



Methods Of Preparing For A Fight In Thai Boxing

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ABSTRACT

The article discusses the functionality of a Thai boxer. Methods for developing the physical components of an athlete are analyzed.

Keywords:

Thai boxing, Muay Thai, technique, endurance, strength, speed, athlete, development.

Thai boxing (true name "Muay Thai", which means "free fighting"), which is the cultural heritage of Thailand, with a unique tradition that has a long history, has recently become very popular in the world. This is the most modernized type of martial art for modern sports, an amazing synthesis of a spectacular full-fledged duel and a real combat fight. The boom of Thai boxing is based not so much on exoticism, as was the case with karate in the sixties, but on the high efficiency and entertainment of this type of martial arts. In Russia, Muay Thai began to be cultivated and intensively developed quite recently - in the early 90s of the last century [58, 135]. To date, from a scientific point of view, a number of aspects of this sport have not yet been studied. The limited literature on Muay Thai that is available mainly addresses the problems of teaching movement techniques and some issues of tactics. Most of this literature is of a popular nature and does not reveal the essence of the various aspects of athletes' training and its structure.

The continuing increase in the level of sports achievements and the intensification of

competition within the country and in the international arena urgently require intensive development of the problem of targeted training of Thai boxers, by searching for the most effective forms, means and methods of the educational and training process. To achieve high, stable results in martial arts, the level of physical fitness of an athlete is of paramount importance, including developing the ability to demonstrate motor qualities: strength, speed, endurance, flexibility and agility. These qualities cannot be manifested in isolation; there are always certain conditions under which an accentuated education of one or more qualities is possible. Thai boxing places high demands on the manifestation of such important physical qualities as strength abilities (maximum strength, explosive strength, speed-strength endurance) and mobility in the hip joint, since the effectiveness of combat operations largely depends on the optimal level of development of these qualities.

Some people still believe that Muay Thai is a shortened name for Muay Thai. In fact, Thai boxing is a European form of Muay Thai and it is not the same thing. The main difference is that

in Thai boxing the use of elbows is prohibited, and in a number of subtypes you cannot attack with knees to the head. In addition, Thai boxing does not involve the traditional ritual of Ram Muau, the musical background of which is Wai Khru. Finally, in Thai boxing the judges do not encourage prolonged clinch action. All these are signs of a separate type of martial arts with its own rules.

Modern Thai boxing has undergone significant changes in terms of the athlete's attitude to his health and the development of the functional and physical abilities of the body. Before its popularization throughout the modern world, Muay Thai was considered an effective weapon capable of protecting a fighter in certain situations, as well as the ability of certain segments of the population to occupy a certain financial status, without sparing their health in extreme cases. Now Muay Thai has acquired more humane roots. Now this is a martial art, defined according to certain rules, allowing a fighter or a simple student who is not interested in the sport of Muay Thai to bring his body to a certain level and increase its functionality. The level of development of physical skills in Muay Thai depends on many components. For example, how well an athlete masters the technique of various methods of attack and defense, the tactics of their use in combat interaction, the ability to perform various precise movements in frequently changing conditions of training and combat, the need to perform their designs in martial arts. All these parameters are based on the main components of physical development, agility, speed, strength, endurance and flexibility. Muay Thai training consists of two parts: repeated repetition of the basics - basic Muay Thai techniques and training with a partner, sparring. Here athletes practice real combat skills. In Thai boxing, along with strength, speed and endurance (as isolated conditioning qualities), the sensorimotor component is of dominant importance. The speed of an adequate reaction to the attacking actions of the enemy is a quality that predetermines the success of a Thai boxer fight. To develop physical skills, many different training methods are used, which are divided into continuous and

intermittent methods of performing the exercise. Each of them has its own characteristics and is used to improve certain components, depending on the parameters of the exercises used. By changing the type of exercise, its duration and intensity, the number of repetitions, and the duration and nature of rest, you can change the physiological focus of the work.

The uniform continuous method consists of one uniform exercise of low to medium strength with a duration of 15-30 minutes and up to 1-3 hours. Allows you to develop the aerobic abilities of the body, the ability to tolerate hypoxic conditions that periodically occur during acceleration and are eliminated with a subsequent decrease in the intensity of exercise, trains those who practice "patience" and cultivate strong-willed qualities.

This situation indicates the importance of developing a methodological arsenal based on the individual characteristics of athletes to increase the effectiveness of the training process of athletes in Muay Thai. Our research is aimed at solving this problem, which indicates the relevance and timeliness of research in our chosen direction. Based on the above, the hypothesis of the study was the assumption that the physical training of qualified athletes in Muay Thai will be more effective when using a set of means of ongoing control based on an integral assessment of physical fitness and parallel correct use of physical exercises in the training process.

The theoretical significance lies in the fact that the results obtained complement the theory and methodology of sports training for qualified athletes in Thai boxing with new information that makes it possible to increase the effectiveness of the training process based on the use of physical training methods for qualified athletes of light weight categories in Thai boxing, including a methodology for integral assessment of physical fitness and training programs aimed at increasing the level of general and special physical fitness Thai boxers. Scientific knowledge has been expanded regarding the criteria for assessing physical fitness in Muay Thai at the training stage of training athletes.

The practical significance lies in identifying significant tests, developing differentiated scales for assessing general and special physical fitness of qualified athletes of light weight categories in Thai boxing; development of a methodology for integral assessment of the physical fitness of qualified Thai boxers, which allows promptly obtaining information about the level of physical fitness of athletes based on absolute and relative estimates; development of methods of physical training for qualified athletes of light weight categories in Thai boxing, practical recommendations for constructing the training process and assessment of general and special physical fitness of qualified athletes of light weight categories in Thai boxing.

Main provisions submitted for defense:

1. Monitoring the physical fitness of athletes in Muay Thai at the training stage will be more objective when using an integral assessment, which provides quantitative and qualitative characteristics using developed special tests and rating scales.

2. Uniform development of its components of physical fitness of athletes in Thai boxing will be possible when using programs educational and training sessions during five microcycles of the general physical training stage, as well as eight microcycles of the special physical training stage of the preparatory period of the training annual cycle.

3. The method of physical training of athletes in Thai boxing, the main components of which are the method of integral assessment of physical fitness and the program of educational and training sessions with the correct use of training means in the preparatory period of the annual cycle at the training stage, has a positive effect on the indicators of training and competitive activity of athletes.

The reliability of the results obtained is ensured by the choice of well-founded initial theoretical positions; using a set of methods that correspond to the objectives of the research; confirmation of the hypothesis by the results of experimental work; statistical processing of results and their correct interpretation. The effectiveness of using the

research results is confirmed by two acts of implementation.

Based on the research, a methodology for teaching basic Thai boxing techniques has been developed. In the first year, stances are studied, the ability to control distance is developed, grips are studied, and the technique of punching and kicking is taught. In the second year of training, in addition to consolidating the studied material, more complex strokes were trained and improved in terms of coordination. To develop martial arts skills, a specialized gaming complex was used.

While learning the basic technique, master the rules: do not close your eyes when performing movements and strikes by your opponent; keep your head slightly tilted forward; to do this, while practicing strokes, hold a tennis ball between your chin and chest; do not lower your hands, do not open your chin or face; do not make unnecessary movements, do not open up; do not step back, for this purpose conduct a training fight when the athlete stands in the corner of the ring (hall); immediately after the blow, take a fighting stance; immediately move from defense to attack; at the moment of defending with a bounce, exhale through the nose and strain the muscles of the limb performing the defense; at the moment of striking, exhale through the nose and tense the muscles of the limb performing the strike; keep your jaw clenched; relax muscles during pauses; parry a blow with an opposite limb; cover your head not only with your arms, but also with your shoulders; do not turn your back on your opponent; put as much mass as possible into the blow, strike with maximum speed; After a blow, return the limbs as quickly as possible. During the learning process, one should determine the predisposition to preferentially perform certain technical actions. It is necessary to improve signature combinations, determine the distances at which athletes prefer to box, that is, formulate a fighting style - technical, tempo or knockout.

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