

REVIEW
of
Prof. Dr. PhD Kiril Zahariev Kostov, South-West University "Neofit Rilski" Blagoevgrad

regarding the qualities of a dissertation
to acquire the educational and scientific degree

„DOCTOR“

field of higher education **1. Pedagogical sciences**
professional direction **1.3. Pedagogy of training in:**
PhD program: **"Theory and methodology of physical education and sports training".**

Author: Kostadin Dimitrov Dimitrov

**RESEARCH OF TECHNICAL-TACTICAL TRAINING IN "TAEKWON-DO"
TRAINING**

Supervisor: Prof. Ph.D. Veselin Zhelyazkov Margaritov

1. General presentation of the procedure and the PhD student

By order RD-21-120 dated 20.01.2023 of the Rector of the Plovdiv University "Paisiy Hilendarski", I have been appointed as a member of the scientific jury to ensure a procedure for the defense of a dissertation work on the subject: "RESEARCH OF TECHNICAL-TACTICAL TRAINING IN "TAEKWON-DO" TRAINING" for the acquisition of the educational and scientific degree 'doctor' in the above-mentioned field of higher education, professional direction and PhD program.

The author of the dissertation is a PhD student of independent training at the Department of "Theory and Methodology of Physical Education" at the PU. The set of online materials presented by PhD student Dimitrov, as well as on paper, is in accordance with Article 36 (1) of the Rules for the Development of the Academic Staff of the PU and includes the following documents:

1. application form to the rector for opening a procedure;
2. curriculum vitae in European format;
3. protocol of the preliminary discussion in the department;
4. abstract;
5. declaration of originality and authenticity of the attached documents;
6. certificate of compliance with the minimum national requirements;
7. list of publications;
8. dissertation work;
9. copies of the publications on the subject of the dissertation work;
10. GC document for paid fee, according to the Tariff.
11. set of paper documents from item 1 to item 10 — 3 pieces;
12. set of documents from items 1, 2, 3, 4, 6, 7, 8 (possible indication of other documents from items 5 and 9 on electronic media) — 7 pieces.

2. Brief biographical data for the doctoral student

Kostadin Dimitrov Dimitrov was born on 06/05/1875. He completed secondary education at a vocational high school in electrical engineering and electronics in the city of Plovdiv, and he completed his higher education at "Paisiy Hilendarski" PU as a "Master" in Mathematics with a specialization in "Informatics" (1994-1999) and as a "Master" in "Electronic Commerce".

Kostadin Dimitrov is a long-time figure in the field of Taekwondo sports. From 2003 to 2007, he was the chairman of the commission for tournaments and competitions, from 2007 to 2013, he was the general secretary, and from December 2013 to the present, he was the Vice-President of the Bulgarian Taekwondo Federation - ITF version.

Since 2003, he has been an international judge and international instructor at the International Taekwondo Federation /ITF version/. In his many years of sports activity in the field of high sportsmanship, K. Dimitrov was also a multiple republican champion and national athlete of the Republic of Bulgaria, as well as a senior coach of athletes who won over 50 medals from world and European championships.

He is also the recipient of the "Outstanding Taekwondo Trainer" medal. In his development, he also holds the 7th dan. He has been repeatedly awarded in the 10 best trainers of the city of Plovdiv. His good organizational skills are also evident as one of the main organizers of the European Taekwondo Championships - 2004 and 2012 and the World Taekwondo Championships in 2006, 2013, 2015 and 2019.

All this dedication to the sport "Taekwondo-do" is the primary reason why K. Dimitrov took up the development of his doctoral project, as he was enrolled as a doctoral student of independent training at the department of "Theory and Methodology of Physical Education" under the scientific guidance of prof. d. p. n. Veselin Zhelyazkov Margaritov.

We will also note that PhD student Dimitrov is also a socially active citizen. From 2011 to the present, for some time he was a municipal councilor, then deputy mayor in the "Central" district of the Plovdiv Municipality, and for the third term he is the mayor of the "Trakiya" district in Plovdiv, managing all the executive activities of the district.

3. Actuality of the subject

The problem of optimizing the training process in any sport, including taekwondo, has its significant place, both in a purely theoretical (scientific) plan, and also, above all, in the practical implementation of the activity. Even more so when it comes to "...one of the most practiced martial arts among teenagers both in our country and abroad" the need to study the technology and mechanisms of training and competition activity, as well as the development of "...models of training, in order to increase the technical-tactical training of taekwondo practitioners' is more than obvious. /p. 3/. As noted by the author himself "...the practice of the sport "taekwon-do" leads to the improvement of a number of mental and physical qualities related to self-control of the body" and contributes to the achievement of a high level of physical and functional capacity, for more the quick learning of the specific technique of this sport and has an extremely important role in achieving high sports results.

In this regard, we will note that the problem developed in the dissertation work of Kostadin Dimitrov on the topic: "Research of technical-tactical preparation in the training of "taekwon-do" has its modern sound and place as a research and practical-applied territory in the multifaceted training a process implemented in the conditions of sports clubs and schools.

4. Knowing the problem

The author knows in depth the problem he researches, related to the need to create a streamlined system for training and implementation in the field of taekwondo. This is evident both from the in-depth analysis of the specialized scientific and methodical applied literature in the field of Eastern martial arts and in particular taekwondo, but above all from the long-term professional theoretical and practical-applied activities of the doctoral student in this field.

The author was able to achieve this knowledge after a thorough analysis of the philosophical essence of the Eastern martial arts, the history of their development and, above all, in the precise analysis of the main building components of the sport of taekwondo, relating to the psychophysical, technical and tactical preparation of the taekwondo trainee. / pp. 5-62 /. On the one hand, this speaks of a good knowledge of the researched issues, and on the other hand, it gives the author the opportunity to express his view on the rich facts and its creative interpretation.

I would also point out that any attempt to deepen not only the methodical-applied knowledge, but also the theoretical justification of the conducted training and competition process deserves approval and encouragement. This is also the starting point from which the current dissertation work should be evaluated, which I will note at the outset that it is a useful study, supported by the realization of a formative pedagogical experiment.

5. Research methodology

The complex research methodology chosen by the doctoral student Kostadin Dimitrov, the successfully selected mathematical and statistical tools for processing and quantitative analysis of the experimentally obtained data, as well as the overall logic and sequence of the experimental work carried out by him, allow the doctoral student not only to ascertain the current state of research from his problem, but also to build a logically built methodology for improving the psychophysical and technical training of the taekwondo trainee, to follow it in real practice, and to get an answer to the tasks he set himself in the dissertation work. All this, as well as the data obtained and analyzed further in the dissertation, give me reason to conclude that the research methodology used by the author allows to achieve the set goal and to realize the specific tasks of the research.

6. Characterization and evaluation of the dissertation work

The volume of the dissertation work is 155 pages, structured in an introduction, 3 chapters containing text, 39 tables and 97 figures. Attached to the dissertation work are 11 appendices in a volume of 12 pages. The bibliography consists of 116 literary sources, of which 101 are in Cyrillic and 15 are in Latin. The list of author publications includes 3 titles. In the first chapter ("Theoretical justification" - 59 pages) the existing domestic and foreign literature on the studied issue is examined and analyzed. The analysis made of the historical aspects in the origin and development of the eastern martial arts and in particular taekwondo, as well as the essence and role of the psychophysical training of the competitors /fighters"/ are a very good basis for planning and realizing the dissertation research. The argumentation of the reasons for the

development of this topic with the aim of creating and testing models for the psychophysical and technical training of taekwondo trainees and increasing the degree of their complex preparation is also successful.

The reasons for the emergence of martial arts, in particular taekwondo, have been quite successfully examined and systematized, and on the basis of facts they have been defined "... as a means of self-defense, have undergone their development and from primary movements for fighting have reached advanced systems not only for self-defense, and already as separate sports disciplines or means of physical and mental health development, stating that "...the way to develop individual martial arts is through academically proven methods, based on facts, researching various indicators and finding a scientific approach to their improvement".

Quite challenging, the doctoral student put up for discussion the rhetorical question of whether "Taekwon-do is a sport or a martial art?". In this regard, the doctoral student, according to his experience, knowledge and dedication, should have taken a much clearer and more definite position in answering this question.

In addition, in this part of the dissertation, wastefulness is manifested to a certain extent, which makes it difficult for the reader to orientate him about the role of the individual structural-building components in the sport of taekwondo. This applies to a greater extent when interpreting mental and physical preparation /p. 17-42/ and to a lesser extent in the technical and tactical part in the preparation of the taekwondo player /43-58 p./.

In the second chapter (10 pages), in its logical sequence, the methodological characteristics of the study and its organizational and time parameters are presented. Regarding what is written in this chapter, we will point out that it is in accordance with the requirements for similar kind of scientific developments, where the sequence of the research work carried out is described in time and organizational order. Structurally, the logic of the presentation is followed, indicating the purpose and tasks of the research, the hypothesis, as well as the research methods /pedagogical and functional tests, surveys, mathematical-statistical methods/ with which the primary empirical information was collected and processed.

The author has done a relatively good job of clarifying and formulating these mandatory methodological parameters of any scientific study. In my opinion, the research tasks can be summarized. Recorded as the sixth task is rather a means of processing empirical material and can be dropped as a research task.

The same applies to the conclusions drawn at the end. However, a positive impression is left by the proposed model for improving the technical and tactical training of taekwondo practitioners with clearly defined modules in the stages of training activity and the different approach "...in verbal training sessions and the analysis of tactical concepts, personalized by previous actions of the practitioners "/p. 70/.

The appropriate mathematical-statistical analysis of the obtained experimental data is also impressive.

The third chapter is 76 pages long. It is devoted entirely to the analysis of its own experimental results. It was built logically, entirely on the basis of the results obtained from the conducted survey and experimental test research in 2020 and 2021.

On the basis of these data, training models have been created by means of variable methods and means for optimizing the training activity with a priority on psychophysical and technical preparation. These results are presented and analyzed sequentially and show the expected effects of the training model created and experimented in practice, detailed in its individual modules.

A successful approach in evaluating the impact of the created model for the training of taekwondo players is the use of the SAN-test, which is quite suitable for research of this nature. The results obtained with it confirm the positive impact of the applied methodology for the training of taekwondo competitors.

The mathematical-statistical processing used in the dissertation provides a very good opportunity for in-depth quantitative and qualitative analysis of the obtained experimental data. In this direction, I will note that the sufficiently rich material of experimental data, which the dissertation received, allows for an even more detailed analysis, especially regarding the results of the use of correlation analysis.

The graphic layout and visualization of the obtained results are done quite richly and competently and correspond to the data obtained and presented in the tables.

7. Contributions and significance of the development for science and practice

On the basis of the obtained results and their analysis in the dissertation work of doctoral student Kostadin Dimitrov, the following more important contributions can be highlighted:

1. A successful attempt was made to create a scientifically based theory for optimizing technical-tactical training in Taekwondo training.
2. Innovative training models have been approved to optimize the technical-tactical training in the Taekwondo training process, for which their effectiveness and usefulness have been experimentally confirmed.
3. A complex test battery is systematized and highly informative, leading to a complex assessment of the technical and psychophysical training of the students.
4. The established correlational dependencies are a good basis and opportunity for developing new models in the educational process of Tae Kwon Do.

In general, we can note that the performed theoretical-applied research can be attributed to obtaining new data and facts, which will be the basis for improving the complex training and competition process in the sport "Taekwon-do".

8. Assessment of dissertation publications

As proof of the significance and applicability in practice of research in the dissertation, the 3 articles presented by the author, which reflect certain aspects and results of the research, are also a problem. They are published in the UI "Paisiy Hilendarski", with ISBN 978-619-202-279-2.

Regardless of the fact that the overall structuring and shaping of the results of the conducted dissertation research, as well as the published articles, are the result of the expert guidance of the scientific supervisor, given the fact that the dissertation was realized in an independent form of study and without me being a direct witness during the development of the dissertation, I can confidently state that **the presented dissertation and the conducted research is primarily the result of the doctoral student himself, with his personal participation both in the planning, implementation and writing of the work, as well as in the analysis of the obtained results and the formulation of their contributions.**

In addition to my positive attitude towards the peer-reviewed dissertation, I would also make one recommendation for future implementation, regarding the publication of the results obtained in the dissertation, for the use of a wider circle of interested specialists in this field. Moreover, the data presented by the doctoral student in the publications are the result not only of national but also international competitions, as well as the results of the overall dissertation work, it would be good to give them greater prominence and representativeness, by publishing in international journals reflecting the life and the activity of the two versions of Taekwondo – ITF and WT.

9. Abstract

The abstract for the dissertation reflects the main points and results of the research. In terms of volume and structure, it was made in accordance with the requirements for summarizing similar types of developments in accordance with the regulations of the PU.

CONCLUSION

Kostadin Dimitrov's dissertation mainly contains scientific and applied results and contributions to the training and preparation of taekwondo players. It meets the requirements of ZRASRB and its regulations, as well as the regulations of PU "Paisiy Hilendarski". The presented materials and dissertation results are in accordance with and correspond to the specific requirements of the Faculty of Pedagogy, adopted in connection with the Regulations of the PU for the application of ZRASRB.

The dissertation shows that the doctoral student possesses the necessary theoretical knowledge and professional skills in the scientific specialty "Theory and Methodology of Physical Education", demonstrating qualities and skills for independent conduct of scientific research. Everything stated up to this point in my review gives me grounds for a positive assessment of the conducted research, presented in the reviews above: dissertation work, abstract, achieved results and contributions.

I propose to the honorable scientific jury to **AWARD** the educational and scientific degree "**doctor**" to Kostadin Dimitrov Dimitrov in:

- field of higher education: 1. Pedagogical sciences
- professional direction 1.3. Pedagogy of training in ...
- PhD program: "Theory and methodology of physical education and sports training."

21.02.2023 г.
Blagoevgrad

Prepared by:
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