

ASSESSMENT STANDARDS OF MOTOR COORDINATION CAPACITY FOR MALE KARATE ATHLETES AGED 13-14 IN THU DUC DISTRICT, HO CHI MINH CITY

Tran Trung Khanh⁽¹⁾; Duong Van Phuong⁽¹⁾

Abstract:

Using conventional scientific research methods, the study has selected 05 eligible tests to assess the motor coordination capacity for male Karate athletes in Thu Duc district, Ho Chi Minh City. On such basis, we have built classification standards and transcripts to evaluate the capacity of motor coordination for the study subjects.

Key words: Standards, motor coordination capacity, Karate athlete, Thu Duc District, Ho Chi Minh City

INTRODUCTION

Karate is a sport of direct personal combat with diverse and complex activities, high transformation and creativity. The characteristics of movement in Karate require the athletes with good skills and techniques to perform in ever-changing conditions with all various and unexpected situations. The varying process of receiving and handling information requires that the athlete must have a high level of techniques -tactics, psychology - physiology, physical fitness, especially the motor coordination capacity. This capacity is very necessary to perform the technical movements as well as complete the competition tasks.

Karate athletes aged 13-14 in the research of the study are in the initial training stage (specifically, the initial specialization stage). The main purpose of this stage is to create general and professional premises for future sports achievements with the task of comprehensive and harmonious development of the body, improving the functional abilities, creating a rich range of skills and motor technique. Of which, it is impossible not to mention the development of physical qualities in general and the capacity of motor coordination in particular. Therefore, it is essential to develop a standard for evaluating the capacity of motor coordination for Karate athletes in general and male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City in particular.

RESEARCH METHODS

During the research process, we have used research methods: Analysis and synthesis of documents; interview, discussion and Statistical mathematics.

RESULTS AND DISCUSSION

Through pedagogical observation, reference to documents, direct interviews with experts, determination of reliability and informative of tests, we have selected 5 tests to assess capacity of motor coordination for Karate athletes in general and male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City. They include:

Test 1: Punch into 4 cross targets 1m away from the center for 20 seconds (times)

Test 2: Side kick into 2 opposite targets 3m apart 20 seconds (times)

Test 3: Front stance, combination of front kick and roundhouse kick for 15 seconds (times)

Test 4: Front stance, combination roundhouse kick and reverse punch for 15 seconds (times)

Test 5: Front stance, fan-shaped reverse punches into 3 targets 1m away from the center for 15 seconds (times)

1. Developing standards to evaluate motor coordination capacity for male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City

In the process of assessing the capacity of motor coordination for male Karate athletes at the age of 13-14 in Thu Duc District, Ho Chi

(1) Master, Banking University of Ho Chi Minh City

Table 1. Classification standards to evaluate motor coordination capacity for male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City

No	Test	Very good	Good	Average	Poor	Very poor
1	Test 1	>42.04	42.04-42.03	33.46-42.03	30.60-33.45	<30.6
2	Test 2	>21.75	20.00-21.74	16.50-19.99	14.75-16.49	<14.75
3	Test 3	>17.58	15.95-17.57	12.69-15.94	11.06-12.68	<11.06
4	Test 4	>19.73	17.99-19.72	14.51-17.98	12.77-14.50	<12.77
5	Test 5	>45.31	42.59-45.30	37.15-42.58	34.43-37.14	<34.43

Minh City, the evaluation standard is an important basis for the athletes to assess the ability themselves and the coaches to control the training in order to gain high achievement in the training of athletes.

We use the rule 2δ in developing standards for assessing the capacity of motor coordination. The results presented in Table 1.

Based on the table of classification standards, the coach just needs to conduct the tests in accordance with the standards, record the achievement and compare to the standard table (Table 1) to assess athletes' capacity of motor coordination.

Table 2. Transcript of evaluating motor coordination capacity for male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City

No.	Test	10	9	8	7	6	5	4	3	2	1
1	Test 1	43	42	41	39	38	36	35	33	32	31
2	Test 2	23	22	21	20	19	18	17	17	16	15
3	Test 3	18	18	17	16	15	14	14	13	12	11
4	Test 4	21	20	19	18	17	16	15	15	14	13
5	Test 5	47	45	44	43	41	40	39	37	36	34

calculate the general score of all test results by the athletes, thereby comparing the test results of the athletes with each other easily, more accurately and classifying athletes more simply.

CONCLUSION

- Selecting 5 qualified tests in assessing the capacity of motor coordination by Karate athletes at the age of 13-14 in Thu Duc District, Ho Chi Minh City

- Developing a table of standard classification and a transcript of evaluating the capacity of motor coordination for research subjects

REFERENCES

1. Aulic I. V (1982), *Evaluation of sports training level*, (translated by Pham Ngoc Tram),

2. Developing transcript to assess motor coordination capacity for male Karate athletes aged 13-14 in Thu Duc District, Ho Chi Minh City

The tables of classification standard to assess the physical fitness level for female Sepak Takraw athletes at the age of 13-14 in Yen Bai province have developed a quite excellent study that allows evaluating each specific criterion, but in overall evaluation, these tables are limited. To solve this problem, the study has converted the intermediate measurement units to the C scale. The results are presented in Table 2.

The results of Table 2 allow the coach to

Sports Publishing House, Hanoi.

2. Le Buu, Nguyen The Truyen (1986), *Testing physical and sports capacity*, Ho Chi Minh City Sports Publishing House.

3. Duong Nghiep Chi, Nguyen Danh Thai, Ta Van Vinh et al. (2003), *Actual constitution of Vietnamese people aged 6-20*, Sports Publishing House, Hanoi.

4. Tran Tuan Hieu (2004), "Research on speed strength development by Karate athletes (aged 12-15)", *Doctoral thesis in educational science*, Institute of Sports Science, Ha Noi.

5. Le Van Lam, Pham Xuan Thanh (2007), *Textbook of Sports Measurement*, Sports Publishing House, Hanoi.

(Received 31/10/2019, Reviewed 4/11/2019 Accepted 25/11/2019

Main responsible: Tran Trung Khanh; Email: trantrungkhanh1979@gmail.com)