

## ***Impact of a training program Using Tae – Bo training on some variables Skill For of players Nan quan***

**A.D/ Abdel Halim Fathy Abdel Halim**

Full-time Professor of Wrestling Training and He of the Department of Combat and Individual Sports (formerly) at the Faculty of Education Minia University Sports

**Researcher / Ahmed Mahfouz Mohamed**

Former Reserve Captain in the Armed Forces and Kung Fu Instructor

### **Introduction and problem Search:**

The development that has occurred in all areas of life, including the sports field, has me specialists in this health field improve and develop the sports level by finding new methods and ways in training that are compatible with the new requirements, as it has me scientists and those in charge of the training process search for everything that affects and helps in the development of the individual's sports performance in all different sports activities. It has been found that sports have a close connection with other sciences such as motor learning, sports psychology and sports training, and it is considered It is one of the most intense and violent types of individual combat sports, and it is clear from the high physical fitness that the athlete possesses .Players The player's psychological state.

Yahya Fawzy (1999) indicates that the Nan quan style is a type of boxing in which movements are characterized by speed, strength, firmness and stability. The foot movements are also characterized by stability and agility, and the body is characterized by straightness and centering. It also has a few techniques specific to the leg. In dition to that, and to enhance the degree of strength, a certain sound is sometimes me while supplying strength (50:27).

Bastawisi Ahmed points out:(2001) That sports training does not It depends on one level or another and is not limited to preparing the higher levels only, for each level of his ways and his methods Therefore, sports training is a process of improvement, progress and development. Continuous to the level of players in Various sports fields (13:91)

It is considered Ways And training methods It is the means of implementing the training unit to develop and improve the case .Training for the individual, with behavior that les to achieving the desired purpose

through organized sports training processes, and there are many training methods, each of which achieves specific purposes and duties, and therefore the appropriate method must be chosen for the purpose, and on the basis of the diversity of training methods and methods to raise the level of sports achievement, and the trainer must know these methods and variables on which each method depends and the possibility of using them in a manner that is consistent with training trends(22:52)

And it indicates **Gha Atef (2011) quoted from** “Queen (1998) stated that some forms of training doses that are characterized by stereotyping bore players, which reduces players’ motivation to train efficiently .High Therefore, the trainer must target modern training methods and techniques that are highly compatible with the requirements of the practiced activity. (29:16)

The American Aerobics Association has indicated that practicing Tae Bo training Tae-Bo depends on Energy use Aerobic which les to physiological changes and improvement in efficiency Vital Devices for the body, the work of the cardiac system improves, similar to the decrease in the number of heartbeats during rest and the decrease in its rate during effort, and the heart returns to its normal state at a faster rate of time, as it les to maintaining a normal rate and level of blood pressure.(33: 122)

And explains **Bojana, B,T (2003 )**That Tae Bo training Tae-Bo is a form of high-intensity training that combines the movements of Karate, Boxing, and Taekwondo with the fusion of Ballet and Hip-hop dance movements performed to music. Its movements are characterized by momentum and transition movements that combine imagination. And innovation and continuity (56: 109)

Through the above and through the researcher’s work in Kung Fu training, he noticed a decrease in the physical abilities of young players, which affects the level of skill performance of movements, kicks and punches during training. The researcher noticed that most players do not have the ability to continue playing with the same strength, speed, and endurance throughout the competition period. Some players may encounter more than one style in one day, and if they pass the evaluation, they qualify to perform another style. The competition system allows them to perform three styles in one day. Hence the player needs to endure the performance Also, the methods differ from Sanda in that it is an imaginary fight. In training, the player feels bored and loses pleasure. Hence, the researcher believes that Taebo training adds fun because of the music. I also saw that Tae Bo training It may have a positive impact on some skill variables

because it Helps develop performance endurance Developing physical fitness elements, gaining health, increasing lung efficiency, reducing stress and anxiety, and increasing the feeling of pleasure. Without boring the player Aibo training is excitement and thrill to the practitioner.

### **secondary Research objective:**

The current research aims to design Improving some skill variables for Nan quan style players by Training program using Tae Bo exercises This is done by identifying its impact on the following:

- Skill variables (hurricane kick-a movement-kick the page-tiger claw punch)

### **Thirdly Assumptions Search:**

Within limits goal Search It is assumed Researcher what the following:

- 1- There are statistically significant differences between Average Gres Pre-measurement and Dimension of the group Experimental and in variables Skill Under investigation for measurement The dimension.
- 2- There are statistically significant differences between Average Gres Pre-measurement and Dimension of the group The officer In variables Skill Under investigation for measurement The dimension.
- 3- There are statistically significant differences between Average Gres Dimensional measurement seen for the group fig Experimental And the officer in variables Skill Under investigation for dimensional measurement for the experimental group.

### **Fourth Terminology Scientific:**

#### **1) Kung Fu (Wushu)Wushu:**

It is one of the self-defense sports that includes "hand punches as in boxing, kicks with the legs as in taekwondo and karate, and throws as in wrestling and judo" in its first section, Sanda .San shoing the second section, the show toadstool(35: 41)

#### **2) Nan quan style How long?**

It is a type of boxing in which movements are characterized by speed, strength, firmness and stability. (7:22)

#### **3) Tae bo Tae-Bo:**

The origin of the word is Tiani, and the word consists of two syllables, the first Tae is taken from Tae Kwon Do, and the second Bo is taken from Boxing. It is a set of exercises consisting of punches and kicks that proceed to a rhythm accompanying the timing of the punch and kick. (60:69)

**procedures Search:****Methodology Search:**

According to the nature and Research problem and achieving its objectives And testing For his assumptions, The researcher used the experimental method with an experimental design for two groups, one experimental and the other control, following the pre-post measurement for both groups.

**Research community:**

The current research community included Wushu Kung Fu players at the City Youth Center (B) in Minya Governorate in the age group (13-15) years, and their number was (32) players.

**Research sample:**

And it was done sister Y .The research sample was selected in a deliberate manner. Its number is (20) players. They were divided into two equal and equivalent groups, each group consisting of (10) people.

**Players:**

- Control group: It uses the traditional training program and consists of (10) players during the sports season (2024/2025).
- Experimental group: It uses the proposed training program using Trainings Tae Bo It consists of (10) players. During the sports season (2024/2025).
- The survey sample: Their number is (12) players from the research community and from outside the research sample of Wushu Kung Fu players in Age group (13-15) years At the city youth center (B).

**Table (1)****Statistical description of the research sample**

percentage	Total sample size	Survey sample	Basic sample		Research community
			The group The officer	Experimental group	
62.5%	20	12	10	10	32

**Conditions Selecting the research sample:**

- To be the player Continuing to train until the research procedures are carried out and not being injured or under treatment when the program procedures begin.
- Ease of subjecting them to the requirements of experimental control due to the presence of sample individuals in the same training conditions, with the possibility of modifying the training program according to the nature of the research
- The player must have Desire to experiment.

**Moderate distribution of the research sample:**

The researcher did by ensuring the extent of the moderation of the distribution of the research sample individuals considering the growth variables and skill tests under consideration, The skewness coefficients are limited. For sample under consideration in Skill tests between (-3, +3) This indicates that the values are moderate, and thus the initial measurements in the skill tests under study for the research sample as a whole fall within the normal moderate curve.

**Equivalence between two groups Search:**

The researcher found equivalence between the control and experimental groups. And in light of the tests under consideration, it became clear that There were no significant differences in the calculated "t" value for the pre-test between the experimental and control groups in the skill tests, which indicates equivalence between the two research groups before applying the basic research experiment. For Nan quan under investigation.

**Fourth: Data collection methods and tools:**

The researcher relied on the following tools to collect data and information related to the tests under study:

**A. Equipment and tools:****B. Measurements and tests for the tests under consideration:****Executive steps of the research:****1- Tribal measurements:**

Pre-measurements were conducted on the basic research sample, numbering (20) players, during the period from 5/15/2024 Until 16/5/2024 As follows:

- a) Anthropometric measurements.
- b) Physical tests.
- c) Skill tests.

**2- Software application:**

The program was applied to the basic research sample, which numbered (20). Player In the period from Saturday 6/1/2024 to Thursday 8/22/2024 For a period of (12) weeks, with a number of (3) units per week, and the duration of the training unit ranged (60) minutes, the intensity rates during the program ranged between (60: 85%), and the number of groups was (2: 5) and the training repetition was (6: 12) repetitions, and the rest period was (1: 2) between the groups.

### 3- Measurement Dimensionality:

Dimensional measurements were applied to the basic research sample, numbering (20). Player from Saturday 8/24/2024 to Sunday 8/25/2024, and with the same conditions that were followed in the tribal measurements.

#### Seventh Statistical treatments used in Search:

The researcher processed the data using statistical software. IBM SPSS Statistics 28 To obtain the following statistical treatments:

- Average Arithmetic, mediator 'deviation Standard 'percentage ' Factor Torsion, Mann-Whitney nonbarometric test, t-test Differences, Independent Samples T-Test, Pearson's correlation coefficient "r", And he agreed researcher The level of significance was at (0.05) to ensure the significance of the statistical results of the research. The researcher also used the programs PSs to calculate some transactions Statistics.

#### an offer And discuss Results:

THE RESEARCHER WILL REVIEW THE RESEARCH RESULTS ACCORDING TO THE FOLLOWING ORDER:

Table (2)

Significance of differences between the pre- and post-measurement means of the group empiricism In tests Skill under consideration (n = 10)

Skill variables	measuring unit	Pre-measurement		Dimensional measurement		Differences between the averages	Improvement rate	Statistical significance	
		Average	St. Deviation	Average	St. Deviation			value (T)	indication
hurricane kick	degree	9.80	1.687	15.80	0.919	6.00	61.22%	18,000	sig
a movement Crap	degree	18.70	0.823	28.10	2.132	9.40	50.27%	19,744	sig
kick the page	degree	15.70	3.199	22.30	5.100	6.60	42.04%	8,489	sig
tiger claw punch	degree	27.60	1.506	35.90	0.876	8.30	30.07%	20,970	sig

#### TABLE T-VALUE AT SIGNIFICANCE LEVEL (0.05)=1.833

It is clear from the table (2) the following: THERE ARE STATISTICALLY SIGNIFICANT DIFFERENCES BETWEEN AVERAGE SCORES OF PRE- AND POST-TEST FOR THE EXPERIMENTAL GROUP IN THE SKILL TESTS UNDER STUDY AND FOR THE BENEFIT OF DIMENSIONAL MEASUREMENT WHERE THE CALCULATED VALUE OF (T) IS GREATER THAN THE TABLE VALUE OF (T) AT THE LEVEL OF 0.05.

Table (3)

Significance of differences between the pre- and post-measurement means of the group The officer In tests Skill under consideration (n = 10)

Skill variables	measuring unit	Pre-measurement		Dimensional measurement		Differences between the averages	Improve ment rate	Statistical significance	
		Average	St. Deviation	Average	St. Deviation			value (T)	indication
hurricane kick	degree	9.95	1.701	12.30	1.703	2.35	23.62%	4.975	sig
a movement Crap	degree	18.55	0.826	24.10	6,540	5.55	29.92%	2.677	sig
kick the page	degree	15.90	3.447	19.10	1.287	3.20	20.13%	2.791	sig
tiger claw punch	degree	27.75	1.552	30.20	2.098	2.45	8.83%	2.570	sig

TABLE T-VALUE AT SIGNIFICANCE LEVEL (0.05)=1.833

It is clear from the table (3) the following: THERE ARE STATISTICALLY SIGNIFICANT DIFFERENCES BETWEEN AVERAGE SCORES OF PRE- AND POST-TEST FOR THE CONTROL GROUP IN THE SKILL TESTS UNDER STUDY AND IN FAVOR OF DIMENSIONAL MEASUREMENT WHERE THE CALCULATED VALUE OF (T) IS GREATER THAN THE TABLE VALUE OF (T) AT THE LEVEL OF 0.05.



**Table (4)**  
**Significance of differences between means Gres Measurement in The distant ones For both groups empiricism and The officer In tests Still under consideration (n1= n2 = 10)**

Skill variables	measuring unit	Pre-measurement		Dimensional measurement		Differences between the averages	Improvement rate	Statistical significance	
		Average	St. Deviation	Average	St. Deviation			value (T)	indication
hurricane kick	degree	15.80	0.919	12.30	1.703	3.50	22.15%	5.720	sig
a movement Crap	degree	28.10	2.132	24.10	6,540	4.00	14.23%	1.839	sig
kick the page	degree	22.30	5.100	19.10	1.287	3.20	14.35%	1.924	sig
tiger claw punch	degree	35.90	0.876	30.20	2.098	5.70	15.88%	7.930	sig

**TABLE VALUE OF (T) AT (DEGREE OF FREEDOM)18) AND SIGNIFICANCE LEVEL (0.05)=1.734**

It is clear from the table (4) the following:

There are statistically significant differences between Average scores of the two dimensional measurements for the group Experimental and control figs In tests Skill Under investigation and for the benefit of Post-test experimental group Where the calculated value of (t) is greater than the table value of (t) at the level of(0.05).

### **Second: Interpretation and discussion of the results:**

IT IS CLEAR FROM THE TABLE (2)THE FOLLOWING: PRESENCE STATISTICALLY SIGNIFICANT DIFFERENCES BETWEEN THE AVERAGE SCORES OF THE PRE- AND POST-MEASUREMENTS OF THE EXPERIMENTAL GROUP IN THE SKILL TESTS (HURRICANE KICK) - A MOVEMENT CRAP - KICK THE PAGE -TIGER CLAW PUNCH) FOR THE SAKE OF ANALOGY THE DIMENSION, RANGED THE PERCENTAGE OF IMPROVEMENT BETWEEN THE AVERAGE SCORES OF THE PRE- AND POST-MEASUREMENTS OF THE EXPERIMENTAL GROUP IN THE SKILL TESTS UNDER STUDY IS BETWEEN (30.07%: 61.22%)..



THE RESEARCHER ATTRIBUTES THE SIGNIFICANCE OF THE DIFFERENCES IN FAVOR OF THE DIMENSIONAL MEASUREMENT IN THE KUNG FU SKILLS UNDER STUDY.(HURRICANE KICK - A MOVEMENT CRAP - KICK THE PAGE -TIGER CLAW PUNCH)THE EXPERIMENTAL GROUP MEMBERS WERE SUBJECTED TO A TRAINING PROGRAM USING THE TAE BO EXERCISES UNDER STUDY, WHICH WAS CONDUCTED ACCORDING TO SCIENTIFIC FOUNDATIONS, IN WHICH VARIOUS SKILL EXERCISES FOR THE SKILLS UNDER STUDY WERE INTERTWINED WITH TAE BO EXERCISES, WHICH CONTRIBUTED EFFECTIVELY TO THE DEVELOPMENT OF KUNG FU SKILLS UNDER RESEARCH (HURRICANE KICK) - A MOVEMENT CRAP - KICK THE PAGE - TIGER CLAW PUNCH) IN THE EXPERIMENTAL GROUP.

LIKE THAT IT IS CLEAR FROM THE TABLE (3)THE FOLLOWING: PRESENCE STATISTICALLY SIGNIFICANT DIFFERENCES BETWEEN THE AVERAGE SCORES OF THE PRE- AND POST-MEASUREMENTS OF THE CONTROL GROUP IN THE SKILL TESTS(HURRICANE KICK - A MOVEMENT CRAP - KICK THE PAGE - TIGER CLAW PUNCH)FOR THE SAKE OF ANALOGY THE DIMENSION, AS WELL RANGED THE PERCENTAGE OF IMPROVEMENT BETWEEN THE AVERAGE SCORES OF THE PRE- AND POST-MEASUREMENTS OF THE CONTROL GROUP IN THE SKILL TESTS UNDER STUDY RANGED BETWEEN (8.83%: 29.92%)..

THE RESEARCHER ATTRIBUTES THE IMPROVEMENT IN SKILL TESTS(HURRICANE KICK - A MOVEMENT CRAP - KICK THE PAGE - TIGER CLAW PUNCH)THE MEMBERS OF THE CONTROL GROUP WERE COMMITTED TO ATTENDING ALL TRAINING UNITS IN THE TRADITIONAL TRAINING PROGRAM, WHICH CONTRIBUTED TO THE CLARITY OF THE CORRECT PERFORMANCE METHOD PERFORMED BY THE TRAINER THROUGH EXPLANATION AND MODEL AND BY USING VARIOUS TRAINING METHODS THAT HELPED TO THE ENTHUSIASM OF THE CONTROL GROUP MEMBERS ME THEM MORE KEEN TO ATTEND ALL TRAINING UNITS AND THUS IMPROVED THEIR SKILL TESTS.

THE RESULTS REACHED BY THE RESEARCHER ARE CONSISTENT WITH THE FINDINGS OF STUDIES BY: **Dina Ezzat Mohamed (2023 )**,**Ahmed Mohamed Zeina (2023 )**,**Shkola, Olena, et al (2022)**,**Glevesanu, Andreea (2021)**,**Glevesanu, Andreea (2020)**,**Blessing of Mr. Mohammed (2007 )**,**Basmat Mohamed Ali (2006)**,**Sherine Ahmed (2004)** THE TRITONAL PROGRAMME PLANNED ACCORDING TO SCIENTIFIC FOUNDATIONS CONTRIBUTED TO IMPROVING THE SKILL VARIABLES OF THE INDIVIDUALS IN THE CONTROL GROUP UNDER STUDY.

LIKE THAT IT IS CLEAR FROM THE TABLE (4)THE FOLLOWING :THERE ARE STATISTICALLY SIGNIFICANT DIFFERENCES BETWEEN THE AVERAGES OF THE TWO POST-MEASUREMENTS OF THE EXPERIMENTAL

AND CONTROL GROUPS IN THE VARIABLES .SKILL(KICK THE HURRICANE -A MOVEMENT CRAP -KICK FORGIVENESS - PUNCH CLAW THE TIGER) IN FAVOR OF THE POST-TEST OF THE EXPERIMENTAL GROUP, THE PERCENTAGE IMPROVEMENT BETWEEN THE AVERAGES OF THE TWO POST-MEASUREMENTS OF THE EXPERIMENTAL AND CONTROL GROUPS IN THE PHYSICAL VARIABLES UNDER STUDY RANGED BETWEEN (14.23%: 22.15%)..

AND ATTRIBUTES RESEARCHER INDICATION DIFFERENCES FOR THE BENEFIT OF MEASUREMENT POST-TEST FOR THE EXPERIMENTAL GROUP IN SKILLS KONG FU SHACKLE SEARCH(KICK THE HURRICANE -A MOVEMENT CRAP -KICK FORGIVENESS -PUNCH CLAW THE TIGER)TO THE PROGRAM TRAINING USING TRAININGS TAE BO SHACKLE SEARCH THE TOPIC ACCORDING TO FOUNDATIONS SCIENTIFIC INTERFERED IN IT TRAININGS SKILL MISCELLANEOUS FOR SKILLS SHACKLE SEARCH WITH TRAININGS TAE BO AND THE TWO SHARES IN A WAY EFFECTIVE IN DEVELOPMENT SKILLS KONG FU SHACKLE SEARCH(KICK THE HURRICANE -A MOVEMENT CRAP -KICK FORGIVENESS -PUNCH CLAW THE TIGER)I HAVE INDIVIDUALS THE GROUP EMPIRICISM.

THE RESULTS REACHED BY THE RESEARCHER ARE CONSISTENT WITH THE FINDINGS OF STUDIES BY: **Ahmed Abdel Razek Hassan (2024 )**,**Dina Ezzat Mohamed (2023 )**,**Ahmed Mohamed Zeina (2023 )**,**Shkola, Olena, et al (2022)**,**Glevesanu, Andreea (2021)**,**Glevesanu, Andreea (2020)**,**Yahya Fawzy Al-Sayed (2019 )**,**Heba Ahmed Ashour (2018)**,**Gha Atef Sayed (2011)**,**Wael Mustafa Abdel Karim (2011 )**,**Blessing of Mr. Mohammed (2007 )**,**Basmat Mohamed Ali (2006)** IN THE POSITIVE AND EFFECTIVE IMPACT OF TAE BO TRAINING IN IMPROVING SOME PHYSICAL VARIABLES AND SKILL TESTS FOR THE SAMPLES UNDER THEIR STUDIES, AND THIS IS CONSISTENT WITH THE CURRENT STUDY.

And with this He is It has been done. Verify The assumption the third Which states on that is **There are statistically significant differences between the averages of the two post-measurements of the experimental and control groups in some Variables Skill under investigation and for the benefit of dimensional measurement For the experimental group**

**Conclusions:**

**IN LIGHT OF THE RESEARCH OBJECTIVE AND THE PRESENTATION OF THE RESULTS REACHED, THE RESEARCHER REACHED THE FOLLOWING:**

- 1- USE TRAINING TAE BO EFFECT POSITIVELY IN IMPROVING SOME SKILL VARIABLES (KICK THE HURRICANE -A MOVEMENT CRAP - KICK FORGIVENESS -PUNCH CLAW THE TIGER) FOR PLAYERS STYLE BOXING SOUTHERN SHACKLE SEARCH.
- 2- TAE BO TRAINING CONTRIBUTED IN DEVELOPING SOME VARIABLES SKILL (KICK THE HURRICANE -A MOVEMENT CRAP -KICK FORGIVENESS -PUNCH CLAW THE TIGER) THE EXPERIMENTAL GROUP SHOWED IMPROVEMENT RATES RANGING FROM BETWEEN (30.07%: 61.22%).
- 3- TRADITIONAL TRAINING PROGRAM SHARES IN DEVELOPING SOME VARIABLES SKILL (KICK THE HURRICANE -A MOVEMENT CRAP -KICK FORGIVENESS -PUNCH CLAW THE TIGER) THE GROUP MEMBERS HAVE THE OFFICER WITH IMPROVEMENT RATES RANGING FROM BETWEEN (30.07%: 61.22%)

### **Secondly Recommendations:**

**IN A LIGHT GOAL RESEARCH, ITS HYPOTHESES AND RESULTS, AND WITHIN THE LIMITS OF THE RESEARCH SAMPLE THE RESEARCHER RECOMMENDED WHAT THE FOLLOWING:**

1. USE OF TRAINING TAE BO TO IMPROVE SKILL LEVEL (HURRICANE KICK -A MOVEMENT CRAP - KICK THE PAGE -TIGER CLAW PUNCH)FOR PLAYERS STYLE BOXING SOUTHERN.
2. USE TRAININGS TAE BO TO DEVELOP THE PHYSICAL ABILITIES OF PLAYERS OF THE STYLE BOXING SOUTHERN AT DIFFERENT AGE STAGES.
3. HIREA IN THE SIMILAR INCLUDES IDENTIFYING THE EFFECT OF USING EXERCISES. TAE BO FOR WRESTLING PLAYERS AND OTHER INDIVIDUAL SPORTS.

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