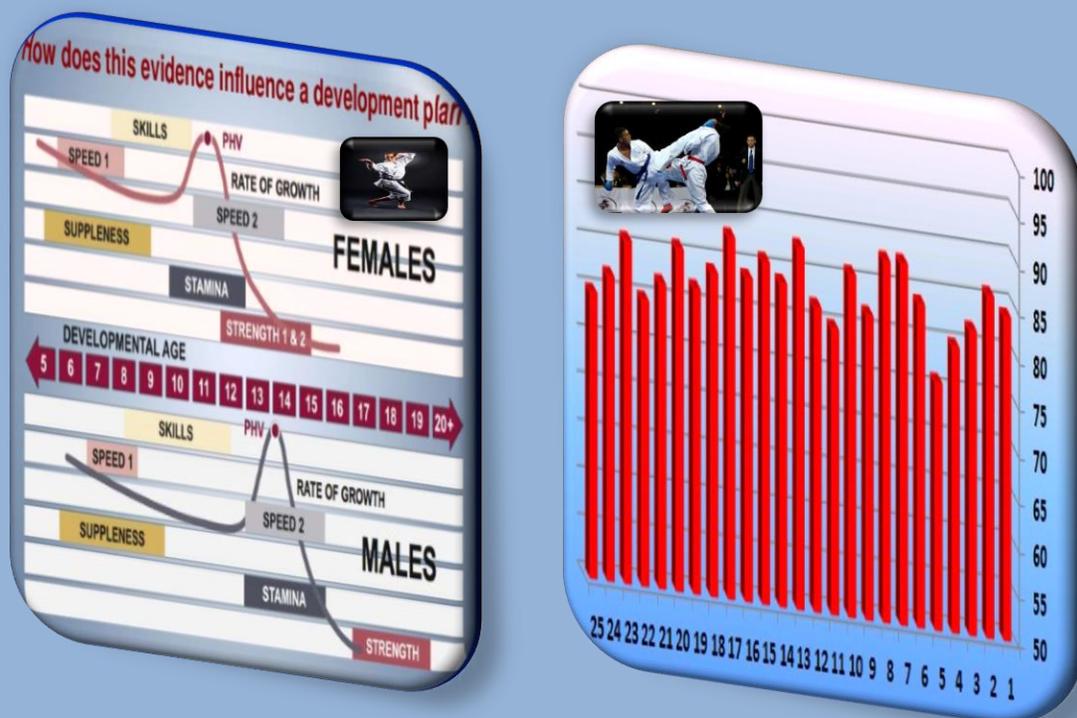


## Training plan components of the player's actual combat competition «Kumite» sport of karate.

Grand cycle of three training periods shall consist gradient coach them in dynamic loads, and the relative distribution of the requirements and needs of karate, and how to achieve it during training periods into account and now we take those periods «preparation, competition, transition».



## preparation period planning determinants of karate players:

And it is called in some references and scientific construction period and the incorporation of the components of the structural architecture of the status of the player training, where it aims to prepare the public and private for the athlete, the time to achieve this during the preparation period

depends on several points, the most important requirements of karate, the level of constructivist architecture of the status of the player training and curves vital rhythm components the athlete as well as the target of the target during the period of the great course.

**preparation period is divided into periods of general preparation and other special preparation:**

**General preparation period:** The basic rule for the construction and development of the structural components of the structure of the state of general training player «physical, psychological, functional, technical skills etc. ...».

**Special preparation period:** is directed to the development and preparation of sports performance high, any rise the status of the player training to the level of athletic achievement during the competition.

Based on the clarification of the concept of general preparation and private player through a major training session, we find that the coach through the setup two sections period directs training its load and formations to develop plug-structure structural general of the state of special physical training capacities player, and the closer of your preparation period draws its load to the development of potential functional private and improving aerobic and anaerobic capacity of an athlete, in order to increase the ability of sports to face the outputs implemented high training loads through competition and private training.

And the coach during the year preparation period used different training methods and appropriate for the development of the general capabilities of the player «speed, strength, durability, compatibility, Motor Sensory Perception, etc. ...», also observed that the relative distribution of the target during the development setup period can be equal to a certain extent what, either through your preparation period, the coach directs its load some

special abilities sport of karate and a higher level of structure constructivist of the status of the player «Sports» own, and those special abilities «force characteristic speed, your endurance, building a sense of the special kinetics» functional requirements and the development of energy and effectiveness own systems specialization within the exact karate.

**During the preparation period** the trainer uses a variety of means to build a general rule of basic mathematical requirements, in order from which to develop a constructivist architecture components to the case of general training, and that means exercise of public junior high which is different from the kinetic performances actively karate exerted by the player own, designed and integrated development of mass the capabilities of the player to balance between them and the activity requirements Specialist then, as the public exercise used for the preparation period vary in composition from the movements of activity in terms of four parameters, namely: -

**(A) The installation of motor performance in terms of the timeline of the force.**

**(B) quality of the muscle work flour used during the performance of the exercises.**

**(C) attitudes and circumstances surrounding the performance of the motor exercises used.**

**(D) the formation of pregnancy during the performance of this type of public exercise.**

**During special preparation period** is used coach special means to build their own capacity and associated course Specialization within karate, where its means and special exercises competition exercises, which represents a base from which to develop the structural architecture of the status of the player training components to achieve the highest levels of

achievement through competition. Private and exercise is the performance of the kinetics of similar motor installation and the quality of the force exerted and speed as well as the dynamic track of the performance and direction of the muscle work port all with kinetic methods implemented competition, the coach resorted to such special exercises to develop the state's training of various ingredients (constructivist architecture), and these exercises can be directed formed to a specific component of the structural architecture of the status of the player training «physical example».

The exercises competition used by the coach to link the formative structure of the case of special training under competition and achievement conditions of the components, which is approaching a lot with what the player during the actual competition face with the availability of coach control clause in the circumstances such as the shortening into the game, increasing the number of team member's defender and striker, reducing space playing on the legal space area, ... etc.

During setup two sections period, we find that the percentage of representation of each section during that period will vary with different training levels of player, where we find that the general setup percentage increase for the setting whenever the level of state low training player, as is the percentage of preparing the youth and junior ratio of 1: 3 this means that the general preparation of the player emerging proportion here represent three times the same player setup ratio If the time of the representation of the ratio year to prepare for this player within the daily training module is a 39-minute performance for the setup time is 13 minutes performance for a special competition for the exercises, but when the high level of the player to the upper levels of the training situation components of the ratio near the competition is (3: 1) these percentages vary from one activity to another, commensurate with the nature of this sport and specialized activity within whether actual combat (Comte), or fight placebo (kata).

### **For the dynamic gradient pregnancy training**

gradual increase of the intensity of exciting components during the preparation period, note that it should not affect the gradual rise of the intensity on the direction of the training volume is negative during that training period So it can be a gradual increase in the size of the training load, and repeat it first during that period of preparation with the installation of the coach to the direction and intensity of the training load and then cascade down after that in a gradual increase of the intensity in the range of 3-5 weeks training «21-40 training module» and differs from this number according to many requirements of training linked to some extent to the quality and characteristics of sports activity practiced with the stability of the training volume for this player, then comes the coach extreme caution during the implementation where the rising volume and intensity of training together a few percentages with the compatibility of the capabilities of the player and his training and that period aimed at improving functional potential and systems prevailing energy to build adaptations help the player on the front and the budget for the sport of karate competition, taking into account the requirements of Specialization for the player, whether actual combat «Comte» or fight an imaginary «kata».

### **athletic competition for the player's karate planning methods.**

And called some period of raising the level of the limit to cope with competition requirements, where the coach works to achieve the highest level of the components of the structural architecture of the status of the player training and work to keep this level of participation in several competitions and tournaments in a row «starring State then Championship continent, for example, ... etc.» during this period of competition, on the coach that takes into account the dynamic loads to be during the competitions connected and continuous extension with dynamic loads

coming from the preparation period, in order to take the training doses content form wavy allows to achieve the best levels of athletic achievement for the player during the competition, and we must acknowledge here to load the training should be the coach works to install it with the direction of the drop-out to him in a manner balanced with high training intensity carried out during that period of the annual sports season for the player, so that the occurrence of the effects of the processes of adaptation and that is reflected on the player's ability to maintain the level of constructivist architecture of its components training.

### **characteristics of the transition period for the player's karate:**

The coach that cares about that period of periods of annual training season «major training session», where it is the planned coach accurately and rationing singles player depends very much nature on the characteristics of karate and needs as well as to the level of constructivist architecture of the status of the player training components, in addition to the number of tournaments and competitions Subscribe to the player and the events carried out during those competitions.

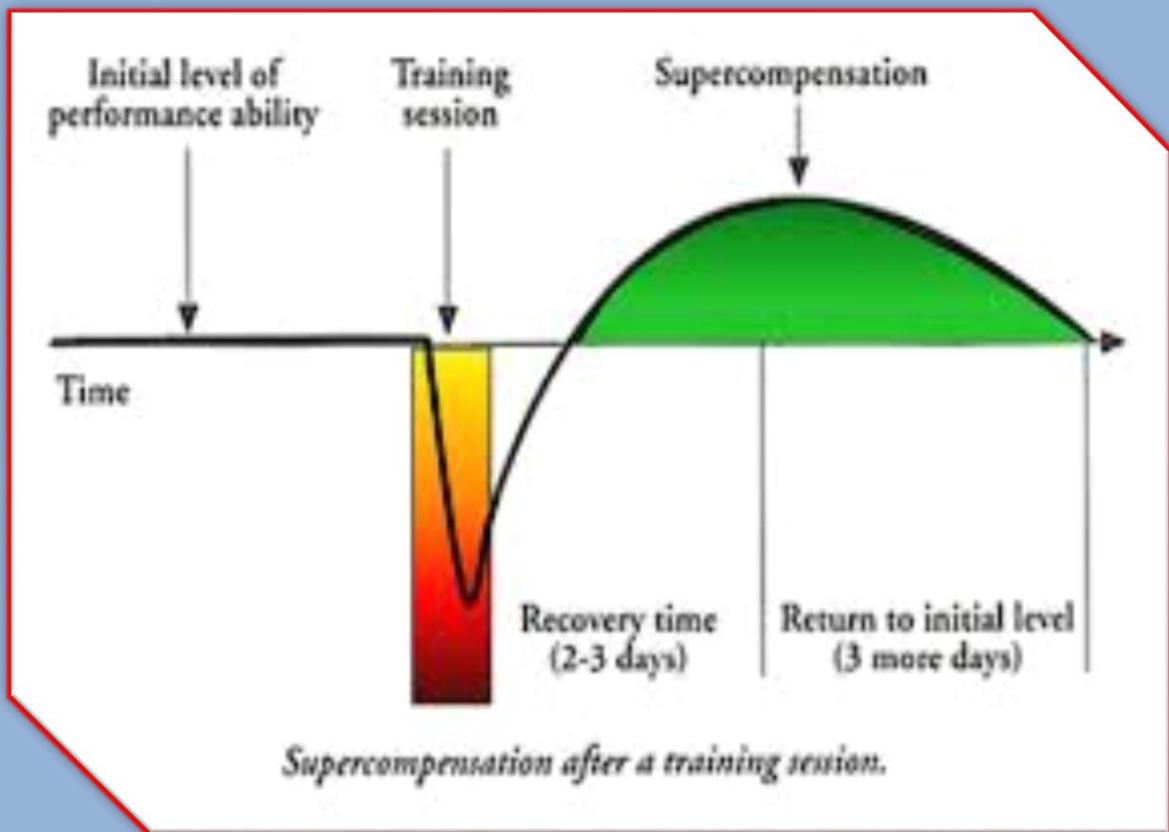
The trainer should determine the length of time it takes for that period, which may range between 3-8 training a week, and aim loads of training carried out during that period to get rid of the fatigue caused by the training season, while maintaining a high level of fitness as well as to try to coach Help the player to get rid of the mistakes that have emerged in performance skills.

As for the training of the doses used during that period shall not use a large level loads (quantitatively or qualitatively) with the beginning of that period, where at least to the extent of up to 30% of the level of constructivist architecture of the state of training the player reached by the player through the end of the competition period components, and the unit content training «dose» during the period of the great cycle training exercises to relax and rest and that is to use a coach for many means which aims to restore the player to its potential and get rid of the amounts of fatigue accumulated

result of repeated load training loads, ranging from setup both parts and the end of the period of the competition and participate in the various tournaments, and convenience methods used during the transition «multiple different kinds of massages, steam baths, sauna ... etc.

Works then the coach during the latter part of the interim period (the period is divided into two parts I decline to pregnancy and the second high pregnancy »to increase the number of public exercise prep and reduce the size of the actor in the frequency and time of time to use the means of restoring the healing of the player and this crystallizes coach goal during the second part of the period transitional prelude to engage in preparation for the new season training period.

=====

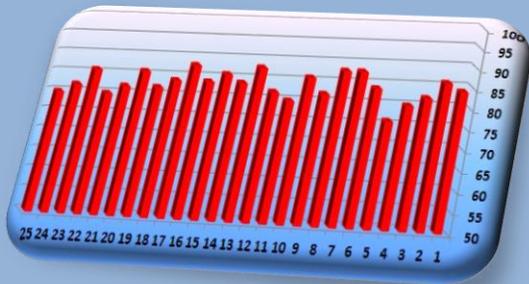


**a practical example of the contents of the annual training plan «major training session» and how to determine the proportions in which the presence of loads and distribution timetable for implementation and the private player allocates actual combat « Kumite» sport of karate.**

Of important actions taken by the coach selected before planning major training session is the relative distribution allocated for the implementation of the contents of the training loads within the wider training course, and an example for illustration only assume that the coach has identified the following during the training period for the annual season: -

- (1) preparation period: it includes (physical preparation of 40%, 30% Skill prepare, prepare my plans 30%). Here on the coach that considers the amount of training content fit each part of the training loads content with the goal of training for the stage setup.
- (2) specifies the coach after that number of hours of training, per each level of training will be used pregnancy levels.
- (3) defines the port coach training time during each training period within the annual plan «grand session».
- (4) defines the coach training time during the training period, which is divided per the contents of tactical skill and physical preparation.
- (5) the coach identifies both the general physical preparation as well as your own training time within the annual plan «grand session».
- (6) the coach identifies the components of «physical abilities» general physical preparation training your time.
- (7) following the same coach repeat the previous six steps but with the skill and tactical setup as well.

now we review the application model to illustrate how the temporal distribution of the contents of the major training session « plan for the player or the player allocates actual combat« Kumite »sport of karate.



**First,** determine the general and special period »: could this period be 12 weeks divided into seven weeks in 0.5 weeks preparing special preparation, preparation specialist for the games per the type of specialization for the player or the player.

**Second,** determine the composition used for the training loads levels within the training period: it could be by (2: 1) or (3: 1) or compound them (2: 1) + (3: 1).

**Third,** determine the number of training hours per week: per the levels of training loads used during each period of major training session, for example, during the prep period.

**Fourth,** determine the number of hours of training, per the performance requirements through karate, for example, 40% prepare Skill 0.60% physical preparation and so on.

**Fifth,** determine the number of training units during the week training program. For example, this number ranges between 8-12 training unit with an average of 10 units a week.

**Sixth:** To determine the number of modules within a specified period of major training session. For example, the preparation period with the coach about 12 weeks, then  $10 \text{ units per week} \times 12 \text{ weeks} = 120 \text{ training unit}$ .

**Seventh:** identifying everyday Module time ranging from 100-180 minutes, for example, unit training Average her time of 140 minutes, then training modules time during the preparation period = average unit time  $\times$  number of units =  $140 \times 120 = 16800 \text{ minutes} = 280 \text{ hours of training}$ .

**Eighth:** determining matches during major training session «setup and matches the example.

The number of games during the annual season ranges between 80-200 games by an average of 140 games, to be distributed as follows:

- 45 match training be  $45 \times 3 \text{ minutes} = 135 \text{ minutes}$ .
- 35 training match «encounters friendly  $35 \times 5 \text{ minutes} = 175 \text{ minutes}$ .
- 60 basic game «official»  $60 \times 3 \text{ minutes} = 180 \text{ minutes}$ .

**Ninth:** determining the time of the matches during the preparation as well as the competition period separately, for example:

30 test match her time of  $30 \text{ minutes} \times 3 = 90 \text{ minutes}$ .

15 test match (a MATCH WIHTOUT COPMTATION)  $15 \times 3 \text{ minutes} = 45 \text{ minutes}$ .

This brings the total time of the matches will be during the preparation period is 135 minutes played, are added to the training time during the preparation period as follows:

$135 + 16,800 = 17\ 015\ 283.58$  an hour any special training games only.

**Tenth:** determining ratios represent the formative structure of the state of training and special player for each player linked to the requirements of karate practiced components, it is done so on.

Example: the coach plans to set up so the player percentages are distributing the contents of the preparation period as follows 40% physical 0.30 Skill 0.30% my plans.

Atheist ten: identification of training for the contents of the setup period and it total time for training and the percentage of representation of the contents of that period and be as follows:

Time kidney preparation period = 17 015 minutes.

The time of implementation of the contents of the physical preparation =  $17015 \times 40/100 = (113.433 \text{ hours of training})$ .

The time of implementation of the skill setup contents time =  $17 015 \times 40/100 = 113.433 \text{ training hours}$ .

The time of implementation of the tactical setup contents

Time =  $17 015 \times 30/100 = 85.08 \text{ hours of training}$ .



يمكن الاستزادة بزيارة الموقع الالكتروني :

[www.prof-ahmedibrahim.com](http://www.prof-ahmedibrahim.com)

[www.ijssa-gezira.com](http://www.ijssa-gezira.com)

ويمكن لاي استفسار مراسلتنا علي البريد الالكتروني :

[Prof-dr-ahmed.ibrahim@outlook.com](mailto:Prof-dr-ahmed.ibrahim@outlook.com)

