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INNOVATIVE APPROACHES TO TRAINING YOUNG KARATE FIGHTERS AT THE SPORTS AND HEALTH STAGE

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Abstract: The article examines the scientific and methodological foundations and specifics of structuring the training process of young karatekas at the sports and health-improving stage of preparation. The authors analyze the structure and key components of the sports training content aimed at harmonious physical development, health reinforcement, and the formation of basic motor skills in children. Special attention is paid to the optimal ratio of general physical preparation (GPP) and special physical preparation (SPP) means, as well as the implementation of the game-based method as a leading tool for maintaining the motivation of young athletes. The paper scientifically substantiates the importance of proper workload dosing, taking into account the age, sex, anatomical, and physiological characteristics of primary school children. It is concluded that rationally organized training content at the initial stage lays a solid foundation for a long-term sports career and the somatic well-being of trainees.

Keywords: young karatekas, sports and health-improving stage, training content, general physical preparation, initial training, game-based method, physical development, youth sports.

In the era of rapid digitalization, urbanization, and the transformation of the educational environment, the problem of preserving the somatic health of the younger generation has acquired a global character. The modern educational process in primary school is associated with a significant increase in intellectual workloads, which inevitably leads to a pronounced deficit of motor activity in children of primary school age (7-9 years). Chronic hypothyroidism serves as a key trigger for the development of a wide range of psychosomatic and physiological abnormalities, including postural disorders, scoliosis, excess body weight, metabolic syndrome, and a decrease in the functional reserves of the cardiorespiratory system.

In the Republic of Uzbekistan, the issues of raising a healthy, intellectually and physically developed generation in harmony have been elevated to the rank of priority tasks of state policy. In accordance with the large-scale State Strategy "Youth of New Uzbekistan – 2030," the modernization of the mass children's sports system serves as a fundamental tool for strengthening the nation's gene pool. Physical education is regarded not merely as an academic discipline, but as a strategic sector for the formation of human capital.

A special place in the implementation of these tasks is occupied by Eastern martial arts, specifically karate (the Olympic version of WKF). In accordance with the Resolution of the President of the Republic of Uzbekistan No. PP-356 dated November 3, 2023, "On measures for the further development of karate (WKF)," comprehensive infrastructural and methodological reforms have been launched in the country. The National Federation was reorganized into the Karate Association of Uzbekistan (WKF), the Karate Development Center of Uzbekistan was established, and the allocation of targeted funding in the amount of 5 billion soums annually to strengthen the material and technical base and digitalize the training process was enshrined at the state level.

The relevance of this study is determined by the presence of acute scientific and methodological

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contradictions that have emerged in the modern practice of children's and youth karate in Uzbekistan. On the one hand, the large-scale launch of the state initiatives "Karate for All" and "Kids Karate" requires the mass involvement of children in the training process starting from the age of 7. On the other hand, in most sports sections and children's and youth sports schools (CHYSS), methods transferred from "adult" sports, focused on early rigorous specialization, acceleration of sports results, and excessive statodynamic loads, still prevail [1].

Anatomical and physiological aspects of age 7–9. Junior school age (7–9 years) is a sensitive (most sensitive) period for the development of coordination abilities, flexibility, speed, and agility. At this age:

• The child's musculoskeletal system is in active formation (ossification of the skeleton is not complete, the spine is excessively elastic and prone to deformation).

• The muscular system is characterized by weak development of the ligamentous apparatus and large muscle groups that maintain posture.

• The cardiovascular and respiratory systems possess high reactivity, but a low level of work savings during anaerobic loads.

Forced instruction in complex combat elements of kumite (fights) or kata (demonstration complexes) without the preliminary creation of a robust base of general physical training leads to physiological disruption of adaptation, increased childhood injuries, and subsequent refusal of the child to engage in sports.

Regional specificity and medical-biological balance. In the conditions of Uzbekistan, characterized by high child population density in regions and climatic features (hot dry climate), the dosing of physical load at the sports and health stage requires jewel-like precision. A critical need arises for the medical-biological balancing of the training process. The sports and health stage should not be viewed as a tool for selecting "elite" athletes; its primary function within the framework of implementing the "New Uzbekistan" Strategy is to compensate for daily movement deficits, improve health, enhance the body's overall productivity, and maintain a steady interest in physical culture.

The necessity of developing a new methodology. Existing standard initial training programs for BSMEs are often standardized and do not account for the variability of the physical status of modern children, many of whom come to the sections with various deviations in somatic health (the so-called group of "healthy people with disabilities"). The implementation of inclusive elements provided for by the "Karate for All" program (including work with persons with physical disabilities) requires flexible, modular training.

Thus, the scientific relevance and practical significance of the study lie in the necessity of moving away from the rigid sports paradigm of primary karate and transitioning to an individualized, health-preserving, and game-based methodology that allows for the effective development of coordination-motor potential in children aged 7–9 without harming their somatic health. This approach will lay a scientifically grounded foundation for the long-term and successful integration of karate into the physical education system of New Uzbekistan.

The modern system of multi-year sports training in children's and youth sports represents a set of theoretical, methodological, and organizational conditions and consists of the following stages: sports and health improvement; initial preparation stage; training and training stage; stage of sports mastery improvement, and stage of higher sports mastery [2, 3, 4].

The main task of the sports and health-improvement stage is to strengthen children's health and introduce them to regular physical exercise sessions. For this purpose, an effective means is exercises of comprehensive physical preparation, which will lay the foundation for health and bring diversity to the training process. The main means of training impact in the sports and health stage are: general

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developmental and special exercises, active games, basic movements and their varieties, as well as a small volume of exercises focused on the chosen sport [5].

Developed methodological approaches to karate training at the sports and health-improvement stage the impact of homogeneous exercises provided for in the physical education program material for primary school students on the general physical fitness of young athletes; accounting for the psychological and physiological characteristics of young schoolchildren when planning physical activity;

- ensuring the necessary competitive activity of young athletes; ensuring the transition of novice athletes to other types of combat sports), will effectively solve the tasks of training young karate fighters.

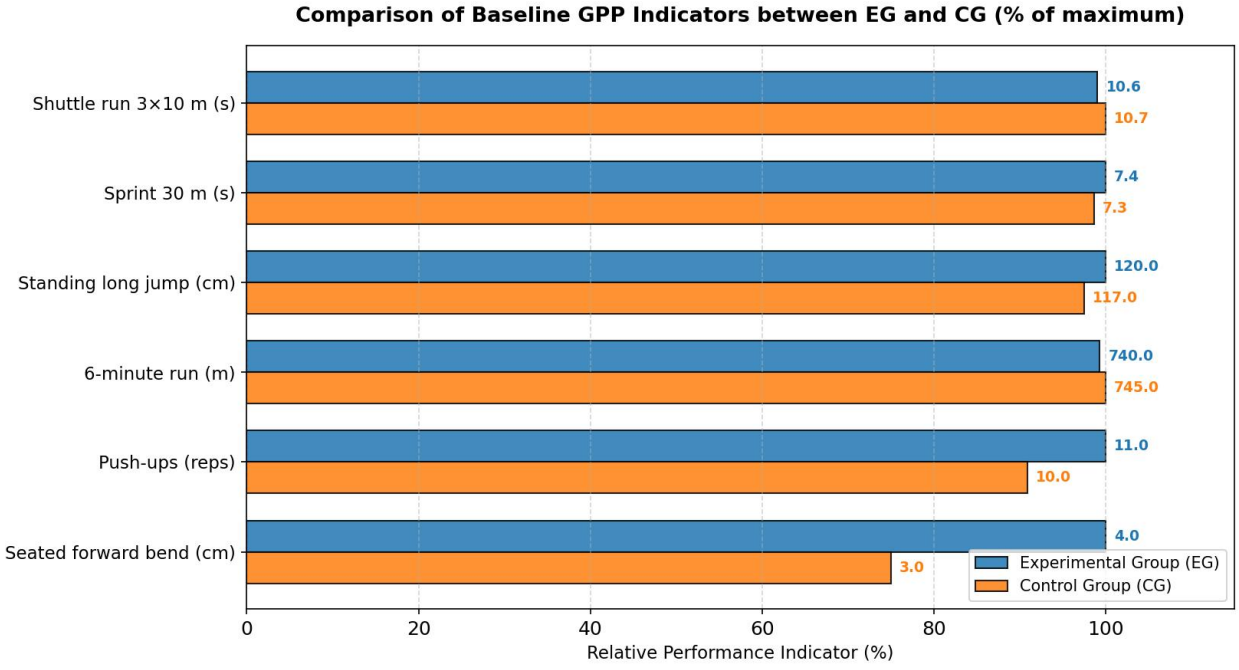
Evaluating the effectiveness of the experimental training plan for karate athletes in the sports and health stage was conducted based on a set of indicators reflecting the training or functional readiness of young athletes:

changes in indicators reflecting the formation of general physical fitness of young karate athletes from the beginning to the end of the training stage.

Analysis of indicators to assess the degree of increase in the functional reserves of their body and the severity of the cumulative training effect. Studying the impact of physical exercises on the bodies of young athletes requires, first and foremost, the most correct assessment of the body's functional state and the appropriate dosage of physical exercises.

Figure 1 presents the physical fitness indicators of young karate athletes in the control and experimental groups at the beginning of the study.

Figure-1. Comparative data on the results of control exercises for 7-9-year-old martial arts athletes (primary data)



One of the criteria for the effectiveness of the experimental training program with young karate athletes was the influence of homogeneous exercises based on athletic exercises, gymnastic exercises, ski training, and active games.

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An increase in the results demonstrated by the experimental group's karate athletes in the tests: "shuttle run," "speed run," and "standing long jump" was identified. Also, in the EG compared to the CG, the indicators for the tests "folding and extending arms in a prone position," "6-minute run," and "slope forward from a sitting position" improved, but these data are not statistically significant. This indicates that the experimental methodology yields positive shifts in indicators characterizing the specific features of karate, that is, ensures the purposeful development of sport-significant motor abilities inherent to karate as a sport.

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