IMPORTANCE OF THEORETICAL AND SCIENTIFIC PREPARATION IN COMBAT SPORTS TRAINING

Paul IACOBINI

Abstract
Theoretical training is an important factor in terms of sports development of scientific research, specific to combat sports for achieving specific performance objectives set. Theoretical knowledge is theoretical science which the trainer teaches the lesson of training for understanding and integrating sporting content in sporting life. Thought the theoretical preparation, the athlete acknowledges the educational value of sports training. Theoretical preparation includes a rich content issues like: history and evolution of combat sports, general characteristics of combat sports, the method of learning combat sports, getting on the rules of combat sports, the anatomic and physiologic concepts and getting hygiene notions (food, quenching, personal). Fighting sports have a specific theoretical content determined by the evolution of competitive plans. Theoretical preparation allows athletes to develop specific means and methods used in preparing individual fight. Theoretical training should be closely linked to the objective requirements of combat sports. Theory of sports training content should be highlighted in the process of preparing specific lessons of combat sports.

Keywords: theoretical preparation, combat sports, regulations, learning methodology, history

JEL classification: I 20, I 21, I 29

Introduction
The specialized training theory of combat sports can be used in specific training lessons of various sports.

Theoretical training is an important factor in terms of development of scientific research, specific for combat sports to achieve performance objectives.

Theoretical content of specialty sports training specific for combat sports is determined by their objective needs.

Knowledge stage

Theoretical science represents theoretical knowledge which the trainer teaches in the training lessons for understanding and integrating sporting content in sporting life.

1 Paul Iacobini, School Sports Club no 4, Bucharest, iacobinipaul@yahoo.com, 0722740371
Thought the theoretical preparation the athlete acknowledges the educational value of sports training. Theoretical preparation includes rich content issues like:

a) History and evolution of combat sports;
b) General characteristics of combat sports;
c) The method of learning combat sports;
d) Getting on the rules of combat sports;
e) The anatomic and physiologic concepts;
f) Getting hygiene (food, quenching, personal).

1. Prospects domain

Theoretical preparation is linked to knowledge accumulated over time in the field of battle and sports-specific theory and is determined by:

a) History and development of combat sports - including knowledge about the first appearance of combat forms that evolved alongside human development. [Cişmăș, Mostoflei, 2007, p. 1]

"According to L. Kun this phenomenon is triggered somewhere between 80 000 and 8000 A.D.

According to the opinion of Kun and other anthropologists, the man began to fight once they went in feet, so once the man became man; argument for this hypothesis is the assumption that man had to struggle for existence, to defend themselves, to feed, activities that have yet nothing in common with sports but they have implemented deep in human genetic baggage."

Fighting began in the sumero-akadiana civilization. It is noted that King Ghilgamesh was a outstanding fighter that possessed supernatural powers.

Battles in Egypt are proven by drawings from Beni-Hassan cave that depict 400 groups representing warriors. In ancient Egypt takes place the transformation of military combat into sports combat.

Fighting in ancient India was practiced by Brahmans (priests) and by kshatriyas (nobles). A series of authors consider that karate and aikido come from India.

In ancient China, fighting took place on the vast territories and practice consists of two parts: extern (exoteric) and intern (esoteric). Wo-chu is a combat form that consists of 4000 processes. The style was practiced in shaolin monasteries that become true sanctuaries for fighting. Battles practiced by the Tibetan monks made many processes with new actions based on ethnic and religious principles.

In ancient Greece, Olympic Games held in four years and used two forms of struggle: Vertical fight or standing fight and horizontal fight or ground fighting. Combat competitions were named “pugilat” (fist fight) and on the ground they used: grappling, obstacles and impacts, twisting bottleneck, sprain, breaking legs.
Battles were practiced in Ancient Rome by aristocrats, shepherds, slaves, etc. Gladiators’ fights (hoplomachia) were organized under the funeral ceremonies that even included human sacrifices.

The first rules of gladiators’ fights were established in 22 A.D. by the emperor Augustus in which fights can be organized by a Roman citizen no more than two times per year, with a maximum audience of 120 spectators. In the search for entertainment, the organizers introduced along the gladiator fights, animal fights (venations and bestiaries).

Fighting in Feudalism was influenced by the spread of Christianity throughout Europe. Specific amount of social system was feudal chivalry. Cavalry education included knowledge of fighting with weapons or without weapons. Most common form of combat that has been practiced by nobles was the tournament. Peasantry who participate in fairs, boroughs occasionally carried wrestling competitions with specific competition rules and ways for slamming the opponent, increasingly diverse in the Apuseni Mountains, Vrancea district, Moldova is developing in this period grips.

Battles in the modern period are developed through practicing different styles: wrestling, Greco Roman wrestling, judo, karate. They are held by national and international competitions (European championships, world championships, Olympic Games).

In Romania battles took place in the form of wrestling tournaments such as:

- Shepperd fight;
- Oltenian Fight or belt (with or without brake);
- staining fight with the grab in cross;
- Fight with waist attachment;
- Lock fighting;

In 1968 there were held the first village national championship for wrestling, a wrestling form that is to launch future Olympic champions as Nicolae Martinescu. The first Greco-Roman wrestling Olympic champion for Romania was Dumitru Pirvulescu 1960 in Rome.

**b) General characteristics of combat sports:**

Forms of fighting and general characteristics:

1) Spectacular and efficient - combat sports like wrestling, judo, sumbo, karate are valued above those techniques or techniques that are spectacular.

2) Individual Commitment - athletes who practice sports which rely on their combat preparedness related the potential physical, technical, tactical and psychological theory available.

3) Technical non-cyclic and tactical variability - is unlike any other combat, meaning that the sequence previously acquired technical training in the
executions have not identical on plugs, unbalancing, technical execution, level of fatigue.

4) Broad accessibility - are practiced regardless of age and gender.

5) Technical universality - even if in the process of training the fighters acquire a large number of techniques during combat, the techniques that are used are less than the ones learned but the spirit of regulation encourages broadening technical baggage used in competitions. In time features of the fight occurred on certain categories of weight (Predominant in small groups is the speeds of execution and an increased number of processes on the large categories of these characteristics are no longer kept).

6) The time and the ways to end a fight - the fighting time vary from junior to senior and male to female. It is different from fighting (3 rounds x 2 ’), Judo (2 rounds x 5’), karate (2 rounds x 4’). Regulation provides ending the fight with ink, and by Ippon in Judo and the result of technical superiority, abandonment or disqualification for repeated violations.

2. Utility applications

Combat sports have specific means and methods, that approached theoretically depend on:

a) The method of learning combat sports

Starting from selecting students to be initiated into combat sports (wrestling, Greco Roman wrestling, judo, karate) should consider the constitutional type of future practitioners.

Therefore constitutional type is robust, it will report the weight categories, those in small classes will have an appropriate height and those from higher classes an imposing stature.

According to weight categories motor skills will be less important of the class speed and performance for high power categories. Combat sports have specific training groups: beginners with a three years stage, advanced with a 2 years performance stage and then junior and senior levels. Group of techniques used in combat sports are different from one style to another. So in combat sports are processes specific to horizontal fighting and the ground fighting.

- Addressing this complex area we define that wrestling and Roman wrestling contain in their fight stiles back legs crossing procedures, felling, roll, roll in ground fighting and bridge, crossing the back, rolling, rolling, roll.
- In judo to vertical fight (nage waza) equilibrium, cutting the legs, felling, throws, turnovers and the ground fighting (katame-waza) property (osae-waza), bottleneck (Shima-waza), sprain (kansetsu-waza).
- In karate vertical fighting is with blows with the upper limbs compared (kitsami-Tsuki), the abdomen (gyacku-Tsuki), bruises on the legs (mawashi
chudan) secerare (kitsami-mawashi and kitsami-uramwashi). Karate technique and is divided against attack, by absorption, and sweeping welcome. The learning methodology is based on contrary exercises; the contrast boundary area (corner), defense techniques, exercises absorption, and ground fighting techniques are used fixations.

**b) Getting on the rules of combat sports**

- **Free wrestling** - containing processes throughout the body, actions are predominantly at the foot.
- **Greco-Roman wrestling** - do not allow the actions of the feet. During the battle there are three rounds of two minutes. In the Roman wrestling a half is comprised of one minute standing and 2 x 30" in ground fighting. Toner ceases to fight when the opponent is fitted with blades on the mat. Value attributed slammed actions are:
  - 1 point - when it comes to rear; When running a process of standing or ground without danger of line - Penalty warnings;
  - 2 points - implementation of a process which makes ground enemy in dangerous position of line;
  - 3 points - implementation of the feet of a small amplitude and design process with direct;
  - 5 points - implementation of a design process for large amplitude and direct;
- **Judo** – judo players are equipped with a kimono. The specific of the fight is to pull and to imbalance. During the battle, a half represents five minutes for male fighters and for female is four minutes. Ippon can finish the game when the opponent is slammed into the shoulder blades or disqualification hansoku-make. The highest value of the process is determined in decision designating the winner.

Processes in order values are:

- Koka
- Yuko
- Wazary
- Ippon

Fixations for 30" determine the “sore mate” end of fight. Warnings are appropriate processes in value:

- Shido (comment) - Koka's equivalent;
- Chui (Notes) - Yuko's equivalent;
- Keikoku (warning) - wazary equivalent;
- Hansoku-make (disqualification) - Ippon equivalent.
- Karate - the battle time differs as follows:
  - Female Junior - 2' in games of series;
Female Junior - 3' in the semifinal and final matches;
Male - 3’ in series;
Junior - 2’ in series;
Male - 4' in the semifinals and final;
Junior - 3’ in the semifinals and final.

If granted an equal, the fight continues one more round for one minute in which it cancels all points and penalties. If that equality continues to take a decision by the referee (a main referee - REEFREE mates and three judges - Judge).

Points awarded are:
- Ippon - 1 point to blow the arm (kitsami-Tsuki) and abdomen (gyacku-Tsuki);
- Nihon - 2 points for kick (mawashi chudan);
- Sanbon - 3 points for kick and the felling sweeping (kitsami-mawashi) or by throwing a sweeping (ura-mawashi).

c) Getting anatomic and physiologic knowledge

Theoretical training contains knowledge about functional anatomy like:
- Skeletal system;
- Muscular system;
- Nervous system;
- Cardiovascular;
- Respiratory tract;
- Importance of glands and hormones.

Based on this knowledge, the athlete must know the values for TA, CF, FR at rest or in effort to control the dose and effort in both training and competitions.

The athlete must know the relationship between weight and height and also the notions about exercise capacity will let him choose the recovery breaks. Anatomically and physiologic concepts help to know the effect of certain vitamins in the body. Integrity of the body is defining for those who practice combat sports. Therefore it attaches great importance to knowledge about the functioning organism and its components.

d) Hygiene notions (food, quenching, personal)

Theoretical preparation provides notions about hygiene:
- Food Hygiene - athletes learn what foods are needed to support the effort, what foods contain vitamins, which are effort sustainers, which is the ratio between the number of calories developed through diet and calories requirements demanded by the load itself.
- The hygiene for quenching the body contains practical terms about the importance of water, sunlight, air hardening process of the body, the importance of ultraviolet rays on the fixation of calcium and bone strengthening and the
importance of cold and hot water in the control of body temperature adjustment variables.

- Personal Hygiene - forwards notions about maintaining personal cleanliness, maintenance of competition, training room maintenance, equipment maintenance and training items that are running. Ensuring personal hygiene greatly facilitate the achievement of collective hygiene and a smooth of karate training and competitions. Practitioners have a duty to wash before and after training (particular attention to feet), have short hair, nails cut short and neat, clean equipment, have a pair of slippers to go to lockers or bathrooms, towels (one for sweating and one for bathroom) and soap. Personal hygiene also means bath after every workout.

3. Conclusions

   a. Fighting sports have a specific theoretical content determined by the evolution of competitive plans;
   b. Theoretical training allows athletes to develop sports specific means and methods used in preparing individual fight;
   c. Theoretical training is approached in sports training specific to combat sports that contribute to achieving the objectives set;
   d. The percentage given to theoretical training in combat sports depends on the competition;
   e. The training program of education for students from specific theoretical combat sports including for each cycle of education and class, framework goals and benchmarks.

4. Proposals

   1. Theoretical training should be closely linked to the objective requirements of combat sports.
   2. Theory of sports training content should be highlighted in the process of preparing lessons with specific to the combat sports.
   3. Theory of sports training content must be approached from interdisciplinary scientific research prospects.
   4. Theoretical models must be accompanied by experienced success, and images.
   5. Athletes must know the basic theoretical elements necessary for training plan design.
   6. Teachers need theoretical knowledge on the interpretation of indicators for assessing the state of sports training.
REFERENCES