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## **General physical training at Judoka from rural areas**

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### **Abstract**

**Introduction.** Physical training plays a decisive role in forming a solid base for high performance in judo. In the first year of preparation of the Judokans, there is a special emphasis on the development of the basic motor qualities: strength, speed, resistance, skill and mobility. The physical training of the judokan is a continuous process, a relatively long period of achievement at a high level is required. With children aged 6-10 years, no emphasis will be placed on strength and resistance, the activity being oriented on the development of speed and skill. The planning of the process of improving the motor qualities for a long period is imposed by the uneven development of the motor qualities of the Judokans. Also, age particularities must be taken into account. For the development of motor qualities, general and specific exercises are used. General physical exercises are selected from complementary sports, being adapted to the specific judo.

**The purpose** of the preliminary research is to identify the suspicious appeals of optimization and operationalization in the national programs of the FRJ "Judo in schools" and "Judo in villages" in order to develop an efficient implementation strategy and to evaluate their effects or a mix- Judo in schools in rural areas.

**Hypothesis.** In this paper I started from the premise that the implementation of training and training programs of children between the ages of 6-10 must take into account the level of general physical training. This will lead to the crystallization of a national judo strategy in rural areas from a technical and tactical point of view.

**Working methodology.** In order to carry out the investigation I developed a questionnaire with 10 items that I distributed to the 14 specialists involved in the national program "Judo La Sate", considering that they best know the aspects that a program to promote the judo in schools from the rural area.

**Results.** From the analysis of the answers to those questioned, we have detached the fact that at the level of the local communities there is openness and support for the successful organization and implementation of the "Judo La Village" program. The support comes from the parents but also from the schools, and the coaches are supported by the local councils.

**Conclusions.** The final conclusion is that the training program applied by us was effective, beneficial for creating the premises of the future performances of the little judoka in the village (rural) environment.

**Keywords:** physical training, questionnaire, judo, tests, measurements

### **Introduction.**

The interest in Judo sports discipline increases, especially among parents, because it is a sport that educates. He not only helps in obtaining a harmonious physical, and ensures the possibility to defend yourself, not to be able to have physical incidents (Hantu, I., 2000).

In children, the fall school is very important, a judokan, even if it does not hit, so parents are increasingly interested in this sport and because this sport is a sum of principles, a code of honor, which Everyone respects him. The physical training of the judokan is a continuous process, being the period corresponding to the realization of the sports performances (Simion, Gh., Stănculescu, G., Mihăilă, I., 2011).

With children aged 6-10 years, no emphasis will be placed on strength and resistance, the activity being oriented on the development of speed and skill (Zlate, M., 1999). The planning of the process of improving the combined and coordinating motor qualities over a long period is imposed by their uneven development. Also, the age and individual features of the practitioners (Ungureanu, A., 2003) must be taken into account.

Getting great results in judo requires the development and improvement of all the components of motor training, because the improper development of a motor quality has negative effects on the others, and by diminishing the performances (Utiu, I., Almășan, D., 1993).

For the development of the dominant motor qualities in the performance judo, general and specific means are used. These are usually selected from complementary sports, being adapted to the specificity of the judge (Weineck, J., 1992). The means used in the training of the Judokans taken from other sports complement those especially in the development of motor qualities.

General physical exercises are selected from complementary sports, being adapted to the specific judo. General physical exercises complete the special ones in the development of the motor qualities of a judoka (Alexe, N., 1999).

Each training and branch of sports requires special requirements in terms of force - component of physical training. It will be taken into account the relations of force with the resistance and speed in both cyclical and acyclic movements (Bompa, T., 2001)).

(Dragnea, A., 2002, p. 356) argues that the definitions of the specialists do not differ between them, only through the terminology used. Essentially, the strength of the human body consists in the ability to make efforts of defeating, maintaining or transferring in relation to external or internal resistance, by contraction of one or more muscle groups.

In the final performance in any sports activity with a continuous duration of 60 seconds or higher, the resistance has an important contribution. In order to thoroughly prepare the athletes, the factors that influence the development of this motor quality, as well as the psychic and will of the athletes, must be studied and observed.

(Bompa, T., 2006, p. 364) refers to resistance as: "the time required for an individual to perform a thing of a certain intensity". (BUGLE, S.C., 2003)) refers primarily to fatigue, for the purpose of correctly defining resistance. They consider fatigue "the temporary decrease in working capacity, caused by the work done". As a result of this definition, the resistance is: "the ability to oppose fatigue in some activity."

Another clear and complex definition of resistance offers us (Bota, A., 2007), namely: "The body's ability to perform a mechanical thing of a certain intensity, a longer time, without decreasing the efficiency of the activity submitted, under the conditions repression of the state of fatigue ”.

All sports programs must include the fundamental factors of sports training, respectively: physical, technical, tactical, physiological and theoretical. These are an essential part of any training program, regardless of the age of the athlete, the individual potential, the level or the preparation phase. However, the focus on each factor varies depending on these features and the characteristics of the sport or the test. (Bompa, Tudor, 2001, p. 47.).

Psychological training in aerobic gymnastics occupies an important place among training factors. Without this and without manifesting a solid self -confidence, the athlete practically destroys his chances of performing (Epuran, M., 1990).

### **The goal**

The purpose of the preliminary research is to identify the suspicious appeals of optimization and operationalization in the national programs of the FRJ "Judo in schools" and "Judo in villages" in order to develop an efficient implementation strategy and to evaluate their effects or a mix- Judo in schools in rural areas.

In order to achieve the purpose, we have proposed two objectives of preliminary research:

- Establishing the content elements of the national programs "Judo in schools" and "Judo in villages" that can be operationalized in a didactic strategy that combines the two programs that determine the initiation of a pedagogical experiment "Judo in schools/ in the environment rural".
- elaboration of the didactic strategy for the implementation of the pilot program "Judo in school in villages/ in the rural area" and for evaluating its effects.

### **Hypothesis.**

In this paper I started from the premise that the implementation of training and training programs of children between the ages of 6-10 must take into account the level of general physical training. This will lead to the crystallization of a national judo strategy in rural areas from a technical and tactical point of view. Also knowing the level of general physical training can be established national strategies for implementing the judo in the rural area.

### **Working methodology.**

The preliminary research took into account the protocol concluded between the Romanian Judo Federation and the Association of Communes in Romania (through which a national program for the development of the judo in the rural area was established. This program was enjoying the support of the local rural communities. For the investigation we developed a questionnaire With 10 items that I distributed to the 14 specialists involved in the national program "Judo La villages", considering that they best know the aspects involved in a program to promote the judo in rural schools.

### **Stage of the research**

The research included two distinct stages: a preliminary stage in which data on the phenomenon of the judge in the rural area were collected, which was carried out between February 2018-September 2018 and a stage of scientific research between October 2020-March 2022.

### **Research subjects**

The experimental research included athletes from the rural Aradan.

### **Place of research**

Experimental research took place within the S club

The tasks of the preliminary research

In order to achieve the objectives of the research and its purpose, we have set the following activities associated with the objectives/tasks of the research:

- Analysis of the national programs of the FRJ "Judo in schools" and "Judo in villages" and identifying their content elements for their optimization to increase the efficiency of their implementation.
- elaboration and application of a questionnaire, addressed to the specialists of the field to identify their opinion on the opportunity, content, purpose of these national programs.
- Analysis and interpretation of the results of the investigation and the formulation of the conclusions that will be the basis for choosing the teaching strategy for the operationalization of a mixed program "Judo in school in villages".
- establishing the elements of the teaching strategy for operationalizing a mixed program.
- establishing the system of evaluating the efficiency of the application in practice of the "Judo in school" program in the personal development of the students included in this project.

Research methods used in the elaboration of the work (Epuran, M., 1996), (Epuran, M., 1996):

In the elaboration of the work I used the following methods (Gagea A., 2010):

- a) the method of studying the specialized and interdisciplinary literature;
- b) the method of pedagogical observation;
- c) the method of the sociological investigation;
- d) method of control tests and tests;
- e) the method of the pedagogical (experimental) experiment;

f) the statistical-mathematical method. The indicators I used in this research are: the arithmetic mean, the standard deviation, the coefficient of variability;

g) the graphic and table method.

### Results.

The analysis and interpretation of the opinion of the specialists regarding the elaboration of specialized programs for the practice of judo in schools and the rural environment.

**Item 1** - What is the desire to practice judo in your community?

**Table nr.1-** The graphic interpretation of the answers obtained at the question no. 1

No. item	The answer variants	The share of the answers on variants (%)
1.	very important	86 %
	important	14%
	little important	0%
	unimportant	0%

From the analysis of the responses of the 14 respondents we find that 86% consider it very important, and 14% consider it important. From here it is clear that the theme of the present PhD theme is strict and acute.

**ITEM 2** - What is the number of children who want to practice judo?

**Table no. 2** - The graphic interpretation of the answers obtained at the question no. 2

2.	The answer variants	The share of the answers on variants (%)
	bigger than 100	72%
	smaller than 100;	14%
	smaller than 75	14%

The data of the above graph associated with those regarding the subjects of the investigation subjected to the questionnaire shows that the desire to practice judo animates 72% of them. A new confirmation of the actuality of this thesis.

**Item 3 - What financial support do you have from the local community?****Table no. 3 - Graphic interpretation of answers obtained to question 3**

	The answer variants	The share of the answers on variants (%)
3.	Payment of coach	46%
	The space for carrying out the activity	47%
	Supporting a training calendar	7%

Unfortunately, the answers recorded and processed are disappointing. I believe that the insurance by the local community (these are localities that have a considerable financial potential pre - Tinca, Cornu, Brănești, Bradu, Păuliș, Ghioroc) only 46% of the coach's payment and 47% for the maintenance of the space for the activity is inexplicable . And that only 7% intended by the subsidiary community for supporting a training calendar (incusiv training internships, cantonments) is at least hilarious.

**Item 4 - What support for sports activity from local structures?****Table no. 4 - Graphic interpretation of answers obtained to question 4**

	The answer variants	The share of the answers on variants (%)
4.	school	100%
	The local community	100%

To this question the answers were unanimous. The respective schools, the 14 targets give 100%support. The identical percentage is also the support of the local community to support the sports activity.

**Item 5 - which would be in your opinion the percentage of physical training in judoka training for beginners.**

**Table no. 5 - Graphic interpretation of answers obtained to question 5**

	The answer variants	The share of the answers on variants (%)
5.	>50%	72%
	40%	14%
	30%	14%
	<25%	0%

At the question no. 5 of the statistical distribution analysis of the answers we note that:

- 10 of the respondents (72%) believes that the share of physical training in the judoka training (in this year's case) must be over 50%.

- 2 of the resumption of the investigation (14%) considers that the percentage weight of physical training at this level must be about 40%.

- The other 2 respondents (14%) believe that this (physical training has to be 30%.

**Item 6** - What would be your opinion on the new methodical line on weight categories and techniques admitted in 2020?

**Table no. 6** - Graphic interpretation of answers obtained to question 6

6.	The answer variants	The share of the answers on variants (%)
	Very good	86%
	Good	14%
	Unsatisfactory	0%

**Item 7** - What would be your opinion on the percentage of physical training in relation to technical training?

**Table no. 7** - Graphic interpretation of answers obtained to question 7

7.	The answer variants	The share of the answers on variants (%)
	50/50	79%
	60/40	11%
	70/30	0%

**Item 8** - Which PLIOMETRIC EXERCISES Do you consider to be more effective in physical preparation for improving the vitesis capacity at U12?

**Table no. 8** - Graphic interpretation of answers obtained to question 8

8.	The answer variants	The share of the answers on variants (%)
	Simple plyometric exercises	100%
	Pliometric exercises with low load	100%



**Item 9** - Who do you think is the optimal age for judoka training?

**Table no. 9** - Graphic interpretation of answers obtained to question 9

	The answer variants	The share of the answers on variants (%)
9.	7-10	100%
	10-12	0%
	12-14	0%
	bigger	0%

To this question we conclude from the analysis of the answers obtained from the 14 reconditioners, that 10 of them considers the age of children between 7-10 years (the target sample of the study of this PhD thesis), 2 out of 3 considers the optimum age between 10 and 12 years, another 2 considers the optimal age 12-14 years to start practicing the judge.

**Item 10** - What is the percentage weight of the preparation components (physical and technical component) in your opinion in sports training in the judo beginner groups.

**Table no. 10** - Graphic interpretation of answers obtained to question 10

	The answer variants	The share of the answers on variants (%)
10.	Physical training - technical preparation	30/70%
	Physical training	40/60%
		50/50%
		60/40%

Regarding the percentage distribution of the preparation components (physical and technical factory) in sports training at the beginner groups at Judo (target group 6-10 years) we conclude from the analysis of the answers obtained from the 14 respondents that for physical training in relation to that Technique, the data have the following distribution: 30/70% - 1 respondent; 40/% - 6 repondants; 50/50% - 5 repondents; 60/40% - 2 repondents.

In order to improve the capacity for general physical training to the judo practitioners in the rural area, specialized training programs have been elaborated and systematized for increasing muscle strength (arms, trunk, lower limbs), execution speed, supplementation and joint mobility,

skill as well as endurance, as well as anaerobic alactacid effort. In this regard I used the following evaluation tools:

- lifts of trunk from the dorsal bed (maximum number of repetitions in 30 seconds)
- floats (maximum number of repetitions)
- knee (maximum number of repetitions in 20 seconds)
- Jump in length (in meters)
- Holded by Kimono in the counter

**Table no. 11** - Evolution of statistical indicators in the trunk lift sample

UP trunk	Arithmetic mean	Standard deviation	Coefficient of variability (%)	Dispersion
	19,16	0,0362	18,90	bună

The determined arithmetic mean is 19.16. The appropriate standard deviation is 0.0362. And here the coefficient of variability calculated (0.1890) characterizes a good dispersion.

**Table no. 12** - Evolution of statistical indicators in floating sample

Float	Arithmetic mean	Standard deviation	Coefficient of variability (%)	Dispersion
	19,14	0,0382	19,97	bună

The calculated arithmetic mean is 19.14, and the standard deviation of 0.0382. The coefficient of variability calculated is 0.1997, ie 19.97% which characterizes a good dispersion of the results, is right to the lower mathematical limit.

**Table no. 13** - The evolution of the statistical indicators in the knee flexions sample

Genuflexions	Arithmetic mean	Standard deviation	Coefficient of variability (%)	Dispersion
	16,77	0,032	19,11	bună

And here the arithmetic mean of 16.77 is under the existing possibilities. The calculated standard deviation is 0.032. The coefficient of variability calculated of 19.11% (0.1911) characterizes the same good dispersion at the lower limit of the mathematical threshold.

**Table no. 14** - Evolution of statistical indicators in length jumping test

Long jump	Arithmetic mean	Standard deviation	Coefficient of variability (%)	Dispersion
	1,602	0,031	19,92	bună

The arithmetic mean is 1.602, a rather modest one. The resulting standard deviation is 0.031. The coefficient of variability resulting from the algebraic calculation is 0.1992 ie = with 19.92%. This modest dispersion is the mathematical result of the aforementioned arithmetic mean.

**Table no. 15** - The evolution of the statistical indicators in the test hung by Kimono

Hanging by Kimono	Arithmetic mean	Standard deviation	Coefficient of variability (%)	Dispersion
	12,96	0,0248	19,21	bună

And here we see an average of 12.96, quite small. By determining the standard deviation of 0.0248 and the calculation of the coefficient of variability which is 19.21% confirm the statement related to the arithmetic mean.

### Conclusions.

The conclusions resulting from our scientific approach bring to the foreground the hypotheses formulated and which have been confirmed by the results obtained in all categories of tests and evaluations by their statistical interpretation.

From the analysis of the answers to those questioned, we have detached the fact that at the level of the local communities there is openness and support for the successful organization and implementation of the "Judo La Village" program. The support comes from the parents but also from the schools, and the coaches are supported by the local councils.

I am edifying in this regard I find the result of the questionnaire regarding the practice of judo in rural communities: 86% of the number of those questioned considers very important the practice of judo in the rural (village) and 14% argue to be important. In the current conditions in

Romania I consider the capital that the coaches are supported by the local communities, both financially and with the training spaces, in maximum percentage.

In the context of the general demographic regression in Romania, we consider that the primary human resource can be ensured for the practice of performance judo.

The coaching teachers involved in the judo program in villages are specialized in the judo discipline who know the new guidelines on national and international judo. They participated in the training courses organized by F.R.J.

Analyzing the responses of the 14 respondents (especially on the technical side) we notice that they have a rich baggage of knowledge that prove to assimilate the requirements necessary for the preparation of Judoka athletes in the village environment.

Thus we consider that practicing the performance judge in the rural area, can ensure the "raw material" for future champions.

The final conclusion is that the training program applied by us was effective, beneficial for creating the premises of the future performances of the little judoka in the village (rural) environment.

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