

OPINION

by Professor Valentina Stoycheva Margaritova, Ph.D.

Paisii Hilendarski University of Plovdiv

of a dissertation thesis for awarding the educational and scientific degree "**Doctor**"

by: field of higher education 1. Pedagogical sciences,

professional area 1.3. Pedagogy of training in...,

doctoral program Theory and Methodology of Physical Education and Sports

Author: Kostadin Dimitrov Dimitrov

Title: Study of Technical and Tactical Preparation in Taekwon-Do Training

Scientific Supervisor: Professor Veselin Zhelyazkov Margaritov, Ph.D.,

Paisii Hilendarski University of Plovdiv

1. General Overview of the Presented Materials

By order No. ПД-21-120 from 20.01.2023 of the Rector of Paisii Hilendarski University of Plovdiv, I was appointed as a member of the scientific jury to hold a procedure for the defence of a dissertation work entitled: *Study of Technical and Tactical Preparation in Taekwon-Do Training* for obtaining the educational and scientific degree "Doctor" in the field of higher education 1. Pedagogical sciences, professional area 1.3. Pedagogy of training in..., doctoral program Theory and methodology of physical education and sports. Author of the thesis is **Kostadin Dimitrov Dimitrov** - an independent doctoral student at the Department of Theory and Methodology of Physical Education and Sports with supervisor Prof. Ph.D. Veselin Zhelyazkov Margaritov from Paisii Hilendarski University of Plovdiv.

The set of materials presented on paper by Kostadin Dimitrov Dimitrov is in accordance with Art. 36 (1) of the Regulations for the Academic Staff Development of PU, and includes the following documents:

- an application to the Rector of PU to open the procedure for the defence of the dissertation thesis;
- curriculum vitae (European format);
- minutes from the department council reporting the preparedness to open the procedure and preliminary discussion of the dissertation work;
- dissertation work;
- abstract;
- a list of scientific publications on the subject of the dissertation;
- copies of scientific publications;
- declaration of originality and authenticity of the attached documents;
- a document for the fee paid, according to the set rates.

2. Brief Biographical Data for the Doctoral Student

Kostadin Dimitrov Dimitrov was born in 1975. He completed his secondary education at the Vocational High School of Electrical Engineering and Electronics, Plovdiv, and in 1999 obtained a Master's degree at Paisii Hilendarski University of Plovdiv, majoring in Mathematics and Informatics. From 2011 to the present, he has been the mayor of residential district Trakia (third term). Kostadin Dimitrov has many years of sports activity in the range of high sportsmanship: multiple republican champion and national competitor of the Republic of Bulgaria, holder of 7 dan, Master of Taekwon-Do. He is the president and head coach of 'Trakia' Army Sports Taekwon-do Club. He is ranked among the 10 best coaches of the city of Plovdiv. Since 2003, he has been an international referee and international instructor at the International Taekwon-do Federation ITF. He actively participated in the organization of the European Taekwon-do Championships in 2004 and 2012 and the World Taekwon-do Championships in 2006, 2013, 2015 and 2019.

3. Relevance of the Subject and Adequacy of the Purpose and Tasks

The dissertation thesis is developed in respect to problems which increasingly attract the attention to the mystical Eastern martial arts, more specifically, Taekwon-Do as one of the most practiced martial arts among teenagers in the country and abroad. One of the main tasks

in Taekwon-Do training is to improve technical and tactical preparation by achieving maximum effect with minimum energy expenditure. This fact generates interest and gives relevance to the chosen topic of the dissertation.

4. Fluency on the Subject

The has accumulated many years of sports activity in the field of high sportsmanship: multiple times republican champion and national competitor, holder of 7 dan, master of Taekwon-Do, international referee and international instructor at the International Taekwon-Do Federation. Combined with his abundant theoretical knowledge, the doctoral student demonstrates skills which are a prerequisite for a successfully developed scientific work. The in-depth analysis of the psychophysical, technical and tactical training shows knowledge of the studied problem. The data are processed through variation analysis and correlation analysis and hypothesis testing and are presented in a summarized tabular form and displayed graphically.

5. Research Methodology

To solve the tasks, achieve the goal and prove the hypothesis, the doctoral student applies a complex of general-pedagogical and specialized research methods, which include:

Side Splits Test

Front Splits Test

Spine Flexibility Test

Dolleyo Chagi Test (left and right kick)

Yeop Chagi Test (left and right kick)

Standing Long Jump Test

Sargent/ Vertical Jump Test

Pads Test (Left and Right Kick)

Impact Force Test

30m Sprint Test

Cooper Test

Patterns Test

Time Perception Test

Test of Collective and Ego Orientation

SJT test

SAM test

6. Characterization and Evaluation of the Dissertation Work

The dissertation developed by Kostadin Dimitrov follows the classic structure for this type of thesis and meets the generally accepted requirements. It contains an introduction, three chapters - theoretical validation; hypothesis, purpose, tasks, methodology, research organization, model for improving the technical and tactical training of Taekwon-do practitioners; analysis of research results, conclusions and recommendations, applications and references. The work is developed in a volume of 171 pages, illustrated with 39 tables, 97 figures, 11 appendices, literature from 116 literary sources, of which 101 in Cyrillic and 15 in Latin.

The introduction highlights the importance of the scientific problem - the practice of Taekwon-do leads to the improvement of a number of mental, physical, technical and tactical indicators resulting in self-control of the body.

In the first chapter, the author performs a logically structured, qualitative and precise theoretical analysis of the problem under consideration. The origin of Taekwon-do is outlined, a historical retrospective is made. The specifics of psychophysical, technical and tactical training are thoroughly and competently characterized.

In the second chapter, the hypothesis is formulated on the basis of the theoretical analysis and practical experience on the subject. The purpose and tasks follow the logic of scientific pedagogical research and the specifics of the dissertation problem, the methodology and tools are presented, a model is proposed for improving the technical and tactical training of Taekwon-do practitioners in 7 modules. The statistical methods used for the analysis of the obtained experimental data and the recording of statistical regularities for prediction and optimization are indicated. The organization of the research follows the logic of the main research tasks and leads to the achievement of the set purpose.

Chapter three displays the results of the study in tables and diagrams. Variation and correlation analysis and hypothesis testing are implemented for data analysis. Mathematical and statistical

processing is performed with Excel and SPSS statistical package. They provide answers to the tasks set. The obtained results are summarized in tables and diagrams which track the changes in the conducted studies. Correlational dependences of physical tests, mental and psychophysical tests are analysed to visualize the internal structure of the studied phenomena in the experimental group. Graphs and schemes are proposed to illustrate the established statistically significant relationships. The results are discussed in the scope of the research concept, where the competence of the author is evident.

The next part contains "conclusions and recommendations". Based on the theoretical overview and the analysis of the outcome of the conducted experiment, 7 conclusions and 5 recommendations are drawn. They are specific and are the direct result of the conducted research.

The literature reference is correctly arranged.

11 appendices follow as a supplement to the dissertation.

The dissertation meets all the regulatory requirements for the acquisition of scientific degrees.

7. Scientific and Practical Contributions and Impact of the Thesis

The present dissertation develops a scientifically based theory for optimizing technical and tactical training in Taekwon-do preparation. The main contributions are:

1. A science-based theory is built up concerning the optimization of technical and tactical training in Taekwon-do.
2. A theoretical and retrospective analysis of the development of ITF Taekwon-do from ancient times to the present is performed.
3. Training models are created and tested to enhance the technical and tactical training in the Taekwon-do preparation process.
4. The applied models and methodology for optimizing the technical and tactical training are effective and lead to the improvement of the entire structure.
5. The implemented test battery is highly informative and leads to a complex evaluation of the technical and psychophysical training of the practitioners. The results are objective and function as a good basis for optimizing the learning and training process in Taekwon-do.

6. The established correlational dependencies are of particular value for the innovative approach in training and development of new models in the teaching and educational process of Taekwon-do.

8. Evaluation of Publications on the Dissertation Thesis

Kostadin Dimitrov has submitted three publications in the scope of the dissertation work, where he examines the history of ITF Taekwon-do and its development, provides data of its origin and the various stages of spreading the martial art and its popularization in Bulgaria. After examination of the results of the ITF Taekwon-do national team and the ITF European Taekwon-do Championship (2020) and the performance of the Bulgarian national team, conclusions are drawn based on the results, giving the opportunity to form an idea of the state of preparation of our national team. The author's competence on the subject under focus is evident in the publications.

We have no publications in common with the author.

The publications comply with the quantitative requirements of the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions.

9. Personal Contribution of the Doctoral Student

The offered research is personally conducted by Kostadin Dimitrov and the scientific contributions are his own merit. He certifies the above with a signed declaration of originality and authenticity. Considering the personal qualities, theoretical training and professional experience of the doctoral student, I have no doubt that the dissertation work is his personal creation.

10. Abstract

The Abstract is constructed in accordance with the requirements for pedagogical research. Its structure and content represent a summarized version of the dissertation.

11. Critical Remarks and Recommendations

I have no critical remarks and recommendations with regards to the scientific work.

12. Personal impressions

I am familiar with the activities of the doctoral student in his role of mayor of Trakia region. He is extremely competent, organized, accurate and responsible in the performance of his official duties.

Evident from the scientific work is the fact that he has in-depth knowledge on the subject and that he possesses scientific and research skills which allow him to effectively conduct objective research in the scientific specialty "Theory and Methodology of Physical Education and Sports".

13. Recommendations for Future Use of the Dissertation Contributions and Results

I would suggest that the generated data be published in collections where greater publicity of the results will be obtained, as well as their use by more professionals in the field of conducting the overall training will be promoted.

CONCLUSION

The dissertation thesis *contains scientific and applied results, which become an original contribution to science* and **meet all the requirements** of the Academic Staff Development Act in the Republic of Bulgaria (ASDA), the Regulations for the Implementation of ASDA and the relevant Regulations of Paisii Hilendarski University of Plovdiv.

The dissertation proves that the doctoral student Kostadin Dimitrov Dimitrov possesses in-depth theoretical knowledge and professional skills in the scientific specialty Theory and Methodology of Physical Education and Sports, demonstrating qualities and skills for independent conduct of scientific research.

Due to the above, I confidently give my *positive assessment* of the conducted research, presented by the above-reviewed dissertation work, abstract, achieved results and contributions, and *I propose to the honorable scientific jury to award the educational and scientific degree "Doctor"* to **Kostadin Dimitrov Dimitrov** in the field of higher education 1. Pedagogical Sciences, professional area 1.3. Pedagogy of Training in..., Doctoral Program Theory and Methodology of Physical Education and Sports.

Plovdiv, 20.02.2023

Reviewer:

Prof. Valentina Margaritova, Ph.D.)