

Skillful and Tactical Analysis of the World Judo Senior Championship - Japan 2010 According to the New Amendments of the Regulations

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Abstract: The research aims at identifying the relative importance of the commonly used skills and tactics used in Japan Judo Championship 2010. The researcher used the descriptive method as it suits the nature of the research. The researcher selected 15 matches for the weights of 60kg to +100kg for players aged between 21-25 years old all from the Japanese team, as it is the best team worldwide according to standard and results. The researcher used an analyzing form for determining skills and tactics most common. The researcher used the repetitions and percentages. After the amendments of the Judo regulations, the Japanese team most important skills were Ko soto Gake, Morote Seoinage, De ashi barai, Harai Maki Kome, Tani Ootoshi and Yoko Shiho gatame of Ude Garami, while direct attack, counter-attack and combination attacking are the most important planes used by the Japanese team after amending the 2009 regulations.

Key words: Skillful and Tactical Analysis % Judo % Regulations % Japan 2010

INTRODUCTION

After Beijing 2008 Olympic Games, the champions Hesham Mesbah achieved the only bronze medal for Egypt in 90kg. by scoring the full point (Ippon) returning the glory of the champion Mohamed Rashwan who achieved the only silver medal in Los Angeles 1984 Olympic Games for Egypt.

The Judo international Association conducted some amendments to the Judo regulations, as the gold score and eliminating the opponent (Hansokomake) if he caught the defender's leg with his hands before executing skill [1]. Therefore, the skillful and tactical performance changed because of using hands in contact from the standing posture or lying posture. Thus, the research problem reveals in unknowing the commonly used skills in the international championships and the changes that became to the Judo tactics.

Inokuma and Sato confirmed using the hands skills in the Judo championships as morote gari, kata gurume, kutchi taoshi and te-gurume [2] and according to the new modification these skills can not be started in the championships, thus depending on other skills is a must. While Donskoi [3] referred to the importance of the skills and movements that depends on power and Sosa [4] refereed that the Judo player will be active and with

perfect performance when well skills and tactically trained to succeed the competition. Sosa *et al.* [5] determined the main Judo tactics in direct attack, combination attack and counter-attack due to the defender's reaction.

Therefore, the researcher reached out that most of the players depend on the previously mentioned skills by catching the opponent's leg while performing. Due to the new amendments of the regulations on 2009, the player's skillful and tactical performance must subject to change not to lose the competitions.

Aims of the research: Identifying the relative importance of the commonly used skills and tactics used in Japan Judo Championship 2010.

Hypothesis of the Research: What are the relative importance of the commonly used skills and tactics in Japan Judo Championship 2010.

The Research Terms

Judo: The origin of Judo has had its main inspiration from the ancient martial art of jui-jitsu. As a combat sport, where two contestants compete, there are numerous judo techniques and methods to apply them. These techniques can be in tachi waza (standing position) or in the ne waza (on the ground).

Direct Attack: An attack in tachi waza with no leap up, ruse, deception, or link to another technique. An attack solely attempted on its own, for example: Osoto Gari.

Combination: A series of attacks in tachi waza, of two or more, with the aim of enhancing the effectiveness of the techniques attempted. For example, Kouchi Gari followed by Ouchi Gari then Taiotoshi.

Action-Reaction Strategies: Actions in tachi waza that attempt to create a reaction or movement from an opponent in order to enhance the effectiveness of an attack. For example, a ruse, a deceptive movement, a dummy action that elicits a reaction or movement from the opponent that can be capitalized upon to aid the execution of a throw [6].

MATERIALS AND METHODS

Method of the Research: The researcher used the descriptive method as it suits the nature of the research.

Sample of the Research: The researcher selected 15 matches for the weights of 60kg to +100kg for players aged between 21-25 years old all from the Japanese team, as it is the best team worldwide according to standard and results.

Tools of the Research: An analyzing form for determining the most common skills and tactics [7].

Statistical Processing: The researcher used the repetitions and percentages.

RESULTS AND DISCUSSION

Table 1 illustrates the analyzing form of skills and tactics during Japan championship 2010. The total of semi-final and final match's number was 15 matches. The number of skills usefully conducted was 14 skills as 08 skills of Ippon (full point) scoring 10 degrees, 06 skills of quarter scoring 5 degrees, two skills of the gold score, drew then hentai scoring 3 degrees. Moreover, it verifies the attacking types whether direct, combination or counter attack.

The importance of the skills came in the following order: Osoto maki Kome, Ko soto Gake, Morote Seoinage, De ashi barai, Harai Maki Kome, Tani Otoshi and Yoko Shiho gatame of Ude Garami.

Table 2 illustrates the most important skills in terms of the percentages, where Osoto maki Kome came first by scoring 100%, then Ko soto Gake with 80%, each of Morote Seoinage, De ashi barai, Harai Maki Kome, Tani Otoshi and Yoko Shiho gatame of Ude Garami with 40%, while each of Uchimata Gaishi, Ushiro Goshi and Hiza Guruma scored 20%.

Table 3 illustrates the types of the skills, where legs and sacrifices skills came first by 33.3%, followed by hands with 13%, then waist skills with 6.6% as well as for ground skills like breaking and stabilizing.

Table 1: The analyzing form of skills and tactics during Japan championship 2010

Number of matches	The skill	The skill type	The result achieved	Degree	Type of attacking
1.	Morote Seoinage	(hands) Te waza	Ippon	10	Direct attacking
2.	De ashi barai	(Legs) Ashi waza	Yoko	5	Direct attacking
3.	Uchimata Gaishi	(Hands) Te waza	Yoko	5	Counter-attack
4.	Harai Maki Kome	(Sacrifice) Soteme	Ippon	10	Direct attacking
5.	Osoto maki Kome	(Sacrifice) Soteme	Ippon	10	Direct attacking
6.	Osoto maki Kome	(Sacrifice) Soteme	Ippon	10	Direct attacking
7.	Gold score	--	(Drew) Hentai	3	--
8.	Gold score	--	(Drew) Hentai	3	--
9.	Ko soto Gake	(Legs) Ashi waza	Ippon	10	Counter-attack
10.	De ashi barai	(Legs) Ashi waza	Yoko	5	Counter-attack
11.	Ko soto Gake	(Legs) Ashi waza	Ippon	10	Direct attacking
12.	Tani Otoshi	(Sacrifice) Soteme	Ippon	10	Direct attacking
13.	Yoko Shiho gatame of Ude Garami	(Ground) stabling of breaking	Ippon	10	Combination
14.	Counter Ushiro Goshi	(Hips) Kouchi waza	Yoko	5	Counter-attack
15.	Hiza Guruma	(Legs) Ashi waza (sacrifice) Soteme	Yoko	5	Direct attacking

Table 2: Motor skills percentages order of Japan 2010 championship

Number	The skill	Repetition	Degree	Percentages	Order
1.	Morote Seoinage	--	10	40%	3 rd
2.	De ashi barai	2 X 5	10	40%	3 rd
3.	Uchimata Gaishi	--	5	20%	--
4.	Harai Maki Kome	--	10	40%	3 rd
5.	Osoto maki Kome	2 X 10 1 X 5	25	100%	1 st
6.	Ko soto Gake	2 X 10	20	80%	2 nd
7.	Tani Otoshi	1 X 10	10	40%	3 rd
8.	Ushiro Goshi	1 X 5	5	20%	--
9.	Hiza Guruma	1 X 5	5	20%	--
10.	Yoko Shiho gatame of Ude Garami	1	10	40%	3 rd

Table 3: Motor skills percentages order of Japan 2010 championship

Skill type	Repetition	Percentages
Te waza	2	13.3%
Koshi waza	1	6.6%
Achi waza	5	33.3%
Suteme waza	5	33.3%
Katame waza	--	--
Osaekomi waza	1	6.6%
Shime waza	1	6.6%

Table 4: Judo tactics types in Japan 2010 championship

No.	Tactics types	Repetition	Percentages
1	Direct attacking	8	66.6%
2	Combination attacking	1	8.3%
3	Counter-attack	4	33.3%

Table 4 illustrates the types of tactics used in the championship, where direct attack tactics came first by 66.6%, followed by the counter-attack with 33.3%, then combination attack with 8.3%. That should answer the question and hypothesis of the research.

CONCLUSION

After the amendments of the Judo regulations, the Japanese team most important skills were Ko soto Gake, Morote Seoinage, De ashi barai, Harai Maki Kome, Tani Otoshi and Yoko Shiho gatame of Ude Garami, while direct attack, counter-attack and combination attacking are the most important planes used by the Japanese team after amending the 2009 regulations.

Recommendation: The Japanese team is the best judo team had changed the skills and plans after amending the regulations and the importance of some previous skills and tactics were revealed, therefore, other teams like Egypt must exercise these tactics and paying attention for applying these tactics in the training.

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