DIFFERENCES ANALYSIS OF SITUATIONAL EFFICIENCY PERFORMANCES BETWEEN THREE LEVEL OF JUDO COMPETITION FOR FEMALE SENIORS

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Judo contains more than the fight. It involves dynamic conditions of activity performance, includes constant exchange of attacks and defensive actions, breaking and re-establishing of balance, realisation or not realisation of counterattacks, readiness, preparatory actions and avoidance of opponent’s actions. Quantification importance of situational efficiency parameters is in the fact that they are gathered under the conditions of real fight during the competitions. The main goal of this research is to defined differences in performance of situational efficiency between three different levels of judo competition for female seniors. This research was based on video analysis 119 fights of senior female fighters in National Championships of Bosnia and Herzegovina 2006., 95 fights on Balkan’s Championships held in Bosnia and Herzegovina 2006., and 180 fights on European Championships 2004. years held in Bucharest (ROM) in all seven categories for female in judo. Situational efficiency in judo, during fights, were monitored through 16 variables. The χ² (Chi Square) test was used for differences determination between indicators of situational efficiency. The results of the χ² tests showed statistically important differences between senior female participants, in performance of situational efficiency for: groups of judo techniques χ²=11.134; df= 2; p<.0000; subgroups of judo techniques χ²=21.50; df=12; p<.0315; quantitative indicators for judo fights χ²= 123.088; df=10; p<.0000; and situational efficiency of individual throwing techniques and grappling techniques.

Techniques mostly used by female seniors from BiH participants were: O Uchi Gari, Kesa Gatame, Tani Otoshi, Ippon Seoi Nage etc. Techniques mostly used by female Balkan’s participants were: Uchi Mata, Kesa Gatame, Seoi Nage, Harai Goshi, O Uchi Gari etc. Techniques mostly used by female seniors from European championships participants were: O Uchi Gari, Uchi Mata, Te Guruma, Seoi Nage, Tani Otoshi etc.

The existence of differences between senior female competitors in situational efficiency performances is most probably at the level technical and tactical preparation. The achieved results could help in better understanding of the need to monitor and analyse situational efficiency parameters in judo for senior female competitors in all level of competition. Monitoring and control of efficiency for relevant technical and tactical parameters of situational efficiency in judo performed by senior female competitors could be directly applied in the training process, in order to insure the optimal choice of content and burden of training, as well as the achievement of higher quality results.


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