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Critical analysis of hand technique in the bout of all weight categories of senior national judo competition

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Abstract

The purpose of this study was to critical analyze the hand technique in the bout of all weight category of senior National level judo competition. 15 bout of judokas from each weight category were selected in senior National judo competitions which were held at Mohan Ahuja stadium Jamshedpur Jharkhand in the year 2003 and Polo ground Patiala Punjab in the year 2003 respectively. The performance of judokas was categorized in the selected variable hand technique (Tewaja) respectively. The data was recorded by 4 qualified and experience expert at the time of bout. The recorded data was analyzed with the help of percentage analysis to see the prominence and dominance of specific variable. The result of this study revealed that there was significance difference in the application of and technique Tewaja in different weight categories of senior National level judokas.

Keywords: Judokas, Tewaza, technique, variable

Introduction

Sports is an important aspect of life and play an important role in bringing about physical, mental and social growth of initial. So it holds a prominent place in modern life as millions of people are participating in sporting activities, watch and read about them and spend billions of dollars annually on sports and sports related activities and equipment. Sports are becoming increasingly sophisticated, technical and are gaining popularly as a separate profession. The expansion of educational facilities in the country, more and more young people are taking to sports as a daily features of their life.

Training is a complex process of preparation of sports person. Starting point of training is the determination of aim of training. It is done through analysis of various factors. The sports scientist and sportsman are also involve in the fixation of the aim. It is not sufficient to determine journal in only, but also set aim for different aspect on which performance depends. On the basis of set in and objectives, coach makes sorter and bigger training plan to achieve them. On the basis of these plans, the coach organize actual training program. During the process of training coach observes the athlete and take feedback by athlete's performance and see the effect of straining on the performance of sports person. On the basis of feedback coach periodically assesses the training and performance.

Official results of 1984 Olympic Games indicate that the throwing technique were applied 70 .21% and grappling technique were applied 29.79% as a whole. Among the throwing technique application of shoulder throw 17.4%, stomach throw major outer reaping 3.8% and body drop 3.8% were most frequently applied pet technique than any other throwing technique.

Method and procedure

For the purpose of this study 128 judokas who had participated in senior National judo championship acted as subject for this study. The senior national judo championship was held on 15th to 19th March 2003 at Polo ground Patiala Punjab. 15 bound from each wheat categories i.e. from pre-quarter final to final have been recorded for senior judo championship to assess the performance parameters.

Criterion measures

For critical analysis of hand technique of different weight categories, the performance of each judoka s have been recorded at the time of bout by a panel of 4 experienced and qualified experts but a panel of 2 expert recorded specified parameter for each bout.

Collection of data

For this study 15 about of judokas from each weight category were selected for analysis. Data was recorded during the senior National judo championship held on 15-03 – 2003 to 19-03-2003 at Polo ground Patiala Punjab. The data was recorded for hand technique on a given chart by 2 expert at the time of bout. The expert judged the variable separately and independently.

Statistical procedure

The collected score on hand technique (Tewaja) what subjected to statistical analysis. Percentage analysis was employed to analyse the prominence and dominance of specific variable and inferences were drone.

Analysis of data and results of the study

The statistical analysis of data on hand technique of senior National judo competition which was held from 15th to 19th March 2003 at Polo ground Patiala is presented below:

Analysis of data was done by using percentage analysis to find out whether there is difference in the application of hand technique and different with categories of senior National judo competition

Percentage of hand techniques in the bout of all the weight categories of senior National judo championship is presented in table 1.

Table 1: Percentage of hand technique in the bout of all the weight categories of senior National judo competition

S. No.	Weight category	Frequency of application of the technique	Percentage
1.	50	42	17.004
2	55	59	23.887
3	60	48	19.433
4	65	43	17.409
5	71	33	13.360
6	78	10	4.049
7	86	8	3.139
8	+86	4	1.619

Table one shows that 17.004%,23.887%, 19.433%, 17.409%, 13.360%, 4.049% and 1.619% of hand techniques were applied (out of a total of 247 hand techniques in 120 bowl) in 50 kg, 55 kg, 60 kg, 65 kg, 71 kg, 78 kg, 86 kg and open with category respectively

The graphical representation of percentage of hand techniques in the bout of all the weight categories of senior National judo competition has been exhibited in figure 1.

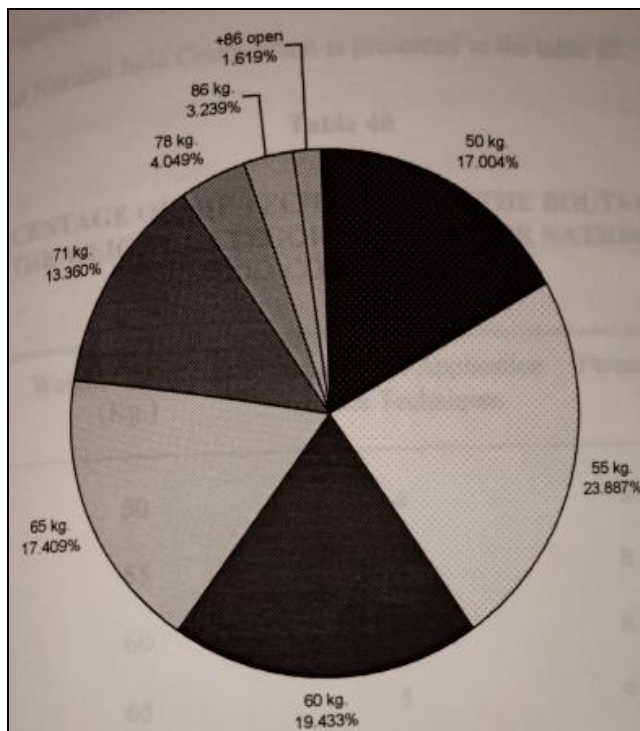


Fig 1: Percentage of hand techniques in the bout of all the weight categories of senior National judo competition.

Result

It is observed from table 1 that overall percentage of hand technique which was applied more number of times in lower weight categories in comparison to higher weight categories. More number of hand techniques was applied in 55 weight categories. The second weight category in which more number of hand technique were applied that is 60 weight categories followed by 50 kg weight categories. Is number of hen technique was applied in 86 weight category of senior National judo competition

Discussion of findings

From the analysis of data it is found that more number of hand techniques was applied in lower weight categories in comparison to the upper weight category. Finding of this study shows that we should trained our judokas to learn more number of hand techniques during practice awards in lower weight categories along with this they should learn the counter technique of hand techniques so they can give their best during the competition. YouTube player from upper weight category should also use hand technique for technical point of view because very less number of upper weight category judo players are using hand techniques. The result of this study also shows that more number of upper weight category you to player are depend upon other technique in comparison to hand technique so this should practice the other technique also and combination technique should also learn by them.

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