A comparative study on effectiveness of out of training means of mobilization orientation in pre start preparation of elite fencers

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Abstract

Purpose: To show effectiveness of out-of-training means of mobilization orientation in pre-start preparation of elite fencers.

Material: In the research 12 elite sportsmen-fencers participated.

Results: It was found that under influence of the worked out pre-start complex (during 15-18 minutes), comparing with traditional warming up (40 minutes) more expressed mobilization effect was registered. This effect also lasted longer time. Higher stimulating effects of pre-start complex are proved by confident differences in sportsmen’s special workability (p< 0.05).

Conclusions: The achieved stimulating effects reduced duration of general warming up to twenty minutes. It permits to more rationally organize pre-start training of fencers in comparison with application of traditional means.

Keywords: Martial arts, fencing, preparation, out-of-training, means, competitions

Introduction

Make progress toward carefully adjusted arrangement of trainings and rivalry loads, rest, eating, methods for usefulness reclamation and incitement, useful stores activation is a significant bearing in flawlessness of current preparing framework [9, 13]. Improvement of this heading is associated with expanding of out-of-preparing and out-of-rivalries elements’ job: functionality incitement implies in preparing arrangement of athletes. It is likewise important to coordinate them with substance and direction of rivalry working in each sort of sports [2, 3]. Acknowledgment of this bearing of explores is somewhat significant for fencing. Ongoing time in this sort of sports intensity has been expanded; duels have gotten more strained and dynamic. The current pre-begin preparing framework doesn't generally relate to eccentricities of present day framework of rivalries lead [5, 17, 20]. Investigation of logical methodical and extraordinary writing demonstrated that there was sure deficiency of works, given to increment of exceptional usefulness in direct arrangement of athletes for rivalries [10, 18, 19]. In our past investigates we worked out extraordinary complex of additional preparation implies, which were utilized all things considered of customary pre-rivalry heating up of fencers. The worked out by us complex of additional preparation implies comprises, primarily, of activities with accomplice, joined by unique breathing mode. In activities athlete survives obstruction, which can differ in wide reach and adjust to possibilities of athlete's muscles. The got in past investigates information observer about sure impact of the worked out complex of additional preparation implies on apprehensive and cardio-respiratory frameworks' markers [6, 7, 8]. This reality filled in as the reason for checking of test complex's adequacy in conditions, which reproduced rivalry working in fencing.

In this association, investigates of existing athletes pre-begin preparing framework's flawlessness and its coordinating with specificities of rivalry working in fencing are critical.

Hypothesis

Application of extra training means in pre start training can increase effectiveness of realization of elite sportsmen-fencers’ main technical tactic actions.
Purpose, tasks of the work, Material and Methods
The purpose of the research is to show effectiveness of not training means of mobilization orientation in pre-start preparation of elite fencers. In the research elite male fencers participate (n = 12, from them 6 were international players from clubs of 18-24 years’ age).

Results of the research
States of fencing rivalries’ direct don’t generally allow to ideally acknowledge pre-fire heating up potential. First class athletes face the way that frameworks of rivalries’ direct at public and global levels are considerably vary. These differentiations will be viewed as when sorting out direct groundwork for rivalries. For instance: incredible number of public competitions took not over one day. Inside this period athletes will pass capability stage, comprising of 6 duels (5 pricks in each); and phase of direct retirement. The phase of direct retirement comprises of roughly similar amount of duels (15 pricks altogether). Rejection is just competition of the most grounded fencers, which took two days. Investigation of rivalry working consequences of public joined group shows, that 90% of athletes practice just one general and extraordinary heating up not long before capability phase of rivalries. Simultaneously the vast majority of worldwide rivalries have more intricate structure. In phases of World Cup or competitions of "Great prize" arrangement fencers need to contend during two days. The main day incorporates capability stage. After it a few duels follow (greatest three) by arrangement of direct retirement. With it cases, when athletes’ desire for their duels can keep going for a few hours, are somewhat regularly. In such case it is important to rehash unique and general heating up. Investigation of rivalry working and numerous years’ experience of exhibitions at competitions license to state that customary arrangement of athletes’ pre-begin preparing can be adequately successful at home-grown rivalries. In any case, it shows critical hindrances at worldwide level. These detriments are associated with not discerning use of pre-start activation implies. In its turn, it is associated with the way that customary pre-fire heating up of fencers almost doesn’t contrast from the utilized in preparing measure. It is very obvious that consistent use of dull heating up activities doesn’t bring about required practical movements in athlete’s creature. Moreover, the current arrangement of pre-start impacts requires rather much time.

In this association our examination was given to looking for of such methods for athletes’ pre-start arrangement’s association, which would allow to advance pre-fire heating up and guarantee solid activation impacts in different states of rivalry working. For increasing of sportsmen’s pre-start training effectiveness we worked out complex of out-of-training means of mobilization orientation. In the process of experimental complex’s working out we considered specific features of competition functioning. Interval between warming up and main competition functioning seems to be exclusively important. As a rule total duration of warming up is from 60 to 90 minutes. With it duration of general part of the warming up is 40-50 minutes. Duration of interval between warming up end and main competition functioning beginning varies in wide range, depending on stage of competition: from 10-20 to 45-60 minutes (see fig. 1). Interval between warming up end and beginning of competition’s qualification stage is usually from 15 to 25 minutes. With it sportsmen try to maximally approach the end of warming up to the start of competition functioning. It is connected with the fact that sportsman shall be present near the place of his duel 15 minutes before the beginning of competition. It is a requirement for the referees to check the presence of sportsman and the presence of appropriate signs on their equipment. Besides, qualification fight is not conducted simultaneously. That is why expectation of first duel can take in average 10-20 minutes.

Duration of warming up effects depends to large extent on the character of fulfilled exercises, sportsman’s fitness and his individual features. In competition of “A” category sportsmen shall wait in special “call room”, for long period of time (25-30 min.) Then sportsmen will have to go to sports track and perform without additional warming up. In this connection means of pre-start training, permitting to maintain mobilization potential after warming up, are of great practical significance [2, 3].

The researches, conducted earlier [6, 7], showed that application of the worked out by us complex positively influences on functional indicators of sportsmen’s organisms and permits to receive long lasted adaptation (mobilization) effect. Such approach seems to be exclusively important in conditions of non-stable system of competitions on national and international levels.

Results of our research point that application of the worked out complex of pre-start impacts instead of warming up general part permits to substantially shorten warming up time in the whole. In its turn it permits to reduce physical tension level and preserve forces for further competition functioning. In our research it is shown (fig.2) that the most effective application of pre-start impacts is 45 minutes before the beginning of competitions.

It is connected with the fact that under influence of the worked out pre-start complex (which took 15-18 minutes) in contrast to traditional warming up, taking 40 minutes, more expressed mobilization effect was registered.
This effect continued longer time. It is proves by indicators, showing fencers’ special workability: indicators of sportsmen’s neuro-dynamic functions, of cardio-vascular system’s response to endured load [6, 7, 8]. Comparative analysis of the indicators before and after application of experimental pre-start impacts’ complex showed confident improvement of simple and complex visual-motor reaction time (p<0.05), as well as confident increase of training impulse (p<0.05); indicator of “doze-effect” impact in response to the fulfilled work. Besides, we registered high subjective self-assessment of sportsman’s state; increased workability, high quickness, quick restoration after loaf in special warm up, feeling of freshness and wish to participate in competitions (combat readiness). The presented data witness about positive influence of experimental complex on indicators, which are in the base of fencers’ special workability. These indicators show at demand in further perfection of pre-start training system in this kind of sports.

Discussion
The fulfilled research permitted to substantiate demand in further perfection of pre-start training system and purposefulness of experimental out-of-training means’ complex application in variable conditions of elite sportsmen’s competition functioning. The received results permit to say that the offered complex increases effectiveness of sportsmen’s pre-start functioning. As a result – it increases organism’s potentials for realization of existing functional potential. The received results witness about positive influence of experimental complex on organism’s functional potentials of elite sportsmen.

The results of the research noticeably supplement theoretical ideas about specific features of pre-start preparation’s organization for elite fencers at modern stage [11, 17, 19, 20]. We also confirmed results of a number of authors about demand in complex and rational application of training and out-of-training means in system of sports training. Such approach results in increase of competition functioning effectiveness in the whole [2, 9, 13]. Besides, we supplemented theoretical principles concerning realization of elite sportsmen’s functional potential in process of direct preparation for competitions [1, 4, 12, 14, 15, 16] as well as the data about modern approaches to optimization of elite sportsmen’s pre-start training with the help of out-of-training means [10, 17, 19].

Conclusions
Analysis of the results showed that modern system of pre-start training in fencing has a number of disadvantages and in most cases contradicts to modern competition system in fencing. It weakens possibility of organism’s reserves realization and does not ensure optimal structure of competition functioning. It was shown that the worked out complex of pre-start impacts positively influence on functional indicators of sportsmen’s organisms. Maximal stimulating effect of experimental complex application is observed in period from tenth to thirties minute after application of the complex. The achieved stimulating effects reduced duration of general warming up to twenty minutes. It permitted to more rationally organize pre-start training of elite fencers, comparing with traditional means usage.

References


