

Selecting some Exercises to Help Develop Professional Fitness for Athletes of the Vovinam Team FPT University Ho Chi Minh City

 Luan Vo Minh¹, Thanh Nguyen Duc^{2*}
¹Lecturer at FPT University in Ho Chi Minh City

²Assoc., PhD, Director of the Center of Physical and Defense Education, Ho Chi Minh City University of Technology and Education

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***Corresponding author:** Thanh Nguyen Duc

Assoc., PhD, Director of the Center of Physical and Defense Education, Ho Chi Minh City University of Technology and Education

Abstract

Through the practice of synthesizing professional documents of domestic and foreign authors, the topic has interviewed experts and identified 34 specialized exercises to develop professional fitness for athletes of the Vovinam Truong team FPT University Ho Chi Minh City. This is the basis to continue to put into practice the exercises and confirm the effectiveness of these exercises.

Keywords: Exercises, specialties, selections, fitness, Vovinam.

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1. INTRODUCTION

Vovinam (Viet martial arts) is a martial art developed based on wrestling and Vietnamese national martial arts as the foundation, combined with the quintessence of martial arts disciplines around the world. Vovinam has contributed significantly to the preservation and promotion of national martial arts; becoming a modern, scientific and practical martial art, attracting the support of many domestic and foreign circles as the national martial art of Vietnam.

Although born quite late compared to other martial arts in the world, in recent years, with the tireless efforts of enthusiastic people, Vovinam has risen and achieved a worthy position. This is shown through the establishment of a network of domestic and international federations (Vietnam Vovinam Federation - VVF: October 2007; International Vovinam Federation - IVF: September 2008, European Vovinam Federation). (EVVF): October 2010; Southeast Asia Vovinam Federation - SEAVF: December 2010, Africa Vovinam Federation - AFVF: January 2012...). In 2011, Vovinam was first included in the official competition program at SEA Games 26. Some countries around the world have opened Vovinam Viet Vo Dao training classes such as France, Spain, Italy, Germany, Switzerland, etc. Romania, Belarus, Denmark, Poland, Belgium, Norway, Russia, Sweden, USA, Australia, Algeria, Morocco, Singapore, Uzbekistan, Thailand, Cambodia. In particular, the Vovinam Viet Vo Dao

movement in France, Spain and Italy has developed quite well.

Currently, the club and team of FPT University in Ho Chi Minh City are attracting the participation of a large number of students. This is an additional source, recruiting forces for the Vovinam team of FPT University in Ho Chi Minh City. However, in the last two years, the team's summoning and training has been interrupted and greatly affected by the Covid 19 epidemic. In order to continue to strengthen the position and rank of Vovinam in the student playground in order to anticipate the program and plan of tournaments, it is necessary to have new exercises and training plans to ensure the elements of techniques, tactics, and physical strength for vovinam athletes at FPT University, Ho Chi Minh City.

From the above practical issues and with the desire to contribute to building and consolidating the achievements of the Vovinam team, as a trainer and coach who directly trains the team, we realize that "Choosing some exercises to help develop professional fitness for athletes of the Vovinam team at FPT University in Ho Chi Minh City" is very necessary. The research results will contribute to improving physical fitness and performance in Vovinam competitions, and also serve as a theoretical basis and useful reference for scientists.

2. RESEARCH METHODS

2.1. Research Object

Including 12 male students from the Vovinam team of FPT University in Ho Chi Minh City and 20 lecturers, coaches, specialists, managers and experts on Vovinam.

2.2. Method

Common methods used to carry out the research task include: Method of reading, referencing, analyzing and synthesizing documents; Interview method (anket); Method of pedagogical examination; Experimental method of pedagogy; Statistical method.

2.3. Measuring Tool

Through the collection and selection of relevant documents of scientists, Vovinam teaching materials, textbooks, a number of specialized journals, anthology of related scientific research works, ... to summarize, selected 24 specialized exercises to evaluate the improvement of leg speed for male athletes of the Vovinam team.

Next, the topic conducted interviews with experts to select 6 common and appropriate tests to put into experimental application. Finally, use SPSS 22.0 software to calculate and process data to evaluate the effectiveness of these exercises in practical applications.

2.4. Process

The study was carried out from December 2020 to July 2022 at FPT University in Ho Chi Minh City, Vietnam.

3. RESEARCH RESULTS

3.1. Principles of Choosing Exercises to Develop Professional Fitness for Athletes of the Vovinam Team of FPT University in Ho Chi Minh City

Based on the principles and training cycle, on the theoretical basis of the Vovinam subject, on the psychophysiological characteristics, practical qualifications and assigned tasks of the Vovinam team at FPT University in Ho Chi Minh City. Minh, the topic identifies the principles of selecting some exercises:

- The selected exercises must have a clear orientation to develop the professional fitness for athletes of the Vovinam team at FPT University in Ho Chi Minh City.

- The selection of exercises must be feasible, that is, the exercises can be performed on the subjects and training conditions of the athletes of the Vovinam team at FPT University in Ho Chi Minh City.

- The exercises must be effective, that is, the exercises must develop the professional fitness for athletes of the Vovinam team at FPT University in Ho Chi Minh City.

- The exercises must be diverse, creating excitement for athletes of the Vovinam team at FPT University in Ho Chi Minh City.

3.2. Summary of some Exercises to Develop Professional Fitness for Athletes of Vovinam Team by Domestic and Foreign Authors

By referencing documents related to physical development exercises for Vovinam athletes of some domestic authors such as: Pham Thi My Dung (2013), "Effective assessment of the system of exercises to develop professional physical strength for male athletes of the Vovinam army team after six months of training"; Nguyen Phi Phung (2015), "Effective evaluation of some general physical development exercises for athletes of the Men's Traditional Martial Arts team in Ba Ria - Vung Tau province after 3 months of training"; Do Xuan Thanh (2016), "Research and application of some exercises to improve leg speed for male Vovinam athletes aged 12-14, District 5, Ho Chi Minh City"; Le Duc Trong (2015), "Effective evaluation of the system of exercises to develop professional fitness for male athletes of the Vovinam team in Binh Duong province after one year of training"; Pham Thi Kim Lien (2015), "Studying on building a system of exercises and strength training programs for male Vovinam athletes in Dong Nai province aged 15 -16 years old through 6 months of training"..... With the process of training and actual training, the author has synthesized 45 exercises commonly used to develop professional fitness for athletes of the Vovinam team.

3.3. Interviewing and Selection some Exercises to Develop Professional Fitness for Athletes of the Vovinam Team At FPT University in Ho Chi Minh City

Next, conduct interviews with experts, trainers, coaches, referees about the exercises obtained. The interview process was conducted 2 times, 1 month apart each time. The results of the interviews are presented in Table 1.

Table 1: Results of the interview to select some exercises to develop professional fitness for athletes of the Vovinam team at FPT University, Ho Chi Minh City

No.	Exercises	Interview result							
		1st time (n=30)				2nd time(n=30)			
		Agree		Disagree		Agree		Disagree	
		n	%	n	%	n	%	n	%
1	Running 30m with a high start	15	50	15	50	16	53	14	47
2	Standing and jump away	14	47	16	53	17	57	13	43
3	Jump and retracting knees for 30 seconds	25	83	5	17	26	87	4	13
4	Lift weights, stand up and sit down	18	60	12	40	17	57	13	43

5	Lie down and kick weights	19	63	11	37	18	60	12	40
6	Carrying people to stand up and sit down - 30 times	23	77	7	23	26	87	4	13
7	Pushing a wheelbarrow 15m	26	87	4	13	26	87	4	13
8	Jumping in a hexagon	24	80	6	20	25	83	5	17
9	Speed rope jump for 10 seconds	30	100	0	0	30	100	0	0
10	Jumping rope for 1 minute	30	100	0	0	30	100	0	0
11	Jumping rope for 3 minute	30	100	0	0	29	97	1	3
12	Speed jump and change legs for 60 seconds	28	93	2	7	29	97	1	3
13	Lie on your stomach and do push-ups	23	77	7	23	25	83	5	17
14	Back bend	24	80	6	20	25	83	5	17
15	Bend body on the ladder	17	57	13	43	19	63	11	37
16	Abdominal flexion	28	93	2	7	29	97	1	3
17	Rainbow body bending	21	70	9	30	22	73	8	27
18	Standing flexible and bending body	22	73	8	27	21	70	9	30
19	Hip flexion (hip flexion)	22	73	8	27	20	67	10	33
20	Running the stairs	16	53	14	47	14	47	16	53
21	Retracting right (left) knee repeatedly	28	93	2	7	29	97	1	3
22	Retracting right (left) leg knee continuously with elastic tie	28	93	2	7	29	97	1	3
23	Sitting in place and kick right (left) leg	27	90	3	10	29	97	1	3
24	Sitting in place and kick right (left) leg with weights on	27	90	3	10	29	97	1	3
25	Kick horizontal direction with the right (left) leg when there is a signal	28	93	2	7	29	97	1	3
26	Kick right leg on 3 targets	29	97	1	3	29	97	1	3
27	Kick left leg on 3 targets	29	97	1	3	29	97	1	3
28	Standing and kick horizontally with dominant leg in the abdomen	30	100	0	0	30	100	0	0
29	Jump and pull out knees in place, then perform a continuous clamp kick	30	100	0	0	30	100	0	0
30	Standing and kick horizontally with right leg in the face	30	100	0	0	30	100	0	0
31	Standing and kick left leg straightly against opponent's face	30	100	0	0	29	97	1	3
32	Standing and kick right leg straightly against opponent's face	30	100	0	0	29	97	1	3
33	Kick in front of the face	20	67	10	33	21	70	9	30
34	Kick in front of the face with weights of 0.5 kg	20	67	10	33	17	57	13	43
35	Standing and kick horizontally with left leg in the abdomen	29	97	1	3	28	93	2	7
36	Kick horizontally with two legs in the face	29	97	1	3	28	93	2	7
37	Kick horizontally with two legs in the abdomen with weights of 0.5 kg	29	97	1	3	28	93	2	7
38	Standing and kick horizontally with left leg in the face	29	97	1	3	28	93	2	7
39	Standing and kick horizontally with left leg in the face with weights of 0.5 kg	28	93	2	7	28	93	2	7
40	Kick and recoiling with one leg repeatedly in the face	28	93	2	7	28	93	2	7
41	Punching right hand to face area	30	100	0	0	28	93	2	7
42	Punching left hand to the abdomen	30	100	0	0	30	100	0	0
43	Double-handed speed punching in the face area	30	100	0	0	30	100	0	0
44	Double-handed speed punching in the face area with weights of 0.5 kg	30	100	0	0	30	100	0	0
45	Double-handed hook punches continuously in the face area	28	93	2	7	30	100	0	0

To ensure agreement between the two interviews, the study conducted Wilcoxon test. The test results are presented in Table 2.

Table 2: Wilcoxon test results between 2 interviews

Test Statistics ^a	
	lan2 - lan1
Z	-1.066 ^b
Asymp. Sig. (2-tailed)	.286

Assumption H₀: The mean values of the two populations are the same.

Assumption H₁: The mean values of the two populations are different.

From the above results, we can see that the observed significance level of the test between the two test interviews is sig. = 0.286 > 0.05 (threshold of statistical significance at P = 0.05). Therefore, we accept the hypothesis H₀. It can be concluded that, according to Wilcoxon test, there is a coincidence and stability between the two interviews.

From the results of 2 interviews, by convention, only exercises are selected with ≥ 75% of the opinions agreeing in both interviews, and there is a consensus between the two interviews. As a result, the study identified 34 exercises to develop professional fitness for athletes of the Vovinam team at FPT

University in Ho Chi Minh City, which met the requirements for inclusion in the experimental program, including the following:

(1) Jump and retracting knees for 30 seconds; (2) Carrying people to stand up and sit down - 30 times; (3) Pushing a wheelbarrow 15m; (4) Jumping in a hexagon; (5) Speed rope jump for 10 seconds; (6) Jumping rope for 1 minute; (7) Jumping rope for 3 minute; (8) Speed jump and change legs for 60 seconds; (9) Lie on your stomach and do push-ups; (10) Back bend; (11) Abdominal flexion; (12) Retracting right (left) knee repeatedly; (13) Retracting right (left) leg knee continuously with elastic tie; (14) Sitting in place and kick right (left) leg; (15) Sitting in place and kick right (left) leg with weights on; (16) Kick horizontal direction with the right (left) leg when there is a signal; (17) Kick right leg on 3 targets; (18) Kick left leg on 3 targets; (19) Standing and kick horizontally with dominant leg in the abdomen; (20) Jump and pull out knees in place, then perform a continuous clamp kick; (21) Standing and kick horizontally with right leg in the face; (22) Standing and kick left leg straightly against opponent's face; (23) Standing and kick right leg straightly against opponent's face; (24) Standing and kick horizontally with left leg in the abdomen; (25) Kick horizontally with two legs in the face; (26) Kick horizontally with two legs in the abdomen with weights of 0.5 kg; (27) Standing and kick horizontally with left leg in the face; (28) Standing and kick horizontally with left leg in the face with weights of 0.5 kg; (29) Kick and recoiling with one leg repeatedly in the face; (30) Punching right hand to face area; (31) Punching left hand to the abdomen; (32) Double-handed speed punching in the face area; (33) Double-handed speed punching in the face area with weights of 0.5 kg; (34) Double-handed hook punches continuously in the face area.

4. CONCLUSION

Through reference to relevant documents of some domestic authors, 45 exercises for physical development for Vovinam athletes have been

synthesized. Conducting interviews with experts, trainers, coaches, referees, 34 professional exercises have been selected to continue to apply and confirm their effectiveness.

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