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MANAGEMENT CULTURE OF STRIKING MARTIAL ART TEACHING

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The article considers the issue of building the culture of management of training high performance athletes in striking martial arts. The characteristic of the management system of training is given from the perspective of its rationality and optimization. Special attention is paid to the socio-cultural representation of the success of an athlete seeking sole leadership in striking martial arts.

The relevance of this study is determined by the insufficient generalization of the theoretical and practical experience of teaching high performance athletes. The accumulated knowledge about the training system, communication with the coach, nutrition, the psychological climate of the sports organization, and medical service makes it correct to consider it as a culture of training an athlete.

The purpose of the study is to consider the system of training a top-level athlete as a culture of his or her development managing. This goal is achieved by solving the following tasks: 1/ Describe the training system of top-level athletes. 2/ Characterise the degree of rationality and optimality of the training system of a top-level athlete. 3/ Describe the system of top-class athlete training as a culture of his or her development management. 4/ Consider the issue of creating the leadership qualities in a top-level athlete in the process of his or her socio-cultural development.

Materials and methods of research. The study is based on scientific works of theoretical and empirical kind on martial arts athletes training. The research methods are analysis and synthesis.

The results of the research are the formation of the category “management culture” for the top-level martial artist development, which broadens our understanding of the training system of a top-level athlete, and consideration of his or her leadership qualities development in the process of socio-cultural activities.

Conclusion. The article suggests the category “management culture”, which expands the understanding of the training system of a top-class martial artist. The justification of the socio-cultural factor impact on the training results of a martial arts athlete and the development of his or her leadership qualities is given.

Keywords: *training system, martial artist, leadership, management culture, martial arts sports school.*

Introduction

At present, a large number of studies on the training of top-level martial artists have been accumulated. The scope of scientific research on the subject includes works of both theoretical and empirical methods, which makes it possible to analyse and generalize the accumulated material in order to sys-

tematize knowledge about the training system of a top-level martial artist. An important role in the accumulation of knowledge of the system of martial artists training is played by teachers of sports universities and specialists of sports schools [6].

This study is focused on the systematization and generalization of the accumulated knowledge and ex-

perience in the field of training of a top-level martial arts athlete. A high performance training of an athlete can not be achieved only through the training itself, it is necessary to create a integral culture of managing his or her development. The management culture consists not only of the structural components of the training system, but also of the synergistic effects initiated by the interaction of these structural components. The synergistic effects of the structural components of the training system are the invisible link that makes it possible to increase the effectiveness of training high-level martial artists.

1. Characteristics of the management culture of training athletes

The culture of training athletes of the highest class includes the following components: sports training, competitions, which factors increase the effectiveness of training and competitions results (material and technical conditions, medical care, nutrition, personal safety of the athlete, the psychological atmosphere in the sports organization). Here the so-called “soft” factors are also included, namely: the culture of training of the athlete, information, trust in the coach-athlete relationship. The factors and components listed above are the objects of management, and the sports manager is the subject of management. Sports training is the most important part of the athlete training management system, which represents, in the most general form, a specialized process that determines the development of various qualities and abilities of an athlete that ensure his or her professional growth in sport [1; 5]. All this takes place on the background of various morphological and functional changes in his or her body, as well as adaptive biological restructuring [2; 9].

The training state is usually considered from the standpoint of special and traditional (auxiliary) exercises that improve health and development of physical qualities, body systems in relation to various types of muscle activity. A broader concept is the **mental preparedness of a martial artist**. Here we distinguish the theoretical socio-cultural knowledge and the psychological leadership attitude. In line with the system of athlete training management it is correct to use the following terms: physical fitness, which is determined by the level of sports training of an athlete, need for achievement, suggesting that the athlete don't recede in face of the difficulties encountered on the way to the goal.

Consider sports competitions that, as part of the culture of the training management, are an objective way to demonstrate the results achieved, as well

as a means of selecting athletes for higher-ranking competitions. Athletes' personal qualities play an extremely important role from the standpoint of knowledge of psychological, tactical, and technical capabilities within a framework of a particular type of striking martial arts, both for achieving results and for organisation of the training process. It is also important to take into account such a thing as **competitive activity**, in which attention is paid not only to athletes, but also to people around them (coaches, judges, doctors, organizers of particular events). Athletes and their environment form a sports community with a social culture. This culture is a factor that influences the training and competition processes.

The culture of managing the training of athletes is also characterized by two more categories, which are considered by us from the standpoint of cultural studies. Firstly, it is a “sports school of martial arts” (an established organizational and methodological system of specific activities, formed under the influence of socio-cultural and economic conditions and the achievements of science and practice of training highly qualified athletes). Secondly, these are **sports achievements**, the level of which is determined by the talent of the athlete and his or her personal qualities, as well as the focus and activity effectiveness of the coaches and other specialists working in a particular sports school of martial arts.

2. Rationality and optimization of the organisation of the sports training process

During the research, we identified characteristics of culture, sports and educational activities at the school of martial arts:

- categorical framework (norms of behaviour, values, mentality, beliefs, competence, methods and techniques of managerial behaviour);
- the limits of the management culture coverage (adaptation to the environment, internal integration, vision for the prerequisites for the rational organisation of the training process of high-level athletes);
- the goal of the management culture (ensuring the usefulness and profitability of the organization, the growth of sports schools of martial arts value, marketability, competence of the organization);
- the driving force of the management culture improvement (socio-economic and organizational dissatisfaction of the leader and the team of the sports school of martial arts);

- ways in which the management culture affects the activities of the sports school of martial arts (external recognition, internal integration, economic security of sports and pedagogical activities, personnel policy, quality of management decisions, socio-cultural potential of the sports and pedagogical staff of the sports school of martial arts);
- mechanisms of changing the management culture (primary and secondary, self-regulation and state regulation). A special role is also played by the mechanisms for managing the integral training of top-level athletes training in striking martial arts.

3. Justification of the integrated training management culture

This type of training is aimed at coordination of various components of a martial artist's sportsmanship (physical, psychological, and tactical-technical). In other words, this is a specific activity of both the athlete and his or her coach, whose purpose is to ensure the complexity and effectiveness of the complex manifestation of all these components together, which initiates synergistic effects. The synergistic effects are the essence of the culture of managerial activity in the "coach-athlete" system. The characteristics of the culture in this regard are related to the methods of building training process, micro-, macro- and meso-cycles. We are also talking about the implementation of a variety of methodological techniques associated with the intensification of competitive activities, the complication of training conditions (or, conversely, their simplification through the use of various modeling devices).

From the point of view of the management culture of athletes' integral training, it can be pointed out that the amount of means of integral influence should gradually increase on an as-needed basis, in the process of training for important competitions. At the same time, it is important to systematically link this process with the increasing functional potential of an athlete seeking leadership in the chosen type of striking martial arts [7; 8].

4. Summary of the research results

We agree with the opinion of the authors who consider the effectiveness of the system of highly qualified athletes training as dependent on the impact of scientific and technological progress (modern sports equipment, high-performance training devices, unique gyms, diagnostic and control complexes). The approach proposed by us in the modern conditions

of development of the physical culture and sports sphere provides building of qualities of moral and physical perfection, tactical and technical skills, as well as knowledge in the field of theory and methods of forming leadership (moral and volitional) qualities [4].

In fact, we are considering out-of-training and out-of-competition factors that increase the performance of a top-level athlete. We call these factors socio-cultural, focusing on two different, but interrelated aspects of the leadership attitude, namely: cognitive (the acquisition of knowledge, skills and abilities necessary for the formation of leadership qualities) and transformative (improving the athlete's physical nature, expanding the boundaries of their capabilities).

As our research has shown, this approach has a great impact on the effectiveness of training and competitions results of a highly qualified martial artist seeking sole leadership [3]. In addition, it is closely related to the means and methods of training adopted by the sports and pedagogical staff of the sports school of martial arts.

At the same time, other factors should be taken into account, which also determine the essence of the management culture of the athlete's training (its development and improvement in striking martial arts). V. M. Zatsiorsky includes in those factors: well-being and mood, behavior, the amount of training work, comments, errors, the amount of shifts in functional systems, information about the cumulative effect (training state) of the athlete.

The rational organisation of the training process assumes its strict focus on the creation of an optimal structure of competitive activity that ensures its effectiveness (V. N. Platonov). This is possible, however, in case when all the factors affecting the training of an athlete seeking sole leadership are taken into account. We propose to identify the socio-cultural factor that helps to streamline the process of management of the training of an athlete and closely link the structure of competitive and training activities with the methodology for identifying the functional capabilities of a particular athlete. At the same time, modelling should play an important role in the systematic development of his leadership qualities. The criterion of rationality and optimality of the training process is "attention" (operational, current and stage-based).

We associate "attention" with the need to model the corresponding processes of sports training. First, the presentation of attention as an operational, current and stage-by-stage phenomenon. Secondly, it is represented by us in the form of a set of costs, the

totality of which determines the “systemic effect” in the form of leadership attitude development. Furthermore, the costs are associated with the search for sociocultural information, an assessment of the possibility of opportunistic behaviour of the competitive activity participants and safety of the athlete, assessment of leadership qualities, negotiation, contract implementation, decision-making, identification of components and their managing (their assessment in the framework of targets). In essence, we are talking about the model characteristics of the mental preparedness of a martial artist (his aspiration for sole leadership). Figure 1 shows a parametric assessment of three types of attention of a highly qualified athlete.

The attention model clearly represents its structure and content (Figure 1). In other words, it is a method of theoretical and experimental research of a particular phenomenon, in this case, attention.

Figure 2 presents in a certain order the key concepts of the study of the training processes of the top-level athletes in striking martial arts. There are three levels of selection that are related to the initial, integral and socio-cultural training, determined primarily by the factor of “attention”. The following diagram gives an idea of the essence of the parametric assessment of attention (Figure 2). In each of the three types of attention, nine parameters are identified, which are justified by the results of our research.

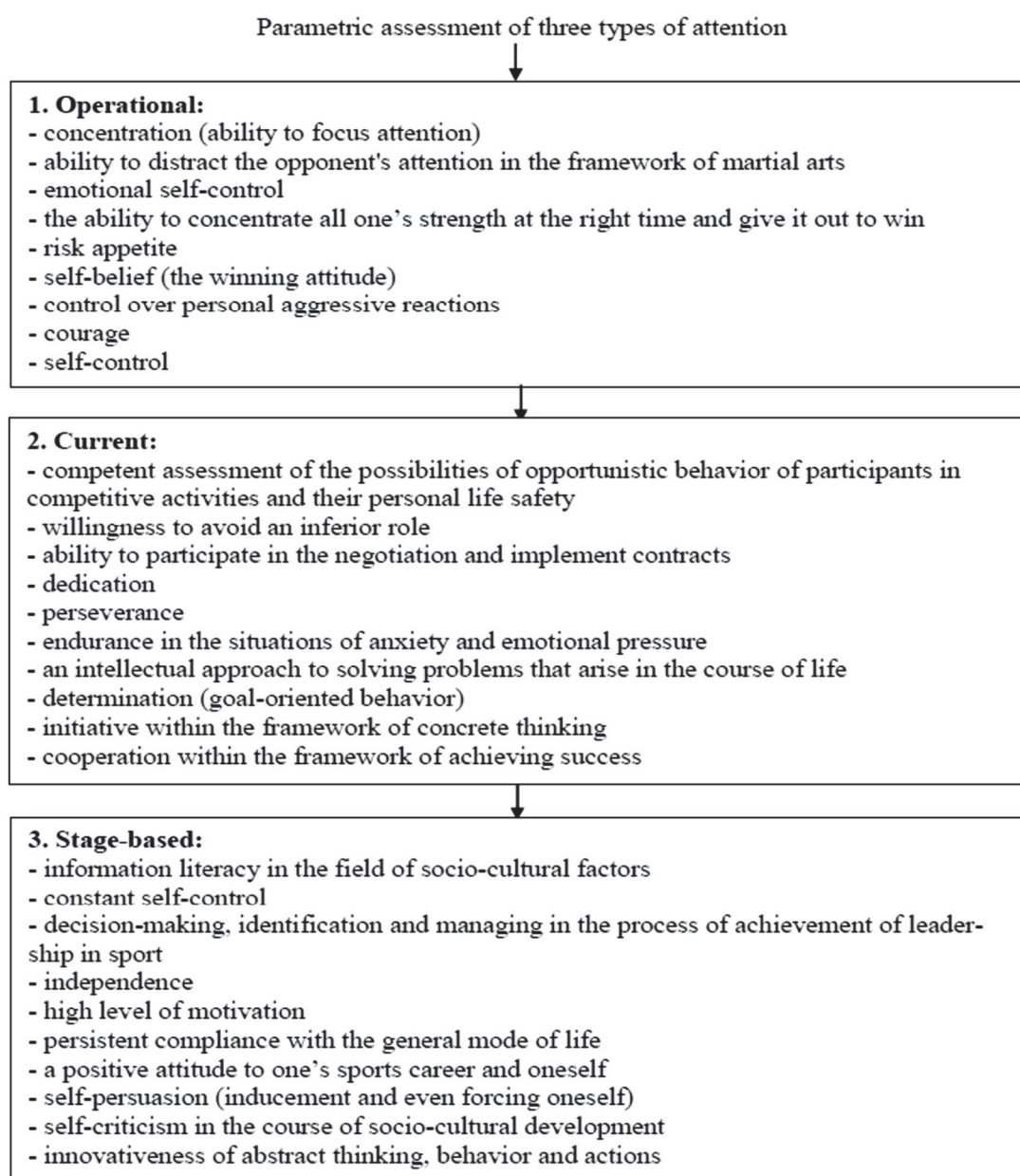


Figure 1. Parametric assessment of three types of attention of a top-level athlete

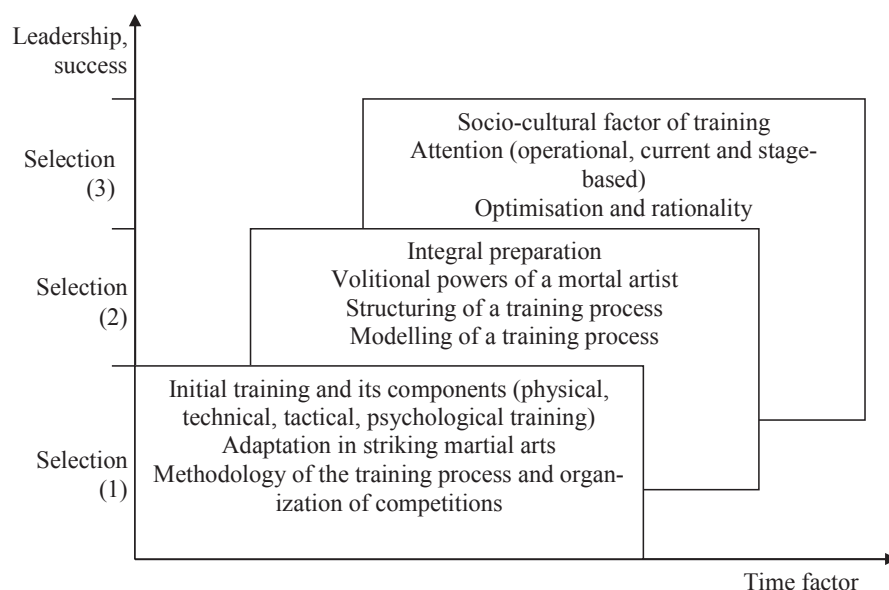


Figure 2. Key concepts of the study of the processes of training highly qualified athletes in striking martial arts

Conclusion

We analysed the literature on the training of a top-class athlete, solved a number of tasks, namely: characterized the management system of training of martial artists; investigated the rationality and optimization of the creation of the process of sports training; justified the management culture of integrated preparation of an athlete; considered the issue of building leadership qualities in the process of socio-cultural development of a highly qualified martial artist; summed up the results of the study.

The study allowed us to identify a separate “management culture” category for the training of top-level athletes in martial arts. The genesis and influence of such a training factor as “socioculture” (from the point of view of its influence on the building of leadership qualities) is considered.

Socioculture is a system of ideas, principles, and rules that reveal the essence and relationship of this phenomenon and (as the results of our study show), at the same time, a complex self-organizing system of sports and pedagogical character, the basis (core) of which is “concentrated attention”.

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Управленческая культура обучения ударным единоборствам

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В статье рассматривается вопрос формирования культуры управления подготовкой высокоэффективных спортсменов в ударных единоборствах. Дана характеристика системы управления обучением с точки зрения ее рациональности и оптимизации. Особое внимание уделяется социокультурной репрезентации успеха спортсмена, стремящегося к единоличному лидерству в ударных единоборствах.

Ключевые слова: *система подготовки, мастер боевых искусств, лидерство, управленческая культура, спортивная школа боевых искусств.*

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