

## ESSENCE OF SPORTING ACTIVITY IN KICKBOXING

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**Problem statement.** Kickboxing is one of the young kinds of combat sport. Thanks to its spectacular kickboxing is becoming more and more admirers as all over the world, and in Ukraine. But in the rules of the contests for that sport there are differences, because there are several sections of the competition. For the clearness of essence of struggle in each section there is a necessity of disclosing of similarities and differences of details of the rules of competitions in every section, and therefore the chosen theme of scientific research is actual.

**The analysis of last researches and publications.** In a number of works are deeply considered various questions of training and competitive process in the martial arts [5-7], including in kickboxing [1-4, 8-10]. But they don't give full disclosing of this kind of sport, as till now researches were spent only some questions. In the given research attempt of disclosing of features of essence of sporting activity in a kickboxing is done.

**The aim of the research.** Researching of features of essence of sporting activity in kickboxing.

**Results of research.** Kickboxing – is a kind of combat sport, combining the technique of working by hands, taken from boxing, and technique of working by feet – from oriental combat sport karate. Punches and kicks are allowed to apply only in the head and trunk, and sweeps – from the inside and outside of the foot at the level of foot (special soft shoes without soles). There are such disciplines in the structure of modern kickboxing competitions: Semi-contact, Light-contact (or medium-contact) and Full Contact.

*Semi-contact* – is the oldest kind of kickboxing which outwardly has much in common with karate and taekwondo [5]. The technique allows only the weakened and controllable contact with the opponent, especially during drawing of blows in a head. Thus punch or kick in the trunk and head is estimated in one

point, for the kick in the head is awarded two points, for kick in the head put in a jump, three points.

*Light-contact (or medium-contact).* Competition in Light Contact kickboxing should be executed as its name implies, with well-controlled techniques. In light contact competitors fight continuously until the central referee commands STOP or BREAK. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Light contact has been created as an intermediate stage between semi and full contact kickboxing.

*Full-contact.* Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. The fight is held in a ring. The referee is responsible for fighter safety and keeping to the rules. Judges count legal techniques and note the points on scoring card. Amateur fights have 3×2 minute rounds with a minute break between each round. Outside a tournament, a single amateur fight can have up to 5×2 minute rounds with a minute break between each round.

Nowadays in Ukraine are developing new types of kickboxing: low kick, K1, musical forms (soft forms without weapon, soft forms with weapon, hard forms without weapon, hard forms with weapon), aerokickboxing and step aerokickboxing.

**Conclusions.** Research of features of essence of sporting activity in a kickboxing has educational function and opens similarities and differences of rules in existing sections of competitions. In turn clearness of rules of competitions extends popularization to a kickboxing in various strata of society.

**Prospects for further research.** It is planned to research the formation of kickboxing in the world and the achievements of Ukrainian sportsmen.

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**Annotation.** Features of essence of sports activity in a kickboxing are investigated. The revealed aspects can be used in training process athletes of kickboxing and the sportsmen specializing other fighting single combats.

**Keywords:** essence, section, competition, kinds, a kickboxing.

**Анотація.** У статті досліджуються особливостей сутності спортивної діяльності у кікбоксінгу. Виявлені аспекти можуть використовуватися у тренувальному процесі кікбоксерів та спортсменів, які спеціалізуються в інших бойових єдиноборствах.

**Ключові слова:** сутність, розділ, змагання, види, кікбоксінг.

**Аннотация.** В статье исследуются особенности сущности спортивной деятельности в кикбоксинге. Выявленные аспекты могут использоваться в тренировочном процессе кикбоксеров и спортсменов, специализирующихся в других боевых единоборствах.

**Ключевые слова:** сущность, раздел, соревнование, виды, кикбоксинг.