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Psychological Overcoming: Effective tool for Karate-Do trainers

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Abstract---*This work consists of an alternative of psychological improvement for the basic coaches of the Karate-Do of the province Santiago de Cuba, based on the need to raise the level of preparation of them, with themes that respond to their needs with an optimal update. The results of the diagnosis determined to design a sports-related improvement program in the education of the moral values of the new generations; dosing of training loads; psychological aspects of the preparation of karate do and the theoretical and methodological foundations of Karate-Do training. In addition, the methodological orientations, the evaluation system and the skills system to be developed by theme are explained in detail. A system of workshops and a postgraduate course were implemented that will give way to elements of cognitive character on how to develop in sports training from the distinctive characteristics of females and males through system of actions that facilitate the integration of knowledge, taking into account the potential of sports training at each stage.*

Keywords---*coaches, karate do, psychological overcoming.*

Introduction

The psychological improvement of coaches in today's world is an indispensable aspect for the athlete to achieve the performance necessary for the competitions, so it is essential for the complexity and variability of the process of the training, demanding the coach a high level of scientific-technical preparation because dealing with thinking beings forces him to master not only knowledge of the sport but, biological and psychological processes of the athlete, which makes him a psychologist, biochemist, sports doctor among other branches of knowledge, which guarantees the success of sports training (Alfonso, 2014; Betancourt, 2009; Bloom et al., 1998). Because of the significant importance of this process in sport and specifically in Karate-Do, it is necessary to delve into this topic, so it was decided to interview in the provincial direction of INDER the responsible for overcoming, posing that the agency in the santiaguera province is governed by the plan of overcoming that exists at the national level, an issue that Karate-Do should be inserted and plan its improvement and methodological preparations by those of the subsystem, then proceeded to interview coaches and sports executives to learn about ways of overcoming them; detecting in the survey that it was necessary to develop a psychological alternative in the improvement program, as the ways that sport uses to raise the scientific level of coaches was not enough, so it is decided to formulate the following:

The problem to be investigated is related to the contribution of overcoming the karate-do base coaches of the Santiago de Cuba province, the scientific objective is to design a psychological alternative in the improvement program for the province's Karate-Do base coaches. So we consider the following Scientific Tasks: Systematization of the theoretical ones that underpin the process of psychological improvement of sport in Cuba; diagnosis of the current situation of the psychological overcoming of Karate-Do coaches in the Santiago province of Cuba; Preparation of an alternative program of psychological improvement for Karate-Do coaches of the province Santiago de Cuba (Bravo, 2008; Cañizares Hernández, 2004; Cushion et al., 2003).

Materials and Methods

The population in the research consists of 12 basic coaches of the Karate-Do of the province Santiago de Cuba, coinciding with the research sample. The source of information was made up of 2 sports executives; the commissioner and the methodologist and those responsible for overcoming the INDER in the province of Santiago. The analytical-synthetic is taken into account because it allowed the understanding and explanation of the main trends in the process of psychological improvement for trainers, being very useful for the analysis of the sources consulted (Díaz, 2009; Donevarría, 2008; Dopico, 2011). Of important value, the historical-logical one is because it allowed the establishment of logical relationships, starting from theoretical and methodological precepts that underpin the process of psychological improvement, which led to the understanding of historical and social conditions that characterize the process.

The use of the deductive inductive to address the process of psychological improvement in sport is also weighed, allowing to establish the relationships between the selected activities. Also, the systemic and structural approach is used throughout the research, for the analysis of the results of the diagnosis of the current state of the psychological improvement process for Karate-Do base coaches and the development of the program Alternative (Garbán, 2012; García Ucha, 2004; Gilbert & Trudel, 2001). The documentary analysis was important to analyze the normative documents that govern the process of psychological improvement for basic Coaches of Karate-Do in Cuba and the province of Santiago de Cuba. Empirical methods, the poll was applied: Surveys were prepared and applied to the coaches and managers of the sport in the province of Santiaguera, to know the ways of psychological improvement, which were used at the time of the research. Interview: The perpetrators were interviewed at INDER, who addressed important elements for the research (Godo, 2014; Guzman, 2010; Irwin et al., 2004).

Statistical-mathematical Methods

Descriptive statistics: From the analysis of the results obtained in the diagnosis, the program of psychological improvement could be developed, using the percentage calculation. Various requirements were taken into account for the implementation of the plan:

- 1) Participants sit in a circle, as close as possible to each other. The team's coach is also included here. This approach is based on the achievement of favorable atmospheres and the decrease in psychological distance between the members, generated by the physical closeness and visibility of each other during the sessions.
- 2) Emotionally engage each subject with participation in sessions based on awareness of the issues that affect team performance and are necessary to eliminate to achieve an understanding of psychological preparation.
- 3) Check the achievement of the objectives and targets proposed in the previous sessions.
- 4) Perform the corresponding feedback in each session.
- 5) Check the results of the actions.

Results and Discussions

It is noted the need to improve the evaluation of professional performance, the importance of taking into account the training process when conducting training sessions, which allow aligning the behavior of the practitioner of martial arts. El proceso de superación se realiza en su mayoría solamente referido al elemento técnico, donde se aísla el proceso de instrucción y educación. The guiding principles of Karate-Do created by its founder Funakoshi (1938) are not used. The base coach is not provided with a tool to support him in training sessions so that he can guide and measure the behavior inside and outside the Dojo of practitioners.

In technical programmers, no training instruments, in measurable and evaluable ways, have been incorporated. It is considered the need to expose it to expert criteria, as another element of validation of what has been studied, finally to carry out its implementation and ways of evaluating its results (Jimenez, 2012; Lemyre et al., 2007). The diagnosis of the current situation reveals the inadequacies that coaches possess in the training process of the province of Santiago de Cuba, as required by the new situations that are presented today socially. With the application of an alternative of psychological improvement, the training process of the trainers is perfected (Nunez, 2001; Valdés, 2012).

Overcoming consists in some cases, only in the explanation, teaching, correction of technical elements, and updating regarding the new arbitration rules, without paying much attention to the training part or as the martial

(spiritual) artists call it, so it is necessary to provide them with the psychological component for better results with their athletes. Table 1 shows the evaluation system.

Table 1
Evaluation system

No	Theme Name	C	CP	S	V	And	TT
1	Sport in the value education of the new generations	5	4	1	1	-	11
2	Dosage of training loads	7	4	1	-	1	13
3	The psychological preparation of coaches and athletes	8	3	2	-	1	14
4	Theoretical and methodological foundations of <i>Karate-Do</i> training	10	7	2	2	1	22
Total		30	18	6	3	3	60

Legend: C. Conferences. CP-Practical Classes. S-Seminars. V-Videos. E-Evaluations. TT-Total

Item 4: Theoretical and methodological foundations of Karate-Do training

Objective: Characterize the theoretical contents of Karate-Do training to exercise professionally the role of technical director. Contents of the theme Karate-Do: métodos and means for the work of skills, invading of theoretical preparation with the components of the training process, dprofessional, individual, group and equipment, and personalized, training, integral training, theauxiliary means for the development and perfection of training, habilidades Selection of methods and means in the work of skills: determining the relationship of theoretical preparation with process components, to the application of professional management with quality, to the application of integral training, identification of the auxiliary means for improvement of the process, to the simulation of the elements of personalized training (Selby et al., 2010; Lee et al., 2008; Laukkanen et al., 2009).

Overcoming program for Karate-Do base coaches in Santiago de Cuba province

Objective: To raise the level of knowledge of the basic coaches of Karate-Do of the province Santiago de Cuba.

Skills system: (a)application of the components of the sports training process with the correct execution of the professional management, characterization of the biological, physiological, and biochemical elements that justify the burdens and principles of sports training, dtermination of psychological characteristics, the requirements of the physical, technical and tactical preparation of Karate-Do, applying the techniques for research in the sport, and axiological and psycho-pedagogical component in the education of moral values since the sports training of Karate-Do, rencomenizations for implementation. The recommendations for the implementation of the alternative and guidance for its application in other provinces and martial arts are then related as premises for the implementation of the alternative of overcoming the training of the coaches of the Karate-Do: motivation of martial sports coaches towards the incorporation of the organization of the content blocks related to training preparation, considering the importance and permanent topicality, for the achievement of the training a coach at the comprehensive base level (Cosh & Tully, 2014; Healy, 2012).

The new conditions of Cuban society bring with it the beginning of a process of transformations in the preparation of sports professionals, transmitting to its student's education through the instructional process as a fundamental tool for their coexistence in complex societies, so it is indefinable to perfect the training model of coaches, to eliminate deficiencies that manifest themselves in the process of formative management of coaches at the base level of Karate-Do, specifically.

Conclusion

The analysis of historical trends in the training preparation of coaches at the base level of Karate-Do in Santiago de Cuba, allowed the establishment of three stages, closely linked to the formative process in their state of preparation he has traveled since his introduction in the late 1960s to the present day. Also, it made it possible to corroborate the educational nature of the training and the importance of the social impact that the educational process has in this sport-martial art.

- 1) From the systematization of the theoretical stylists that authors address about the process of overcoming sport in Cuba, it is necessary to constantly link sports technicians due to the scientific and technological innovations that happen at the level World.

- 2) From the diagnosis made to Karate-Do coaches in the Santiaguera province, it was found that methodological preparations that were considered part of the psychological improvement were not in correspondence with their needs; the sport has not previously presented a program to overcome at this level.
- 3) The psychological improvement program was developed, responding to the needs of the coaches, presenting four topics each with their contents, skills to develop, the evaluation system and the bibliography that guarantees the updating of every theme.

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