

# The Effect of Special Exercises Proposed In the Development of Right-Wing Punch Force in the Team of the Faculty of Physical Education and Sports Sciences of Boxing

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## **Abstract**

*The introduction to the research and its importance in training boxers came to develop striking strength in basic boxing skills through the development of exercises. The research problem came from a weakness in the punch strength in the majority of boxers, which led to a fluctuation in performance and this appeared in the recent disturbances between our college and Diwali University, so the researcher suggested developing exercises. A proposal to develop the right-punching force. The aim of the research is to determine the number of suggested exercises and determine their effect on the development of straight blow strength. College of Physical Education and Sports Sciences there are statistically significant differences between the pre and remote tests in the experimental research sample in developing the right punching force in the College of Physical Education and Sports Sciences. The researcher used the experimental approach to deal with the research problem, as well as adopting the same one-group method: experimental with two tests: before and far. The College of Education and Sports Sciences, University of Baghdad, its number is (12). The researcher concluded that the training curriculum developed by the researcher had a positive effect on the multiplication strength in the sample. The researcher recommended applying the training curriculum by the researcher to all Iraqi boxing teams in order to play an active and positive role in increasing the efficiency of hitting force.*

**Keywords:** training boxers, Special Exercises, Physical Education

## **I. Research introduction and its importance**

Scientific progress has opened a wide field to advance the level of various mathematical sciences, which has prompted specialists and scientists in this field to seek and research in order to find suitable modern training methods and methods to obtain and maintain the highest results. The development of punching strength is one of the basic skills of boxing, as it can be done by the method of developing development exercises that contribute to raising the boxer's ability to reach achievement because boxing is characterized by strength, speed and art. Since boxing is one of the individual games, which is characterized by attack, defense and counterattack

at the same time, it also requires strength at the same time to influence the opponent, so training in strength development for basic skills is very necessary from here came the importance of research: In training boxers to develop Hit power for basic boxing skills, through the development of suggested exercises.

### **Research Problem**

The process of (developing the striking strength of basic skills in boxing A) is one of the main factors that work on the athlete's access to the level of achievement, and these factors depend on the style and method of training, and the diversity of use. Of different weights, loads and sizes of training and through the practice of the researcher in his field of specialization and his following curricula and training programs elected at the College of Physical Education and Sports Sciences Luck: There is a weakness in the strike force of the majority of boxers, which led to fluctuations in performance and this is what has been seen in recent battles between our faculty members And Diyala University, therefore, the researcher felt the development of suggested exercises in developing the straight right punch force.

### **Research Objectives**

- Preparation of suggested exercises in developing straight punching force. Team of the College of Physical Education and Sports Sciences
- Walt knew the effect of the proposed exercise on developing the right wing punch force of the College of Physical Education and Sports Sciences

### **Research hypotheses**

There are statistically significant differences between the pre and post tests of the experimental research sample in developing the correct straight hitting force for the team of the College of Physical Education and Sports Sciences.

### **Research Areas.**

- The Human Domain: Team of the College of Physical Education and Boxing Sports Sciences.
- Field time period: 1/30/2019 to 7/4/2019
- Spatial domain: College of Physical Education and Sports Sciences Hall of Boxing / University of Baghdad.

### **Definition of Muscular Strength**

It is the ability to use and encounter various resistances.Or the ability of the muscle to overcome external resistance or confrontation.

### **The importance of muscle strength**

- Muscle strength is a component of fitness.
- Muscle strength is used as a preventative treatment against deformities, birth defects and body imperfections.
  - (McCluey) proved that individuals with muscle strength can record a high degree of general physical ability.

- It is also an essential component of motor ability.
- No sporting physical activity can do without strength.
- Have an effective role in performing skills with an excellent degree.
- Muscular strength gives boys and girls a cohesive formation in all their basic movements.

#### **Factors affecting it**

- Physiological cross-section area.
- Muscle tension angles.
- Directing muscle fibers.
- Chronological age, nutrition and rest.
- Heredity.
- The condition of the muscle before the start of contraction.
- The period of muscle contraction.

#### **Types of muscle strength**

1. **Superpower:** It is the maximum force that the muscular and nervous system can produce in the case of voluntary maximum contraction. Or the maximum strength a person can exert all at once.
2. **Rapid Power:** It is the ability to show maximum strength in the least possible time. Therefore, neuromuscular compatibility has a major role in producing force that is characterized by speed.
3. **Strength resistance:** It is the ability of the muscles to work against external resistance for a long period of time without resolving fatigue. Or it is the efficiency of the individual in overcoming fatigue during continuous effort.

#### **Muscle strength development exercises**

1. Break the parking floor. Loading the weight of bending the knees.
2. Car parking. Bear the weight of the arms.
3. Positions. Load a weight) Walk forward while stabbing.
4. Flatulence. Middle stability) arms extension.
5. (Standing) Landing from a height and then jumping forward.

#### **Ways to develop muscle strength:**

1. Low-intensity interval training: in a way that stamina can be developed.
2. High-intensity interval training: through rapid force development.
3. Repetitive training: it develops maximum strength and distinctive strength with speed.

#### **Types of punches**

**First:** straight punches

**Second:** side punches

**Third:** Upward punches

## **AI. Research Methodology**

The nature of the problem that the researcher deals with requires the adoption of a specific type of curriculum, and the problem under study requires: The use of the experimental approach adopted by the researcher in dealing with the research problem, as well as its adoption. Equivalent one-group method: Experimental with two tests: before and after.

### **Research community and sample**

The researcher chose his sample by intentional method. They are boxers elected by the College of Physical Education and Sports Sciences, University of Baghdad, and their number is (12(

### **Research devices and tools and means of gathering information:**

The researcher used the necessary means through which the results were reached, and these devices, tools and methods are

#### **Devices used in the research**

- IPads type (HP Probook 4520s)
- Video camera type (Sony) Two (2) documents for documentation.
- measuring device Mika Strike Force(Mega-Strike(

#### **Tools used in the research**

- Various office tools.
- Metal metric tape measure.
- The number of Casio electronic clocks (2(
- Legal boxing gloves, 12 pairs.
- Head protectors, count (12(
- Dental protectors, count (12(
- Manual dumbbell.
- Medicine ball.
- Flexible stick.
- Rubber cords.
- Iron exercises.

#### **Information Collection Methods:**

- Arab and foreign sources.
- Global Internet Information Network.
- Iraqi Virtual Library.
- Personal interviews.

- A questionnaire of the opinions of experts and specialists to validate the exercises used in the development of the right-hand straight punch. Appendix 1(
- Names of experts in the field of (training and boxing). (Appendix 2(
- Names of the auxiliary working group. (Suppl 3).

### **Mica Strike Force Meter )Mega-Strike(**

#### **Device specifications**

An English origin that contains a set of tests, including the accuracy test, the method of performance, the boxer stands in front of the pillow in the ready position, and when the stimulus is heard, he must punch as quickly as possible, and the device records the boxer's accuracy in performing the punches.

#### **Registration method**

The speed of the time taken for you after the exciting moment.



**Punch force measurement test**

#### **Exploratory Experience**

The experiment consists in conducting an investigative researcher about ability and power to help her in experimenting with tools, teamwork and tests that an important process recommended by specialists in scientific research is the experiment or test, which is an introduction to the experiment and the largest test. ” ([2]) Therefore, the researcher conducted an exploratory experiment on Thursday, A brief summary on 01/30/2019 at ten in the morning on a sample of six boxers who were excluded from the original experience, and through this experience, they were identified as follows:

- 1- Diagnosing the negatives and obstacles facing the researcher and overcoming them during the implementation of the main experiment.

2- Identify the effectiveness and validity of the tools used in the research, especially the operation of the device.

3- Find out the time required for each test.

4- Knowing the suitability of the test for the sample.

5- Defining the assistant work team on the nature of the tests, the experiment, the use of measurement tools, and the working mechanisms of the devices used

## BI. Field Research Procedures

### Pre-tests

Tests were conducted for tribal research sample on Saturday , a brief summary of 1/2/ 2019 , at exactly eleven o'clock am in the Faculty of Physical Education Hall - Baghdad on a group of research and tests were conducted using a device After completing the tests, the researcher filled out the results in the discharge form

### Exercises used in the research

The training curriculum was for a period of 8 weeks at (2) units per week (16 training units) starting from 9/2/2019 until 4/4/2019. The researcher followed various exercises, including different weights, as well as the hand peg and punching the bag to use various weights and loads, as well as rubber ropes, use of hand shield, training in punching groups, and wearing jackets that contain weights of different weights, as in Appendix No. (1)

### Dimensional Tests

After completing the application of the curriculum, subsequent tests were conducted for the research sample in the experimental group on Monday, a brief summary on 4/7/2019, at eleven in the morning, and the college hall here adheres to the researcher in the same way they conduct the tests, the precedent time, conditions, and procedures, With the same auxiliary team, the data was emptied into the dump form.

### Statistical methods

The researcher used the statistical bag SPSS because it contains all the processors of the research study .

## IV. Presentation, analysis and discussion of the results of the pre and post tests for punching the sample

Table It shows the arithmetic mean, standard deviation, mean of differences, standard error of differences, calculated (t) value, and the level of significance of the sample in the force of pre and post punching

Indication level	(V) Computed	P e	Then	Dimensional		Tribal		Variables
				±p	s	±p	s	

moral	6.53	0.245	1.6	1.924	20.8	1.924	19.2	Punching force
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When observing Table No. (1) which shows the arithmetic mean, standard deviation, mean of differences, standard error of differences, the computed value of (t) and the level of significance, we find that the arithmetic mean of the punching strength test (50%) in the pre-test was a value of (19.2) ) And a standard deviation (1.924), while we found that the arithmetic mean in the test of dimensions was a value of (20.8) and a standard deviation of (1.924), while the mean of the differences appeared with a value of (1.6) and the standard error of the differences was (0.245). When calculating the value of (T), we find it with a value of (6.53). The researcher attributed the change in hitting force to the training methodology developed by the researcher in which he relied on specialized exercises in the boxing game, as training with exercises similar to performance in competition leads to an increase in performance efficiency and this development in efficiency depends on the purposes for which the exercises were developed. The use exercises that are compatible with nature, performing with the general form of performing specialized skills, lead me to better results. ”(3) That training is combined with specialized exercises with increasing the difficulty of these exercises, that is, increasing the intensity of his performance with the help of the methods adopted by the researcher (rubber ropes, Dumbbells, weights) which are similar to performance in competition playing for boxing, which requires a force characterized by speed and explosive strength, which leads to increased difficulty in these exercises and after leaving these attachments, these characteristics required by the performance of punching, that is, the force that is characterized by speed and explosive force, will It develops with the development of the muscles responsible for the performance of these striking skills as a result of the use of aids in training, which the researcher mentioned previously .. Which works with the number of the van will increase and increase according to its ability to output the kinetic energy” (4) and this is what happened to the sample, as through the training curriculum implemented by the researcher on the sample, it was for love the rubber used by the researcher in his research has a role in increasing the difficulty of performance, that is, intensity, and thus increase the efficiency of the force that is characterized by speed and explosive power. The muscles responsible for the performance of punching and the muscles corresponding to the muscles responsible for punching in order to find a balance in the muscle structure of the sample on which the research method was conducted, as well as the use of dumbbells and weights added to the arms and their muscles responsible for performing the punching skill, as these tools had a positive effect and thus this The effect was reflected in the increase in the force of perforation, which was confirmed by previous and subsequent research tests.

## V. Conclusions

1. Boxers had no difficulty using aids while performing specialized training because of their good skill level which was not affected by the use of aids.
2. The gradual increase in the difficulty of specialized exercises from easy to difficult had a positive role in the boxers' familiarity with assistive devices.
3. The training methodology developed by the researcher had a positive effect on the striking strength of the sample.

## **VI. Recommendations**

1. The researcher recommends applying the training curriculum developed by the researcher on all Iraqi boxing teams for the effective and positive role in increasing the efficiency of hitting force.
2. The researcher recommends the gradual use of the aforementioned auxiliary tools to advance training curricula, in order to create a state of adaptation to the increasing difficulty of assistive exercises.

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