it is undisputable that it is a complex and multiform process and a basic form for the implementation of the athlete's preparation (Groshev, Stoychev & Karanov (Грошев, Стойчев, & Каранов), (1978), performing the following major tasks being discussed in literature under one form or another:

- Creates and develops the physical qualities;
- Enhances the body's functional capabilities;

- It's individual for each athlete;
- Aims at the achievement of high sports results and sports perfection;
- It's purposeful and systematic;
- It's planned and controlled.

However, such models very often underestimate the theoretical training of athletes related to the formation of knowledge, notwithstanding that in analyzing the contents of tactic preparation its major task is emphasized, which is to form tactic knowledge, skills and tactic thinking (Dasheva, Krastev, Neykov, Ivanov & Zhivkova (Дашева, Кръстев, Нейков, Иванов, & Живкова), 2001). Therefore in the overall design of the training process possibilities of systematic and purposeful formation of knowledge are to be sought as a basis of theoretical preparation of highly-qualified athletes.

Within the course of the athletic preparation and in particular in Taekwon-Do ITF training process the quality of the athletes' established knowledge and theoretical preparation is of essential significance for the overall process and the results achieved.

The Knowledge - a Major Construct of the Theoretical Preparation of Taekwon-Do ITF, Kernels of Contents in the Theoretical Preparation

In educational theories knowledge is considered a

major construct of educative contents (Petrov & Tsankov (Петров, & Цанков), 2010), next to the skills and competences, as "the educative contents are the measure, the immediate unity of quality and quantity of knowledge, skills and competences..." (Radev (Радев), 2005). The knowledge according to N. Tsankov is a theoretical aspect of contents (facts, concepts, ratiocinations) and as such their whole formation is based on the quality of training and the consequent formation of skills and competences (Gyuvyiska & Tsankov (Гювийска, & Цанков), 2009). There are different classifications of the types of knowledge: by degree of complexity (elementary and complex); by the level of the results of knowledge (empirical and theoretical); by the degree of consideration (mechanical and realized); by structure (chaotic and systematic), etc. The classification applicable to this study is the one defining the knowledge based on its functionality: declarative (giving answers to the questions of Who, When, What, Why, Where); procedural (answering the question of How) and determining (combining declarative and procedural knowledge (Radev (Радев), 2005).

– The major kernels of contents (Choi Hong Hi 2004.) in the theoretical preparation in Taekwon-Do ITF are:

- History of Taekwon-Do
- Training process and Symbolism

Table 1. Results from the analysis of the expert's appraisal demonstrate the following distribution of the theoretical kernels

	Educational contents	%
Common questions from the 1 st to the 4 th dan	Theory of force	80
	Tournament rules and umpires' gestures	68
	Taekwon-Do philosophy	54
Questions for the 1 st , 2 nd and 3 rd dan	Taekwon-Do training equipment, designation and manner of use - (paddle, pad, shield, bag, "dalyonte", etc.)	78
	Physical preparation programme	62
	Students' training programme	48
Questions for the 4 th , 5 th and 6 th dan	Theory, methods and tactics of "matsogi" (sparring) techniques	90
	Theory, methods and tactics of "matsogi" (sparring) against 2, 3 and more opponents	83
	Methods of training of national athletes	65

Table 2. Inter-correlation matrix of anthropometric measures and basic and situation motor tests

Kernel of contents	Factor weight
Theory of force	0,75
Taekwon-Do training equipment, designation and manner of use -(paddle, pad, shield, bag, "dalyonte", etc.)	0,68
Physical preparation programme	0,62
Theory, methods and tactics of "matsogi" (sparring) techniques	0,84
Theory, methods and tactics of "matsogi" (sparring) against 2, 3 and more opponents	0,82
Methods of training of national athletes	0,72

Table 3. Major actions in attack and defense in Taekwon-Do ITF

Actions in attack	Actions in defense
Attacks against defense	Defenses
Maneuver attacks	Attacks against preparation
Attacks with block	Attacks against attacks
Combinations of attacks	Attacks with provocation and attacks against attacks with outwitting

- Interpretation of patterns
- Tournament rules and umpire gestures
- Written explanation of the theory of force
- Taekwon-Do Philosophy
- Taekwon-Do training equipment, designation and manner of use - (paddle, pad, shield, bag, "dalyonte", etc.)

- Physical preparation programme
- Students' training programme
- Human anatomy
- Vulnerable spots of human body
- Student-instructor relations
- How a competition is organized
- Theory, methods and tactics of "matsogi" (sparring) techniques

Theory and methods of techniques in "ho sin sul" (self-defense techniques)

Theory and methods of "Kyukpa" (power breaking) and "Tukki" (special technique)

Theories, methods and tactics of "matsogi" (sparring) against 2, 3 and more opponents

Preparing a programme of demonstrations and performance

Training methods for different degrees and ages

Training methods of national athletes

Training methods for pre-competition and post-competition periods

Training methods in preparatory camps

The Theoretical Preparation of Highly-Qualified athletes in Taekwon-Do ITF in the Area of Sparring (Empirical Studies – Expert's Assessment)

The direction of the empirical study is related to the possibilities of theoretical preparation analysis in the area of sparring within the context of options for perfection of athletic training of highly-qualified ITF Taekwon-Doists. The subject of the empirical study is the declarative and procedural knowledge in the field of sparring.

The objective of research is an expert identification of the basic kernels of contents of theoretical preparation in the field of sparring of highly-qualified ITF Taekwon-Doists.

The research contingent consists of 17 highly-qualified coaches and umpires in Taekwon-Do ITF.

In order to determine the basic kernels of contents within the context of the theoretical preparation of highly-qualified ITF Taekwon-Doists in the field of sparring, the method of expert evaluation is used. The

method is implemented taking into consideration the basic requirements with regard to the organization and conduct of the expert appraisal: (1) preparatory stage – selection of the subject of the expert's appraisal and the development of an expert card; (2) expert selection; (3) providing specific organizational forms for the conduct of the expert's appraisal, and (4) actual conduct of the expert's appraisal (Bizhkov & Kraevski (Бижков, & Краевски), 2007). The method is based on the heuristic cognitive capabilities of the experts (highly-qualified Taekwon-Do ITF coaches and umpires), who ranged by priority the educational contents they were provided by specially developed expert's card based on its significance for the theoretical preparation of highly-qualified ITF Taekwon-Doists in the field of sparring. The results from the expert's appraisal were subjected to additional statistical processing in order to draw the respective deductions and conclusions both with regard to the kernels of contents in theoretical preparation and their adequate planning which is to find the optimum within the whole sports-preparation and training process.

The results from the analysis of the expert's appraisal demonstrate the following distribution of the theoretical kernels (three major ones) as per their priority in their respective ranging by the experts – Table 1.

The subsequent factor analysis on the basis of transformation of a set of correlating data by reducing the number of the initial variables through grouping the inter-correlating ones in a common factor and dividing the non-correlating ones into different factors deduces the factor weights of the different kernels of contents in the general theoretical preparation of the highly-qualified athletes in Taekwon-Do ITF in the field of sparring (Table 2).

Taking into consideration the results from the research conducted the vision of division of particular actions in attack and defense is acceptable at which they are divided into eight major groups based on the counteractions of the athletes during the combat – Table 3.

The empirical studies conducted (experts' evaluation) provide the opportunity based on the factor analysis and the assessment of the factor weights in the factor matrix to deduce the major elements as kernels of contents from the model of the highly-qualified athletes' theoretical preparation in the field of sparring in Taekwon-Do ITF. The overall training process should stake by priority on the formation of mainly procedural knowledge of the following main kernels of contents of theoretical

training: *Theory, methods and tactics of "matsogi" (sparring) techniques; Theory, methods and tactics of "matsogi" (sparring) against 2, 3 and more opponents; and Theory of force*, and in particular the stress is put on: the major starting positions, the manner of moving away from and to the opponent and the technique for shortening the distance. All these substantiate the search for opportunities of means, methods and forms of training and sports preparation providing complex conditions for adequate theoretical preparation in Taekwon-Do ITF. These are also the ways that shall make the *purposeful, systematic and especially organized and implemented process* ensure the formation and development of knowledge, skills, competences and qualities in the highly-qualified Taekwon-Do ITF athletes through the suitable *selection and combination of forms, methods, means and conditions* of sports preparation, process of competition and all the additional factors beyond the training process guaranteeing perfect athletic condition.

REFERENCES

- Бижков, Г., & Краевски, В. (2007). *Методология и методи на педагогическите изследвания* [Methodology and methods of educational research. In Bulgarian.] София: Университетско издателство.
- Брискин Ю. А. (2012). Весомость формирования теоретических знаний фехтовальщиков на разных этапах многолетней подготовки [The weight of the formation of theoretical knowledge fencers at different stages of long-term preparation. In Russian.] В: Брискин Ю. А., Питын М. П., Задорожная О. Р. *Вестник спортивной науки. - Москва: Советский спорт*, (5), 3-6.
- Брискин Ю. А. (2012). Теоретическая подготовка спортсменов в единоборствах (на примере фехтования и тхэквондо) [Theoretical training of athletes in separate fighting (for example, fencing and taekwondo). In Russian.] В: Брискин, Ю. А., Питын М. П., & Задорожная О. Р. Оралдың Ғылымжаршысы. *Серия : Педагогические науки. Филологические науки. Право*, 9(57), (33- 37).
- Грошев, Н., Стойчев, Г., & Каранов, Б. (1978). *Наръчник на обществения треньор* [Handbook by public coach. In Bulgarian.] София: Медицина и физкултура.
- Гювийска, В., & Цанков, Н. (2009). *Как да направим ясни идеите си в обучението* [How to make a clear idea in training. In Bulgarian.] Благоевград: Университетско издателство „Неофит Рилски“.
- Дашева, Д., Кръстев, Л., Нейков, Св., Иванов, Ст., & Живкова, К. (2001). *Теория и методика на спортната тренировка (част втора)* [Theory and methods of sport training (Part Two). In Bulgarian.] София: Гера Арт.
- Желязков, Цв., & Дашева, Д. (2002). *Основи на спортната тренировка* [The sport training basics. In Bulgarian.] София: Гера Арт.
- Калашников, Ю. Б., Малков, О. Б., Калашникова, Т. В., & Калашников, М. Ю. (2013). *Совершенствование технико-тактической подготовки в таэквондо* [Perfecting technical and tactical training in taekwondo. In Russian.] Москва: Физическая Художественное - 185.
- Кузьменко, Г. А. (2011). Теоретическая подготовка юных спортсменов в системе реализации задач ин-теллектуального развития личности [Theoretical training of young athletes in the system of personality development tasks. In Russian.] *Культура физическая и здоровье*, (4), 39-43.
- Петров, П., & Цанков, Н. (2010). *Училищна дидактика* [School didactics. In Bulgarian.] София: Авангард Прима.
- Радев, Пл. (2005). *Обща училищна дидактика* [General school didactics. In Bulgarian.] Пловдив: Университетско издателство „Паисий Хилендарски“.
- Choi Hong Hi, G. (2004). *Taekwon-Do*. Viena: International Taekwon-Do federation.

Correspondence:

Mario Bogdanov, PhD student
Southwest Univesity “Neofit Rilski”
Faculty of Public Health and Sport
66 “Ivan Mihailov” 27000, Blagoevgrad, Bulgaria
E-mail: bft_itf@abv.bg