

## **REVIEW**

on the dissertation work on the topic of

### **Effect of Motor Skills and Anthropometric Parameters on Achieving Specific Karate Precision**

by Ventsislav Nedev for earning the educational degree of Doctor in  
professional area 1.3: Pedagogy of Education of Physical Education and Sport  
and the scientific specialty of Krate

**REVIEWER: as. prof. Radoslav Penov. PhD**

Ventsislav Atanas Nedev was born on March 18, 1949 in the town of Veles,  
Northern Macedonia. He earned higher education degrees as listed below:

- 1979 – 1981 г. – Belgrade University: Faculty of Physical Education,  
Belgrade

- 1994 – 1997 г. – St. University "St. Cyril and Methodius" - Faculty of  
Physical Education, qualification of "Teacher" specialty, Skopje, Macedonia

- 2020г – Master of Education: Specialty of Pedagogy of Karate Training.

- Specializations and Qualifications:

- 1973 – 1974 г. – Institute of Physical Education and Sport, Novi Sad,  
Yugoslavia, specialty of “First Class Instructor”

- 1995 – earned International Referee class A, San Diego, USA.

- Black Belt (technical level degree) 9th Dan, a Master’s degree earned in  
2013

- Coaching career – the dissertation candidate has an impressive career as  
the coach of the national teams of Yugoslavia and Northern Macedonia. His first  
remarkable success came through the gold medals of Opelovski and Kurtovic at  
the European Championships in 1978 and 1982. His productive coaching career

still continues. His latest grand success came in 2017, when three of his competitors won gold medals at the World Championship in Italy. For his achievements as a coach, Vencislav Nedev had received numerous awards:

- 1980 - received the “Best Coach” award of Skopje and the Republic of Macedonia.
- 2000 - “Karate Instructor of the Century” in the Republic of Macedonia
- 2018 - received the “13 of November” award for overall contribution to the town of Skopje, Northern Macedonia.

Currently the candidate is working in the area of physical education and sport in the capacity of a selectionner and coach of the national team of the Republic of Northern Macedonia for the International Traditional Karate Federation (ITKF), the Balkan Traditional Karate Federation and the Macedonian Traditional Karate Federation and also serves as a public figure.

By decree № RD 20-1042 from 25.05.2021 of the Rector of Sofia University the candidate was enrolled as an independent doctoral student at the department of Individual Sports and Recreation at the Faculty of Sports in the specialty of “Methodology of Training by type of Sport” from the professional area of “Pedagogy of Training”. code 1.3, for the duration of three years. He has passed the doctoral minimum with an excellent grade. The candidate has participated in 13 conferences and has presented three publications on the topic of the doctorate.

### **1. Characteristics of the scientific and applied production of the dissertation student Ventsislav Nedev.**

The scientific work presented for review and named **Effect of Motor Skills and Anthropometric Parameters on Achieving Specific Karate Precision** is of significant importance particularly when considering the specifics of earning a technical point in Karate competitions and the need for specific coordination in the final phase of the punch. The dissertation presented is structured according to

the criteria for awarding the educational degree of Doctor. The dissertation comprises 165 pages and contains an introduction, four chapters, and 20 pages of appendices.

The Bibliography contains 78 sources: 40 in Cyrillics and 38 in Latin. Illustrations include 23 tables in the main body and 10 tables in the appendices, 20 photographs (4 of which are in the appendices) and 17 figures.

The Introduction is written according to the standard. It is two pages long and introduces the reader to Karate, which is presented as an a-cyclic sport on the one hand and a martial art on the other, that develops both physical and moral qualities.

**Chapter One** presents a 79-page overview of literature on the topic and is divided into four sub-chapters. The author provides a smooth transition while introducing the reader to what physical education and sport is, then how Karate emerged and developed as a sport worldwide and in Northern Macedonia, and finally reveals the meaning of Karate precision and provides an overview of the existing works on the topic, which is the essence of the theme.

**Chapter Two** presents the methodology of the study and provides 25 pages of texts, tables, and photographs. Its several sub-chapters present clearly the subject, the object of study, the objectives, the specific goals, all of which are clearly defined and described. The objective of the work corresponds with the work hypothesis presented, which in turn, is divided into three individual hypotheses. The Methodology of Study section provides a very clear description of the tests and their implementation. The author has used three anthropometric indicators that were measured, 9 pedagogical tests, and 4 specific Karate tests that measure Karate precision. Tests are very well illustrated by means of 16 color photos.

The methods of statistical analysis include regression analysis and use of the SPSS software for the statistical processing of the data.

**Chapter Three** provides analysis and discussion on the processed results. It presents 23 tables, each followed by analysis. For better illustration, the author has included 4 diagrams on the informative test indicators.

**In Chapter Four** the author has drawn three main conclusions that stem directly from the research performed and correspond with the hypotheses. In addition, the author provides four recommendations.

## **2. Relevance and Significance of the dissertation work**

The dissertation focuses on very important problematics in Karate, and I would say that it bears a significant theoretical and practical value for Karate as a sport.

## **Conclusion**

The dissertation work presented meets all requirements for a scientific work of this magnitude. In the dissertation, the author Ventsislav Nedev, by means of his competence, has demonstrated the ability to conduct his own studies, to analyze and systematize the results, and to draw informative conclusions and recommendations. Therefore, I propose that the academic jury award Mr. Ventsislav Nedev the educational and scientific degree of Doctor in professional area 1.3: Pedagogy of Education of Physical Education and Sport.

Sofia

25.08.23

as. Prof. Radoslav Penov. PhD