OPINION

Regarding the doctoral studies of Vencislav Atanas Nedev / Bulgaria / North Macedonia/ independent training in a professional direction 1.3. Pedagogy of training in... doctoral program "Teaching Methodology in Physical Education and Sports" at the Department of "Individual Sports and Recreation " - Department of Sports at SU "St. Kliment Ohridski", on the topic "Impact of motor skills and anthropometric parameters for the realization of specific karate precision".

Research supervisor: Associate Professor Evgeni Simeonov Yordanov, PhD

A protocol for checking the originality of the doctoral thesis is attached.

Plagiarism Prevention Notice attached.

The presented doctoral work consists of 187 standard typewritten pages, illustrated by 33 tables and 57 figures. It is structured by 3 main chapters, conclusions and recommendations. The bibliography includes 78 literary sources - 40 in Cyrillic and 39 in Latin.

Attached auto-abstract response to the doctoral work with a volume of 39 pages.

The topic thus formulated is of great interest for the development of the sport of karate . Already in the introduction, the doctoral student emphasizes the need for continuous research, which includes the genetic conditioning of anthropometric features, their development under the influence of training, methods and training for the growth of those involved. The influence of physical exercises and the connection with the basic special sciences accompanying the development and functioning of the human organism are emphasized. According to the doctoral student, the active process of physical education also affects the intellectual and creative abilities of students and improves health and work capacity. The introduction of karate in schools is a strong moment in the development of this sport. According to the doctoral student, all this helps the qualitative formation of adolescents as individuals. In this direction, the doctoral student studies and analyzes the opinions of a number of authors.

With knowledge of the issues, the PhD student interprets the meaning of the words "Kara" and "Do", "Shiai" and "Kata", ethics and respect in martial arts. In traditional karate, an important place is occupied by the concept of the last blow.

Of the physical qualities, he emphasizes flexibility as the most necessary quality and the methods for its development.

In the first chapter, the history of the creation and development of karate in Japan and its spread throughout the world as a system for physical and spiritual development of the personality is studied. The author emphasizes the philosophy of martial arts and the influence of different religious groups. He attaches great importance to the systematization and modernization of karate as a sport and the shaping of individual styles.

The doctoral student also notes the development of karate governing bodies, the creation of the International Federation of Traditional Karate, the World Union of Karate Organizations, the International Amateur Karate Federation, the World Karate Federation and the struggles between them.

In the review, during the study of the penetration of karate in Macedonia and as a direct witness and participant in this process, he notes the development of karate in KC "Rabotnichki" and the national team of his country and the successes achieved by him and other competitors in various competitions. Commented on the development of coaching and management personnel, as well as the entry of karate into the curriculum of physical education in schools. The contribution of the Nedevi family to the development and success of karate in Macedonia was noted.

By delving into the precision in the execution of the movements, he makes a detailed description and formulates important factors of importance for the manifestation of the effectiveness of the technique. Analyzes various own studies and those of a number of specialists and researchers.

On the basis of the conducted studies, the author builds hypotheses according to which statistically significant variables of anthropometric parameters and motor abilities for specific precision in karate could be expected. Four more hypotheses are derived.

Chapter two examines the purpose and tasks of the research.

The purpose of the study is to investigate the impact of certain anthropometric parameters and motor skills on the success of the specific karate precision.

Six specific tasks have been set to help achieve the goal.

The study was conducted with 63 cadets and juniors from the Republic of Macedonia and boys 14–16 and 17–18 years old brown and black belt competitors in traditional karate who met certain criteria. Measurements of anthropometric indicators were carried out according to certain methodologies. Tests were applied to evaluate the frequency of movement of arms and legs, to evaluate the specific karate precision and tests to study the basic motor skills. All requirements are described in the research methodology.

The data have been measured, processed and analyzed with appropriate methodologies. The correlation coefficient was calculated, regression analysis and other methods were applied.

The subject of the study is the specific anthropometric dimensions, motor and specific motor abilities of the karate fighters.

Chapter three reviews results and discussion. In the results and discussion /analyses/ separate tables are presented separately for cadets and juniors. The analyzes were performed competently and with an understanding of the basic statistics of the data in the cadets and juniors. The resulting differences between cadets and juniors were analyzed. All studies end with a definite opinion on the results obtained.

Based on the results obtained from this research conducted with cadets and junior karate players, the doctoral student draws three conclusions that affect the set goal and the achievement of the types of hypotheses related to the specific precision of the hands and the anthropometric dimensions and motor abilities of the cadets and juniors.

In the recommendations, the author makes certain suggestions for the scope and content of future research.

In connection with the topic of the doctoral work, three publications were published in co-authorship with one and two with two co-authors.

In conclusion, I believe that the doctor , based on his rich practical experience and knowledge, has done a great scientific and research work related to the development and future success of karate. Therefore, by giving my positive vote, I call on the members of the scientific jury to highly evaluate the doctoral work of Vencislav Atanas Nedev and to award him the educational and scientific degree "Doctor" in professional direction 1. 3. Pedagogy of training in.../ Training methodology in physical education and sports/.

Prepared the opinion :

Prof. Angel B. Krumov, PhD