

**The 7th International Judo Research Symposium**

**Oral or Poster Presentation Proposal Cover Sheet**

Application for (check one):  oral presentation only  
 poster presentation only  
 oral or poster presentation

Presentation Title: Difference of Importance of Throwing Techniques  
in Junior and Senior Men Judo

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**Individual Presentation Abstract**

Presentation Title: Difference of Importance of Throwing Techniques in Junior and Senior Men Judo

Presenter Name: Prof. Hrvoje Sertic, Ph.D.

Although judo in junior and senior age category looks alike and share many similar characteristics (categories or time of fight) there are many differences between them. The best indicator for this difference is a hard transition in senior judo that judokas have after their junior competition period. What is the main difference between junior and senior men judo according to importance of throwing techniques is the main question of this paper. Eight judo experts assessed the importance of 60 throws in senior and junior age category. Results showed that throws in seniors achieved higher average grade of importance (3,42) than in juniors (2,87). One could say that throws in senior men judo are more important instrument for achieving victory in bout than in juniors. This could be explained with greater technical maturity of senior judokas which are forced to use more different throws in bout. Except difference in overall grade of importance, these two categories are different in importance of groups of throws as well. Results showed that average grades of importance for groups of throws in seniors are: 3,84 for ashi waza, 3,34 for koshi waza, 3,25 for te waza and 3,13 for sutemi waza. For juniors grades are: 3,39 for ashi waza, 3,29 for koshi waza, 2,74 for te waza and 2,18 for sutemi waza. All groups of throws in seniors have almost the same grade of importance unlike juniors where one can see polarisation of importance of groups of throws (ashi and koshi waza have higher grades than te of sutemi waza). These results indicate that seniors must have bigger diversity in their technical knowledge unlike juniors which are, in their age, still learning very extensive judo technique. One can conclude that technical maturation can be one of important factors that complicate transition in senior men judo.