SPEED DEVELOPMENT METHODS FROM MARTIAL ARTS IN THE MIDDLE SCHOOL

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Summary

I chose this case study because I believe that the introduction of methods from martial arts world to develope speed in classes of physical education and sport in the 5th and 8th grade will lead to a lifting level of training and education of speed and why not a way to attract and provide a greater motivation among pupils to develop this motric quality. And I say this because I do not know how many of us noticed when we pass near to a school yard in the side, children who spend their energy in reproducing or imitating various martial arts movements seen on television or videogames. And we, as future teachers of physical education and sport can use this waste energy in a constructive manner, using them to awaken their interest.

Introduction

Speed is the human capacity to perform motric acts and actions by the whole body or only certain segments, in a short time possible (the maximum fastness).

Speed is very important motric quality, especially in sport motric acts. Higher or lower speed of a person depends on the most of the part of the genetic endowment that he has. This motric quality can be developed, though even if a more or less, through a systematic training from ages like 7-8 years, but a particular attention is given to develop this quality is granted at ages like 11-14 years age considered to be optimal for achieving the most important developments of qualitative nature.

To ensure the desired efficiency is necessary that speed drills to run in the first part of the lesson, in the forth link, immediately after the pupil body was well prepared for the effort. Must acknowledge that the addition of short high intensity efforts (speed), repeated too often can proceed only in accordance with theirs ability resistance of those pupils.
defending the need to work differently on homogeneous groups and ensuring adequate rest intervals.

Factors which determine speed

They are many and varied; they divide in genetic (biological, psychological, hereditary endowment) and pedagogical factors.

Regarding biological factors, most important are:
- mobility nerve processes venue, alternating speed of the excitation processes with those of inhibition;
- reaction time which depends on the quality of nerve, muscle, the synapses;
- speed of muscle contraction after nerve excitations;
- driving speed of nervous influx (afferent and eferent) via the nerve;
- ability to coordinate muscle groups;
- length segments involved in activity, mobility, muscle elasticity;
- fiber type which comprises the muscles white fibers - fast fibers, red fibers - slow fibers.

Manifestations

Speed of response - is time of motric reaction contained between 140-180 thousandths parts of a second per analyser.

- 140 to cutaneous analyzers;
- 150 to the soundanalysers;
- 180 to the visual analysers.

Motric reactions are classified into:

Simple motric reaction consisting in acquired responses practiced at known stimuls but which they appear spontaneously;

Complex motric reaction which involves developing responses (selection, combination, corrected), the response has not been practiced in advance and answers are based on actions of adversaries or partners, the conditions of competition, preparing answers before speed signals reaction.

Execution speed (movement frequency) - measured by time spent at the beginning of a motric act or action to the end of it (single movement). Is determined by acquiring skills, performance techniques and motric skills in its manifestations and must be a precise relation between force and speed.

Speed of repetition - the number of acts (motric actions) performed in a predetermined time unit. Is conditioned to the tempo and rhythm of movement.
**Speed of movement** - variation of speed of execution and repetition. Many people play the phenomenon only at speed movement and from this point appear all doubts. Running speed is identical with speed considering that in the small spaces, improvised you can not develop it.

**Other motric speed variants**: speed power sistem (plyometrics), speed mode resistance, speed regime skill.

**Development methods**

Above all we must know that the main way to develope speed both within lessons of physical education and sports and martial arts the development of speed is conducting exercises with speed and great effort in terms of loads (tasks) within five 5 and 6 seconds, when the body is in a state of optimal excitability so after selective influence locomotor link.

Breaks between repetitions should be between 1-4 minutes.

Because pupils fail to make maximum efforts duration and distance are short.

**The methods used in physical education and sports** classes consist of exercises of attention (the execution of rapid movements beeps), layers of different positions, relay race and games based on speed, running with acceleration (up to 40 m), running speed (25-30 m), technical elements of other sports.

**Speed in martial arts** is one of the most important conditions in carrying out any attack or defense techniques. The most important method used is the repetition method, in condition of optimal nervous system excitability and without the body be tired. Development methods in the martial arts requires repetition rate conditions eased, but with maximum tempo, different techniques of hitting, input signal into battle positions, techniques or movements performed against time.

The following table shows in pararel some guide exercises used within hours of sports and martial arts world, namely the exercises used in full contact fighting Kyokushin Kay style.

<table>
<thead>
<tr>
<th>PHYSICAL EDUCATION</th>
<th><strong>To speed response</strong></th>
<th><strong>Martial Arts</strong></th>
<th><strong>To speed response</strong></th>
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<tbody>
<tr>
<td>I.</td>
<td>Slight running, at sound signal change of direction folowed by speed running until to another sound signal. Repeats of race startings from seated squat</td>
<td>I. From stand sitting on visual signal: sudden turn at 180°, with entry into a fighting position; Lying face or back at visual sign lift in a fight position.</td>
<td></td>
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position with your back towards the direction of movement.
Games: who caught, catches the ball bounced of the wall, fighting cocks.

<table>
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<tr>
<th>Speed of execution and repetition</th>
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<tbody>
<tr>
<td>I. Basketball ball pass, volleyball, handball by a known procedure with a partner or a wall for 30 seconds, in a competition form; Running with game ankles at another sound signal start running with lift knees at maximum tempo (6-10 sec)</td>
<td>I. Repeated execution of a striking technique; II. Shadow boxing; III. Who runs the contest more punches series, 20-30 sec; Catch the ball in a push up</td>
</tr>
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<tr>
<th>To speed movement</th>
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<tr>
<td>I. Accelerated running at variable distance (15-20m); II. Running on the spot with high speed for 10 seconds; III. Pupils in line formation with the back to the movement direction at sound signal start to move back, at the next signal turn and accelerate until the next signal</td>
<td>I. Throw and go; II. Follow the train.</td>
</tr>
</tbody>
</table>

**Conclusions**
To demonstrate the results I will work with a group of 10 pupils aged between 11 and 14 years. Initial and final assessment methods are the same as in the curriculum(Running speed, running with acceleration, etc.).

**Bibliography:**

**Titlu:** Utilizarea metodelor de dezvoltare a vitezei din artele marţiale în gimnaziu.

**Cuvinte cheie:** dezvoltare, viteză, arte marţiale.

**Rezumat:** Am ales să abordez acest subiect deoarece sunt de parere că introducerea unor metode de dezvoltare a vitezei din domeniul artelor marţiale în cadrul orelor de educaţie fizică şi sport în clasele V-VIII va duce la o ridicare a nivelului de pregătire şi educare a acestui act motric de bază şi de ce nu, o cale de a atrage şi a oferi o motivation mai mare în rândul elevilor pentru a dezvolta aceasta calitate motrică, şi spun asta pentru că nu ştiu câţi dintre noi a observat în momentul în care trecem pe lângă curtea unei şcoli în recreaţii, copii care îşi irosesc energia reproducând sau imitând diferite mişcări din artele marţiale văzute la televizor sau la jocurile video. Iar noi ca viitori profesori de educaţie fizică şi sport putem folosi această risipire de energie într-un mod mai constructiv, folosindu-ne de acestea pentru a le trezi interesul.

**Titre:** Utilisation du methodes de développement la vitesse des arts martiaux à l'école intermédiaire.

**Mots-clés:** vitesse, développement, les arts martiaux.

**Résumé:** Nous avons choisi d’aborder cette question parce que nous avons pensé que l’introduction de méthodes pour accélérer le développement des arts martiaux dans les classes d’éducation physique et de sport V à VIII conduira à relever le niveau de la formation et l’éducation de cet instrument pilote de base et non un moyen d’attirer et de fournir une plus grande motivation chez les étudiants à développer ce moteur de faible qualité, et je dis cela parce que je ne sais pas combien d’entre nous a remarqué en passant près d’une cour d’école en vacances, les enfants perdent leur énergie reproduisant ou imitant les mouvements des différents arts martiaux vu à la télé ou les jeux vidéo. Et comme nous les enseignants d’éducation physique et du sport peuvent utiliser cette énergie perdue dans un esprit constructif, de les utiliser pour nous d’éveiller l'intérêt.