Effect of using (physical-skill) training for developed the performance according to several Biomechanics Volatiles with Foil Lunch accuracy

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Research Summary

The extreme of Variables kinematic extreme importance of duty motor for most sports, especially fencing that depending on of their performance skills on the attack velocity and accuracy during the opponent methods, and through during researcher on previous studies in the field of fencing (foil) found that there is a weakness in an instant appeal by not focusing on the right technique to challenge any un signified of focus on the angles and variables kinematic for this movement, as well as that to go into the field kinematic for this game was a little bit. The researcher suggests a researcher study this problem by studying the Effect of using(physical-skill)training for developed the performance according to several Biomechanics Volatiles with Foil Lunch accuracy, according to some Biomechanics variables in the development of skill challenge and aim of the research to identify some Biomechanics variables in the performance the foil fare prepare special exercises similar to the movement in accordant the variables biomechanical under discussion identify affected by the exercises according to the biomechanical variables in the development of skill challenge, accuracy, and represents a sample of the players Sulaymaniyah team foil-youth and adult population (6) players and consists of one group of pre-test post- test and posttest, and after the end of a tribal Alachtbaat been Tnvez training program using a similar movement performance the research sample by exercises (12) unite developmental rate of 2 units per week and was the unit time (90 minutes) and reached the time of the proposed exercises (35-40) minutes per unit in the part of the main program, and after program appetited was conducted post tests of the sample, as well as the use of appropriate statistical methods to the results of variables, concluded the researcher conclusions following which the proposed exercises have a positive effect in the developed skill appeal to sample the need to work kinetic analysis revealed a vary of biomichanic variables that are difficult to be obtained from the simple observation eye to detect weak points and strength

during training praise workouts, while the researcher recommended the need to adopt trainers and coaching athletes foundations and mechanical rules in training and education on fencing skills. Conduct studies on the Games and other skills using a similar character with a mechanical exercise.