

Analysis of the competitive activity of qualified judoists in standing wrestling

*Ol'ga Mavropulo*¹, *Ludmila Demyanova*¹, *Nikolai Ryzhkin*¹, *Irina Usova*^{2*}, *Andrew Aldoshin*³.

¹ Don State Technical University, Gagarina sq. 1, Rostov-on-Don, Rostov region, 344003, Russia

² Institute of Technologies (branch) of DSTU in Volgodonsk, Mira Ave. 16, Volgodonsk, Rostov region, 347386, Russia

³ Federal State Public Educational Establishment of Higher Training "Orel Law Institute of the Ministry of the Interior of the Russian Federation named after V.V. Lukyanov", Ignatova str., 2, Orel, Orlov region, 302027, Russia

Abstract. This article considers the features of the use of techniques in wrestling in a standing position by judoists in the pre-competitive period. The effectiveness of the use of various combat tactics is being discussed. The results of competitions of international level, world level and European championships are analyzed. Identified are the main areas of training which are used to plan preparation for competitions.

1 Introduction

The issue of effective preparation of athletes for competitions in various sports is topical today. Continuous improvement of teaching methods allows us to conclude that it is necessary to consider this issue in more detail.

With regards to judoists, this problem is quite multifaceted, since judo includes quite a lot of different forms of training and combat tactics [1]. The choice of a certain path is carried out by the athlete in the pre-competitive period, when studying both physical and technical characteristics of the opponent [2,3].

Certain results from these activities will be obtained only when a clearly defined position is formed, the goal and ways to achieve it are identified. A detailed step-by-step plan will allow everyone to successfully the desired aim.

Athletes learn basic skills during the main training period, which lasts until preparation for competitions. The necessary skills and abilities are being developed. Special attention should be paid to this direction, since the application of any method of practice is preceded by a rather long period of improvement in technology. The applied technique should be brought to automatism [4].

There are many different criteria by which a judoist can be characterized. They include physical, technical, tactical, and power components [5].

Each area has a certain influence on the results of the judoist's activity. The methodology for mastering new techniques and elements of wrestling should imply

* Corresponding author : irina_usova@mail.ru

comprehensive development. The improvement of each of them can be achieved only by diligent training. However, if athletes do not pay enough attention to each side during the preparation for the competition, then the advantage given to the opponent can be decisive [6,7].

It will be quite difficult to make up for this deficiency later, since all these areas must develop in a coordinated and synchronous manner. Of course, it is possible to increase the duration of the training, change its structure, but the measures taken may not affect the inherent skills and habits, or affect them to a small extent [8].

The purpose of this study is to analyze the methods of training qualified athletes in competitive activities. The techniques that have the most effective impact on the opponent are to be studied and assessed. The determinants that impede the achievement of the highest result are to be identified.

The research tasks include:

1. Analysis of the competitive practice of judoists.
2. The choice of the most effective technique in wrestling in a standing position.

2 Materials and methods

The competitive practice of judokas was studied in major competitions (World Championships, European Championships and International tournaments). The results of previous competitions of judokas are also analyzed [9], and practically significant conclusions are formulated [10]. In total, more than 250 competitive bouts were analyzed. The analysis of competitive practice of judokas was used as a method of research.

3 Results and discussion

All judo wrestling technique is divided into two components: standing wrestling technique and lying wrestling technique.

For the successful implementation of wrestling techniques in a standing position, the skills of mastering the most favorite grab are of great importance for a judoist. Without effective grip, it is impossible to carry out a hold [11-13]. The most productive and frequently used grips by judoists were determined from the analysis of competitive activity at major competitions (Russian Championship - 4; European Championship - 2). In total, more than 250 competitive fights were analyzed.

The performed analysis made it possible to identify four main grips, of which judoists effectively perform various techniques and achieve success, these are:

- Grabbing the opponent's belt on the back over the same shoulder and the opposite sleeve of the kimono at the same stance;
- Grabbing the opponent by the opposite shoulder and the opposite sleeve of the kimono in any stance;
- Grabbing the opponent's belt on the back over the opposite shoulder and one-arm sleeve of the kimono in a different stance;
- Grabbing the opponent's sleeve with the same name and turning back the kimono on top of the grabbed arm in a different stance.

The analysis of the participation of athletes in competitions indicates that when wrestling in a stance, qualified judoists mainly use the following arsenal of technical actions (Tables 1-3).

Table 1 - Technical and tactical arsenal of qualified judoists when wrestling in the stance

Technical actions	Throw frequency, %			Rank place
	World Championships	Europe championships	International tournaments	
Throws over the back	18	16	17.5	1
Throws through the chest	2	1.5	2.5	14
Leg grab throws	4	5.5	5	10
Mill throws	0.5	1	0.5	15
Hand grab throws	2.5	3	3	13
Front footpegs	11	12	9.5	2
Rear footpegs	10	12	9.5	3
Snatches	5.5	4	5	9
Hooks from the inside with opposite shin	9.5	8	8.5	4
Hooks from the inside with the same shin	7	6.5	7	7
One leg grip	9	7.5	8.5	6
Pickup from the inside	9	8	8.5	5
Coups	3	3	3.5	11
Subplants	2	4	4.5	12
Undercuts	6	6.5	5.5	8
Other technical actions	1	1.5	1.5	16
Total:	100	100	100	

The performed analysis showed that one of the most frequently used technical actions in the framework of competitions of different levels are throws through the back, rear and front reaps. It should be noted that the tendency to use them is significantly reduced in fights at the international level. This indicates that these techniques are rather efficient in the implementation of battle tactics.

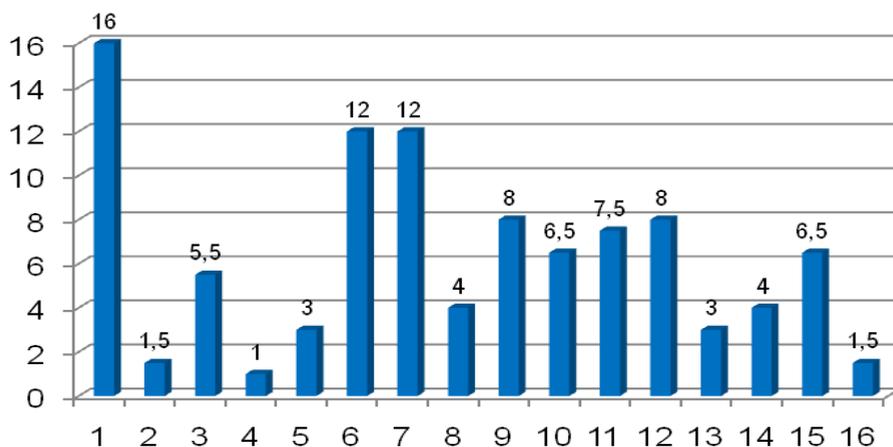


Fig. 1. The frequency of application of technical actions by qualified judoists while wrestling in a standing position at the European Championships

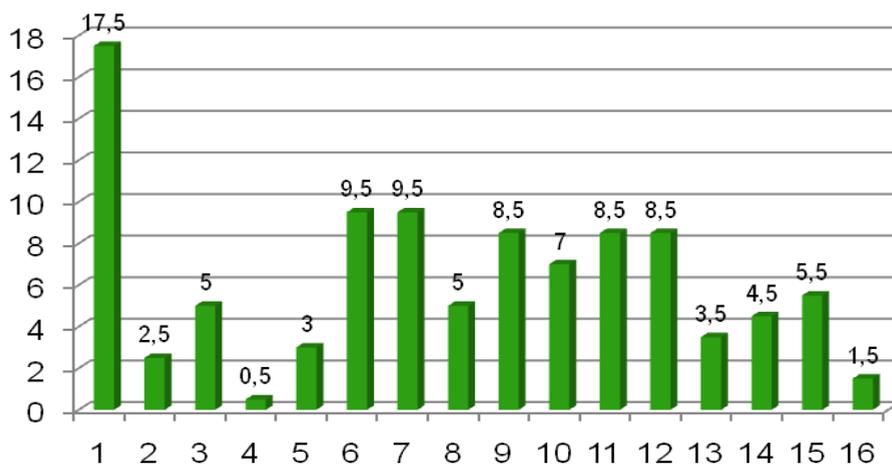


Fig. 2. The frequency of application of technical actions by qualified judoists while wrestling in a standing position at international tournaments

The qualified judoists most frequently use throws over the back in their arsenal: 18% at the World Championships; 17% at the European Championships; 17.5% at the international tournaments. Less frequently the front reaps are used: 11%, 12% and 9.5%, respectively. The other technical actions include back reaps (10%, 12%, and 9.5%), holds from the inside of the opposite lower leg (9.5%, 8%, and 8.5%); underhand grips (9%, 8%, and 8.5%), single leg underhand grips (9%, 7.5%, and 8.5%), underhand holds with the same shin (7%, 6.5%, and 7%) , various undercuts (6%, 6.5%, and 5.5%). Less often judoists use cut-offs (5.5%, 4%, and 5%), leg grab throws (4%, 5.5%, and 5%), flips (3%, 3%, and 3.5%) , hoists (2%, 4%, and 4.5%), throws with the grab of hands (2.5%, 3%, and 3%), throws through the chest (2%, 1.5%, and 2.5%) and mill throws (0.5%, 1%, and 0.5%).

4 Conclusion

The performed analysis of the participation of qualified judoists in competitions of various levels showed that:

1. The most effective and most commonly used techniques are throws of the opponent through the back, front and rear steps, holds from the inside and grabs [14,15].
2. The tactical and technical characteristics of a judoist play a more important role compared to the existing physical qualities. The main training of an athlete is based on them.
3. Qualified judoists must have a fairly wide range of different wrestling techniques, both in standing and lying positions [16-18].
4. Wrestling in a standing position provides the wrestler with the opportunity to make a series of throws, with the help of which the judoist can get the most points or even win in the course of using one technique [19,20].

References

1. L. Demyanova, O. Mavropulo, I. Usova, The health-improving and professionally applied aspect of physical culture in the training of agro-industrial complex personnel. XIII International Scientific and Practical Conference “State and Prospects for the Development

- of Agribusiness – INTERAGROMASH 2020”. Volume 175, (2020) doi: 10.1051/e3sconf/202017515025.
2. V.S. Merenkova, Sensorimotor Integration and the Inner Picture of Health of the Primary Schoolchildren. International Journal of Psychophysiology Conference. Abstract 3. (2018).
 3. Emma V. Sanchez-Vaznaugh, Brisa N. Sánchez Susan Egerter (2012). Physical Education Policy Compliance and Children's Physical Fitness. American Journal of Preventive Medicine, **5**, 132-139 (2012).
 4. A. Osipov, M. Kudryavtsev, P. Fedorova, Zh. Serzhanova, E. Panov, L. Zakharova, A. Savchuk, M. Yanova, (2017). Components of positive impact of exposure on university physical culture and sports on students' physical activity. Journal of Physical Education and Sport. Vol. **17** (№ **2**), 871-878 (2017) doi:10.7752/jpes.2017.02133.
 5. N. Parshikova, S. Izaak, V. Malits, National physical culture and sports sector long-term development strategy. Theory and practice of physical culture, **12**, 3-5 (2017).
 6. O. Blynova, I. Popovych, T. Tkach, I. Serhet, N. Semenova, O. Semenov, Value Attitudes of Student Youth to Physical Culture and Sports as Factors in their Aspiration for Success. Journal of Critical Reviews, **7**(19), 6775-6783 (2020) doi: 10.31838/jcr.07.19.778
 7. L.G. Pashchenko, Physical activity and motivation of physical culture and sports of the adult population in Russia and abroad. Bulletin of Nizhnevartovsk State University, **3**, 110-116 (2017).
 8. Richard Thomas, Running Through Travel Career Progression: Social Worlds and Active Sport Tourism. Journal of Sport Management, **2**, 243-248 (2020) doi: 10.1123/jsm.2019-0256.
 9. Muammer & Pekerşen Mesci, Yeliz & Mesci Zeynep. An overall assessment of sports tourism articles. Journal of Hospitality and Tourism Insights. ahead-of-print, **6**, 166-172 (2020) doi: 10.1108/JHTI-04-2020-0054.
 10. Jennifer Stoll, Anthony Andrew, Sport tourism entity desired outcomes. Journal of Sport & Tourism. **24**, 1-19 (2020) doi: 10.1080/14775085.2020.1822201.
 11. Joanne Jung-Eun. Active sport event participants' behavioural intentions: Leveraging outcomes for future attendance and visitation. Journal of Vacation Marketing. **27**, 274-280 (2020) doi: 10.1177/1356766720948249.
 12. A.C. Manolachea, Development of disabled employees from academic environment, Social and Behavioral Sciences, **I**, **142**, 71-77 (2014).
 13. V. Friso, Capability, work and social inclusion, **I**, **116**, 4914-4918 (2014).
 14. E. Tyan, Inclusive potential of continuing education, Inclusive education, 163-169 (2015).
 15. V.G. Goncharova, Integrated medical-psychological-pedagogical accompaniment of persons with disabilities in conditions continuous inclusive education, Siberian Federal University 248 (2014).
 16. A.A. Knyazev, The relevance of the experience of physical education in Ancient Greece for the present, On the way to the XXII Olympic and XI Paralympic winter games. Materials of the All-Russian scientific-practical conference with international participation, 68-74 (2018).
 17. Y.S. Rakoed, Physical culture in Ancient Greece, Academy of pedagogical ideas Innovation: Student scientific bulletin, **5**, 84-89 (2017).
 18. V.V. Romanova, About some features of education and upbringing in Ancient Greece, Actual problems of the humanities and socio-economic sciences, **4**, 78 (2013).
 19. T.V. Sleptsova, Spiritual and axiological aspect of physical education of the personality in the works of thinkers of antiquity and revival, Physical education of Siberia, **2**, 73-76 (2015). 2015.

20. A. G. Tertyshnikova, The attitude of young people to physical culture and sports: a review of the research results, Formation of a healthy lifestyle. Advanced experience of social and pedagogical work with children and family, 165-169 (2017).