

**5<sup>th</sup> International Judo Federation  
World 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:

**DIFFERENCES OF THE GROUPS OF THROWS USED  
BY MAN AND WOMAN IN DIFFERENT WEIGHT CATEGORIES DURING THE  
EUROPEAN JUNIOR JUDO CHAMPIONSHIPS 2005**

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

Institution:                                        Faculty of Kinesiology University of Zagreb  
   Horvaćanski zavoj 15, 10 000 Zagreb, Croatia, Europe

Telephone:    Country code: 00385    City Code: 01    Number: 3658 666

Fax:              Country code:00385    City Code: 01    Number: 3634 146

Email address:     hrvoje.sertic@kif.hr

Coauthor 1 Name:                                Prof. Hrvoje Sertić, Ph.D.  
Institution:                                        Faculty of Kinesiology University of Zagreb, Croatia

Coauthor 2 Name:                                Ivan Segedi, BEd.  
Institution:                                        Faculty of Kinesiology University of Zagreb, Croatia

Coauthor 3 Name:                                Prof. Stanislaw Sterkowicz, Ph.D.  
Institution:                                        University School of Physical Education in Cracow,  
Poland

**5<sup>th</sup> International Judo Federation  
World Research Symposium**

## **Individual Presentation Abstract**

Presentation Title:

**DIFFERENCES OF THE GROUPS OF THROWS USED  
BY MAN AND WOMAN IN DIFFERENT WEIGHT CATEGORIES  
DURING THE EUROPEAN JUNIOR JUDO CHAMPIONSHIPS 2005**

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

**Goal of the paper** is to identify and analyze the most used throwing techniques by every category in men and women part of competition in order to improve judo training.

**Methods:** 238 fights were analyzed in men, and 171 fights in women part of European championship.

**Results:** Certain categories are grouping according to similarities of using certain groups of throws. Categories -48kg and -52kg have the same distribution of groups of throws. Dominated techniques are hand techniques (ippon seoi nage- dominant hand throw) followed by leg (ouchi gari-dominant leg throw), sacrifice (tani otoshi-dominant sacrifice throw) and hip techniques (harai goshi-dominant hip throw). The Category -57kg can also be joined to this group because in that category the most dominant group of throws are also hand throws. Second group comprises weight categories -63 kg up to +78 kg. Within this group only the category -78kg has slightly different distribution of the dominant groups of throws, but the leg throws are still the most used ones. In the men's part of the tournament one can also distinguish two groups. In the first group there are categories -60kg, -66kg and -73kg. The dominant group of throws in these categories is hand techniques with the dominant throw of kata guruma. The leg techniques are the second most used ones, and within them the most used throw is the uchi mata, which is the most efficient technique in judo. The second group includes categories from -81kg to +100kg, and they are connected with the most dominant group of throws-leg throws. In categories -81kg, -90kg and +100kg the second most used techniques are the hand techniques. The ranking of the rest group of techniques is different and specific for every category. Interesting thing about these categories is that the hip techniques aren't the last according to use (except in category -90kg).

**Conclusion:** It is clearly shown that the judo is different for every category and that one must train it that way. The individual approach or at least making the homogenic groups enables bigger efficiency of the training and greater chance to accomplishing good international results.