

An individual profile of Aneta Szczepańska's technical – tactical preparation

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Summary

Introduction. Together with the commencement of women's judo world championships in 1980 and introduction of women's judo into Olympic games in 1992, research on analysis and the assessment of women's technical-tactical preparations (PTT) has been carried on. The features of that preparation (PTT) have been determined by both, Polish and foreign researches. The purpose of this work was to determine an individual profile of Aneta Szczepańska's technical-tactical preparation.

Material and methods. Aneta Szczepańska was Poland's representative in women's judo, who successfully played judo in international tournaments. She won, a silver medal during the Olympics in Atlanta 1996, and she secured the 3rd place at the World Championships in Makuhari 1995, and another silver medal at the European Championships in Bucuresti in 2004, three medals at the European Team Championships (Hague 1994 – bronze, Trnava 1995 – silver, Sankt Petersburg 1996 silver). Eleven times she was an individual champion at the Poland Senior Championships. 252 contests were analyzed (she played those contests within the period of 1991-2008), and she effectively performed 287 attacks which gave her 2202 referee's points.

Results. Aneta Szczepańska effectively used 32 judo techniques. An uchimata and osoto gari were her favorite throws, which she efficiently performed by left side of her body. She performed very effectively throws (nage waza) from ashi waza (leg throws), te waza (hand throws) and sutemi waza ("sacrifice" throws) groups.

Conclusions. The individual profile of technical-tactical preparation of that top sportswoman is an important factor in trying to find standard value. The Aneta Szczepańska's index value (PTT) may be used in individual control of women's judo training.

Introduction

Practicing judo, according to Kano Jigoro, can be used for developing psychological and physical activities in women. Since 1893 women have started practicing judo. In 1905 and in 1916 judo was introduced to schools for girls and to universities, and in 1926 the women's section was established at the Kodokan [1-2]. The first women's judo World Championships were held in New York in 1980. Since 1992 women's judo competitions have been played as an Olympic sport. Together with various women's judo competitions there are observations and analysis of their tactical-technical preparations. Women's judo preparation particulars, technical-tactical preparations (PTT) are being analyzed both by Polish and foreign researchers [3-7]. They have undertaken efforts to determine that PTT value which is characteristic of women. They did not find significant differences in performing judo techniques both by women and men judo competitors, which could affect basic training judo programmers.

An individual profile of technical-tactical preparation is a purpose of our work, the profile of the best Polish women's judo competitor.

Material and methods

Research material was recorded by audio-video means and graphic methods of recording [8]. Within a period of 1991-2008 the sportswoman took part in 78 competitions, both domestic and abroad. Total number of 252 contests were analyzed, she won 201 contests and she lost 51 ones. She efficiently performed 287 attacks and scored 2202 referee's points. Her opponents efficiently performed 67 attacks scoring 428 points. The sportswoman played in the under 61, 66 and 70 kg categories. She represented the clubs from Włocławek: Zryw, OSiR, WTJ and MKS "Olimpijczyk" from 1999. She was practicing judo under Roman Stawisiński supervision. During the Atlanta Olympic Games in 1996 she won a silver medal, and at the Makuhari World Championships in 1995 she won

a bronze medal, and silver medal at the Bucuresti European Championships in 2005. She also won three medals at the European Team Championships (Hague 1994 – bronze, Trnava 1995 – silver, Sankt Petrsburg 1996- silver). During international tournaments she won many medals (world Cups, World Military Championships). In Poland's championships she won many medals in all categories. According to the PZJudo standards she obtained eleven times international master classes, 31 times master classes and 10 times the 1st sport classes. Eleven time she secured her individual champion titles during Poland's Senior Championships.

The techniques classification has been done according to the Kodokan Judo [9], names and spelling were adopted following the Kawamura-Daigo's of 2000 dictionary [10]. Assessment of judo techniques was according to sport and referee's rules (www.pzjudo.pl & www.ijf.com). Order of dominant techniques (K) was based on three criteria:

- K1 – number of techniques performed for ippon,
- K2 - number of efficiently performed techniques,
- K3 – number of points scored for efficient techniques

$$K = K1+K2+K3$$

Value of indices of efficient attacks (Sa) is equal to points scored by efficiently executed techniques during one contest [11].

$$Sa = 3xM+5xM+7xM+10xM/ n$$

- M – number of effective attacks
- n – number of contests

koka = 3 pts., yuko = 5 pts., waza ari = 7 pts., ippon = 10pts., - (referee's points) for efficient attacks.

A. Szczepańska's individual techniques (tokui waza) were divided into four groups which differ according to their efficiency (Sa): basic techniques, auxiliary techniques, situational techniques and random techniques, the highest value of the Sa index was in the basic techniques group, and the lowest value of the Sa in the random group [12].

Directions and ways of performing throws were determined in accordance with kuzushi (breaking opponent's balance). We analyzed the following breaking balance ways: forward – on toes, forward right or left, backwards on heels, backwards right or left. Dominated part of a body during attack, allowed to determine right – side or left – side of a competitor [13,14,15].

Results

She efficiently used 32 judo techniques. 287 attacks were efficiently executed and she scored 2202 points (Tab. 1). A. Szczepańska's favorite throws were as follows: uchimata, uchimata sukshi, osoto gari, tani otoshi, tai otoshi. She efficiently performed than by using left side of her body. She also effi-

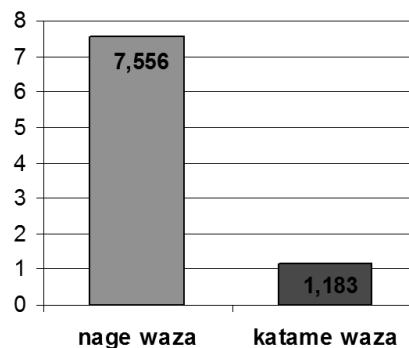
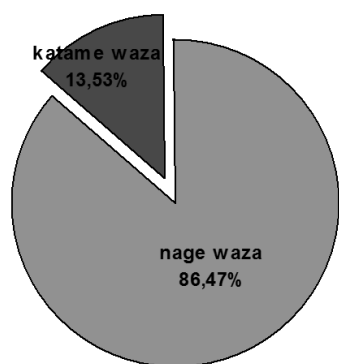


Fig. 1. Efficiency of throws and grappling techniques (nage waza and katame waza) of A. Szczepańska

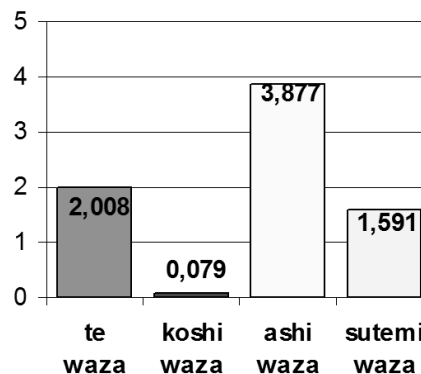
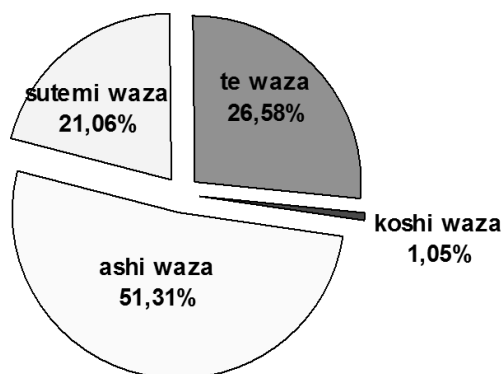


Fig. 2. Efficiency of groups of throws (te – hend, koshi – hip, ashi – leg, sutemi – „sacrifice”) of A. Szczepańska

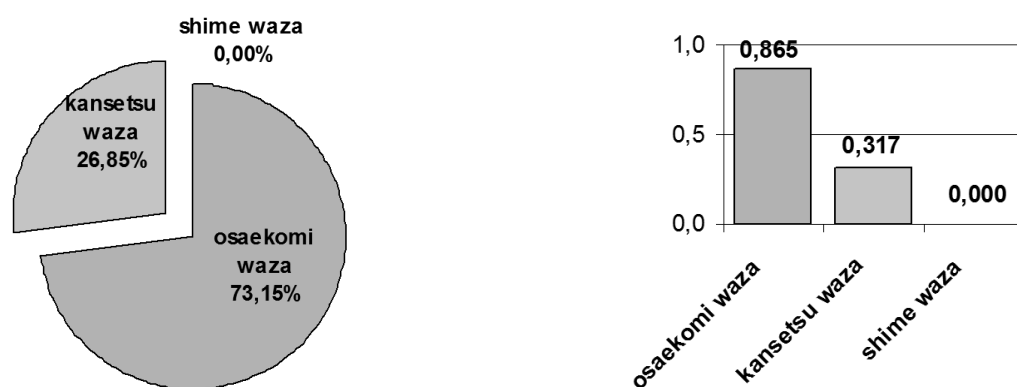


Fig. 3. Efficiency of groups of grappling techniques (osaekomi – immobilizations, kansetsu – arm-locks, shime – stranglings) of A. Szczepańska

Tab. 1. A. Szczepańska's dominant techniques (based on the contest observations from 1991-2008)

K	Techniques	Number of assessed attacks				K1	K2	K3
		ippon	waza ari	yuko	koka			
1	Uchimata	16	10	4	5	1	1	1
2	Uchimata sukashi	16	7	3	1	1	3	3
3	Osoto gari	13	12	7	2	3	2	2
4	Tani otoshi	7	6	8	3	6	4	4
5	Tai otoshi	10	2	0	0	4	8	5
6	Kosoto gari	7	3	3	2	6	5	6
7	Ouchi gari	5	6	2	1	9	6	7
8	Seoi nage	5	2	2	3	9	8	8
9	Juji gatame	8	x	x	x	4	13	10
10	Kouchi gari	4	3	3	2	12	8	9
11	Deashi harai	3	1	7	2	14	7	11
12	Yoko shiho gatame	7	0	0	0	6	14	14
13	Tomoe nage	3	4	2	2	14	11	12
14	Kata otoshi	2	7	1	0	17	12	12
15	Kami shiho gatame	5	0	0	0	9	18	15
16	Kuzure kesa gatame	4	0	1	1	12	15	16
17	Kuchiki taoshi	2	2	1	1	17	15	17
18	Osoto otoshi	3	1	0	0	14	20	19
19	Soto makikomi	1	3	2	0	24	15	17
20	Sukui nage	2	1	0	0	17	21	21
20	Ura nage	2	1	0	0	17	21	21
22	Tsubame gaeshi	1	1	1	2	24	18	20
23	Tate shiho gatame	2	0	0	0	17	23	23
23	Harai goshi	2	0	0	0	17	23	23
23	Hon kesa gatame	2	0	0	0	17	23	23
26	Kosoto gake	1	0	0	0	24	28	27
26	Uki otoshi	1	0	0	0	24	28	27
26	Kata gatame	1	0	0	0	24	28	27
29	Harai makikomi	0	2	0	0	(29)	23	26
30	Uchimata makikomi	0	0	2	0	(29)	23	27
31	Sasae tsurikomi ashi	0	0	2	0	(29)	23	27
32	Morote gari	0	0	2	0	(29)	23	27
X	TECHNIQUES TOGETHER	135	74	50	28	X	X	X

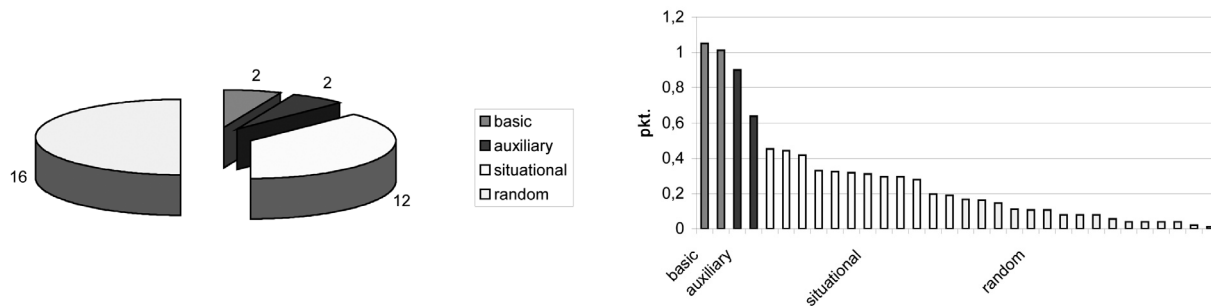


Fig. 4. Efficiency of the individual techniques (tokui waza) of A. Szczepańska

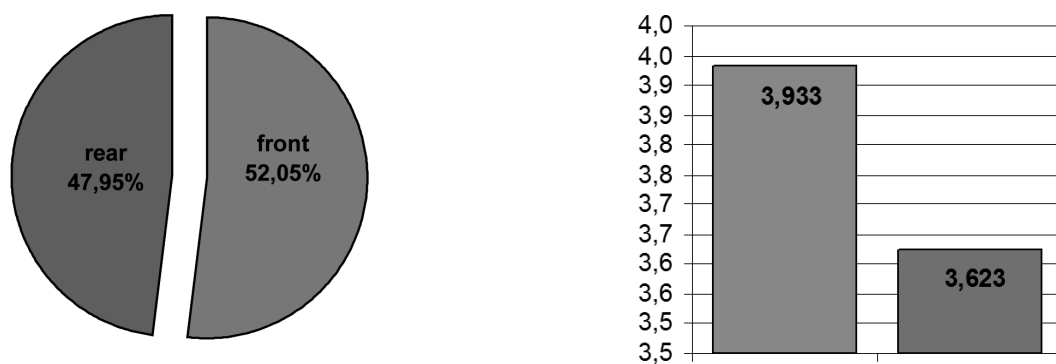


Fig. 5. Efficiency of throws performed to the front or rear directions by A. Szczepańska

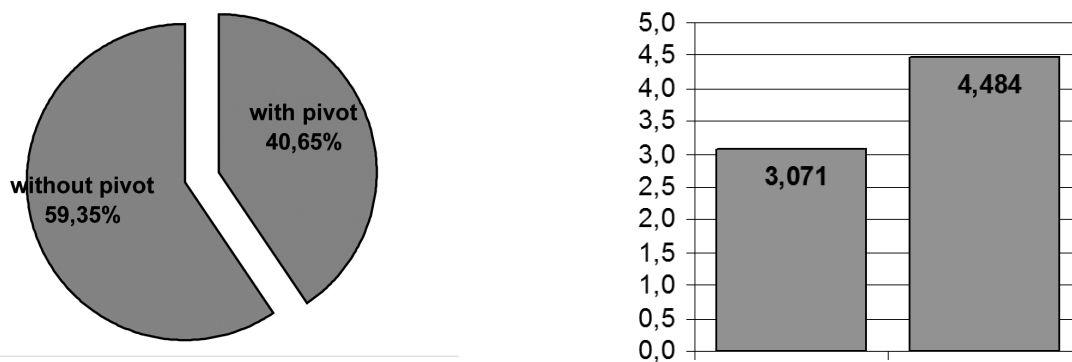


Fig. 6. Efficiency of throws performed with or with or without pivot by A. Szczepańska

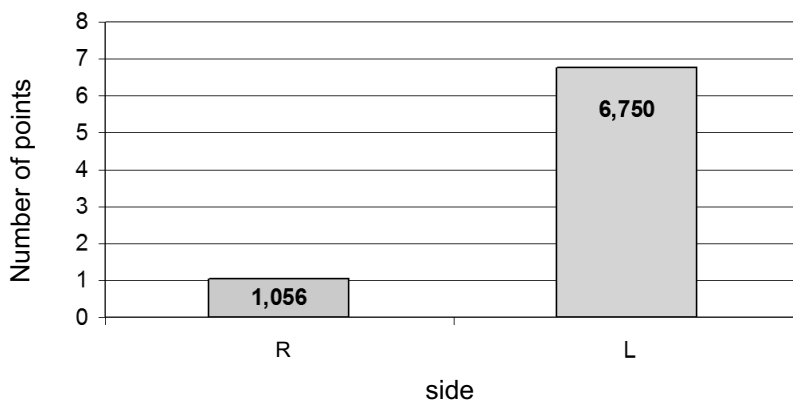


Fig. 7. Efficiency of throws performed with the dominance of right or left sides of the body by A. Szczepańska

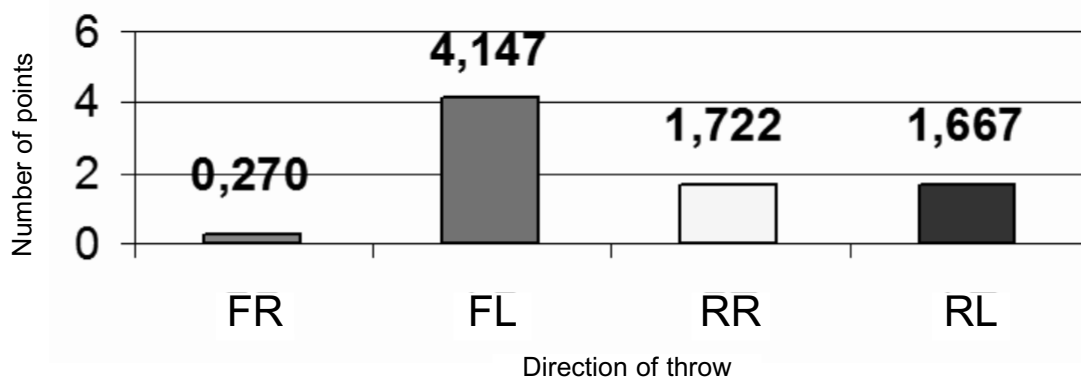


Fig. 8. Efficiency of throws performed in four directions by A. Szczepańska

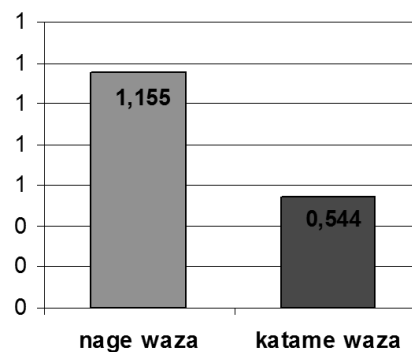
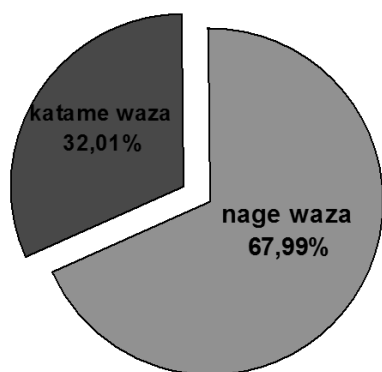


Fig. 9. Efficiency of throws and grappling techniques of A. Szczepańska opponents

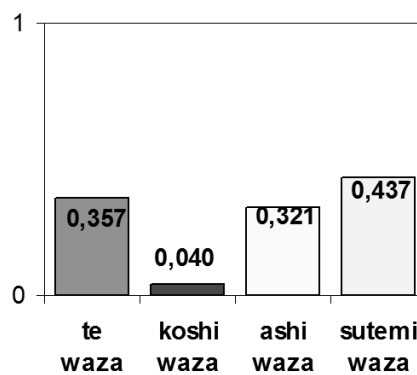
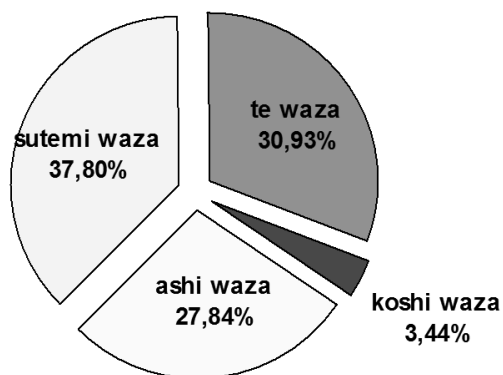


Fig. 10. Efficiency of throws of A. Szczepańska opponents

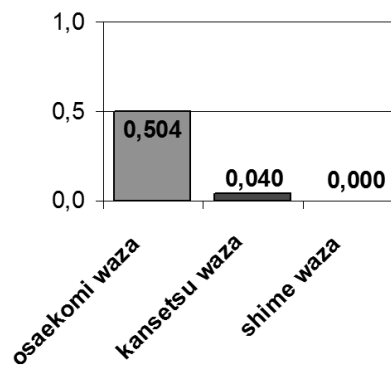
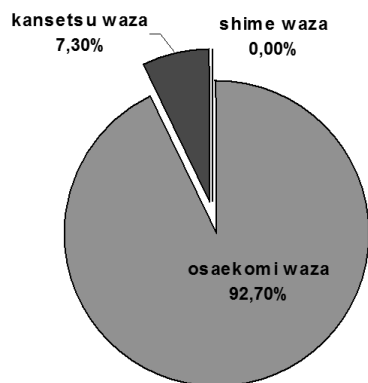


Fig. 11. Efficiency of grappling techniques of A. Szczepańska opponents

ciently performed leg throws (shi waza), hand throws (te waza) and "sacrifice" throws (sutemi waza) (Fig. 1,2). She very efficiently performed throws to the front and rear directions (breaking balance on to the tip-toes and the heels) by either pivoting her body or without pivot (Fig. 4,5). She mainly executed throws to the front-left (LP) or rear –left (LT) and rear-right (PT) by left side of her body (fig.7,8). Her opponents efficiently performed hand, leg and hip throws as well as immobilizations (Fig. 9, 10 and 11).

Discussion

The search for the features of eminent competitors is a very difficult task, but it is of great importance at the particular stages of sport training.

Aneta Szczepańska obtained high sport results within the analyzed period. High indices of throw efficiency (Sa) has been ascertained; uchimata and osoto gari were her favorite techniques. These throws were also favorite techniques of R. Tamura – JPN, U. Werbrouck – BEL, E. Pierantozzi – ITA, M. Blasco – ESP who were among the best female judo competitors [16]. Her auxiliary techniques were such throws as: uchimata sukashi and tani otoshi. She efficiently executed techniques from katame waza group: juji gatame (armlock) and osaekomi waza (immobilizations). High efficiency of throwing techniques has also been ascertained in Adriana Dadci and Joanna Majdan. Dadci's favorite techniques were leg throws as: uchimata, and osoto gari and a juji gatame armlock [17]. Joanna Majdan's a seoi nage throw was her favorite throw which she performed equally efficiently to the right of left directions, and she was very efficient in defense [18]. These competitors were very successful in many judo sport events, although they differed on their individual PTT. A. Szczepańska had much more even level of efficiency throws comparing to those, said above, com-

petitors. The efficiency of throws as: hand, leg an "sacrifice" throws, performed with breaking balance onto the toes (forward or to the front) or onto the heels (backward or to the rear), with or without pivoting a body. She used throws by her left side and into three directions: left-forward (LP), right-back (PT) and left-beck (LT). High efficiency and wide range of throws used, allowed her to achieve sport success at the Olympics, World and European Championships.

Techniques used by top female and male judo competitors were subject to analysis in order to find possibly best sport preparation, and the results were implemented to training process [19-23]. Many competitors, after retiring from sport life, present their favorite techniques (tokui waza) which brought them sport success, some of those techniques were used by Aneta Szczepańska [24-30]. Little knowledge on that issue (many-year observations referred to one female competitor) des not give grounds for discussion on the PTT features.

Conclusions

The results which have been presented in this paper are of individual character because they refer to one competitor's Aneta Szczepańska, technical-tactical preparation. The many-year observations do not allow to formulate general training guide lines for competitors and judo coaches. The value of technical-tactical preparations indices in Aneta Szczepańska, may determine individual profiles of female judo training, and guide judo coaches in their implementation of the judo training process. They may also be used as a control criterion in individual training of female judo competitors. Determining similarities, relations and analogies between the profiles of technical-tactical preparation of other competitors, allows to formulate cognitive and applicable conclusions.

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