



## THE METHODOLOGY FOR PREPARING A RESERVE OF YOUNG KARATES THROUGH THE IMPLEMENTATION OF AN INDIVIDUAL APPROACH

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### ABSTRACT

This article provides information on the possibilities of creating a fundamental base in the preparation of young karatekas by applying the sequence of training blocks, forming the continuity of preparation types, developing endurance qualities in young karatekas, and preparing them for competition.

### KEYWORDS

Kata, karate, team, individual, model, block, program, training process, physical preparation, general and special physical preparation, technical-tactical preparation.

### INTRODUCTION

In the global sports practice, special attention is being paid to including karate as a sport in prestigious competitions such as the Olympics, World Championships, and high-ranking qualifying tournaments, as well as to training promising karateka [2,5]. Giving priority to such a strategic tradition is crucial in today's sports practice. Emphasis is placed on conducting intense karate training 2-3 times a day, increasing endurance for the repetitive loads in long competition cycles, and starting from this age stage, developing physical, psychofunctional, and technical-

tactical abilities. Additionally, great importance is being given to developing methodologies for planning the annual training processes for karatekas [4,6].

Objective of the study: The objective is to develop proposals and recommendations aimed at improving the endurance abilities of young karatekas

#### Tasks of the study:

1. To study and analyze the individual characteristics of young karatekas.

2. To determine the performance indicators of young karatekas' preparation.

3. To develop a model for enhancing the endurance abilities of young karatekas.

### Research results and their discussion

In recent years, significant experimental data has been gathered on developing age-related model characteristics. At the same time, we applied various methods in the training process, especially during the teaching and initial training stages. In sports activities, modeling is considered important for creating and utilizing models to effectively manage the training process. This is based on identifying rational methods for constructing different aspects and components of the training. This necessitates the development of a model for the individualization process aimed at enhancing the endurance of young karatekas. All of its components ensure the consistent, targeted, and fundamental development of endurance, physical qualities, and technical preparation in young karatekas. The model consists of five blocks: diagnostic, pedagogical (the methodology for individualizing endurance development), performance, monitoring (monitoring and adjustments), and the implementation of an individualized approach.

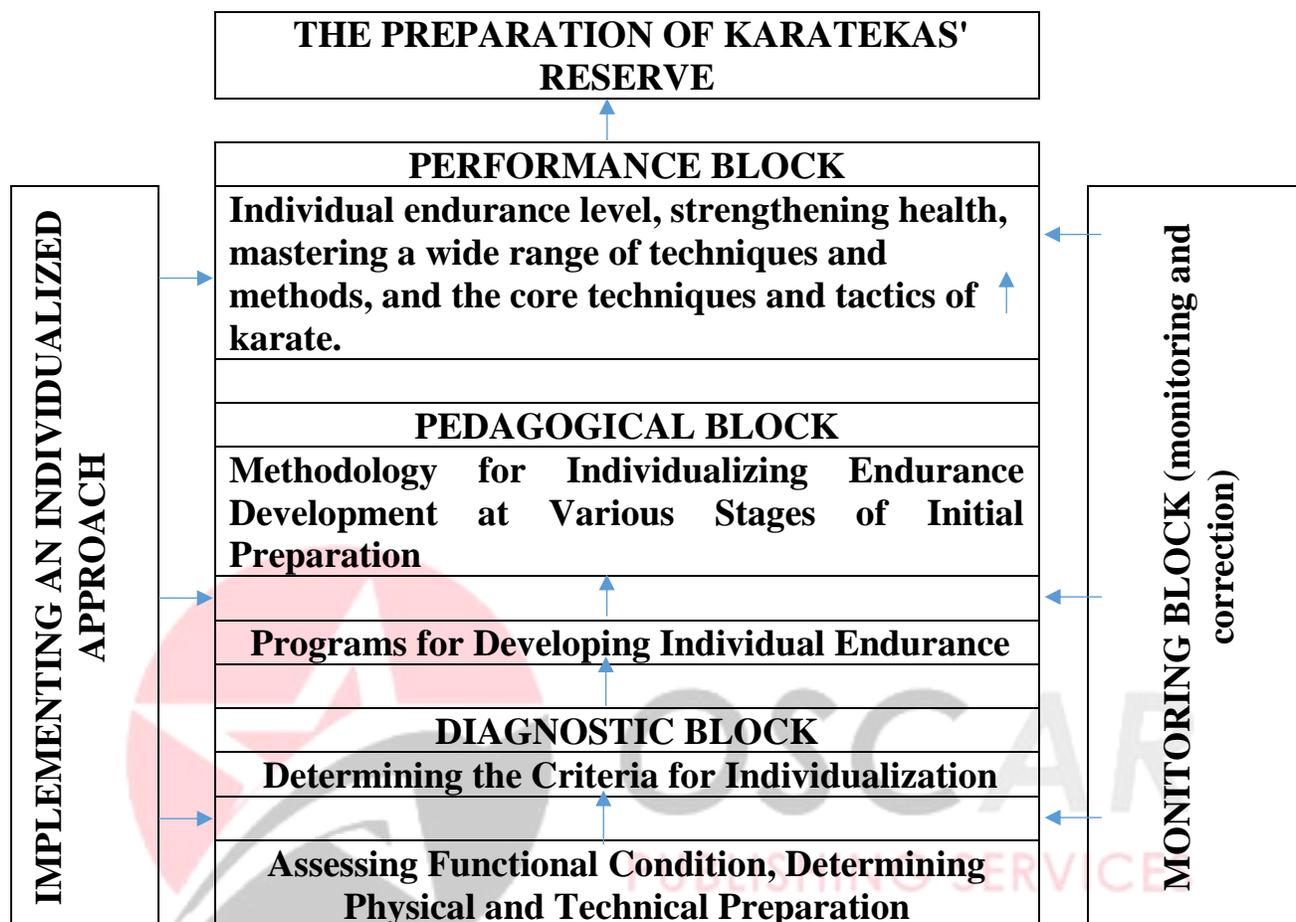
The diagnostic block includes two sections:

- a) Assessing the functional condition, physical, and technical preparation;
- b) Determining the criteria for individualization.

The first and essential step in the path of individualization is studying the characteristics of participants and the objective conditions of their activities at the initial stage. When using diagnostic research methods, the functional condition and physical preparation level of the young karatekas are determined. Based on the information gathered, different aspects of preparation are evaluated, and the "strong," "weak," and "average" aspects of individual preparation are identified.

During our research, the model was developed for enhancing the endurance of young karatekas based on the individualization of the training process. This model was applied in the training sessions of the young karatekas in the research group. In preparing the reserve of young karatekas, we focused primarily on an individualized approach during the training.

Our model consists of five blocks. The first block focused on the individual endurance level, strengthening health, mastering a wide range of techniques and methods, and improving the effectiveness of karate's core technical and tactical preparation. In the second, pedagogical block, attention was paid to refining the methodology for individualizing endurance development at various stages of initial preparation. As for the third block focused on defining the criteria for individualization. In the final block, the training sessions of young karatekas were monitored, and the techniques and methods were adjusted according to the individual characteristics of the participants.



1. picture: The model for developing the endurance of young karatekas based on the individualization of the training process.

Analyzing the components of the diagnostic block provides the coach with essential information to accomplish the tasks of developing agility using the "individualization of the group" method. The main component of the proposed model is the pedagogical block. Depending on the direction of the lesson or specific tasks, individual endurance development programs were developed at various stages of preparation each year. During the research process, the development and testing of the methodology for

enhancing endurance was carried out as a significant part of the overall foundation for developing physical qualities. The highest hierarchical level of the model is occupied by the performance block, which serves as the most general integral indicator of physical preparation. 12-13-year-old karatekas, achieving the highest results in competitions has a long-term character, and the effectiveness of their primary preparation is paramount. The functioning of the model blocks ensures the control and adjustment of

the individualization process for developing endurance. The implementation of the model allows for the formation of individual endurance levels, the mastery of a wide range of movement skills, and the acquisition of karate techniques and tactics. Based on the proposed model, a methodology for developing endurance has been developed, focusing on the individualization of the training and competition process as a foundation for the comprehensive functional development of young karatekas. In planning each macrocycle included in the academic year, we paid special attention to the targeted direction, composition, sequence of endurance development at various stages of preparation, the timing of control checks, and the scheduling of tests, competitions, medical examinations, and rehabilitation activities. During the initial preparation phase of the first academic year, we focused on developing overall endurance, achieving a high level of general physical fitness, and establishing a stable technical foundation. We divided the preparation period into two phases: general preparation and special preparation, planning the training sessions accordingly. In the general preparation phase, we set tasks not only for developing aerobic capacities but also for maintaining special physical preparation over extended periods. Additionally, we aimed to maximize the development rates of respiratory processes and to enhance fundamental movement skills. We focused on learning techniques and preparing the body for subsequent high special loads. This was achieved by performing a large number of exercises from cyclic sports aimed at developing endurance. The duration of this phase was 4.0–4.5 months. During our research, the application of the model for developing the endurance abilities of young karatekas in the training process led to

enhancements in endurance quality, and advancements in their technical and tactical preparation levels.

## CONCLUSION

By applying the four-block model developed by us for enhancing the endurance abilities of young karatekas, we have achieved improvements in mastering physical and technical-tactical elements, as well as increased opportunities to achieve high results in competitions. Additionally, the overall physical preparation of the karatekas improved by an average of 11.5%, while their special physical preparation improved by 10.5%.

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