

## **Training and dynamic change in the form of training waves through training programs for players karate loads.**

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**Prof. Dr. / Ahmed Mahmoud Ibrahim.**



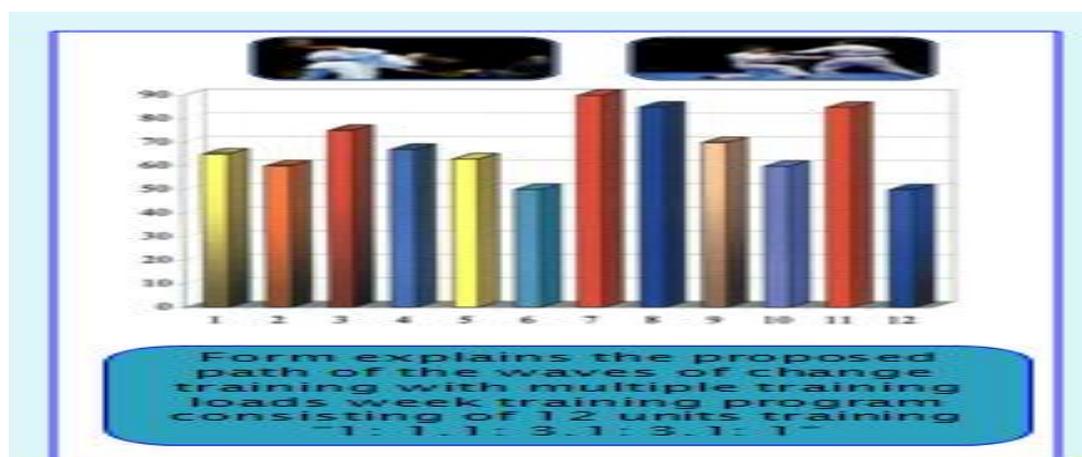
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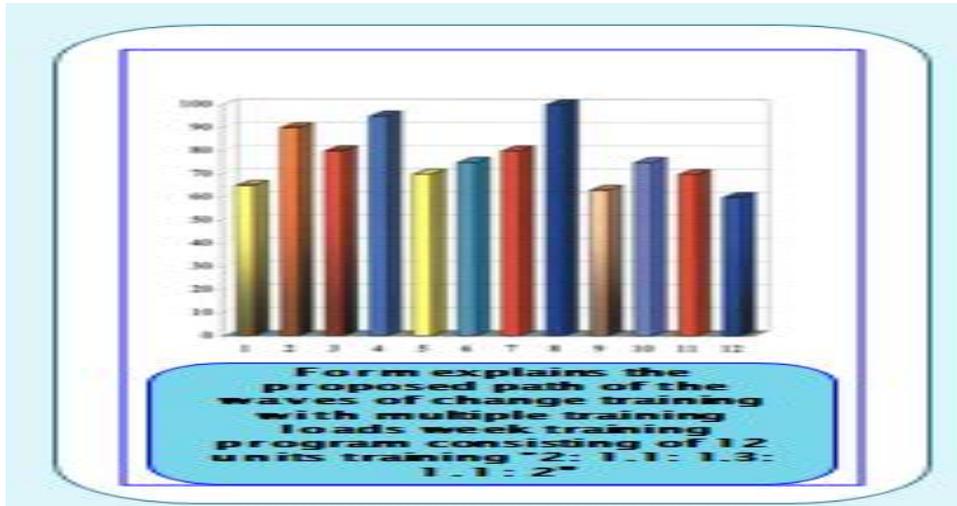
**The training loads path takes the form of waves through the dynamism of all the stages of training the player karate specialty «actual combat" kumite ", " kata "», and trainer specializing in the planning and training of the player to participate and compete within the framework of the actual contest " kumite ", " kata "must be taken into account when rationing training loads directed specifically from the actual to the type of" kumite "or" " kata" such as «basi - Dai. Kata» for example, or «Hiente . Kata »there are multiple and varied effects levels of training intensity within multiple training waves in terms of the training components within the training per program, small ValuJet represent dynamic training load path during a small training session which ranges period of continuity between 3 to 7 days training, and the waves medium of where the dynamics of the training load path, it crystallized the course that dynamic through several small training waves that is, they track a group of small tracks that range from 3 to 6 microwave according to the stage and target training, and the big band shows us the mainstream of large training courses during periods of training season It reflects an important form of training loads executing levels during sports season and its impact on the structure of the structural state of the player training components.**

From the above it is clear that training waves pregnancy and circulation path that can provide us with any information that contributes to follow the rhythm of training loads carried by the player during the course of each sports season. The microwave in the training is the kernel to build a big wave training, which crystallized by the mainstream of dynamic loads during each period of training periods, it is important to the coach to work on the link between dynamic loads training track session Minor and between the training target set and the high level of achievement taking into account that dynamic loads take the path recipe privacy where there is a path to the dynamic intensity of training loads different from the dynamics of the volume of training loads carried out within the same training path despite wave of his followers are wavy to get training and training for reasons such as:

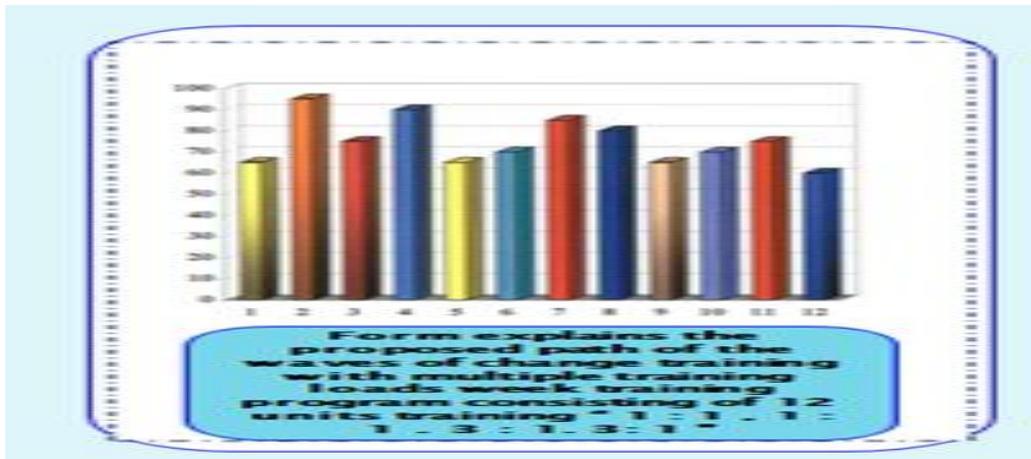
- (1) Almtamojat regular Almtorjuhat in the lively rhythm of the level of achievement of vital internal organs of the body of the player or the player during the day and even the rhythm of the annual chapter.



2 - change the dynamics of the accident in the training load level qualitatively and quantitatively port during training sessions.



3 - Important note: the coach through the implementation of training loads for the player karate specialty contest «actual combat" kumite ", " kata "



»Loads into account the change in the form of training waves:

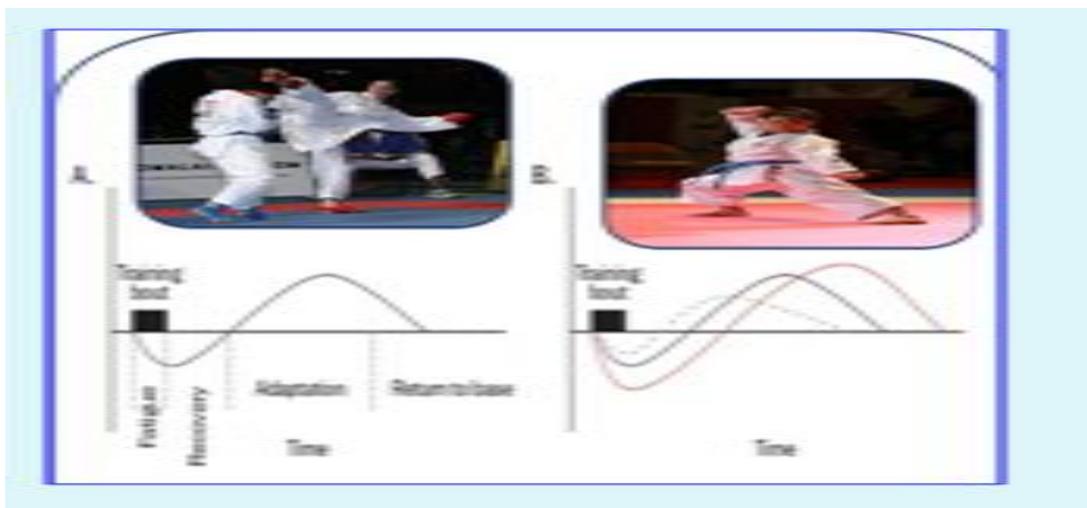
(3) Note the specialist coach through the implementation of training loads inhalers over the periods of the season and the sportsoriented player specialty «actual combat" kumite ", " kata "

That when high or low level of training of pregnancy, it is immediate indication does not appear on the change in the

level of achievement for the player when his performance of style skills through competition «actual combat" kumite ", " kata " » in training as a direct result of the change in the dynamic loads of training carried out, except that the function changes on the expected occurrence of adaptation as a direct parallel to the change in the training loads executing levels be delayed depending the length of the delay on the training intensity executing levels through programs and the nature of the dynamics, and the level of structural structure of the special situation of the game by training components, as well as the training period season training Sports, and the state of public biorhythm of the player and its determinants.



(4) to also coach taking into account the early indications loss adjustment of the training loads implemented as an indicator of his retraining loads planning as a means of high level of athletic achievement in the sport of karate and the level of performance skills to style your «actual combat" kumite ", " kata " » ,



It is noted that the most important implications of the loss of adaptation to the player is the loss of the nervous system of the state cope with the training load requirements, and this appears when you follow the coach of the rates of heart with the player and that fits with always port load level, where in the case of the low level of achievement for the player and his adaptation to training loads carried out within the unit training, the effort to make the top of this functional adaptation in the first place lead to alert the nervous system responsible for the attempt to balance career by increasing the heartbeat of the player rates, and the coach here must be alert to the need to perform loads of training tend to increase the size of the load training with no rise strongly pregnancy except to the extent permitted a high level of achievement gradual manner codified until the player is required from the achievement of the level of returns without exposure to the risk of overtraining pregnancy that affect the dynamic rhythm of the performance skills of the style of your «actual combat" kumite ", " kata "».

Traipse with success for all.

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