

EXPERT ANALYSIS THE COMPETITIVE LEVEL OF YOUNG RUSSIAN JUDOISTS TRAINING TO CONDUCT AN ACTIVE ATTACK WRESTLING

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Abstract.

Purpose: analysis the level of competitive training. **Materials:** young (18-20 years old) Russian judokas representing the Krasnoyarsk region and the Siberian Federal District. Invited experts - judges and coaches analyzed the competitive fights athletes data, fixing: the number of the referee comments (shido); the number of actual attempts at technical actions in the rack (Nage-waza) and on the ground (Ne-waza); the number of successful technical actions of fighters; the dynamics of the wrestling. **Results:** Expert analysis showed that a number of criteria: active management of the wrestling in the rack for the entire fight; active ground fighting; competitive tactics of the fight; the level of preparedness of sportsmen is not sufficient to achieve high results. At the same time, experts positively evaluated the overall dynamics of doing judo competition fights; number of technical actions performed by the athletes. **Conclusions:** in general, according to the analysis of the invited experts, who participated in the research wrestlers at the level of technical skill are not inferior to their foreign counterparts. It is necessary to make adjustments to the process of tactical preparation of athletes for competitions.

Key words: Judo, competitive wrestling, competition rules, wrestling technics, tactical skill, Russian athletes, youth, results, referees comments.

Introduction

Today Judo is one of the most popular forms of martial arts in the Russian Federation's population (Osipov, 2016; Pashuta, & Vavilkin, 2013). Unfortunately, specialists fix specific performance decline in Russian judokas at major international competitions, most notably the European championships, world class tournaments "A". According to observations of SI Teluk, there is a clear negative dynamics of reducing the number of medals won by Russian athletes at international competitions, in comparison with the results of 3-4 years ago (Tel'uk, 2014). According to a variety of domestic experts, this situation is a consequence of how pretty significant changes to the competition rules of judo, as well as a substantial backlog of most Russian athletes in the tactical skill of conducting a duel from their foreign rivals. Research A.Y. Osipova suggests that recent changes to the competition rules do not allow fighters from Russia and CIS countries to take full advantage in duels strengths (superior in physical strength, throws with the hold the legs and waist, etc.) (Osipov, 2014; Osipov, Pazenko, Shubin, Vapaeva, & Fedorova, 2014). This author also notes that often Russian wrestlers suffer defeat not as a result of successful technical actions of their rivals, and the number of referee comments - Shido. A striking example is the duel of Alexander Mikhaylina German judoka Andreas Teltserom at the World Cup 2013 in Brazil. Russian wrestler lost to German bronze medal due to a greater number of Shido, although in the past he has regularly won. Alexander Mihailin himself quite skeptical about the new rules and believes that changes in the rules of the competition played in his defeat significant role (Mikhaylin, 2013). National coach of the Republic of Kazakhstan Yerzhan Bajjumanov judo, commenting on the changes to the rules explicitly stated that they are introduced only in order to artificially create an advantage to representatives of Asian and European judo schools, to the detriment of competitors of the former USSR. Unsuccessful performance of Kazakh judo primarily associated, in his opinion, a ban on the capture shots with the body and the legs, feet and passes any shots with the capture of the opponent's legs [Eganov, 1999]. At the same time it should be noted that such change has caused the approval of many foreign experts, primarily Japanese. For example, M. Tamura welcomes refusal to capture trousers or legs, as he believes captures the data do not correspond to the classic principles of judo (Tamura, et al, 2012). In any case, the amendments made to the rules of the competition and force domestic judokas to search for new tactical schemes of conducting competitive matches. It should also be noted that foreign authors call for the search for new tactical approaches to the conduct of the struggle (Adam, Klimovicz, & Pujszo, 2016; Dopico, Iglesias-Soler, & Carballeira, 2014; Miarka, et al., 2016). L. Bocioaca argues that in today's competitive judo level result determined by the quality of technical and tactical actions of an athlete (Bocioaca, 2014). According to PV Trutnev, modern judo becoming more aggressive and tempo (highly dynamic) type of wrestling, which in turn requires the improvement of quality of athletes, both physical and technical and tactical training (Trutnev, 2006). The success of the competitive activity of any high-level judoka defined individuality of his style of conducting a duel (the presence in the arsenal of techniques crown and a wide variety of tactical and technical actions) claims VL Pashuta (Pashuta, & Vavilkin, 2013).

Unfortunately, the quality of technical and tactical readiness of the majority of Russian athletes for competition competitive fight, according to expert opinion is not sufficient to win prizes (Osipov, Saporov, & Shubin, 2016; Osipov, 2015). V.A. Pankov asserts that in competitive matches is clearly seen some lag a considerable part of Russian athletes in fighting techniques, as well as in the structure of interaction techniques used by athletes in the full-time battles with representatives of Asian and European judo schools. In his opinion, this is a direct consequence of the insufficient level of technical and tactical training of athletes to speak at international competitions (Pankov, 2003). About Judo significant superiority of foreign fighters in the tactics of competitive match observations suggest V.A. Bobrowski (Bobrovskiy, & Krest'yaninov, 2011). In general, the analysis of earlier research has shown that even in the Soviet Union in the early 80-ies of the last century, experts have noted an insufficient level of technical and tactical readiness of the majority of Soviet judoka (Dakhnovsky, & Eganov, 1986). The reasons for the backlog lie, according to AV Yuliana, a substantial lack of time devoted coaches directly at improving the level of tactical and technical training of athletes in all age groups (from young men to veterans) (Eganov, 1999). V.A. Bobrowski noted a direct correlation level tactical training of athletes on the length of their competitive activities (Bobrovskiy, & Krest'yaninov, 2011). Consequently, their level of tactical training to competition competitive fight Russian judokas increase due to competition, not a training activity that is not quite true (Bliznevsky, Kudryavtsev, Kuzmin, Tolstopyatov, Ionova, & Yermakova, 2016; Bliznevsky, Kudryavtsev, Iermakov, & Jagiełło, 2016). In training, the same, the focus of coaches and athletes is directed mainly to the definition of space-time and force characteristics of effective methods of struggle that, in the opinion of V.M. Adashevskogo is underestimation of others, including the tactical actions that determine the character of a sports match (Adashevskiy, Dulewski, & Iermakov, 2011). According to some foreign experts, in particular G. Lech, excessive development of maximum muscle strength would cause difficulties to the development of technical and tactical skill of judo (Lech, Chwala, Ambrozy, & Sterkowicz, 2015). L. Blais argues that the development of the forces of fighters should not be separated from the development of their technology (Blais, & Trilles, 2006). However, many coaches will organize the training process so as to achieve rapid development in dealing with power and speed (Manolachi, 2015). Although, according to the observations of JM Shalyaho, many judokas in competitive activities there is a certain straightforwardness when the shots. Most athletes rely on its advantage in speed and physical strength at their conduct, but if the opponent does not create conditions for the reception or actively resisted him, the success of the implementation of technical action is in doubt. To be successful fighters lacks certain technical and tactical actions, basically destabilize the opponent by making false attacks and jerky excretion enemy from a position of stable equilibrium (Manolachi, 2015). All of the above suggests the need for a significant increase in attention to the preparation of competitive Russian judo fighters in improving their technical and tactical skills in order to increase their competitiveness in the competitive activity.

Material & methods

The aim of research was to identify the level of competitive fitness (technical and tactical skills) young (18-20 years) judokas representing the Krasnoyarsk region and Siberian Federal District, to conduct an active competitive wrestling. Age study was determined based on observations of GP Parhomovicha. The specialist says that the skill level of world-class fighters are influenced by many factors, but the most important is the technical and tactical training, the foundation of which is laid in adolescence (Parkhomovich, 1993). Consequently, wrestlers aged 18 and over should already have the necessary technical and tactical base to achieve high sports results. For the study were selected 24 athlete with athletic skills - master of sports of the Russian Federation and members of the national team of the SFO in judo. It should be noted that 14 people from among the study were part of the extended squad for the SFO in the Russian championship in judo in Krasnoyarsk in 2015, where the SFO in the team competition team won 1st place. Therefore, we are talking about the athletes of the reserve Russian national team for the next two Olympic cycle.

Polls of the leading judo trainers conducted L. Santos show that, in the opinion of world-class experts, athlete applying for European Championship medals, world and Olympic champion, must possess 6 different methods of struggle in a rack and 2 methods of ground fighting. The main factors to achieve victory in the competition athlete experts have identified: the dynamism, counterattacking actions combinational struggle, adaptability to the actions of the opponent (Santos, Fernandez-Rio, Almansba, Sterkowicz, & Callan, 2015).

The level of technical and tactical skills of athletes studied was determined by analysis of their matches in the competition at the national level: the primacy of the Krasnoyarsk Territory; the primacy of the Siberian Federal District; the primacy of the Russian Federation; All-Russia tournament on judo. Total analysis have been 120 competitive matches athletes data. For monitoring and evaluation were invited 12 experts (honored trainers of Russia, the referees of national and international category with experience in judging international competitions). Invited experts used a method of secondary analysis conducted fights with video. This method is the most accurate method to determine the quality of technical and tactical skills of athletes, says A. Kruszewski (Kruszewsky, Jagiello, & Adamiec, 2008). When viewing a video of meeting athletes, experts recorded: the quantity and quality of technical actions of fighters; the number of referees comments; the dynamics of the struggle; the total number of attacking and counterattacking actions; level athletes tactical thinking, expressed in the ability to create the conditions for a successful technical action or obtain an opponent of judicial observations. For each of the criteria studied by experts the overall rate were exhibited: satisfactory (+) or deficient (-).

Results

Analysis of the video competition matches has shown that the athletes studied a total of 254 referees have received comments (shido), on average, each had to fight for 2,1 shido. It does without shido failed any of the fighters. In the last 2 minutes of meetings wrestlers gained 208 shido, on average, had to battle 1,7 shido.

The total number of actual attempts of sportsmen of various technical activities, experts say, was 1191 again. Actions judokas rack (Nage-waza), made in 1087 for technical actions. Successful technical actions receiving 134 were found, on average, 1,1 technical actions to fight. In the last 2 minutes of the match the fighters made 462 attempts receptions in the rack. Successful recognized 38 attempts, an average of 0,3 attempts to fight.

The actions on the ground (Ne-waza), experts have recognized 104 attempts receptions, 16 of them were found to be successful attempts, which accounted for 0,1 attempts on average fight. In the last 2 minutes of the match the athletes spent 73 attempts, including successful technical operations experts acknowledged 9 that made 0,075 attempts by an average of battle.

The dynamics of wrestling: the speed of the capture of seizures; movement of athletes; the time interval between attempts receptions, according to experts viewed fights, is at an acceptable level. It was found that the time interval between actual attempts of one or another judoka technical action is an average of 35 seconds.

Analysis of the tactics of the athletes competition matches has shown that the majority of the fighters tactical schemes aimed at gaining advantages (technical implementation of the action or to obtain judicial contender notes), followed by holding until the end of the match.

The main results of the expert analysis are presented in table 1.

Table 1. The results of the expert analysis of competitive matches.

Investigated criteria	Number of actions and expert assessment				
	overall	successful	the average for the fight	average success	expert assessment
Referees comments (shido)	254	-	2,1	-	+
Shido (in the last 2 minutes of the meeting)	208	-	1,7	-	+
Actions in the rack (Nage-waza)	1087	134 (12%)	9,0	1,1 (11%)	+
Nage-waza (in the last 2 minutes of the meeting)	462	38 (8%)	3,8	0,3 (8%)	-
Actions in ground fighting (Ne-waza)	104	16 (15%)	0,8	0,1 (12%)	-
Ne-waza (in the last 2 minutes of the meeting)	73	9 (12%)	0,6	0,075(13%)	-
The dynamics of the wrestling (the time interval between the technical activities)	-	-	35 seconds	-	+

Discussion

Analyzing the competitive matches, the experts pointed out that, unfortunately, none of the contestants could not avoid one or more referees comments (shido). However, since in today's challenging aggressive and offensive struggle, the athlete is practically impossible to avoid at least one shido during the fight, and the average number of shido fight was 2,1 (one remark for each fighter), the experts acknowledged the results to be satisfactory (+). It looks normal circumstance, according to experts, and a significant number shido, fighters received in the last 2 minutes of the meeting. This is because, as a general fatigue of athletes and tactical schemes when winning judoka starts to hold his advantage (takes a defensive stance, does not attack the opponent, away from active combat), preferring to get shido from the judges than the opponent to lose the technical evaluation.

Estimation of the total number of technical and tactical actions of athletes in the rack (Nage-waza) is recognized by experts satisfactory (+). It was revealed that in the fight wrestlers on average perform 9 techniques (at least 4 technical steps each wrestler). These actions are real attempts of shots (false attack, the contraction in the ground and pushes are not taken into account), which has a positive impact on the assessment of experts.

Unfortunately, the experts found a significant negative trend as the total number of attempts to apply techniques ofwrestling, and the number of successful technical and tactical actions in the rack, performed studied judo competition in the second half of meetings (the last 2 minutes). This situation is extremely negative factor, as is known from observations of experts that the strongest Japanese fighters are able to really attack attempt of the reception, even in the last seconds of the meeting (Shevchenko, & Smirnov, 2009). That's why, the experts rated these criteria unsatisfactory (-).

Analysis of the actions of wrestlers on the ground (Ne-waza) has shown that the effectiveness of technical actions of athletes in this component of the struggle was insignificant. In 120 fights, experts have recorded only 104

real attempts of painful or suffocating reception, coups on hold, of which only 16 attempts were considered successful. According to experts, it shows how the insufficient level of technical readiness for active struggle on the ground (Ne-waza), and the predominance of the athletes of certain tactical schemes, in which the fight on the ground is not used for a gain advantage over an opponent, but only for "Eating" fight time. In favor of this opinion by the fact that most of the technical action fighters tried to hold meetings at the last minute, but the effectiveness of actions was minimal. The average number of real technical action on the ground (Ne-waza) of the battle was less than one, only 0,8 attempts at reception. The average number of successful technical activities on the ground still less a 0,1 steps at a competitive match. General expert assessments were unsatisfactory (-).

The overall dynamics of conducting competitive struggle, the experts rated satisfactory (+). There were no significant time interval passive combat athletes in the rack. On average, between real attempts to conduct technical actions of one or other judoka took place 35 seconds. Most fighters fight searched his capture, move quickly, trying to lead an opponent for each other and create a favorable situation for the throw, trying to make a favorable impression on the judges of their activity. However, experts drew attention to the marked decline in the level of activity in Svatko leading athletes in the last minutes of the match, which can be explained as the accumulated fatigue fighters, and the reluctance of judo, winning the fight, carry out active attacking actions.

Analyzing the level of tactical skill of the athletes, the experts concluded that the majority of the studied judoka in the competitive struggle is dominated by tactical schemes aimed at the conquest of the benefits (for technical evaluations, ad shido opponent) at the beginning of the bout with his subsequent confinement. This is evident as the total number of technical actions performed by the athletes in the rack (Nage-waza) (625 attempts receptions in the first 3 minutes of the match, and 462 attempts in the last 2 minutes), and analysis of the fight on the ground (Ne -waza) (41 attempt to hold the reception in the first 3 minutes and 73 attempts in the last 2), and a large number shido, athletes received the final minutes of matches. However, despite the fact that these tactical schemes have allowed a large part of the athletes win the matches, the experts recognized them unsuitable for combating high-level competitions. In the face of strong competition and prejudice fighter refereeing in order to win you must be active (tempo) and offensive (aggressive) fight during the competitive match, with the injection pressure (real attempts to conduct technical activities, both in the rack (Nage-waza), and on the ground (Ne-waza)) from the first to the last minutes of the meeting. This view is shared by experts and foreign experts. According to I. Segedi, in modern judo athlete success can only bring the offensive rather than defensive or expectant management (Segedi, Sertic, Franjic, Kustro, & Rozac, 2014). In this regard, the level of tactical skill of fighters investigated has been recognized by experts unsatisfactory (-), in order to achieve high results in the international arena.

It is important to emphasize the role of judo, as one of the most active and used for sports education student youth and active opposition to the universal internet addiction among athletes including (Tropin, & Pashkov, 2015; Iermakov, et al., 2016; Kudryavtsev, Kramida, Kuzmin, & Iermakov, 2016; Kudryavtsev, Kramida, & Osipov, 2016). Judo, along with other sports, as well as other various means of physical culture plays a crucial role in the positive impact on the development of the personality of young people and their physical fitness (Iermakov et al, 2016; Kozina et al, 2016; Kuzmin et al., 2015; Pryimakov, Iermakov, Kolenkov, Samokish, & Juchno, 2016). Thus, it is necessary to note that judo and other combat sports (Gaskov, Kuzmin, A.Kudryavtsev, & Iermakov, 2016; Iermakov, Podrigalo, & Jagiełło, 2016; Kuzmin et al, 2016) in the overall strategy system of sports activity contributes to a sustainable psychological modern sports lifestyle in young athletes (Bliznevsky et al, 2016; Kopylov et al, 2015; Iermakov et al., 2016) with the dominance of the values of a healthy lifestyle.

Conclusions

Author's research showed that the overall level of technical and tactical readiness of the overwhelming majority of young (18-20 years) judokas representing the Krasnoyarsk region and the Siberian Federal District to conduct an active and competitive struggle, declared by current competition rules, is not quite enough to win medals high-level competitions. According to a number of criteria: active struggle on the ground (Ne-waza), an active struggle in the last minute of the fight, in stance (Nage-waza), and on the ground (Ne-waza), the tactics of the fight, the athletes received a poor evaluation of their level competitive activity from specialists. Coaches and athletes need to pay attention to the results of these studies in order to improve their competitive training.

At the same time, experts positively assess the overall dynamics of conducting competitive struggle researched athletes celebrate a sufficient number of actual attempts of the fighters for technical actions. In general, in their opinion, the level of technical skill most athletes is acceptable for an active attacker to combat high-level competitions. It is necessary to make certain adjustments to the tactical schemes of reference data wrestlers' competitive matches, especially to increase the activity level of judokas in the final minutes of the meeting.

Conflicts of interest.

If the authors have any conflicts of interest to declare.

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