

## **Increase in Level of Intellectual Qualities at Kik-Bokserov at the Stage of Profound Sports Specialization**

**Frolov E. V.**

Candidate of pedagogical sciences, associate professor, Ulyanovsk pharmaceutical college

**Petryakov A. V.**

Trainer-teacher of the first category, Club of kickboxing and boxing "Companion", Ulyanovsk

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**Abstract:** *Purposeful development of intellectual properties causes activation of cognitive and motive work of the kickboxer, consciousness of the mechanism of action of muscular activity on search of personal methods of execution of the main technical ways, productive ways of realization of kinesiological potential.*

**Keywords:** *kickboxing, intellectual qualities, motive memory, creative thinking, attention.*

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### **RELEVANCE OF A RESEARCH**

Now became obvious that effective remedies which were successfully used by trainers and athletes of single combats of prior generations don't answer conditions of today any more. In this context use of evidence-based techniques of forming of intellectual qualities at kickboxers is of special interest. Confirmation to it is research experience and theoretical concepts of such authors as I. S. Kolesnik (2010), V. K. Boards (2004). In publications of these specialists it is noted that creation of effective techniques for increase in level of intellectual qualities is decisive factor growth of sporting achievements in many types of combat sports.

For kickboxing the high-quality out gaming of the competitor by method of cunning acceptances, uses of unexpected original combinations is distinctive that has connection with manifestation of analytical opportunities, motive memory, perception, attention and others. The kickboxing disciplines, creates self-sufficiency, an obligation, and persistence, skill surely to work in the sudden situations which are formed on a ring, providing these multidimensional formation of the kickboxer.

Relevance of this work is caused by awareness of requirement of disclosure of the latest methods of increase in improvement of competitive activities of kickboxers, on the one hand, and not a manor of techniques of forming of intellectual qualities of kickboxers at a stage of profound sports specialization, on the other hand.

### **RESEARCH PURPOSE**

Increase in efficiency of process of intellectual training of kickboxers of 18-20 years.

### **RESEARCH PROBLEMS**

1. To study and analyse data of scientific and scientific and methodical literature on this problem.
2. To develop and to experimentally prove feasibility and efficiency of a technique of increase in level of intellectual qualities of kickboxers of 18-20 years.

### **RESEARCH METHODS**

Analysis of scientific and methodical literature, pedagogical observation, testing of physical fitness, pedagogical experiment, methods of mathematical statistics.

### **RESULTS OF A RESEARCH AND THEIR DISCUSSION**

Scientific experiments on a task of enhancement of educational and training and competitive work are limited generally to a research of the separate materials providing a surplus of sports qualification though doesn't witness cardinally to correct a situation of increase in return of sports training of kickboxers. The structured technology to the analysis of content of progressive system of sports

training of kickboxers of 18-20 years, a research of the legislative and regulating documents causing increase in claims to their preparation permits to find the main directions of increase in its performance by method of enhancement of intellectual preparation [1].

Forming of perception, motive memory, logical, creative thinking and analytical skills promotes transformation of the athlete from passive object of education in an intensive subject of self-education that does additional efforts for rise in fitness. Purposeful development of intellectual properties causes activization of cogitative and motive work of the kickboxer, consciousness of the mechanism of action of muscular activities on search of personal acceptances of execution of the main technical methods, productive ways of implementation of kinesiological potential. Forming of intellectual properties promotes awareness of the importance of self-development agrees with an effective objective. The research and execution of system of independent tasks as compound detail of educational and training process promotes increase in sports professionalism [4].

Development of a technique of their education is considered the backbone moment providing increase in effectiveness of competitive speeches of the kickboxer. Disclosure of more notable qualities of the person and sequence of their formation is considered the required pedagogical condition of improvement of sports ability of kickboxers.

For improvement of motive memory to kickboxers of experimental group the conditions providing much the best storing of specialized knowledge, also studied movements became:

- installation on perception and assimilation of the concrete size of theoretical material on an exact subject;
- sequence of execution of details of the motive act;
- arousing enthusiasm to the most detailed and absolute storing the necessary data;
- activization of cogitative work as method of statement of exact tasks;
- a support on the present knowledge and movement skill;
- variability of repetition of the studied reception;
- development of abilities of self-checking.

Systematic control of dynamics of formation of motive memory allows to use supportive applications for its formation. Characteristic feature of thinking of the kickboxer his tendency on disclosure of internal and external interrelations between different technical means which choice and application is caused by the solution of ensemble of singular motive objectives is considered: disclosure of a distance, successful for this stage, suitable acceptance of maneuver, tempo-ritmovykh of characteristics of movements and so on. Formation of independent way of thinking is directed to creation of opportunities to different cogitative transactions: to allocation of the separate, rod episodes characterizing effectiveness of the used method with their subsequent consolidation in the uniform motor act. Formation of this component in experimental group was executed at a personal deal; the necessary messages for manifestation of independent way of thinking became. With this purpose dependence of effectiveness of competitive work on value of formation of reproductive thinking was explained to athletes; increase in powers for bigger freedom of motive acts, manifestations of self-sufficiency, realization of own natural inclinations and opportunities.

Increase in characteristics of the main intellectual qualities is caused by a specialized tendency of the organization and content of educational and training process; reasonable choice of means and ways of teaching and training; realization of the main pedagogical moments and educational actions activating intellectual and motive work. Stimulation of the cogitative actions aimed at synthesis various events of conducting a fight, and search of more productive solution of the motive purpose, guarantee ability to resist to stressful situations and is guaranteed to embody the structure of the motive act planned prior to boxing fight. Initial level of intellectual training of boxers of control and experimental groups was determined by the signs determining the level of formation of perception and attention, the extent of motive and random access memory, independent way of thinking, logical thinking, analytical opportunities.

The step of formation of perception and attention takes place to be in desire of the athlete to see the strongest and weaknesses of training of the rival, to find specifics of carrying out the attacking shocks

and their frequency, to set a ratio of single and serial shocks. The best level of activity permits to catch private, auxiliary and main indices of professionalism, to find more absolute idea of the rival, level of its readiness, distinctive features of behavior in a ring during a duel.

Increase in level of motive memory is connected to a possibility of assimilation and a reconstruction of the necessary data that guarantees progressive formation of intelligence. The number and quality of a reconstruction of diversiform motive acts assists in accurate coordination with their keyword parameters to extension of skill of competitive operation and, so rise of sporting ability. In the course of the pedagogical research it is revealed that use of various pedagogical receptions and system of the aimed tasks has caused increase in key intellectual qualities of kickboxers. So, in KG the level of perception of physical actions has improved - for 23,17% ( $p < 0,05$ ); in EG, respectively, for 34,1% ( $p < 0,01$ ). The gain of indicators of motive memory in KG has made 23,74% ( $p < 0,05$ ); in EG, respectively, 35,77% ( $p < 0,01$ ).

Therefore, systematic formation of intellectual qualities of kickboxers causes high-quality improvement on improvement of characteristics of key intellectual properties of the boxer. In the course of the pedagogical research it has been revealed that use of different pedagogical influences and system of the aimed tasks has caused increase in indicators of key intellectual properties of kickboxers of 18-20 years.

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