



SOME ASPECTS OF THE OPPORTUNITIES OF JUDO PLAYERS IN BULGARIA

A. Yaneva^{1*}, Iv. Prokopov²

¹Section "Individual Sports and Recreation", Department of Sport, Sofia University "St. Kliment Ohridski", Sofia, Bulgaria

²Section "Humanitarian Education", Department for Information and In-Service Training of Teachers, Sofia University "St. Kliment Ohridski", Sofia, Bulgaria

ABSTRACT

The article presents a study of some aspects of the capabilities of current and former judo athletes. An anonymous online survey presents the opinions of 172 judokas of all ages about the techniques they practice during training and in competitions. The purpose of the study is to find out what the favorite techniques of the judokas under study are and whether they use them during a competition. The results of the study lead to conclusions about the issues related to the methodology of training and shortcomings in the training of judokas.

Key words: favorite techniques: ne-waza, tachi-waza, efficiency

INTRODUCTION

Judo is a Japanese martial art which was the first of all the mysterious Eastern martial arts that became available to the public, mostly through its "sport" manifestation. More than 120 years ago, the founder of judo, Jigoro Kano, created a martial art that is accessible, to everyone- young and old, men and women, people with disabilities, thin and fat. What makes it accessible is the fact that it is based on the principle of safety.

Prof. Kano created judo with the idea of teaching the principles of humanity, not just teaching waza. Kano's new thinking gave rise to a new art with new goals, in line with the new times when samurai was declining, during the Meiji era, in the late 19th century, Japan was opening up to the world. (1, 2)

"I created this system, says Jigoro Kano, for physical culture and mental training, as well as for competitions." (3) Apart from the

"technical and psychophysical training" of the individual, the idea of the creator is more global, namely for "prosperity and self-improvement".

Prof. Kano explains that the judo system is "a kind of physical education rather than pure Budo". He also says that the purpose of judo is to strengthen the body through attack and defense, to complete the formation of the personality through mental training and finally, to devote the individual to the whole society.

Judo is not just a sport, it is not just a martial art, judo is much more because it trains the body and the mind, because one learns to defend oneself in order to survive or not get hurt or to attack in order to win.

Judo attack and defense techniques are divided into two main groups: throwing techniques (Nage Waza), which are performed from a stand (Tachi Waza) and control techniques (Katame Waza), which are performed from the "par tere" (ne waza).

Although the whole body of the attacker is involved in the throwing techniques, different parts of it are crucial in the execution of one or

*Correspondence to: Anzhelina, Yaneva,
Department of Sports, Sofia University "St. Kliment Ohridski", Sofia, Bulgaria, 1504, bul. "Tsar Osvoboditel" 15, E-mail: anji@abv.bg, Phone: +359888434880

another group of throws. According to this feature, Nage Waza is divided into four groups: 1) Foot throwing techniques (Ashi Waza); 2) Pelvic / hip throwing techniques (Koshi Waza); 3) Techniques of throwing with hands (Te Waza) and 4) Self-sacrificing techniques (Sutemi Waza), which in turn are divided into:

- 4A) Self-sacrificing techniques when the TORIES fall on their backs (Ma Sutemi Waza);
- 4B) Self-sacrificing techniques when the TORIES self-sacrifice aside (Yoko Sutemi Waza).

Ground control techniques are divided into three groups depending on how the control over the opponent is exercised, through which a sports victory is achieved:

- 1) Detentions (Osaekomi Waza);
- 2) Tightening (Shime Waza);
- 3) Techniques for applying a key to the elbow joint (Kansetsu Waza).

67 throwing techniques are officially recognized, of which 4 techniques are prohibited in sports competitions (Kinishi Waza). The recognized control techniques are 29. (**Table 1**)

Table 1. Distribution of standing techniques before and after the amendments to the Regulations (2013)

Tachi Waza	Ashi Waza	Koshi Waza	Te Waza	Stemi Waza	Total
Kodokan techniques	21	11	16	19	67
IJF techniques	20	10	16	17	63
Possible techniques after 2013	20	10	11	17	58
Risk-free after 2013	16	9	10	14	49
Interviewed	6	3	4	5	18

As in all sports, changes have been made in judo competition rules in the last few years, in order to make judo a modern sport, exclusive and understandable to all.

The most important changes in the Regulations were made in 2013, after the 2012 Olympic Games in London, when some of the throwing techniques could not be used because the grip with which they are performed is prohibited. In this way, throwing techniques that do not carry the risk of punishment are a total of 49 (4, p. 21).

As the amendments to the Regulations do not significantly affect the use of Katame Waza techniques (ground control techniques), their number has not been changed (29).

The next changes in the regulations after the Olympic Games in 2016 and the last ones in 2018 do not refer to restricting or allowing throwing or control techniques, but focus on the penalties for the grips used and illegal actions, as well as the evaluation of the throws. For example, grasping the leg is no longer hansoku make (disqualification), but shido (warning) punishment. Three warnings lead to disqualification. This gives the offender a

chance to continue the match and look for other ways to win.

On the other hand, the ban and punishment for gripping legs has led to a restriction of the techniques used in competition, although they are techniques from the arsenal of judo. This provoked specialists to create variations of these techniques, replacing the leg /trouser leg grip with another grip. To some extent, the mechanics of the classical technique are changing. This is somewhat interesting and unexpected for professionals who are surprised by the new options and techniques.

The large number of techniques in stand and ground floor, which are studied as separate techniques, include combinations and counter techniques, which further increase the opportunities for technical and tactical training of competitors. The numerous opportunities provided by judo aim to achieve victory over the opponent. What techniques a judoka will learn depends on the coach / teacher, but which techniques will become "suitable" for him depends on himself and his desire to improve. The practice and improvement of the technique in judo is determined by the responsibility, empathy and commitment to this martial art.

METHODS

In most cases, the techniques that are refined, that are a favorite, and that are used in randori and competition are usually different. The purpose of the present study is to provide an overview of the situation and to offer opportunities to improve the quality of judo training. The research is aimed at providing an optimal balance between favorite judo techniques and techniques used during the competition, which will increase the motivation and efficiency in applying these techniques.

For this purpose, a toolkit was created - a Questionnaire. The survey is anonymous, is carried out online and includes 9 questions, 6 with open and 3 with closed answers. The survey was conducted in the period of July-October 2020. 172 judokas of different ages and judo activity were surveyed.

The survey data present the judokas' experience up to date, compared to various aspects of judo in the context of the study.

Among the participants in the survey, men are more active – 63%, which is 2/3 of the total number of respondents, although usually women are more active in filling out Questionnaire. It is an interesting fact that respondents not only from Bulgaria, but also from Greece, Germany, Great

Britain, Japan and the United States of America participated in the survey (16%).

The age distribution among the respondents, men and women, is almost even. The groups of participants from 19 to 25 years, as well as from 41 to 50 years are 26%; groups up to 18 years and from 26 to 40 years are 15%. There are less judokas in the groups aged 51-55 (11%) and over 55 (6%).

The activity in the practice of judo is greatest in the range of 41-50 years (48%), in which the main path in personal and professional terms is gone and when the person turns to himself. The fact that people continue to play judo even above this age (6%) shows that judo is a sport and martial art suitable for every age and for everyone. The ratio between those actively involved in judo, the type of activity and age are presented in **Figure 1**.

The active trainees, who are a total of 32%, are on average between 21-22 years old. It is noteworthy that the large percentage of groups of former athletes and coaches, although not so active, are on average between 38-45 years old. This result confirms the above statement about the path and personal choice, as well as the opportunities provided by judo.

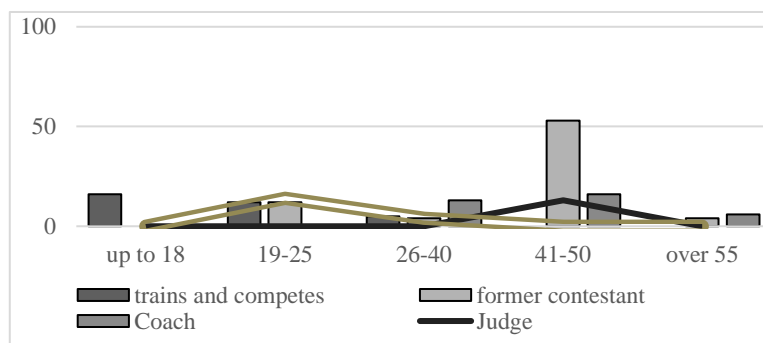


Figure 1. Age-to-activity ratio

The results of the survey show that the interviewees indicated 18 favorite techniques of throwing from a stand, out of a total of 49

risk - free techniques, according to the changes in Regulations in 2013, and some of them have indicated 2 and 3 techniques. (**Figure 2**)

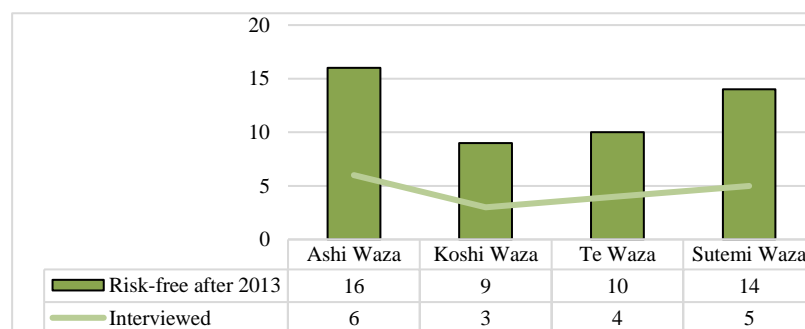


Figure 2. Comparison between authorised and used techniques

The small number of favorite techniques can be interpreted in two aspects: lack of opportunity to get acquainted with or train with a large number of techniques or lack of motor and emotional abilities of the judoka.

In an earlier survey, on the same question, respondents indicated a higher number of throwing techniques, which are performed with the leg rules prohibited by the new rules -

Sutemi Waza 25%, as opposed to 2020, where they were reduced to 16%. There is an increase in throwing techniques from the group of Ashi Waza (techniques with legs), which makes judo very attractive to the public, which is the purpose of the changes in the Rules and why they are accepted by judokas, both trainees and already inactive judo practitioners. **(Figure 3)**

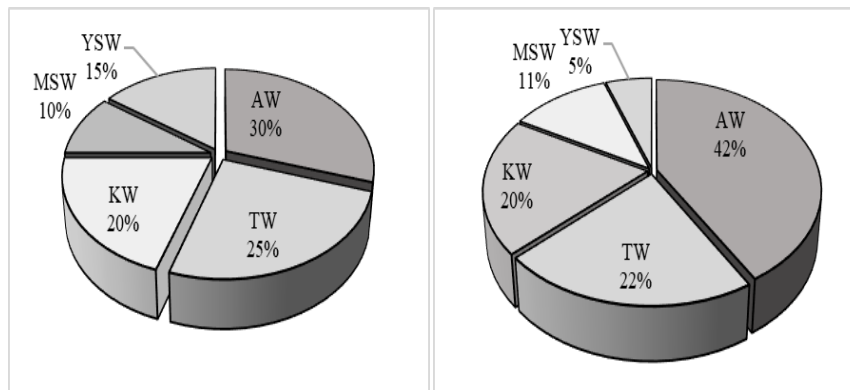


Figure 3. Favorite techniques in Tachi waza by group of techniques (2012 и 2020)

Although a large percentage of respondents claim to use their favorite techniques in competition (74%), not a large percentage of the techniques marked as favorites are used by the surveyed judokas (32.7%), which in turn shows a high degree of profiling in the technical and tactical training of judokas and the improvement and application in a competitive environment of a limited set of techniques.

The most used techniques are from the group of Ashi Waza (42%), of which 18% indicated Uchi Mata, 12% - O Goshi, 8% - O Soto Gari and O Uchi Gari. From the other groups of techniques: Sutemi Waza (16%), Koshi Waza (20%) and Te Waza (22%), the respondents indicated as favorites the techniques Harai Goshi, Seoi Nage, Ura Nage, etc. **(Figure 4)**

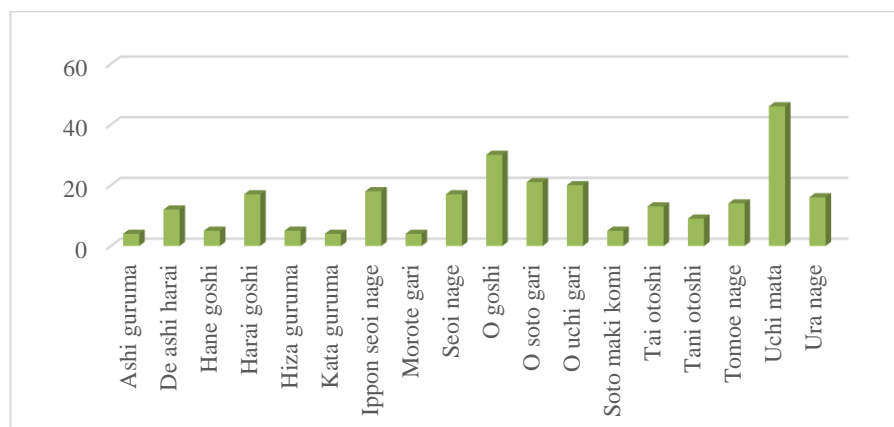


Figure 4. Favorite techniques in Tachi waza (2020)

It is noteworthy that some techniques from the sports section of judo, such as O Uchi gari and O Soto Gari, are among the favorite techniques of judokas, but at the same time they are rarely used during competitions. It is assumed that this is due to the fact that both techniques are more effectively applied not as stand-alone

techniques, but as a combination with other techniques, the application of which in competitive conditions, however, creates difficulties for judoka.

Another group of techniques such as: Morote Seoi Nage, Uchi Mata and Harai Goshi have an even distribution of their use in

competitions and a degree of liking for the technique. This is largely due to the fact that the listed techniques are applicable during competitions and in most cases lead to high performance.

At the same time, it can be seen that only 4 people have indicated one favorite technique – Morote Gari, which technique is performed by gripping the trouser/leg and is prohibited in competition.

When distributing the favorite techniques in Ne Waza, the relatively even distribution of the results is impressive, with the techniques in the section osae komi waza prevailing with 39%, followed by the techniques in Shime Waza

36% and lastly the elbow lock – Kansetsu Waza with 17%. In contrast to the techniques in Thaci Waza, 72% of the respondents use their favorite Ne Waza techniques during a competition.

It turns out that one of the favorite retention techniques that is used most often is - hon kesa gatame, which is the first technique studied in the Koshi Waza section. From the Shime Waza section, the Hadaka Jime technique is most often used, which is due to its application from different positions. The most favorite of the techniques for locking the elbow joint is Ude Hishigi Juji Gatame, which stands out with the ability for extremely good control over the opponent. (Figure 5)

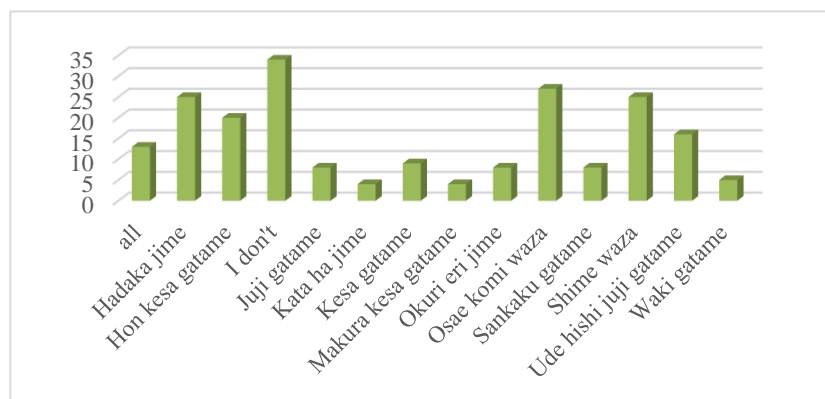


Figure 5. Favorite techniques in Ne waza

CONCLUSIONS

The fact that only 16 favorite techniques of throwing in a stand are mentioned in the survey, may mean that out of all 67 techniques in Bulgaria, a small number of techniques are studied or that these techniques are really very effective and therefore they become a favorite of most judo specialists. This is an occasion to make a study in this direction, in order to clarify the reasons and pay attention to the methodology and training techniques.

On the ground floor, judokas feel more confident in their abilities and improve and apply techniques from all three sections in Ne Waza - Osae Komi Waza, Shime Waza and Kansetsu Waza. However, in a competitive environment, they rely only on a small number of techniques to ensure reliable results.

Based on this conclusion, it can be stated that the coach(sensei) has the most important role and must conduct not only a proper and

comprehensive training and coaching, but should also motivate trainees to enrich their technical arsenal, to learn and improve techniques in combination and counters and to apply them in competitive conditions.

REFERENCES

1. Prokopov, E., Yaneva, A., Jigoro Kano - the creator of judo. *Judo*: 4, p. 21-22, S., 2002
2. Prokopov, E., Yaneva, A., Vlahov. A., Judo and Ju-Jutsu - Essence and Principles, *Judo*: 1&2, S., p. 20-21, S., 2003
3. Matsumoto, Y., Kawamura, T., Daigo, T., Ossawa, Y., *Kodokan judo*. S., p. 16, 1970
4. Yaneva, A., The permitted techniques in the judo competition after the rule changes. *Scientific Papers of the University of Rousse*. University of Rousse, R., p. 21, 2014