



RESEARCH ARTICLE

THE EFFECT OF COUNTERATTACK EXERCISES ON THE EFFECTIVENESS OF THE SKILL PERFORMANCE OF SOME KUNG FU WRESTLING SKILLS

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ABSTRACT

Background: Counter-attack is one of the important planning methods that the player always relies on, in the transition to the offensive stage, where the player attacks back associated with defensive movements or the performance of his counter-attack at the same moment, when the other player attacks (Yamamoto, 2005). **Aim:** Design a training program to measure the effect of counter-attack on the performance of some kung Fu wrestling skills. **Methods:** Experimental program on 12 kung Fu players from Minia University Team. **Results:** Skill performance improvements for some kung Fu wrestling skills after completing the program. **Conclusion:** Improving the offensive effectiveness level performance of the variables under consideration. Improving the levels of defensive performance.

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INTRODUCTION

Counter-attack requires that a player has a great deal of flexibility and agility so that he can quickly use his skill and motion abilities to surprise his competitor by the counter-attack accurately and effectively. (Ericdominy, 2000). Also, matches planning demands that the player has defensive, offensive methods and a counter-attack according competitor advantages and his planning methods) (Kozmik, 2002). Players differ in their abilities in counter-attack according to weight. Light weights players are able to counter-attack better, because of the fast motion and the effective defend. (Hargregves, Bafil, 1999)

MATERIALS AND METHODS

Subjects: Counterattack training program was applied to 12 kung Fu players from Minia University team for an interval of 12 weeks from 1/10/2019 to 22/12/2019 At the Doctors Academy, Minia, Egypt, about 4 training units per week Unit time is 90 minutes, Pre and post measurement were used for one experimental group.

Sample Selection condition: The desire of kung Fu players and their willingness to participate in the implementation of the research experiment, the training age should not be less than (5) years, that the kung Fu player holds at least the third place in the republic.

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Instrumentation: Training platform. Protective Gear. Training clothes. Wrestling doll. A laptop. Video camera for recording and photography.

Procedures: The player performs his offensive mission for two minutes and the opponent performs his skills during the match. The number of wrestling moves made by the player, and the correct wrestling moves of the player are calculated in order to measure the effectiveness of the attack. The number of wrestling moves made by the opponent, and the correct wrestling moves of the opponent, are calculated in order to measure the effectiveness of the defense.

Statistics

Independent Variable: Counterattack training program.

Dependent Variable: Efficiency of skill performance.

Statistical method used: Mean, Median, Standard deviation, Skewness, t- test, Use of Spss for Statistical processors version (22).

RESULTS

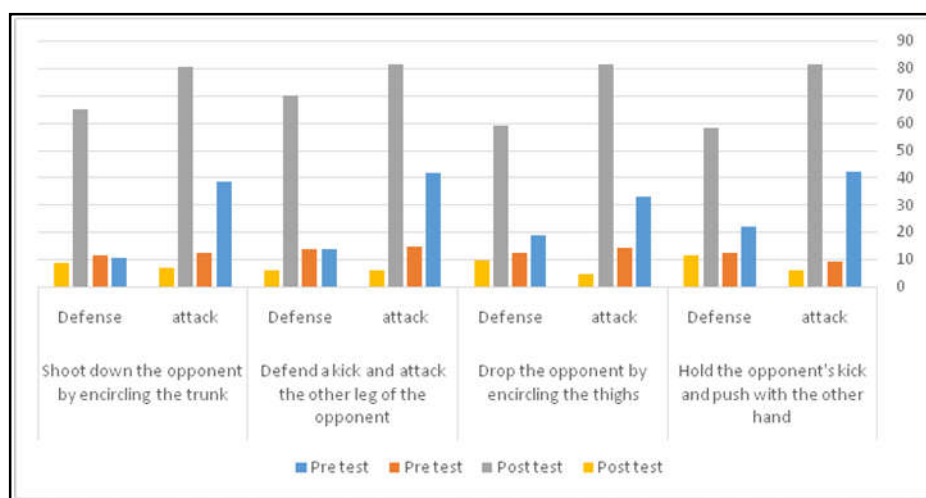
There are statistically significant differences between the previous and subsequent measurements in the effectiveness of the skill performance of some kung Fu wrestling skills, as all values are greater than the tabular value (T) of (1.80) at the level of statistical significance (0.05) in favor of posterior measurement as shown in the table (2), Figure (1) shows an improvement in term of the offensive effectiveness level

Table 1. Description of the research Sample

N=12	Age(Yrs.)	Height (Cm)	Weight(Kg)
Mean	21.83	174.17	73.00
Median	22.50	175.00	71.50
SD	1.47±	4.00±	6.00±
Skewness	0.90-	0.56-	0.34

Table 2. The significance of differences between the pre post measurements of Effectiveness of skill performance

N=12			Pre test		Post test		Change ratio	T.T	Sig P.value
			Mean	SD	Mean	SD			
Hold the opponent's kick and push with the other hand	attack		42.03	9.21	81.27	5.87	39.24	12.44	0.00
	Defense		22.08	12.33	57.93	11.54	35.85	7.35	0.00
Drop the opponent by encircling the thighs	attack		32.90	14.30	81.12	4.41	48.22	11.16	0.00
	Defense		18.61	12.22	59.04	9.72	40.43	8.97	0.00
Defend a kick and attack the other leg of the opponent	attack		41.35	14.66	81.33	5.92	39.98	8.76	0.00
	Defense		13.89	13.53	69.76	5.96	55.87	13.09	0.00
Shoot down the opponent by encircling the trunk	attack		38.53	12.32	80.22	6.65	41.69	10.31	0.00
	Defense		10.56	11.25	64.88	8.60	54.32	13.29	0.00

**Figure 1. Average differences between pre and post measurements**

performance of variables, and The performance of the defensive effectiveness level of the variables after applying the program using counter-attack exercises.

DISCUSSION

Increase the effectiveness level performance of offensive and defensive skills for some throwing skills for the kung Fu player using counter attack exercises, where there is a direct relationship between counter attack training and the effectiveness of the skill performance of the variables under study, the player must have good shooting skills a high degree of counter attack performance, In proportion to the various and different situations during the competition.(Boguszewski D, Boguszewski K, 2006). Players differ in their ability to carry out a counter-attack by changing their weight. Light weights have the ability to perform offensive missions and speed of defense, unlike medium and heavy weights.(Harrington, 2002)

Conclusion

Increasing skill level is related to counter-attack exercises, so players must be trained in these exercises to win competitions.

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