



Exemplary Of Standing And Grounds On Judo

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ABSTRACT

The aim of this study is to compare standing fight and fight in groundwork ratios of judo athletes by weight categories. Ratios of the scores by weight and sex categories confirm how to plan training design. The results of this investigation may help coaches and athletes to effectively plan their technical and tactical training.

Keywords:

judo; competitive activity; ratios of scores; standing fight, fight in ground

According to the current judging rules of the International Judo Federation (IJF), athletes are allowed to score standing (Nage waza) and ground (Katame waza) [1]. In both cases, getting the appropriate grade has its own characteristics. Preliminary research on this issue suggests that standing assessments are the most popular and most commonly used. In most cases, judokas try to compete standing up. Because it has been determined that certain factors have a significant impact on such a ratio of judoka's competitive activity. In particular, the importance of referee rules, weight categories, gender and other factors has been shown in the literature [3, 4]. Also, in other sources on the topic, it was noted that the audience's noise has a significant impact on the activity of the competition [5].

Observations show that some judokas are better able to compete standing up. On the contrary, judokas of other categories are distinguished by the fact that the ability to compete in the parterre is highly developed. Nevertheless, judokas do not have equal opportunities to

compete in both methods and obtain grades. Only inferior judokas have the opportunity to effectively compete in the parterre and acquire technical methods. For example, the results of our preliminary observations confirm that Japanese judokas have the ability to effectively perform parterre techniques and make full use of limited opportunities. It should also be noted that athletes from European countries (France (women), Germany, Italy, Netherlands, etc.), South Korea, and China also have enough experience in this regard.

Such a ratio of grades in the competitive activity of judokas and their analysis allows to imagine the model of training of judokas and their current competitive activity. At the same time, strong judokas can gain more accurate information about their competition strategy, their strengths and weaknesses in the process of analyzing their competitive performance. Based on the above, it should be said that the ratio of standing and parter grades obtained in competitive activities and the reasons for their occurrence have not been sufficiently studied.

For this reason, the purpose of the article is to determine the ratio of standing and parterre scores obtained by judokas of different weight categories during the competition and the reasons for their occurrence.

Materials and methods. The research process was organized in judo competitions organized throughout the Republic of Uzbekistan during 2017-2019. A total of 126 judo competitions were observed, and the ratio of standing and ground marks was recorded. The obtained data were compared by weight categories. Also, a special questionnaire was developed and 61 judokas who participated in these competitions

were surveyed and their opinions were studied (master of sports of international category - 10%, master of sports - 31%, candidates for master of sports - 48% and retired - 11%). The period of training of judokas was 8.49 ± 3.65 and their age was 20.4 ± 3.24 years.

Results and their discussion. Our observations and analysis show that, in most cases, standing techniques performed by judokas are successfully completed. Overall, the ratio of men's matches was 85%/15%. Here, unlike men, women were more active in gaining grades on the parterre. Their results were 75%/25%, respectively (Table 1).

Table 1. Comparison of scores obtained in standing and parterre by weight categories

Men	Grades		Women	Grades	
Weight categories	Standing up	Parterre	Weight categories	Standing up	Parterre
-60kg	9	1	-48 kg	7	-
-66 kg	7	3	-52 kg	9	2
-73 kg	9	-	-57 kg	7	4
-81 kg	9	2	-63 kg	11	3
-90 kg	11	2	-70 kg	8	2
-100 kg	8	-	-78 kg	6	4
+100 kg	3	2	-78 kg	3	2
Total	56	10	Total	51	17
Ratio (%)	85%	15%	Ratio (%)	75%	25%

Classification of data by weight categories allows to clarify certain aspects of the issue. Lightweight and middleweight judokas (of both sexes) used more standing techniques than other weight classes. The most effective values for men - 90kg (11) and for women - 63kg (11) were used standing. Importantly, there was no significant difference in the ratio of scores

obtained in the parter. In all weight and gender categories, there were no significant differences in the efficiency achieved in the parterre.

A special questionnaire created for the purpose of determining the reasons for the ratio of obtained grades allows to identify certain aspects of the problem. The survey and results are detailed in Table 2 below (Table 2).

Table 2. Opinions of judokas about standing and parterre competition

Questions	Answer 1	Answer 2	Answer 3
Why do you try to compete standing up most of the time,	I have a better chance of competing standing up	This is related to the training process	Performing techniques on the floor is more difficult

			than performing them standing up
Нисбат	47%	28%	25%
What do you think is the difficulty (down side) of competing on the parterre?	My opponents defend well on the parterre	It is difficult to effectively complete methods on the parterre	I know little about the methods used in the parterre
Нисбат	67%	23%	10%
Do you think it is important to analyze the competitive performance of strong athletes?	Of course, this is an integral part of the preparation process	It's not that important	It doesn't really matter
Ratio	84%	16%	-

The answers to the questionnaire explain that most judokas explain the ratio of scores obtained in standing and parterre and their reasons as the fact that they have more opportunities to compete standing. The first question in the questionnaire was aimed precisely at this goal, and the majority of participants (47%) highly rated their ability to use and perform standing techniques. 28% of the respondents stated that this situation is directly related to the training process. Also, 25% of the respondents admitted that the methods and their application are complicated to obtain an assessment in the parter. These answers to the questionnaire are logically related, and all three answers are directly related to the readiness factor. In accordance with one or another level of preparation, a model of competition activity is formed and it is reflected in the process of competition activity. A number of other sources confirm that with the increase in weight categories, the ratio of scores obtained while standing decreases [6]. It is directly related to the body weight and its frequency of movement, and lightweight judokas use technical methods of a relatively dynamic nature. On the contrary, judokas with a high body weight effectively use the methods used in the parterre. Studies confirm that body weight serves as a means of effective completion of the attack directly in the parterre [7].

Another important aspect of the matter is that most judokas believe that parterre is an

effective defensive tool. At this point, 67% of the respondents stated that their opponents defend effectively in the parter and therefore they avoid wasting time in the parter. 23% of the respondents admitted that it is difficult to apply the methods in the parterre. Only 10% of the respondents stated that they know little about the methods performed in the parterre. The obtained results explain that, along with having a specific level of complexity, it is related to the tactical foundations of the competition. In a word, the parter competition is considered convenient for protection at the same time, but it is characterized by a certain level of complexity for effective application of the method.

The competitive activity of strong athletes has its own foundations. Here, a large number of observations and experiments fully confirm our opinion. Most of the survey participants (84%) admit that it is important to analyze the competitive performance of their strong rivals. They believe that this factor plays a key role in the preparation process. 16% of respondents stated that this factor is not always of great importance.

Summary. In conclusion, it should be noted that in most cases, judokas try to compete standing up. Also, judokas of different weights have different proportions of standing and parter techniques. The results obtained by us confirm that as weight categories increase, changes in this indicator of competition activity are

observed, that is, the share of competing in parterre and winning grades increases. Standing competition requires a high level of anaerobic fitness from a judoka. For this reason, coaches should focus on this preparation during training.

Another important aspect is that the most popular and attractive methods are used directly in the parterre. It is necessary to organize such a strategy of conducting the competition, as a result of which it is necessary to achieve a unity of conducting the competition standing and on the floor. Ensuring the harmony of standing and parter competition serves to guarantee high results in judo.

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