

The 6th International Science of Judo Symposium
Individual Presentation Abstract

TECHNICAL EFFICIENCY OF MEN JUDOKAS DURING THE EUROPEAN CHAMPIONSHIPS (U 23) IN ZAGREB 2008.

Hrvoje Sertić, Ivan Segedi, tomlav Vučak

New rules of judo bout inevitably bring new tendencies of solving judo fight. Unlike some former Championships analyses research conducted during the European Championships for younger seniors in Zagreb 2008. showed that the use of techniques in tachi waza position was very similar for all weight categories in men's part of competition. The research was conducted on the sample of 174 bouts during the European Championships. All fights were followed and analysed by well educated judokas with many year experience, all students of Faculty of Kinesiology in Zagreb. Throws were noted according to Kodokan Judo/Classification of Nage Waza. During the analysed bouts overall number of 24 different techniques of throws was used. Total of 214 throws were successfully applied (1.22 per bout) out of which the total of 75 throws (35%) were qualified as ippon. If we add to this number ippon scores in ne waza (21 techniques scored with ippon) we can conclude that 96 out of 174 bouts (approximately 52%) ended before regular time with attractive technique on the ground or in standing position. The most used groups of throws in men's part of Championships were:

1. Hand throws with total of 102 techniques applied during the competition. The most frequent throws in this group were: Kata guruma (26), Te guruma (19) and Seoi nage (17).
2. Sacrifice throws with total of 58 techniques applied during the competition. The most frequent throws in this group were: Tani otoshi (21), Soto makikomi (14), Sumi gaeshi (9).
3. Leg throws with total of 43 techniques applied during the competition. The most frequent throws in this group were: Uchi mata (16), Ouchi gari and Kouchi gari (8).
4. Hip throws with total of 11 techniques applied during the competition. The most frequent throws in this group were: Harai goshi and Sode tsurikomi goshi (4), Koshi guruma (3).