

**TECHNICAL-TACTICAL ACTIONS' EFFECTIVENESS OF THE -55KG
JUDOKAS (MALE, 15-16 YEARS OLD) DURING THE CUBAN NATIONAL
COMPETITION (2007-2008)**

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Summary

The contemporary sporting preparation is a multifaceted process. To modeling the course of training the coaches have to know a countless aspects, between them has main priority the competitive trends of the specific sport. Judo is a technical-tactical activity where the change and variation in the application of techniques decide the success. The objective of the research is to determine the technical-tactical effectiveness level of -55Kg judo's athletes (15-16 years old) during Cuba's national competition (2007-2008). The result of the research gives an idea about the amount and difference of efficiency between the direct attacks with the action-reaction tricks and competitive techniques' combination. The highly amount of applied techniques were direct attacks. The conclusions of the researching can be a base of other investigations about this issue in that category and other ones.

Key words: **Technical-** tactical preparation; effectiveness; combined techniques; direct attacks.

Foreword.

The origin of judo had been its main inspiration in the ancient martial art named jiu-jitsu. As a combat sport, where two contestants fight for win, there are a lot of techniques and ways to apply them. It is known the fight can be in tashi waza(standing position) or in ne waza(on the floor).

During the judo's contest the techniques have to be applied suddenly; as a result will be a winner who does them more efficiently, therefore it is essential to develop integrally all the components of the sportive preparation.

The main components of the sportive preparation are:

- General physical preparation
- Specific physical preparation
- Technical preparation
- Tactical preparation
- Theory preparation
- Psychological preparation

The sportive technique is considered as an ideal model of movement that guarantees the maximal efficiency in one action; it is defined by Donskoi. D. (1982) like: "...simultaneous and successive movements' system focussed towards the rational organization of internal and external strength's interactions... which objective is to make the best use of those strengths..." (1)

Suarez (2) states: "...the judoka preparation is a complex activity where are involving many factors; within them, the technical-tactical training has a focal influence to the competitive success..." Many coaches when arrange the training plan organize technical and tactical preparation together, like only one aspect of the guidance.

All sportive training turn around and tribute to tactical preparation; rightly through it are transferred and integrated every one of the training tasks effects to reach the contest's succeed. Competitive judo tactic is the mode to prepare the previous conditions and apply the techniques taking care several factors like the characteristics of the opponent, the score, instant of the combat, etc, looking for the maximal efficiency of the action.

The athlete has to defeat himself through every training session; the base of his training has to be: the knowledge of his shortcomings, the judo's competitive trends in his weight division and the main technical-tactical weakness and strengthens of the athletes of his weight division.

The present research is motivated by the lack of precise information about the judo athletes tactical effectiveness during the tashi waza competition periods performance (15-16 years old, males) and it's main objective is to determine the effectiveness level of technical-tactical actions of 55Kg judokas (category 15-16 years old) during the Cuban national competition (2007-2008)"

Scientific questions

1. Which is the technical-tactical effectiveness of the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)?
2. Which are the effectiveness percents corresponding to the scores of koka, yuko, wazari and ippon of the 15-16 years old judokas (-55Kg) during the Cuban national competition (2007-2008)?
3. Which is the effectiveness percents corresponding to the direct attacks of the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)?
4. Which is the effectiveness percents corresponding to the action-reaction tricks of the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)?
5. Which is the effectiveness percents corresponding to the combined techniques applied by the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)?

Specifics objectives

1. To determine the technical-tactical effectiveness of the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)
2. To identify the effectiveness percents corresponding to the scores of koka, yuko, wazari and ippon of the 15-16 years old judokas (-55Kg) during the Cuban national competition (2007-2008)
3. To determine the effectiveness percents corresponding to the direct attacks of the 15-16 years old judokas (55Kg) during the Cuban national competition (2007-2008)?
4. To determine the effectiveness percents corresponding to the action-reaction tricks of the 15-16 years old judokas (55Kg and 86Kg) during the Cuban national competition (2007-2008)?
5. To determine the effectiveness percents corresponding to the combined techniques applied by the 15-16 years old judokas (55Kg and 86Kg) during the Cuban national competition (2007-2008)?

6. Usually the statistic control of the effectiveness in judo has founded on the calculating of the percentage of effectives attacks over all the attacks done (effectives and no effectives). It is determined through the formula:

$$\% \text{ de Efectividad} = \frac{\# \text{ ataques Efectivos} * 100}{\text{total de Ataques realizados}}$$

Research's Methodological Design

II.1 Individuals selection

To rich the objectives of the research was selected a sample of 15 male judokas. They were participating in the Cadets Cuban National Games hold in Matanzas city since June 27th until July 8th of 2007, there were one from each province and the special municipality of Isla de la Juventud. There were observed 19 combats

Methods Utilized

There were used the following methods:

- Analytic-synthetic (It was used to the comprehension of information contained in the bibliography consulted and to process the information compiled)
- Historical-logical (To look for the investigative antecedents of the subject of the research)
- Inductive-deductive(It was utilized to go from the particular issue to the general ones and vice versa)

Observation (To determine the numbers of scores achieved, action-reaction tricks, technical combinations, direct attacks, effectives and ineffective attacks) The observation guide is shown in the annexed 1.

Observation's object: The technical –tactical actions' effectiveness.

Observation's objective: To determine the technical- tactical actions' effectiveness.

Numbers of observers: The observation was done by two persons with previous qualification. They situated themselves near the tatami in one position where they can see the combats.

Topics observed

- Effective's directs attacks
- No effective's directs attacks
- Effective's combinations
- No effective's combinations
- Effective's action-reaction tricks
- No Effective's action-reaction tricks

Statistics techniques and procedures to the research's results analysis

- Sum
- Mean
- Percentage
- Lesser value and high values

III Results´ analysis and interpretation

III. Actions´ effectiveness and amount of them executed by judokas of - 55Kg division.

There were observed 19 combats; the observation gave the information revealed forwards.

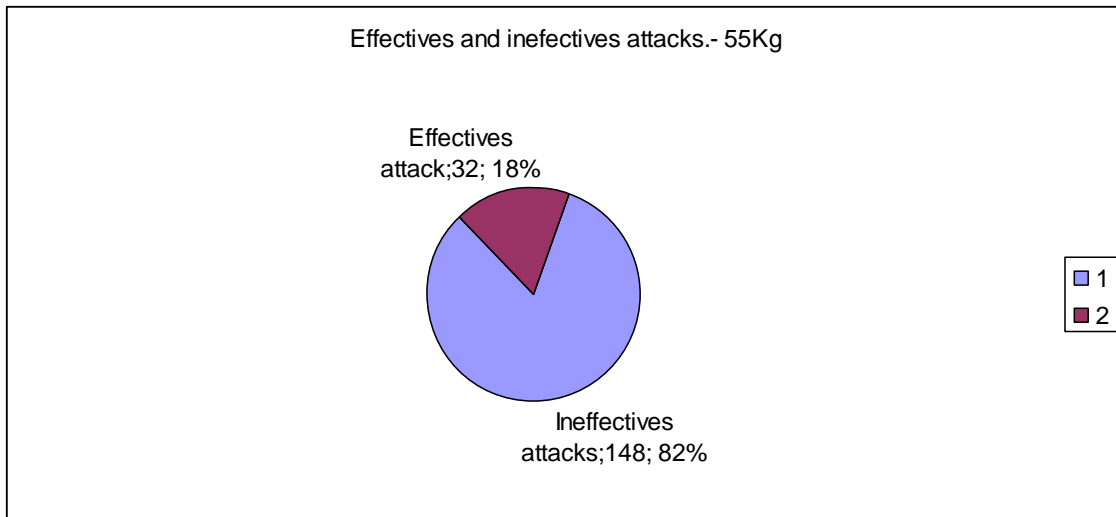
Fig 1. Whole actions realized in the - 55Kg division

Division: - 55Kg		Direct attacks	Combinations	Action-reaction tricks	Total
Effectives attacks	Koka	3	0	0	3
	Yuko	12	1	3	16
	Wazari	7	1	1	9
	Ippón	3	0	1	4
	Total	25	2	5	32
No Effectives attacks		126	6	16	148
Total		151	8	21	180

The information contents in the fig 1 show that judokas of - 55Kg division had effected 180 attacks´ actions. It is a characteristic of a low weight divisions (- 48Kg, - 55Kg, - 60Kg). The athletes that compete in these divisions are more explosive; they have higher combat rhythm and apply more diversity of techniques, although only 32 of these actions were effectives; it signify the 17,8% of all the tashi waza actions. There predominate the ineffective actions (148): 82,2%. The last question could be determined by to causes:

- The characteristics of the athletes of these divisions, distinguished by the high reaction´s capacity, anticipation, very good balance, etc; the last qualities allow them a better defense against the opponent attacks and reduce their effectiveness.
- Other reason could be the deficient athlete´s technical-tactical preparation. (the observers appreciated a lack of technical skills during the tashi waza competitive actions mainly in relation with basic elements of tashi waza like stances, grips, off balances, taizabaki, momentous and correct attack position

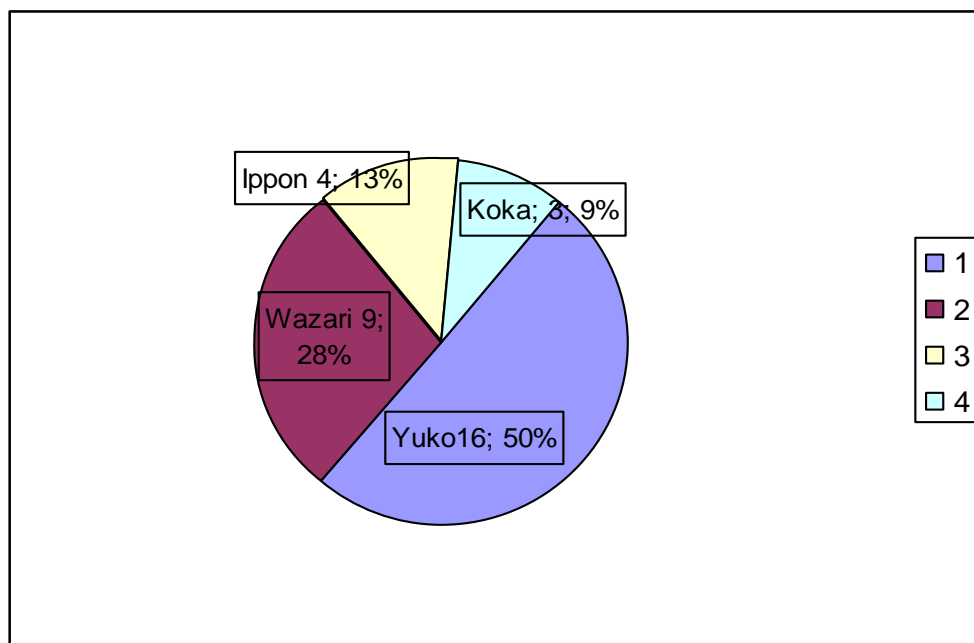
Fig 2



Although there could be analyzed the quality of the effectives actions studying the value of the scores (koka, yuko wazari and ippon). It can help the coaches to realize the level of effectiveness of their athletes.

During the - 55Kg division's competition were executed 32 effectives actions a half of then (16) categorized like yuko, 9 wazari, 4 ippon and 3 koka.

Fig 3 Scores' quality

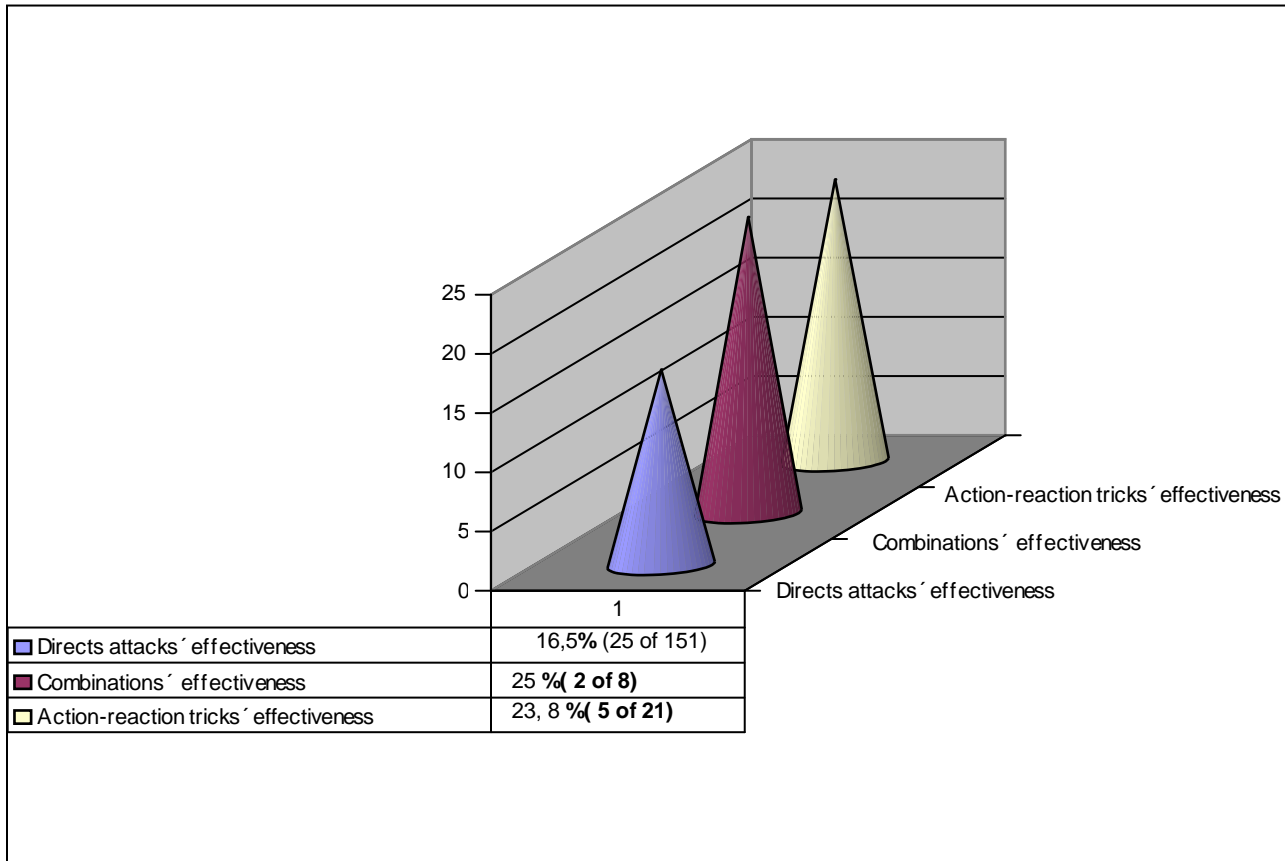


The analysis of the informatios about the **direct attacks, combinations and action-reaction** tricks give an idea about the high proportion of the direct attacks applying by the athletes of

- 55Kg division. The effectiveness' analysis of the different types of attacks gives significant information shown on the graphic 4.

Graphic

Effectiveness of the different types of attacks



Throughout the observing of graphic 4 it is possible to appreciate that the combination and action-reaction tricks were more effective than the direct attacks.

The comparison done between the amount of direct attacks, combinations and action-reaction tricks illustrate about the great quantity of energy that the athletes of - 55Kg loose while they apply direct attacks (**83, 8 % of all the tashi waza actions**).**The effectiveness of these type of attacks(16,5%) are less than the effectiveness of the other ones. The percents of combinations and action-reaction tricks done during the competition are 4, 4% and 11, 6 % with the effectiveness of 25% and 23, 8% in that order.**

Conclusions

- The effectiveness of the tashi waza's competitive actions of athletes of - 55Kg(male, 15- 16 years old) during the Cuban's National Championship was 32,18% (It was impossible to valorize the effectiveness because there is not systematized information about; to evaluate the percent achieved in the competition).The percents of each score during the competition were: koka 9%, yuko 50%, wazari 28%, and ippon 13% (It was not possible to evaluate these data because there is not records about this issue). Combination's effectiveness and action-reaction tricks were higher than the direct attacks during the - 55Kg (male, 15- 16 years old). The athletes are losing a lot of energy and time applying direct ineffective attacks.

Recommendation

- To determine the records about effectiveness in other division and categories that allows the coaches to compare their athletes with.
- To determine the mean of percents' scores records in other division and categories that allows the coaches to compare their athletes with.
- To research why if the effectiveness of combination and action-reaction tricks is higher than the effectiveness of direct attacks in the - 55Kg; the athletes of this weight division apply more the direct attacks.
- To compare the mean of records of each category and divisions to determine the specific characteristics of them with the objective of individualized the training.
- To look for the effective methods to develop the athletes' tactical skills that allow they to apply more combination and action-reaction tricks.

Bibliographic references

- (1) Donskoi. D. (1982) *Biomecánica con Fundamentos de la Técnica Deportiva*. Editorial Pueblo y Educación. Ciudad de La Habana.
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Consultado: diciembre de 2008.

Annexed

Annexed 1: Form filled with the information picked throughout the observation of tactical actions during the - 55Kg combats.

Symbols: koka (K), yuko(Y), wazari (W), Ippon (I), ineffective attacks (/), combat (C).

	Direct attacks	Combinations	Action-reaction tricks	Total
Effective attacks(scores)	Y K I YYY K YYYY I W K W W W W Y I W YYY W	W Y	Y W YY I	
Amount of effectives attacks	25	2	5	32
Ineffective attacks	C1/////////, C2 //// C3////////, C4 ////////// C5/////////, C6///// C7/////////, C8////////,C9//, C10////////,C11//, C12////////,C13//, C14////////,C15////, C16///,C17////, C18////, C19//	////	////////	
Amount of ineffective attacks	126	6	16	148
Total of attacks	151	8	21	180