



*Judo – more  
than sport!*

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## 4<sup>th</sup> European Science of Judo Symposium

# Presentation Title:

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**MOVEMENT OF UKE FROM THE ASPECTS OF JUDO BOUT TACTICS**

Keywords (max 7)

Moving forward, moving backward, moving sideward,  
offence, defence,

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Abstract (300 words or less in English)

One of the basic principles of Judo (Seiryoku Zenyo) implies usage of minimum energy for achieving maximum efficiency. Crucial moment in this principle “lies” in the movement of uke. One can determine five basic directions of movement of uke - forward, diagonally forward, sideward, backward and diagonally backward. The main goal of this paper was to determine, from the aspects of tactics in judo bout, which movements are more suitable for attack and which for defense. For that reason international team of eight judo experts analyzed the characteristics of 60 throwing techniques. The results of factorial analysis showed the existence of two superior types of motion (factors), extracted from five basic movement directions. First factor comprised movements: forward, diagonally forward and, surprisingly, sideward. Second factor comprised movements backward and diagonally backward. Further analyses of characteristics of throws during these two types of motion showed that during first type tori has wider range of throws that are suitable for attack that also have higher level of applicability. One can say that whenever center of gravity of uke’s body doesn’t move away from tori he has better chance to attack uke. During the second type of movement tori is limited to a fewer number of efficient throws. That fact together with the fact that center of gravity of uke’s body is moving away from tori helps uke to defend him better. From the aspects of tactics of judo bout one can conclude that the movement of uke predominately forward is more suitable for attacking judo, movement predominately backward for more defensive judo. Simple acknowledgment of these judo principles can help coaches and sportsmen to create efficient judo bout tactics that is based on characteristics of ones tokui waza and also on concrete situation in judo bout.

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\*The prize money will be given to the Project Manager

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