

OPINION

on a dissertation presented for the acquisition of the educational
and scientific degree „PhD”
to the Individual Sports and Recreation Division at the
at the Department of Sports of Sofia University „St. Kliment Ohridski“

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*TOPIC: Impact of motor skills and anthropometric parameters on the realization of
specific karate precision*

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The emergence of karate as a martial art is a means of self-defense based on certain principles and laws. Its practice requires great physical and mental discipline. Learning karate helps develop a strong character and builds a sense of respect.

The process of achieving peak sports results is increasingly based on scientific research and methods and validation of the factors that influence the achievement of ultimate success in competitions. The importance of this research in the field of karate consists in finding and determining the most economical and effective factors that are important for achieving high sports performance. Everything related to the optimization of the methodology of working with adolescents in the field of karate deserves approval and increased research interest. This is also my point of view from which I will analyze and give my assessment of the ideas and results in the dissertation work on the topic: *„Impact of motor skills and anthropometric parameters for the realization of specific karate precision“*.

The dissertation work is formed in one book body with a volume of 187 pages, of which 158 main text containing 23 tables, 4 figures and 16 photos, 7 pages of used literature, 28 pages of appendices and 1 page declaration of authorship. Structurally, the work is properly constructed, including an introduction, three main chapters, conclusions and

recommendations, theoretical and practical significance of the study, references and 3 appendices. In terms of structure, volume and sequence of the presentation, the proposed dissertation meets the basic requirements for this kind of development.

In the introduction, the topicality of the issues of the dissertation research is purposefully and substantiated.

For the preparation of the first chapter in a volume of 79 pages, 78 sources were used, of which 41 in Cyrillic and 37 in Latin.

In this chapter, Vencislav Nedev introduces us to the theoretical formulation of the problem. In the first sub-chapter, the essence of the concept of physical education and sport is revealed. In the second sub-chapter, we are introduced to the emergence and development of the sport of karate on a global scale. In the third subchapter, the emergence and development of karate in North Macedonia is presented, including the philosophy of traditional karate and the development of karate in Macedonian schools. Information is presented on the 55th anniversary of the practice of traditional karate in Macedonia, as well as the support of the brothers Ilia and Vladimir Yorga for the establishment and maintenance of karate in Macedonia. We are familiar with the history of Macedonian karatekas as part of the National Team of Yugoslavia, as well as with the first competitions and medals won by Macedonian karatekas. Information about the „Rabotnički“ karate club (Skopje), the Macedonian national team at the world championships and the successes of the Nedevi family is presented successively. In the last fourth sub-chapter special attention is paid to specific karate precision.

In this part of the work, a very good impression is made by the creative study of the literary sources on the studied issue. The study of the state of the problem was carried out competently and in the necessary scientific style.

In the second chapter „Research methodology“, in its logical sequence in a volume of 25 pages, the subject, the object, the goal are presented with the resulting five main tasks, formulated clearly and precisely and giving a clear idea of the intentions of the doctoral student, as well as the research hypotheses.

The author has described the contingent of his research, and the applied research methods provide an opportunity for an objective analysis of the achievement of the goal and tasks of the work. The tests for sports-pedagogical control and the mathematical-statistical methods are described in detail.

In the version of the dissertation proposed for review, the description of the organization of the research is missing. As a result of this, I also have a question for the

doctoral student: when and where were the tests performed with the 63 karate cadets and juniors from the entire territory of the Republic of North Macedonia?

Structurally, the development of chapter two is scientifically sound and fully satisfying, and its content contributes to the high value of the dissertation work.

The analysis of the results in chapter three, in a volume of 42 pages, makes it possible to derive important generalizations for theory and practice. A huge amount of research and analysis has been done, which in terms of scale fully meets the requirements of a doctoral thesis. In the first and second subchapters, respectively, a regression analysis of the criterion variable of the different strokes for the cadets and juniors was made, and in the third subchapter, the differences in the studied areas between the cadets and juniors were presented.

In the last part of the dissertation, conclusions are drawn and recommendations are formulated, which correspond and are based on the solution of the set research tasks and derive from the analysis, giving an answer to the formulated scientific hypotheses. At the end of the paper, the theoretical and practical significance of the study is presented.

From the extended scientific search, the research and analysis done in the dissertation work, allow me to point out the following main contributions to practice:

1. The theory in the field of working with cadets and juniors in traditional karate has been enriched.
2. The main characteristics of the impact of motor skills and anthropometric parameters for the realization of specific karate precision are derived.
3. The obtained results have a practical meaning, expressed in being helpful as a standard for professional coaches, who can compare the current state of their athletes.
4. Another practical significance of the present work is the control of the effects of the training process according to the exported data, which will optimize the training work and positively affect the improvement of the quality and. The obtained information could be used for planning, programming and effective implementation of the training process as well as to determine appropriate competitive tactics.

The contributions of the dissertation have both scientific and scientific-applied significance and contribute to the enrichment of knowledge in the field of working with cadets and juniors in traditional karate.

The doctoral student has three publications that fully reflect scientific research on the topic. The abstract meets the requirements.

In conclusion, I will note that Vencislav Nedev is a respected competitor, coach, judge and figure in traditional karate, both within the borders of the Republic of North Macedonia

and in Europe. These positions allow the doctoral student not only to have detailed information and a comprehensive view of the general situation regarding the problems with cadets and juniors in traditional karate on a national and global scale, but also to participate directly in the organizational and management processes when working with them. All this has enabled the doctoral student to do research of such a thorough nature. I believe that the reviewed dissertation was developed at a good scientific level, with the necessary theoretical and applied value in the field of traditional karate. The presented dissertation has a finished form.

Based on the above and taking into account the personal qualities of the author, I believe that the dissertation work on the topic: „Impact of motor skills and anthropometric parameters for the realization of specific karate precision“ has been developed at the necessary scientific level and is of high theoretical and applied value. The developed test battery, the conducted experiment and the results obtained in it, as well as the topicality of the problem chosen for research, give me the reason to propose to the respected members of the scientific jury at Sofia University „St. Kliment Ohridski“ to award the educational and scientific degree „PHD“ to **Vencislav Nedev** in professional direction 1.3. Pedagogy of training in... (Methodology of training in physical education and sports).

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Prepared the opinion:

/Prof. Georgi Ignatov, PhD/