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Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

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Abstract: The study aims to identify the most important technical methods of implementing the national elite athletes of karate sport that specialize in actual fighting (Comete) during the competition conditions.

Curriculum: The researcher relied on the descriptive approach in an analytical manner using the data collection tool (observation network - form).

Sample: The sample represents 10 matches for the 2022 national championship final with an average of 20 players.

Results: Results show that most male athletes rely on the upper end of techniques (k-o-zuki) and (k-g-o-zuki) with greater repetitions compared to the lower end as dependent on technology (k-u-mw-geri) in proportion to the part and everyone is very underutilized, knowing that this skill allows the competitor to score 03 points for each positive goal. This is what most athletes miss during the official competition, and in proportion to females, athletes rely on the upper end of the techniques. (k-g-o-zuki) and (g-o-zuki) compared to the lower end (k-mw-geri) and (mw-geri) athletes differ in skill execution and this is due to the type of tactical method implemented by the opposition either offensive or defensive.

Keywords: Karate Sport, Comics, Comic Art, Comic Techniques.

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1. Introduction Problems Study:

Sports science has evolved in the last pots to a very high level, as it is accessible only if the conditions and requirements of sports activity are met, and to reach the higher level the performance of various factors (physical, physiological, psychological, technical, tactical....) must be available, because in the last pots sports competitions, achievements, numbers and results are not a coincidence, but work and planning.

Karate sport is one of the most popular martial arts in the world and has evolved from the art of self-defence to a competitive sport by changing legal materials from the body or committee of the International Karate Federation, and has been included as an Olympic sport in Tokyo in 2020.

Mohammed Labib Abdelaziz (2019) states that karate sport in recent pots has evolved from the scientific and practical side, especially the training programs applied to the individual athlete, resulting in changes in the "technical and tactical" gaming methods. **(Abdulaziz, 2019).**

m-nakayama (1978) The sport of karate do does not stop in determining the winner and loser as the main and final goal It is the art of personal development of an individual athlete, karate, a martial art free of weapons using the body's natural limbs ", the techniques of the body limbs are systematically trained that can control the enemy or competitor attacking by demonstrating its strength using actual weapons, So karate is an exercise mastered through everyone body movements such as motor compatibility, balance, bending.... Other techniques and the movement of parties in all directions, freedom and regularity, technologies are well controlled according to the will and directed towards the goal accurately and spontaneously. **(M-NAKAYAMA, 1978, p. 11).**

The rules of competitions in the International Federation of Karate states that Article (01) Karate competitions are divided into two parts (kata, which is an individual or collective fictitious fight - comics and a phrase about actual fighting individually or collectively) of the two



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

sexes male and female according to each type of weight in the actual duel. (Al-Fran, 2016, p. 5).

The comics (actual fighting) are a semi-combat struggle, that is, the friction of opponents by the implementation of techniques and movements. (kicking-punching) between them with absolute physical strength, allowing the implementation of techniques in permitted areas in accordance with the standards and articles of international law. This requires a high level of achievement in the two comics, as the player or player has a high accuracy in attack and monitoring the opposing attack and avoidance that he has acquired through training modules.

Ahmed Mahmoud Ibrahim (2005) states that the comedy competition in its various tournaments is full of changing attitudes that require a great effort of the player's abilities, his understanding of the requirements of attitudes and how to deal with the appropriate approach to him (defensively or offensively), depending on the technical and motor skills he acquires from the training programmes and the matches he participates in. (Ibrahim, 2005, p. 121).

Ahmed Mahmoud Ibrahim (2005) indicates through an analytical view of the determinants of the planned activity of the results of international and domestic athletes of the high level of international elite that they are characterized by the planning activity in offensive style during the preliminary and final roles while the defensive method is the direction of the semi-final round of competition And so that goes back to the coach's tactical strategy during the playing situations that he's trained in, While the local player relies more on defensive style than on offensive style. (Ibrahim, 2005).

Hamida Khalid (2015) mentions Algerian sports elements in karate sport specializing in cometes that do not have a clear technical entity that can be integrated into the global system of hostels is either an inflation of sums or a severe shortage of ineffective diversity adversely confused over its majority, and Zubair Hashi agrees (2009), Hamida Khalid (2015) and Bozakaria Fawzi (2019) "The issue in the possession of the technical entity is important allowing for field

effectiveness and creating a real risk to competitors whichever Kano is and this is not disputed." (Faouzi, 2019, p. 82)

The attacking and defensive techniques used in fencing vary depending on the situation and tactical style implemented in the match whether the attack is composite, simple or counter, while in the case of execution the defensive method depends on evasion, avoiding the opposition attack and redirecting attacks against the opposition by applying tactical method.

Halimi Shaaban (2015) Reminds the competition in the actual fighting of karate sport fencing executes technical performance punching and kicking techniques And so for sports performance to be successful, it has to provide rapid programming of attacking techniques and defense in response to the opponent, An analytical view of comical athletic performance during simulated conditions and formal competition is that most athletes use upper limbs more frequently than lower techniques, such as technology (kizami-zuki) by 52.4% of the total performance volume of official matches. (Chaabene, 2015,P 4).

Following up on some events of national and international tournaments and understanding the variables of technical performance and how they are used in competition, the researcher wanted to learn about the differences between competitors in various technical performances performed during the matches. The researcher was invited to conduct an analytical study to find out the most used and effective skill performance in karate matches. What is the most used technique of karate combat athletes during competition conditions?

2. Sub-questions:

- What is the most functional technique in actual combat matches among elite national athletes for the class of capers according to each class of male class weights?
- What is the most functional technique in actual combat matches among elite national athletes for the class of capers according to each class of weights of the female class?



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

3. Study hypotheses:

3-1 General premise:

The most used technique of actual karate fighting athletes during competition conditions.

3-2 Sub-hypotheses:

- The most effective technical method in the actual combat matches of the national elite athletes to classify the capers according to each class of weights of the female class.
- The most effective technical method in the actual combat matches of the national elite athletes to classify the capers according to each class of weights of the female class.

4. Research Objectives:

- Learn about the most effective technical method of the national elite during competition conditions
- Recognize the size of the competition's overall performance for the final match
- Recognize the effectiveness of the attack for the actual combat athlete (comics) in the final competition

5. The importance of the study:

Like previous research, the importance of the study is to know the technical style of national elite athletes and to compare their results through technical analysis at official matches at national tournaments, in terms of the total number of performance used and by the type of skill implemented (upper limbs - lower limbs), in order to assess the

deficiency between the mathematical elements and its work in achieving the level of achievement.

6. Study terms:

Karate Sport:

- Language: The origin of the word karate is a Japanese word consisting of two passages: "Cara", which means "empty" or "empty", and "T", which means "hand". This is why we find its linguistic definition of "free hand", because it is a fight without any weapon, i.e. the rational use of natural weapons of the body. (Al-Fa 'aouri, 2011, p. 12)

Terminology: It is a martial art method stripped of any abnormal external weapon, i.e. the rational use of the capabilities and capabilities of the human body by punching, kicking and blocking by directing strikes the vital areas of the opponent's body to eliminate it, in accordance with the laws and articles of karate sport. (ADOUL, 1991, p. 13)

Karate can also be said not only to rely on the winner and loser (M-NAKAYAMA, 1978, p. 11), but also to develop and improve all aspects of physical, spiritual and mental health training as a type. (Nagamine, 1998, p. 11)

Another definition: Ahmad Mahmoud Ibrahim: Karate sport is "a Japanese combat method through the empty hand with the aim of controlling and controlling oneself with the coexistence of body, mind and soul" (Ibrahim, 2005)

Actual combat:

Actual fighting is a quasi-combat struggle or it's (agreed) or (free) to pick up hands or legs (kicking-punching) Between two opponents with absolute physical strength, where it allows the techniques gained



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

during training modules to be implemented in a particular tactical style, either an offensive or defensive style a defensive offensive to score a set of points and beat the opponent in the match, and he knows it (jakhel 1992) The comic is a competitive match between two opponents or two players who clearly offer how to master karate techniques and tactics. (JAKHEL, 1992)

Comical techniques:

The technical or technical aspect plays a specific role in the evolution of the athletic level and the tactical aspect is related to it and cannot be separated from each other. It is determined according to the capabilities of the athlete, as well as the abilities of his opponent and external conditions during a sports competition. The following are the most important tactics in karate sport:

- Offensive tactic (SEN): Create a gap in the opposition's coverage and attack before reacting.
- Defensive tactic (NO - SEN -GO): Wait for the opposition's initiative and attack before it with appropriate technology.
- Attack and counter-attack tactic (NO - SEN- TAI): i.e. use of attack and counter-attack sequentially. (Zallah, 1986, p. 27)

Actual combat techniques (comics):

The most commonly used techniques in actual fighting competitions on which we will rely, such as the data and information form of Dr. Hamida Khalid thesis letter entitled "Identification of tactical techno model for high-level athlete" and as an expert in karate sport for 40 years as shown in the following table:

désignation	abréviation	Nature	description
GYAKU ZUKI	GZ	Attaque de main	Attaque de point (main et jambe opposées)
KIZAMI ZUKI	KZ		Attaque de point (même main et jambe)
KIZAMI MAWACHI	KMW	Attaque de jambe	Attaque de jambe avant demi-circulaire vers l'intérieur du corps
MAWACHI GERI	MW	"	Attaque de jambe arrière demi-circulaire vers l'intérieur du corps
URAMAWACHI GERI	UMW	"	Attaque de jambe arrière circulaire (rotation complète) vers l'extérieur du corps
UCHIRO GERI	UCHIRO	"	Attaque directe jambe arrière avec rotation
KIZAMI GERI	KZG	"	Attaque directe avant jambe avant
MAEGERI	MG	"	Attaque directe avant jambe arrière
ACHIBA RAI	ACHIBA	"	Balayage
OI ZUKI	OZ	Attaque de main	Attaque de point en avançant la jambe arrière
URAKEN	URAK	"	Attaque avec revers de la main fermée
YOKO GERI	YOKG	Attaque de jambe	Attaque de jambe latérale avec tranchant du pied
KIZAMI URA MAWACHI	KUMW	"	Attaque demi circulaire vers l'extérieur du corps avec la jambe avant.

Table No. (01): Techniques used in actual combat competitions
(hamida, 2016, p. 267)

7. Previous and similar studies:



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

- Hamida Khalid (2015), entitled "Identification of technical and tactical models of high-level athletes in karate sport", aimed at identifying the tactical model of high-level karate athletes in karate sport specializing in actual combat, and identifying the performance size of the part, total, diversity and offensive and defensive performance (Negative and positive), using the descriptive curriculum, the sample was a high-level athlete researcher for the 2012 Algiers Open. The most important results of the study were that there were no statistically significant differences between Algerian athletes and the high level in the research variables.
- Saidi Zerrougui Jamal and his colleagues study 2019, entitled "Studying the level of tactical maturity of elite karate athletes during competition" The study aims to identify the type of tactical method used at the national level and the type of techniques most used during competition and scientific knowledge about the relationship between the return of technical performance and the tactical aspect by analysing global and national tournaments. The researcher relied on the descriptive curriculum. The sample was chosen in a deliberate manner and was estimated as: 10 players for each type of weights Two players classified Akaber. The researcher reached the most important special results of each method used or effective method according to each weight:
 - Weight (60kg, 67kg), the most used method of SEN and TAI NO SEN effectiveness is more used and effective
 - Weight 75 kg: SEN method and SEN effectiveness
 - Weight of under 84 kg: SEN method and effectiveness SEN NO SEN
 - Weight over 84kg: SEN method and efficiently SEN NO SEN and GO NO SEN.
- Study (Tihomir-V), (Hrvoje- S), (Jozefina- J) (2015), entitled "The technical and tactical characteristics of the performance of the losing player and the winner of the actual fighting of karate sport" s technical and tactical activity indicators for combatants in order to determine

the importance of indicators in terms of situational effectiveness and outstanding winners and losers in actual combat, the researchers adopted the prescriptive approach using the observation network, and the sample represented 274 players with a rate of 137 matches for the senior class participating in the Tokyo 2008 World Cycle, 97 countries from five continents (Africa, Asia, America, Europe, Australia) The study found the most important findings by recording the number of repetitions of negative techniques in the proportion of 91 and positive techniques and 9 that the methods that lead to scoring goals mainly affect the technical and tactical requirements of the karate match of the winning group, It was confirmed that winning combatants differ over those defeated with a higher level of circumstantial efficiency in the study variables.

- The study Ahmad Abu Zaida and Tariq Abu al-Jidayan, (2019) "Analytical study of indicator of achievement in karate comedy competitions" s overall performance, positive performance, offensive effectiveness and skills indicator of achievement, The researchers relied on the descriptive curriculum in a scanning style. The sample was selected by athletes participating in the tournament Palestine 2019. the sample included research by 36 players according to each category of weights. The most important results obtained by the variable-sized researcher are the overall performance very close (D Statistically), the successful performance volume is closely linked to the players' technical level. There are statistically significant differences between the performance effectiveness and the indicator of achievement. The researchers recommend the need to focus on the analysis of the competing performance of karate sport and to plan training according to this analysis as well as to rely on the indicator of achievement to identify the players' results and their level of strengths and weaknesses.

Study Procedures:

1- Curriculum:

In order to obtain practical results that are interpreted objectively and in line with the actual data of the phenomenon, the researcher relies on



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

a descriptive approach to suit the nature and objectives of the study. (Qazqoz Hamad, 2022).

2- Sample study: The researcher selected the sample in a deliberate manner from the Algerian Federal Karate Competitions, the Karate National Tournament (Kata-Koumete). Akaber, which was held in Algiers in Hasha Hassan Hall (2022). The number of players and weights was as shown in the table:

	Male Category			Female Category		
	<i>Weights</i>	<i>Number of matches</i>	<i>Number of players</i>	<i>Weights</i>	<i>Number of matches</i>	<i>Number of players</i>
1	<i>Less than 60 kg</i>	01	02	<i>Less than 50 kg</i>	01	02
2	<i>Less than 67 kg</i>	01	02	<i>Less than 55 kg</i>	01	02
3	<i>Less than 75 kg</i>	01	02	<i>Less than 60 kg</i>	01	02
4	<i>Less than 84 kg</i>	01	02	<i>Less than 65 kg</i>	01	02
5	<i>Over 84 kg</i>	01	02	<i>Over 65 kg</i>	01	02
Total:		05 games	10 players	Total:	05 games	10 players

Table No. (01) shows the final competitions of the 2022 National Championship (weights, number of matches and players)

3- Time and spatial framework:

- Algiers National Championship Harshah Hassan Hall for 19-20-21 May 2022

4- Tools and means of study:

Based on the data collection tool through the observation network and the data and information codification form, the observation is considered to be a process of interaction between two individuals (researcher-examiner). The observation is defined as the process of observing behaviour for a particular phenomenon and following its progress and trends in a regular scientific manner in order to interpret and determine the relationship between the variables and their burden according to the requirements of human purposes and meet its needs. (kazkoiz moamad, 2022).

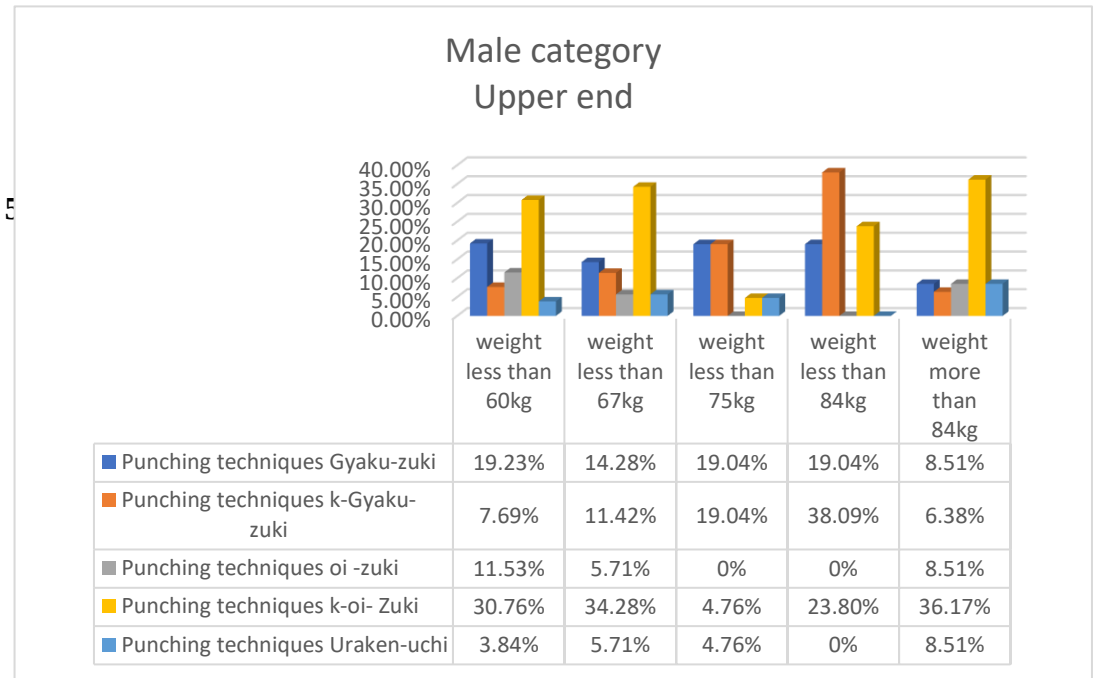


Table above (02) shows the percentage estimates of techniques implemented in actual combat competition. The national elite athlete has the upper parties, and the data shows us that the number of techniques for the male category for the agreed weights of the International Karate Sport Federation (IKSF), so the most executing movements of the class weight is less than 60 kg. (K-O-Z) Short straight front punch is more used by an estimated 30.76% and followed by technique (G-Z) The opposite front straight punch is 19.23%, and the weight is less than 67 kg. (K-O-Z) The short straight front punch is estimated at 34.28%, and the weight is less than 75 kg



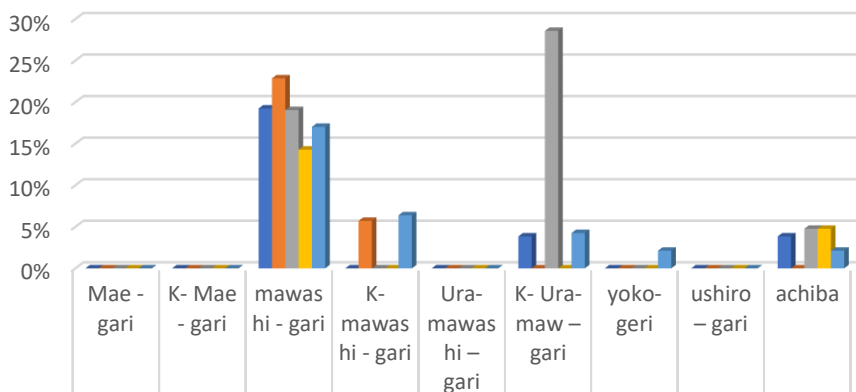
Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

we find that the most frequent technique for the upper limbs of both (G-Z) The opposite front punch and short straight front punch rate at 19.04%, the weight is less than 84 kg the most used and most effective technique (K-G-O-Z) 38.09% opposite short straight front punch followed by technology (K-O-Z) short straight front punch by 19.04%, weight over 84 kg (Heavyweight) The most frequent and executive technique (K-O-Z) is a short straight front punch of 36.17%.

Analysis of results of the lower end techniques of the male category:

Table (03) Table shows the percentage of repeats of the number of techniques lower party competition actual fighting karate sport male category

Male category
Lower end



	Kicking techniques								
■ weight less than 60kg	0%	0%	19.23%	0%	0%	3.84%	0%	0%	3.84%
■ weight less than 67kg	0%	0%	22.85%	5.71%	0%	0%	0%	0%	0%
■ weight less than 75kg	0%	0%	19.04%	0%	0%	28.57%	0%	0%	4.76%
■ weight less than 84kg	0%	0%	14.28%	0%	0%	0%	0%	0%	4.76%
■ weight more than 84kg	0%	0%	17.02%	6.38%	0%	4.25%	2.12%	0%	2.12%

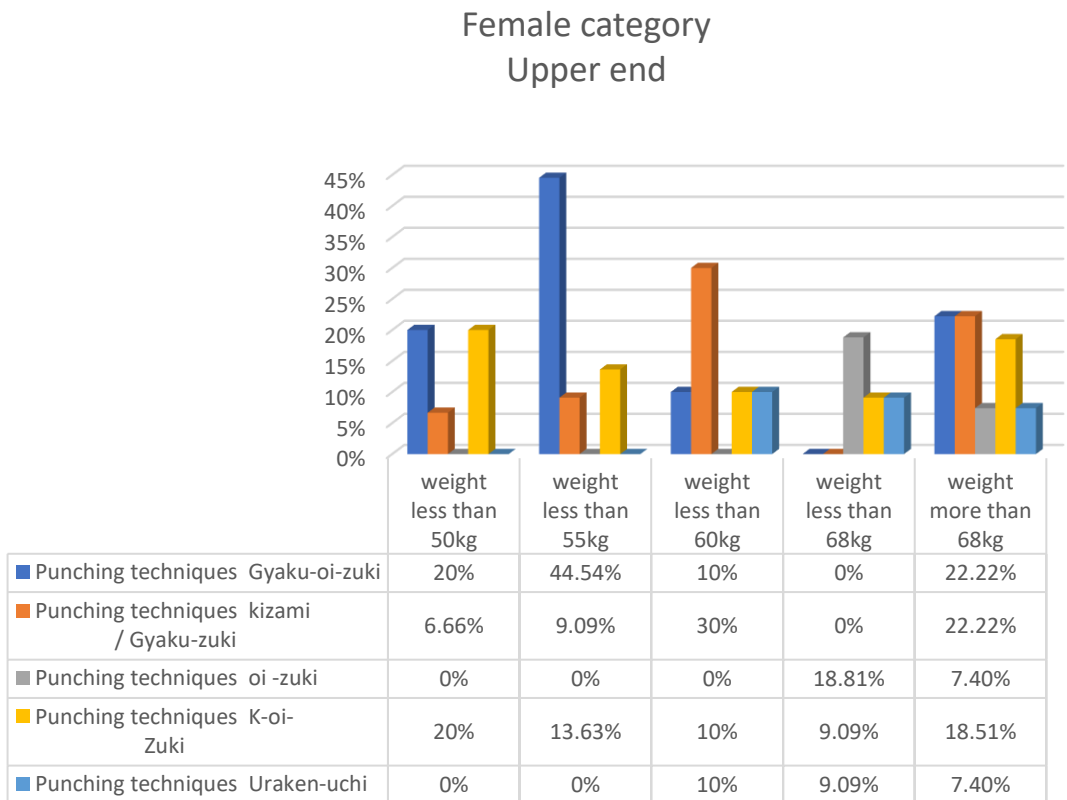
Table above (03) shows the percentages of techniques implemented in actual combat competition The national elite athlete has the lower limbs in the male category, and the data shows us that the movements

or skills most executing the class weight are less than 60 kg movement. (Mw-G) The side circular half kick is 19.23%, and the weight is less than 67 kg we find the most executive technique, (Mw-G) side circular half kick by 22.85%, weight less than 75 kg we find the most frequent and most effective technique (K-U-M-G) Short opposite circular half kick estimated at 28.57%, weight less than 84 kg we find the technique (Mw-G) side circular half kick 14.28%, weight over 84 kg (Heavyweight) The most frequent and executive technique (M-G) side circular half kick is 17.02%.

Analysis and interpretation of results for the female category:

Analysis of results of the upper end techniques of the female category:

Table (04) shows the percentage of repeats of the number of techniques of the upper-party actual fighting competition for karate sport in the female category.

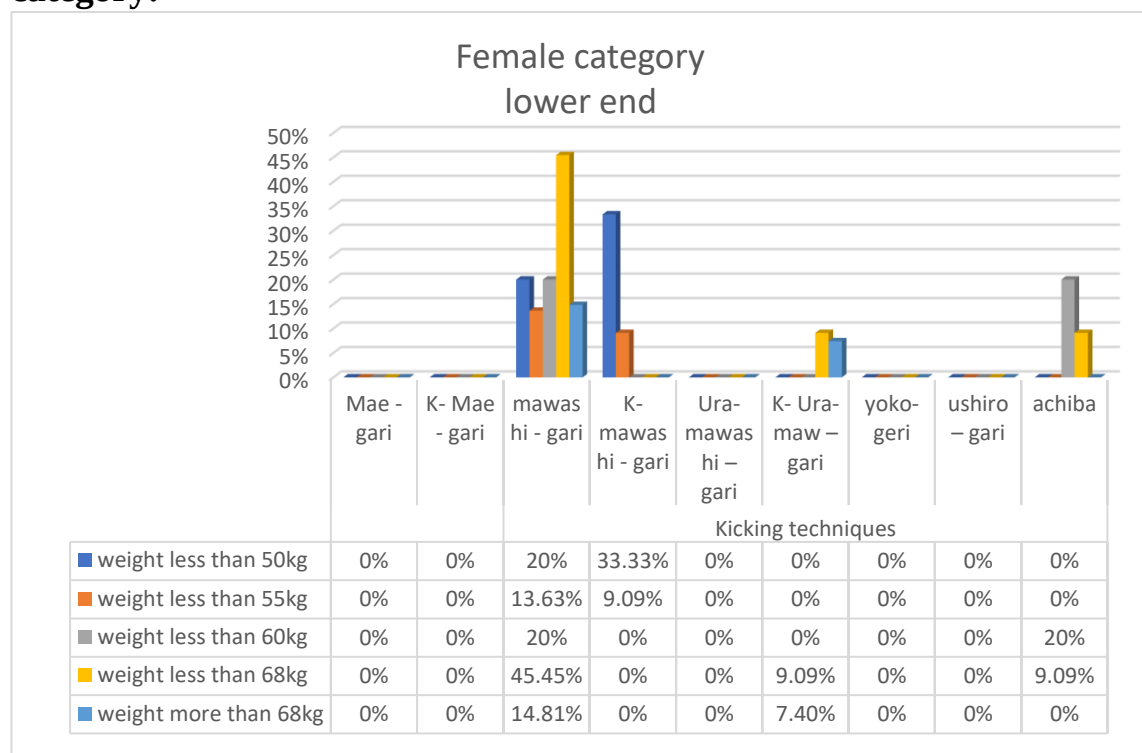




Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

Table 04 shows us that the most frequent techniques in the Ion weight category are less than 50 kg, representing the upper end. (G-O-ZUKI) The opposite straight punch is 20%, and the weight below 55 kg that the most frequent technique is the opposite straight punch (G-O-ZUKI) by 44.54%, and the weight results were less than 60 kg that the skill used in the match (K-G-O-ZUKI) Short opposite straight punch by 30%, weight less than 68 kg The most executive skill is technology (O-ZUKI) straight front punch by 18.18%, and for the weight category more than 68 kg we find that the most frequent technique representing the upper end of both techniques (G-O-IZUKI) The short opposite straight punch and the straight front punch (O-Z) by 22.22%.

Analysis of results of the bottom-end techniques of the IN category:



It is clear to us through Table 03 that the most frequent techniques in the anate weight category are less than 50 kg we observe the lower end

The most executed skill of 33.33% is (K-MW-GERI) short circular half kick, and the weight of less than 55 kg The most frequent technique is movement (MW-GERI) side circular half kick of a small proportion than the previous technique of the upper limb where estimated B: 13.63%, the results for the weight were less than 60 kg. The skill used in the match and much relied upon is the side circular half kick (MW-G) by 20% and note that in this match that technology has been used (ASHI-BA) 20% but the negative results of this skill by not counting points, and the weight is less than 68 kg the most executing skill that represents the lower end of the high percentage of punching technique are (MW-GERI) Side Circular Half Kick by 45.45%. For the weight category more than 68 kg we find that the most frequent technique is skill kicking (MW-GERI) Side Circular Half Kick by 14.8%.

6- Analysis and interpretation of results:

In the light of the limits of the operational procedures for research of its objectives and mandates, the sample of the study, the results reached and the reliance on scientific references and previous studies similar to the analysis, the following has been concluded:

6-1- Discussion and analysis of match results in the male category:

The results obtained for the male category indicate that the most effective and repetitive technical methods in the athletes of the actual fighting of karate sport during the competition for the final of the national tournament are classified Akbar, the results are as follows:

- Weight less than 60 kg: The most executory and repetitive technique (K-O-ZUKI) is 30.76%.
- Weight less than 67 kg: The most effective and repetitive technique (K-O-ZUKI) is 34.28%.
- Weight less than 75 kg: The most effective and repetitive technique (K-U-MW-GERI) is 28.57%.



Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

- Weight less than 84 kg: The most effective and repetitive technique (K-G-O-ZUKI) is 38.09%.
- Weight greater than 84 kg: The most effective and repetitive technique (K-O-ZUKI) is 36.17%.

It is clear to us that the male category most athletes rely on the upper limb in a larger proportion and this is confirmed by the results the weight varieties are less than 60kg, 67kg, 84kg and the weight is greater 84kg, except the weight is less than 75kg. (K-U-M-GERI) The short opposite half-round kick is 28.57%. This technology allows two or three points to be scored depending on the permitted area in each successful attack We conclude that there is no particular type of technique adopted by elite national karate athletes. This is what the study agreed with the study is that there is no clear technical entity in the local player comparable to the high level. Zubair Hashi, 2009, Khaled Hamida 2015 and Boziriya 2018 "The issue of having an important technical entity allows for field effectiveness and create a real risk to the competitor whichever Kano is and this is not disputed and this is what the local player misses to compare to the high level.

6-1- Discussion and analysis of match results in the female category

The results obtained for the IANH category indicate that the most effective and frequent technical methods of athletes active fighting in karate sport during the competition for the final of the national tournament are classified Akaber, the results are as follows:

- Weight less than 50kg Most Executive Technical Short Circular Half Kick (K-MW-GERI) estimated at 33.33%.
- Weight less than 55kg Technical Most Executive Opposite Straight Front Punch (G-O-ZUKI) estimated at 44.54%.
- Weight less than 60kg Technical Most Executive Short Opposite Straight Front Punch (K-G-O-ZUKI) estimated at 30%.
- Weight below 68kg Most Executive Technical Half Circular Kick (MW-GERI) estimated at 45.45%.

- The weight of more than 68kg of the most functional technique is the opposite straight front punch (G-O-ZUKI) estimated at 22.22%. It is clear to us that the female category depends on the upper end of the skills or techniques described above (K-G-O-ZUKI), (G-O-ZUKI), lower limbs (K-MW-GERI) and (MW-GERI), athletes differ in each other to implement techniques and this is a reference to the type of tactical method implemented by the opposition, either offensive or defensive This is confirmed by the study and the current study is consistent with the study of Ahmad Mahmoud Ibrahim 2005 that the local player depends more on the defensive style than the offensive style. This is due to the quality of the planning trained in the tactical style during the playing situations that he has trained. We note from an analytical look and watch the drip ladder we find that the duel that depends on the lower end has a balance of high winning points, While an athlete who relies on the upper end with medium points So we could say that there is no technical entity comparable to a high level, Mention my dream Sha 'ban 2015 for effective and successful performance of the actual combat athlete (Comics) They must provide rapid programming of attacking and defensive techniques in response to the opponent and analytical view of a 2015 study that most athletes rely more on the upper end than the lower end by the size of the total performance of the matches 52.4%.

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Analytical study of the most important offensive methods during competition conditions at the high level of karate sport specializes in actual combat

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