

## INDIVIDUAL MANNER PARTICULARITIES OF FIGHT CONDUCT IN BOXING

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**Abstract.** In the article are analyzed some competitive activity characteristics of professional boxers. It is presented a video analysis of the high- skill boxers. There are analyzed individual manners of fighting conduct of high –skill boxers on the basis of separate fighting episodes at international competitions of the last few years. In the process of video-analysis of the final fights there were fixed the following indicators: distance, types of punches (singular or in bunch), types of defense ( hand, feet , body movements) and the basic form of the used fighting conduct – attack, counter –attack or combined. For this purpose were used the following research methods: analysis of scientific and methodological literature, pedagogical observation of the competitive activity of high –skill boxers, video analysis, and mathematical data processing.

**Keywords:** box, video, individual, manner, analysis.

**Introduction.** The study of the literary resources of the last decade allows for the identification of the fact that every physical training stage for boxers has its particular content, volume and intensity of the training loads, their dynamics, correlation of general and special physical training, improvement of technical and tactical skill, psychological training, as well as the appreciation of individual psychophysiologic particularities of sportsmen. [1,3,7]. Considering that every typical style of confrontation has its particularities of competition technique and tactics of fighting conduct [2, 9]. For the improvement of skills and technical and tactical indicators of sportsmen it is necessary to enhance the system of information delivery for the specialists at all levels. One of the results of the learning and training process effectiveness are the indicators of competitive activity of the boxer, which indicate the particularities of his motor system, manner and style of fight conduct [3].

As many authors claim, the manner of fighting conduct depends on the physical and psychological particularities of the boxer and it receives individual representation in his technical and tactical activity, which allows for a bright reveal the of the strong points of the sportsman readiness [1,4,8]. This develops in competitions and training spells over the years. It may be noted, that a significant influence on the manner of

fighting conduct of the sportsman is exerted by the particularities of the state school. Due to this, the search for potential directions and methods of information provision appears to be relevant for the improvement of the training system of the national boxing team. That is why the question of research of high- skill boxers' competitive activity has determined the research timeliness and direction.

**Material-method.** There were analyzed the video recording results of 649 boxing fights, registered at the biggest competitions following the elaborated recording scheme that includes the fight form, methods and means of its conduct which allowed for the identification of a large scale of boxers actions, bigger variability of fight conduct methods and means.

The form of fight conduct was adopted as the basic feature of the fight organization. The method of fight conduct is determined by the distance of the fight conduct, means were the types of strikes (direct, lateral, from below), manner of their execution (singular or bunch), types of defense (hands, feet, body movements).

In conformity with the professional advice we divided conventionally the observed boxers into three groups, depending on their predominant fighting conduct- attack, counter- attack or combined. For this purpose the following research methods were used: analysis of scientific and

methodological literature, video monitoring, and mathematical data processing.

**Results and discussions.** The analysis of the results points to the fact that the group with the attack style comprises 40, 3% of all selected boxers, which indicates the active offensive character. The bigger percentage of this group (41%) revealed the particularities of long and middle range fighting conduct.

The fight, as it known, consists of separate fight episodes; each of these episodes is composed of long range initial fighting with transition and continuation at middle and close range. Some boxers prefer fighting at middle and close range, the others prefer the long range. These differences are caused by a set of characteristics, including the particularities of physical development of boxers (height, weight, chest circumference), individual psychological particularities, highest nervous system characteristics etc. These particularities have determined the fact that 27 % of boxers with the attack style conduct fights at middle range and 32 % at close range.

The large majority of sportsmen that conduct fights in the attack style, box using sets of punches (67%). The boxers from this group tend to get closer to the contender, punch as many times as possible the head and body, obtain an advantage in points and weaken the fighting efficiency of the contender. As it will be shown bellow, the attacking boxers have, as a rule, a short stature, good physical development, shoulder growth, well defined muscles. It is known, that the long range is more often used by taller sportsmen, close and middle range – by sportsmen of lower stature. The determining factor at the choosing of fighting form and range are the psychological particularities. Some sportsmen from the indicated group (33%) prefer the singular punches, the others obtain points by light punches, the third ones apply strong accented punches, and quite often finish the match ahead of time. Almost a half of the group of the attack boxers ( 48 %) use defense actions with the help of legs (step sideward, back-

ward, squats) and body ( slipping, bobbing, cover-up). These actions allow them to free their hands for punching (characteristic feature of the boxers from this group).

The bigger part of boxers (39 %) apply defense with the help of hands and body (parrying, rolls, slipping, ducking). 13% boxers apply defense with the help of hands and feet (parrying, cover-up, steps backward and sideward).

Boxers with attack style conduct the fight at a quick rate, attacking with a set of punches. The body weight of the right-handers, as a rule, is on the right foot, for left-handers – on the left one; in this respect their agility on the boxing ring is limited. The instruction to move only forward makes the retreat quite uncomfortable, because the support leg that is behind does not allow for a timely step backward. According to the data of our research, the attack boxers outrun the representatives of the other groups on the quantity of punches in a fight. Without the emphasis of the particularities related to weight categories, the boxers of this group, on the average through 180 punches during three rounds. Starting the fight in a relatively quick tempo, the boxers gradually increase the tempo to the end of the match [4].

In broad terms the means of conducting a fight used by the attack boxers are variable, and it can be assumed that the use by the sportsman of a certain set of moves is determined by the complex of his psycho-physiological and morphological particularities.

To the group of boxers with a combined style we attributed the boxers that were successful at attacking and counter –attacking. The pointed out group, which represents the modern “dynamic” box was the most numerous (52, 7%). Indicative is the fact that the majority of the Moldovan representative boxing team belongs to this group.

Having a fluid tactics, the boxers with the combined style use a wide range of actions in attacking and defense, depending on the situation created in the ring. A half of this group conducts fights at long and middle ranges, where the initial

fighting starts and the other half tends to continue it at middle and close range. These sportsmen are equally successful at any range, although each boxer has "his" range.

The use of single punches and sets of punches at the representatives of the combined styles are more or less equal: single – 48 %, sets – 52%. The boxers of this group inventively solve the fighting tasks in every concrete situation and depending on that they use single punches or sets of them. The modern boxing is characterized by a big speed of actions, high tempo from the first round. Probably due to this, the boxers from this group have the tendency to use sets of punches rather than the single ones. The initial fighting is conducted with single punches at long and middle ranges, the continuation and development of the attack or counter –attack continue with sets of punches at middle and close range.

The boxers from the analyzed group (45 %) more often apply defense with the help of hands and body (steps backward and sideward, slipping, ducking, cover - up). Less often (31%) defend themselves by cover- up, drop -away, turning, punch stop. 24 % of boxers basically use defense: parrying, step back, side –step.

This way the boxers with the combined style least of all use defense with the help of hands, which fact, is probably, related to the instruction to use the hand movements for deceiving actions. The comfortable initial positions for punching are made with the help of feet and body.

The sportsmen that use the combined form of the fighting conduct the matches in a quick tempo, with an insignificant difference from the attack type boxers. The amount of the punches is about 150. Количество ударов в бою составляет в среднем 150. The performance of the boxers that adhere to this form of fight conduct was higher than the performances of the boxers that use other forms of fight conduct.

The boxers with the counter –attack style were just 7 % among the observed sportsmen, which fact, once again, confirms the opinion about the

active offensive character of the modern box. The "pure" form of the counter –attack style boxers is met extremely rarely, which fact is related to the increase of the density of actions in every round. "The maneuver room" necessary for the counter –attack boxer, wide range of technical and tactical moves due to the tempo increase of the modern boxing are decreased, reduced to the minimum. That is why the counter –attack boxers tend to significantly increase their level of physical condition, which impairs the optimal balance between their inborn specific keen sensibilities (visual – motor analyzer ) and development level of their physical qualities [5,10]. The prevalence of force and endurance suppresses in boxers the sharpness of perception, related to some uncertainty, anxiety, and caution. With the achievement of high level of motor abilities the sportsmen obtain more confidence, which, apparently is supposed to give good results, but here is broken the coordination of the previously elaborated connections [4]. It is known, that in this case it is recommended to have the optimal balance of parameters (elements), so that the integrity of all functions and systems oriented towards success is not damaged [6]. The task becomes more complicated due to the fact, that for every boxer is necessary a strictly individual correlation of motor qualities and specific features, personality characteristics. Hence the reduced number of sportsmen in this group.

The boxers of with the counter –attack style predominantly conduct the fight at long range (69, 7%); by using a good sense of distance, the mistakes of a less experienced adversary, they accurately and carefully prepare the unexpected counterpunches. This fact explains the small number of boxers that conduct the fight at middle (21, 7%) and close (8.6 %) range.

The distance in boxing determines the type of the used punches and the modality of their execution. The large majority of boxers (74%) use in fighting single punches and only 26 % - sets of punches. By striking singular punches at long range, the boxer decreases the risk, because the

second hand is the back up hand. It is known, that at middle and close range the duration of the punch actually equals to the duration of the defensive movement. But at the long range there is a possibility for the timely use of the defense, thus the punch does not go through. The basic motto of the counter –attack boxers – is caution, that is why in a fight they use the sets of punches not very often. While executing the sets of punches the boxer has more chances to miss a punch than during the execution of a single punch and breaking the distance after this. That is why the defense used by this type of boxers is, usually, oriented towards the distance breaking (step back, body slipping, parrying, core –up, side –step etc) [6, 11]. The specific weight of these defenses for the counter- attack boxers, according to our research, is 84, 6%.

Besides these types of defense the boxers with the counter –attack style use body turns, inclinations. Presumably, this part of defenses com-

pensates mobility to some extent, i.e. fluency necessary in the ring for conducting this form of fighting [5, 8].

On the basis of the analyzed video recordings of the box matches one can conclude as follows:

The combined manner of fighting conduct is universal and the most effective. The majority of famous boxers (champions and winners of world and European championships, and also Olympic Games) advocate the universal combined boxing with the permanent alternation of attack, counter –attack and defense actions.

The recent amendments of AIBA rules, related to the change of the fighting formula and taking off the headgears for adult boxers, had introduced significant changes in the technical and tactical training of the modern boxing. Due to this there is an increase of the amount of power punches at all levels, and also an increase of the amount of the defense body movements, slipping, bobbing.

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