

REVIEW

of a dissertation work on the topic: PEDAGOGICAL MODEL FOR ACCELERATED INITIAL TRAINING IN TAEKWON-DO FOR STUDENTS I - IV GRADES" for the award of the ONS "Doctor" in professional direction (the field) 1.3. Pedagogy of training in... (Methodology of training in kindergarten and primary school in physical education and sports).

Doctoral student: Edi Ivanov Ivanov

Scientific supervisor: Prof. Iren Peltekova, doctor

Reviewer: Associate Professor Todor Zhelyazkov Marinov, Ph.D

Doctoral student Edi Ivanov Ivanov was born on 11.10.1954. In 1979, he graduated from the VIF "G. Dimitrov" and immediately after that he began working for the development and popularization of the martial arts of karate and tae kwon-do. From 1982 to 1990 he held the positions of: Head of Department, Deputy Head of Department and instructor in the Central Committee of the DKMS, Sofia, where his main responsibilities included organization and management of physical education and sports. Up until 2006, Edi Ivanov took several jobs in the field, which included a Taekwon Do teacher; Inspector for the city of Sofia for the physical education and sports, and youth activities administration at the MMC; Advisor in the Youth and Sports Committee of the National Assembly of the Republic of Bulgaria. From 2006 to present days, he works as a chief expert at the Ministry of Youth and Sports.

Taekwondo, like most popular martial arts, has a centuries-old history. It is part of the ancient Korean systems and styles of fighting techniques, which have been developed and refined over the years to lead to the creation of the modern version of this martial art. But regardless of all the factors that impacted the construction of taekwondo techniques foundations, it is in a continuously improving process of improvement, meeting the ever-increasing requirements of modern sports. From this point of view, all experiments related to proving the effectiveness of a given training methodology can be defined as current in the field of scientific research. This fully applies to the work of doctoral student Edi

Ivanov, who created and proved in practice the reliability of a pedagogical model for accelerated initial training in taekwondo for students from grades I-IV.

The presented dissertation consists of 155 typewritten pages of text, illustrated with 29 tables and 22 figures. 167 sources were used to write it, 15 of which are from the Internet.

The structure of the doctorate is standard, according to the requirements and recommendations for such works, and includes an introduction, 4 chapters of an exposition, conclusions and recommendations, bibliography and appendices.

In the first chapter "Theoretical justification of the problem", the author introduces the history of taekwondo, its appearance and development in our country. The essence and social significance of this sport, as well as the specific training methodology and training, are thoroughly clarified. The place of mental and motor qualities in Tae Kwon Do trainings is presented in details. Quite naturally, given the idea of realization in the dissertation work, some age features in the development of students from the initial stage of basic educational degree are presented. After the analysis of the literary sources, the working hypothesis is logically derived, which is correctly formulated at the beginning of chapter two.

In the second chapter, entitled "Methodology of the research", in direct connection with the derived hypothesis, the purpose of the present / assessed work is presented. For this purpose, 5 tasks were successfully completed. The subject and the object of the research are indicated correctly. To prove the working hypothesis, a total of 263 children aged 7-11 years took part in the experiment. The complex methodology, including reliable research methods, along with the model for accelerated initial training in Tae Kwon Do thoroughly described.

In chapter three, the analysis of the results begins with an interpretation of the achievements of the upper and lower extremity explosive strength assessment tests. This is completely natural, given the peculiarities in the manifestation of techniques in martial arts, the effectiveness of which directly depends on the development of this motor quality. It becomes clear that in the subjects of the experimental group there are significant improvements in the development of explosive power as a result of the applied training model.

The new specialized exercises of the model had a favorable effect on the development of speed in the majority of students in the experimental groups.

Endurance is the other motor quality in which a beneficial effect is reported as a result of the applied experimental methodology. In the presented tables, some of the calculated values for guaranteed probability are not correct and differ from

the values indicated in the text. This is probably a technical error that did not affect the logical analysis.

The applied model does not affect the development of flexibility as effectively, especially with younger students from 1st grade. The experimental group is again the one with better results, but the differences are insignificant. The situation with the development of dynamic force is similar. Again, it has a weaker effect on first-graders.

For a clearer presentation of the research results, the prepared figures (should have been displayed in the main text, in couple of the tables.

The analysis lacks the correlation matrices containing the values for the strength of the interrelationships in the structure of the physical capacity of the subjects. The correlation analysis performed is based only on the individual correlation coefficients placed in the text.

Regardless of the mentioned gaps, it can be argued that the preparation of the analytical part by the doctoral student is a result of his good skills for analyzing information from a conducted experiment, for (revealing)/detecting/disclosing regularities and proving hypotheses.

The proposed seven conclusions and 5 recommendations are well formulated and derive from the theoretical analysis and generalizations made.

Labor contributions are reduced to:

1) Enrichment of the theory regarding the nature and content of Taekwondo.

2) Presenting a reliable model for accelerated initial training in Tae Kwon-Do with an emphasis on improving individual aspects of the motor abilities of students from grades I to IV.

Summary:

The dissertation submitted for evaluation is an elaboration with an author's contribution in the scientific field and professional direction. It convincingly presents its author Edi Ivanov in his ability to conduct scientific research and correctly analyze the results obtained from them.

The doctoral student has three scientific publications (one independent and one co-authored) related to the topic of the dissertation work. The abstract is well-structured and presents the main information of the work in a synthesized form.

IN CONCLUSION:

On the basis of the positively outlined points of the review, I propose to the respected scientific jury to award Edi Ivanov Ivanov the educational and scientific

degree "Doctor" in professional direction 1.3. Pedagogy of training in...
(Methodology of training in kindergarten and primary school in physical
education and sports).

09/13/2022

Sofia

Reviewer:

/Todor Marinov/