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Evaluation of Quick-Power of Boxer in Boxing Competitions

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Annotation: This article describes the use of scientifically based research results in order to optimize the training process of boxers during the planning of the competition process.

Key words: competitions, boxsing, physical training, boxers, biomechanical factors, combat tactics

The difference between indicators of attack and defense actions of both groups' boxers is the following: first-grade boxers and candidate masters of sports (average skill boxers) significantly lag behind boxers of world combined teams by indicators of attack and defense actions. This fact is obvious and does not require any confirmation. Indicators of attack and defense actions of elite boxers can be considered to be model characteristics. Among elite boxers combined team of Ukraine should be noted, which in the team standing won first place. In particular, these boxers were: Pavel Ishchenko (up to 56 kg), Valiliy Lomachenko (up to 60 kg), Denis Berynchyk (up to 64 kg), Taras Shelestiuk (up to 69 kg), Yevgeny Khytrov (up to 75 kg), Aleksandr Gvozdyk (up to 81 kg), Aleksandr Usyk (up to 91 kg). Five sportsmen of the team took prize places. Indicators of these sportsmen are benchmarks for sportsmen, who are in the stage of specialized basic training. In compliance with these indicators, it is necessary to build training of sportsmen-students. In their turn, indicators of sportsmen-students are benchmarks for less qualified sportsmen. Here it would be appropriate to present the data of known specialists, who delivered quite in detail approaches to the application of model characteristics of the best sportsmen at different stages of boxers' training (Gas' kov & Kuz'min, 2011).

Boxing occupies a special place among modern sports. The variety and intensity of motor activity distinguish this sport from others and emphasize its special status in physical improvement. However, the intensity and activity of motor actions are not only determined by a boxer but also by the behavior of their rival in the ring. In other words, there is a close correlation between a boxer's action intensity and an opponent's action intensity during the fight. The situation is different in the training process. Here, the intensity parameters are planned and programmed in advance based on a competitive activity simulation that considers a boxer's capabilities and unique features (Shum et al., 2016). These features should be considered both in general and specific physical training.

Scientific and educational literature on boxing presents various methods of development and improvement of general and specific physical fitness. Some approaches recommend using the methods of volitional training and the development of psychomotor qualities. However, very few authors offer specific methods and techniques for developing general and specific fitness based on the personal traits of boxers, including highly qualified boxers (Andruschishin, 2011).

The main task in the physical training of a high-level boxer is the development of technique and combat tactics, which should correspond to the physical and physiological development of the body. Furthermore, according to some authors, stress tolerance is also a vital component of training. All the above factors contribute to a balance between using different methods of attack and defense during combat.

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Depending on the combat tactics, boxers can use the right and left halves of the body according to the situation. It is known that the effect of attacking actions may depend on a boxer's ability to deliver strong blows with the greatest possible speed. At the same time, the balance of the whole body must be maintained, and a certain precision in the movements has been shown in a study involving fighters from Thailand (Tong-Iam et al., 2017). The researchers used software and modern optoelectronic equipment to create a model of the movements performed by a boxer during direct strikes. An athlete's axis of support was also considered. The model allowed the authors to identify three basic body positions in dynamics. The first is when a boxer transfers their weight to a leg distant from their opponent. It involves the detachment of the toes from the surface. This creates a situation where there is an opportunity to increase the distance of the blow and move the torso on an angular trajectory. The second stage is when the weight is transferred to the near lower limb, which had zero support force until that moment. At this stage, the beginning of a direct blow to an opponent occurs. The second stage takes approximately one-third of the total time used to strike. Finally, there is a complete transfer of weight and the actual striking at the third stage.

Depending on the individual qualities of a boxer and their professionalism, the third stage takes from 30 to 45% of the total time needed for the punch. This stage is important for the performance of direct-type punches in terms of both sports and physical patterns. Such studies are now prevalent. They are state-of-the-art in the science of studying sports and athletes.

In the training process, there are a number of factors that affect the development of speed and strength abilities in boxing. Speed-strength abilities are characterized by unsaturated muscle tension, which is manifested with the necessary, often maximum power in exercises performed at a significant speed, but not reaching, as a rule, the maximum value. They manifest themselves in motor actions, in which, along with significant muscle strength, speed of movement is also required (for example, pushing off in the long and high jumps from a standstill and from a run-up, the final effort when throwing sports equipment, etc.). At the same time, the more significant the external load that the athlete overcomes (for example, when lifting a barbell on the chest), the greater the role of the power component, and with less weight (for example, when throwing a javelin), the importance of the speed component increases. Speed and power abilities include: 1) fast power; 2) explosive power. Fast strength is characterized by unsaturated muscle tension, which is manifested in exercises that are performed at a significant speed that does not reach the limit value. It manifests itself when applying tactical punches and feints to boxers, as well as in false movements, instant defenses, and multi-hit series. Speed and strength abilities depend approximately equally on both hereditary and environmental factors. They manifest themselves not by themselves, but through some kind of motor activity. At the same time, the manifestation of power abilities is influenced by various factors, the contribution of which in each particular case varies depending on specific motor actions and the conditions for their implementation, the type of power abilities, age, gender and individual characteristics of a person. To date, experts identify the following factors that affect the manifestation of power abilities:: muscle, central nervous, personal-mental, biomechanical, biochemical, physiological factors, as well as various environmental conditions in which motor activity is carried out.

Muscle factors include: contractile properties of muscles that depend on the ratio of white (relatively rapidly contracting) and red (relatively slowly contracting) muscle fibers; the activity of muscle contraction enzymes; the power of anaerobic energy supply mechanisms for muscle work; physiological cross-section and muscle mass; the quality of intermuscular coordination. Muscle contractility, along with the anatomical structure of the muscles and their physiological cross-section, is determined by the composition of muscle fibers, that is, the ratio of different types of muscle fibers within the muscles. The ratio of slow and fast fibers in the muscles of individuals is a genetically determined characteristic and changes slightly during training, mainly due to the transformation of

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transition fibers into slow or fast ones. At the same time, as a result of adaptation to speed and strength training, slow muscle fibers can acquire some of the properties of fast fibers.

Fast muscle fibers can acquire a number of properties of slow fibers as a result of endurance training. The essence of central nervous factors is the intensity (frequency) of effector impulses sent to the muscles, the coordination of their contractions and relaxation, and the trophic influence of the central nervous system on their functions. The readiness of a person to show muscle effort depends on personal and psychological factors. They include motivational and volitional components, as well as emotional processes that contribute to the manifestation of maximum or intense and prolonged muscle tension.

Biomechanical factors (the location of the body and its parts in space, the strength of the links of the musculoskeletal system, the size of the displaced masses, etc.) have a certain influence on the manifestation of strength abilities.), biochemical (hormonal) and physiological factorsfeatures of the functioning of peripheral and central blood circulation, respiration, etc. Hereditary prerequisites in themselves do not guarantee sufficient development of speed and strength abilities. Systematic physical exercises are a prerequisite. As a result of systematic and purposeful use of speed-strength exercises, significant physiological changes occur in fast muscle fibers, their thickness increases, and the content of contractile proteins actin and myosin, the main energy source of myoglobin, increases.

Basic movements are the basis for athletes to perform physical training and special movement skills, and in the modern training theory, insufficient basic movement ability will lead athletes to compensate for training movements through muscles and joints other than the target part of the training when performing training movements, which will lead to the long-term adverse effects of nonstandard training movements on athletes' training effects and may cause sports injuries [1, 2]. In this test, deep squats, front and back split-leg squats, straight knee leg lifts, shoulder flexibility, pushups, and rotation stability were used as the items tested, and in the test results, 3 points were recorded for being able to complete the movement according to the standard, 2 points for completing the movement under compensation, 1 point for not being able to complete the movement, and 0 points for feeling pain during the completion of the movement. No warm-up exercises were performed before the test, and three consecutive tests were conducted. If 3 points were obtained in one of the tests, the final score was 3. If none of the tests reached 3 points, the lowest score was taken.

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