

Methodological Forms in the Structure of Teaching Judo Techniques

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Annotation: *In the article, based on a theoretical analysis of data from scientific and methodological information and Internet networks, a generalization of advanced practical experience, an analysis of the structure and methodological forms of teaching judo technique is carried out. Existing forms of teaching and training individual elements of technique, forms of training bouts, and stages of creating motor skills are revealed. It has been revealed that mastering judo technique skills consists of purposeful and systematic repetition of movements.*

Key words: *judo, technique, structure, forms of training, methods.*

1. Introduction

A correct understanding of the structure of judo technique is of great importance for good mastery of it, especially at the stages of initial training [2, 3, 5]. A detailed study of the technique of performing each technique, including the correct positioning of the arms, legs and body, is one of the main aspects of technical training in judo. It is important to understand how the body of the attacker and the body of the defender interact when performing a technique [1, 4]. Research on approaches to the study of technical and tactical actions in judo has attracted the attention of many authors for quite a long time. It is interesting to use game methods with judokas to improve the quality of technical and tactical actions, as well as teaching the basics of judo techniques using fitball exercises [6, 8, 9].

1.1. Research Problems

A high level of technical preparedness, skills and abilities allows judokas to achieve high sports results in competitions [7, 10, 12]. Judo techniques are divided into two main groups: Nage-waza - throwing technique; Katame-waza is a control technique on the ground. The throwing technique is always used in a standing position, when the opponent himself loses his balance or takes the opponent out of it. The throw is made using some part of the body and ends with knocking down the opponent on the tatami. This group also includes counter techniques and combinations of two or more Virish-waza techniques (Yasuhiro, Yamashita, 1996).

Katame-waza is a control technique on the ground, divided into three groups: content (Osaekom-waza); choking techniques (Shime-waza); painful techniques (Kansetsu-waza). In each of these groups there are opportunities for countermeasures and combinations [11, 13, 14]. Judo technique includes many complex elements, without mastering each of which it is impossible to master the technique as a whole (Katsuhiko, Kashiwazaki, 1992).

The greatest emphasis on technique falls on mastering the ability to unbalance the opponent Kudzushi. To master the kudzushi technique, a judoka must necessarily follow the sequence of its phases: kikai, tsukuri and the throw itself - kake.

Kikai is the choice of the appropriate moment in the actions and stance of the enemy, when it is most convenient to throw him off balance. Considering the fact that in judo techniques are performed at high speed, it becomes clear that this phase lasts hundredths of a second. Consequently, the coach must direct the work of judokas in such a way that during multiple repetitions a specific speed of both mental and motor reactions is achieved [14, 15, 16]. Only when the required speed is achieved can the judoka move on to the next tsukuri phase.



Tskuri is the direct preparation of a judoka to carry out an attack, which takes place in two main forms: Jibun-yu-tskuri - preparing the attacker for an attack with the help of certain specific actions Tsuru-komi - hand work, Aite-no-tskuri - the opponent's reaction to those proposed to him actions in a manner suitable for attack (bend, straighten, retreat, advance).

Carrying out Kudjushi (off-balance) includes several main points: taking the appropriate Shizai stance, specific to performing this technique; inclusion of the work of the hands of Tsuru-komi, the most important moment in the preparation of the attacker. At the initial stage of training, it is necessary to pay very serious attention to this element, without mastering which the transition to the next phase of Hairi-kata (starting a turn and making contact with the enemy) is unthinkable (Syd Hoare, 1994).

The final kake throw technique is possible after correctly performing all the elements of kudzushi and hairi-kudzushi (turning around with contact with the enemy). The technique should be performed cleanly, protecting the opponent from injury. It must be remembered that after the throw, you should switch to controlling the opponent on the ground katami-waza, which actually ends a large circle of nage-waza elements (throws from the stance).

2. Discussion

The Japanese school of judo provides for four forms of training: executioner, uchikoma, geiko (all types), randor. The term kata translated means "form" and is the only system that includes the entire art of throwing, prone control and attacking vulnerable points (for the combat section of judo). Kata is used for technique and performance standards for KY student levels and dana mastery levels (Soames, & Adams, 1994).

The term uchikom in translation means repetition. This is a form of teaching and training individual parts of a technique without throwing. There are: training on an immovable enemy (static mode); learning on a moving opponent (dynamic mode) (Soames, & Adams, 1994).

After demonstrating a new element of technique, judokas begin to study this technique in detail, using the following types:

1. Close - the most common method. It is characterized by the normal distance between judokas: the distance from which you can take a grip and perform a technique. You should pay attention to the stance, the work of the arms and legs separately, as well as the synchronicity in the work of the legs and torso.

2. From afar - performed from a low stance, covering a large distance, requiring and developing a specific speed.

For detailed learning, the following types of teacher are used: tsuri-komi (hand work). Pay attention to admiration and correct hand position. An important condition is compliance with the basic principle of judo: the opponent can be thrown with a circular movement of the arms. The elbows should not be pressed to the body, but spread out to the sides and upward, which determines the arched position of the arms when unbalanced.

Butsukari - a combination of uchikom (from close range or from afar). If the details of the butsukari technique are well mastered, it can be performed in different ways: rhythmic (three approaches - fourth throw, etc.); not rhythmically (at the coach's signal). Butsukari is used to improve technique and prepare for competitions. In this case, the coach may require the technique to be performed with great force and speed.

In the static position of judokas, the uchikom is performed in the following basic forms:

- work with one partner in a static position;
- working with changing partners in a static position;
- work in a threesome, when one of the partners creates an additional load (grabbing a belt, kimono, torso);
- with tires (without a partner);

Dynamic modes include geiko and randori. Geiko appears in the following forms:

Mawari-geiko (circuit training). Judokas learn what to do when an opponent imposes kawashi (evasion of attack) tactics. It is important that when an unbalanced opponent tries to escape from this position, the attacker would not return to his original position, but would continue the attack from the position in which he was. This develops tactical thinking, the ability to make quick decisions caused by the defensive reaction of the attacked (Jigoro, Kano, 1994).



Hasen-geiko (swinging technique). The enemy dodges the attack not only in a circle, but also to the side, which causes a change in techniques with which to attack the enemy again. Like the mawari-geika, the hasen-geiko's main goal is to weaken the enemy's defense. With the help of hasen-geiko, they achieve decisiveness and speed of attack.

Yoko-soko-geiko (movement technique). This is a form of uchikoma for learning techniques and combinations on the move, as well as during a fight, with the difference that you need to act with greater speed and ease, without tension. This is one of the most effective forms of training, which allows you to improve attacking actions in positions close to competitive ones.

Kakari-geiko (defensive technique). It can be used when achieving high special endurance.

Randori (free exercises) is a form of training combat, the main principles of which are the ability to perform control actions in conditions close to competitive ones.

The following forms of randori are distinguished:

1. Tension-free randori includes the kakari-geiko and yoko-soko-geiko forms.

They are most often carried out in the form of a game, the goal of which is to maximize the use of techniques and combinations.

2. Randori with a given tactical task. At the same time, the coach sets a certain task for the judokas. The task can be posed both in relation to technology, time and place of its application.

3. Randori with an emphasis on speed. Conducted in a series. The main goal is to achieve special speed and endurance.

4. Control randors are periodically held to check the sports and technical growth of judokas.

The structure of the learning process is based on mastery of technology, knowledge, skills and abilities.

The creation of motor skills is carried out in three stages:

1. Mastery of the basics of technology.

2. Mastery of movement.

3. Strengthening and improving skills.

Thus, mastering skills in judo technique consists of purposeful and systematic repetition of movements.

3. Conclusions. Judo techniques are divided into two main groups: throwing techniques and control techniques on the ground. Each group has its own classification and characteristics of teaching techniques. The structure of the learning process in judo is based on mastery of technique, knowledge, skills and abilities. The greatest emphasis on teaching the basics of technique in judo falls on mastering the ability to throw an opponent off balance. To master this technique, a judoka must necessarily follow the sequence of its phases. Also very often in judo, a form of training bout is used, according to which the main principles are the ability to perform control actions in conditions close to competitive ones.

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