



ANATROPES

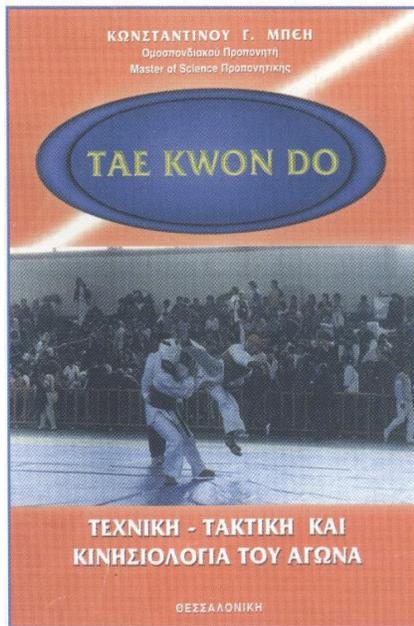
By Savvas P. Mastrappas

AN ACCLAIMED BOOK FOR EVERYONE

I have recently read Mr. Konstantinos G. Beis' acclaimed book titled "Technique – Tactic and Kinesiology of the Match", which was published in Thessaloniki. This book can certainly be of substantial assistance to TAE-KWON-DO trainees, and instructors in particular.

I, myself, being a karate person, started to read the book, first of all because I was influenced by the back cover presentation, and also because I wanted to know more about the new – related to mine – Olympic Sport.

"The evolution of competition Tae Kwon-Do, as an official Olympic Sport, has been rapid, as far as technique, tactic and kinesiology are concerned, as well as Coaching, Ergophysiology, Athletic Psychology, Biokinetics, and other sciences which have changed the way of training. This book deals exclusively with competition TKD; it records and describes, in every detail, all of the kinesiology techniques (142) and kicking variations (114) that are used in the match, frequently or less frequently. Special emphasis has been placed on kinesiology, where all of the techniques were grouped and classified in similar categories in order to arrange the various techniques and the high number of their combinations.



The technical execution and tactic with which it is used in the match are described in detail for every movement, taking into account anatomical particularities of every area in the human body, joints mobility, mild injuries from overuse, or injuries, and more specifically, components of Biokinetics and Statistics. At the same time, there is an analysis of the advantages and disadvantages of every movement, together with frequent mistakes which are to be expected by the instructor, and their negative consequences.

With the present book, the instructor and the athlete have every variation of kinesiology and kicks assembled at their disposal, so that they can easily choose the ones that fit the athlete's individual style, competition level, psychosynthesis, and temperament better. The selection of material renders this book necessary to every instructor who teaches trainees of any age and level (from school to national team, competition or non-competition TKD, athletes, champions, or recreational athletes).

The book is also essential to athletes of any level (new or champions) and suitable for beginners in Tae Kwon Do of every age. Finally, it is useful to anyone who is a non-trainee (athletes' parents, officials, sport's fans, journalists, etc.)

who are interested in being informed on the theoretical details on the new Olympic Sport as well.

As I started delving into the book, **I realized that it constituted a fully scientifically constructed work. A work that is innovative, not just for Greek standards where scientific production with respect to the so-called martial arts and combat sports is inadequate to non-existent.**

There may be some translated writings on the philosophical background of Eastern martial arts, but other than the second volume of Master NAKAYAMA's book titled "the best karate", published by ESPI almost two decades ago, the kinesiology principles of which cannot be empirically substantiated, there is no other such writing in Greek.

Approaching the end of this **fantastic book**, I came to the conclusion that I "disagree" with the author in his claim that the present book deals exclusively with competition T.K.D.

Given the fact that the principles of kinesiology of the human body, and those of ergophysiology and biokinetics apply on variations which different body types of every trainee in similar martial arts may present, especially in the latest years when competition karate has become more and more relevant to competition T.K.D., this book could be of substantial assistance to a karateka in this respect. If, ultimately, a relatively experienced karate athlete or

instructor reads the rest of the subjects one by one (which may be different than the training ways, tactic and demands of a karate match), he/she will find them grouped together (another advantage of the book) in Mr. Beis' book.

It takes a little bit of imagination, some methodology and experimentation, and some adaptability for him/her to enrich and structure karate training in a more scientific way. He/she can borrow components and ideas from chapters "Fighting Stances", "Feints", "Steps", and "Principles of Kicking Execution", in order to be more careful against mild injuries that can develop mainly on the legs as a result of kicking, find safer ways for the musculoskeletal system of executing techniques, etc.

This book comes to cover a basic scientific gap and should be read not just by Taekwondokas but also by karatekas – at least by instructors – as well as by trainees in other similar sports.

We should finally note that the author's academic titles, his entire athletic and instructional activity, as well as his scientific publications, as shown in the last pages of the book, demonstrate a scientist whose knowledge is deeply structured and substantiated also by his practice, being a T.K.D. athlete and an instructor himself.

We hope to have the pleasure of publishing some of his work in "PATH" soon again.