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## Comparative study of sacrifice technique counter technique and combination technique in the bout of different weight categories of junior national judo competition

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### Abstract

The purpose of this study is to compare the sacrifice technique (sutemiwaza) counter techniques (Gaeshi Waza) and combination technique (Renruko Waza) in the bout of different weight categories of junior National judo competition. Fulfill the purpose of this study 128 judokas who had participated in junior National judo championship active as subject for this study. The junior National judo competition was held on 08-11-2002 to 13-11-2002 at Mohan Aahuja stadium Jamshedpur Jharkhand. 15 bout from each weight categories i.e. from pre quarter final to final have been recorded for junior judo competition for analysis of performance parameters. Data was recorded for each variable separately on a given chart by 2 expert at the time about. The experts judged the variables independently. After collecting the data expert has compared each variable separately with their data table and finalize the data or training to variables. The collected score on each variable about subjected to various statistical analysis to analyze the out for each weight category and term of type of technique the analysis of variance was used. In case of a significant operation, the post hawk test was employed to find out which of the variable at significant mean difference.

The result of this study shows that the application of sacrifice technique, counter technique and combination technique do not have any significant difference in the bout of different weight categories as ratio was not significant at point 05 level of confidence.

**Keywords:** Judokas, sutemiwaza, Gaeshi Waza, Renruko Waza

### Introduction

The underline purpose of judo is to enable the physically weak person to defend himself against a physically strong person. There are people, who are excitable by nature and allow themselves to become angry for the most trivial of reasons. Judo can help such people by learning to control themselves. Through training, they quickly realize that anger is the waste of energy and has only negative effect on the self and others. Training in judo is also extremely beneficial to those who lack confidence in themselves due to the past failure. Judo teaches us to look for the best possible course of action and help us to understand that worry is a waste of energy. The teaching of judo gives us potential for success.

The object of judo competition is to throw once upon and clearly, hold him in mobile on his back for 25 second and force him to submit through the pressure of arm lock and strangle. Technique 10 play Aviator roll in achieving all these purposes. Various latest techniques and practice based on scientific principle are introduced for fine coaching in judo. Best coaching can be imported by a good coach. Coach is the only person who can better suggest his judoka regarding their performance during the about situation. The simplest way for this is to critically analyze the about. About analysis is done regularly during training program, it will be easier to enhance the performance of judokas in the competition. Analysis also helps the player to know the new trains and bring him one step closer to refining his performance.

Harter and Bats studied two judo hip throws I.e. inner thigh throw and sweeping throw. There was clear difference between the executions of two throws. Although the kinetics and temporal pattern work fairly similar, the most experience performers were the least consistent, indicating the importance of employing the suitable adjustment in response and attack

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situations warrant. This study and excellent attempt at kinetically determining why and how some who are weaker can defeat a stronger opponent through the intelligent application of force.

### Methods and Procedure

For the purpose of this study 128 judokas who had participated in junior national judo competition on 8<sup>th</sup> November 2002 to 13 November 2002 at Mohan Ahuja stadium Jamshedpur Jharkhand were selected as subject for this study. 15 bound from each weight categories i.e. from pre quarter final to final have been recorded for junior judo competition for analysis of the performance parameters.

### Criterion measures

For the assessment of related parameters i.e. sacrifice techniques counter techniques and combination techniques in the bout of different weight categories of junior National judo competition at the time about by a panel of 4 experience and qualified expert two expert at a time assess the parameters for each bout

### Collection of data

For this study 15 girls from each wheat category or selected for analysis. Data was recorded during the junior National

judo championship held on 8 November 2002 to 13 November 2002 at Mohan Ahuja stadium Jamshedpur Jharkhand. Data was recorded for each variable separately on a given chart by two experts at a time of both. The experts judge the variable independently. After collecting the data, experts had compared each variable separately with their data table and finalize the data pertaining to selected variable.

### Statistical Procedure

The collected scores on each selected variable was subjected to various statistical analysis. Analysis of variance was used to find out the result. In case of significant app ratio, the post hoc test was employed to find out which of the variable had significant mean difference at the level of 0.05 significance.

### Analysis of data and result of the study

The analysis of data was done by using one be analysis of variance in order to find out whether significant difference among different beat category in respect of different variable. The significance of a free show was tested at 0.05 levels. The analysis of variance of sacrifice technique, counter technique and combination technique in the bout of different wheat categories of junior National judo competition is presented in table 1.

**Table 1:** Junior National judo competition is presented

Variable	Source of variance	Degree of freedom	Sum of square	Min sum of square	F ratio	Tab. F
Sacrifice technique	B	7	.454	.0648	.450	2.08
	W	12	16.138	0.114		
Counter technique	B	7	2.48	.354	.699	2.08
	W	12	55.22	.493		
Combination technique	B	7	6.383	.911	1.44	2.08
	W	12	70.962	.633		

Table 1 shows that the application of sacrifice technique, counter technique and combination technique do not have any significant difference in the bout of different weed categories as obtained f ratio were .450,.699 and 1.44 in sacrifice techniques, counter technique and combination technique respectively and were lesser than f value of 2.08 required for significance at 05 level of confident.

### Discussion of findings

On the basis of above findings the application of counter technique, combination technique and sacrifice technique was equal in all the weight categories as ratio was not significant. It is clearly evident that we should impart the training of sacrifice technique, combination technique and counter technique an equal proportion. The counter technique was applied in all weight categories whether it is lower weight category or upper weight category. For winning or achieving good performance during the competition we should learn more number of counter technique and all the way to category of junior judokas. Sacrifice technique and combination technique should also give priority during training session.

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