

The effect of highly competitive exercises on developing the kinematic speed of the hip rotation and the Kochi grab - Gary - Ogi - Mata for young judo players

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Abstract

The exercises are very competitive in the sports training process, which pertains to the judo wrestling game, which is one of the best combat competitive sports and works on developing comprehensive physical fitness, as the players' movement in the competition requires a high physical exertion and what requires it to endure the extreme physical exertion and the burden on their physical capabilities. The research problem lies in the presence of a clear weakness in the kinetic speed of the hip rotation despite the critical importance of obtaining an entire point or the largest number of parts of the point as well as is a defensive and offensive method against the opponent's movements to overcome it and the adoption of exercises with intense competition, which has a noticeable effect during performance and at the best level

The aim of the research is to prepare numbers of highly competitive exercises in developing the kinematic speed of the hip rotation and the Kochi grab - current - augi - mata for young judo players and to identify the impact of the competition severity exercises in developing the kinetic speed of the hip rotation and the kochi grab - gi - oji - mata for young judo players. Research that strongly competitive exercises have a positive effect in developing the kinematic speed of the hip rotation and the Koachi-Gari-Ogi-Mata grab for young judo players. The researcher adopted the experimental approach with equal groups and determined the research community for young judo players by (12) players under the age of 20 years and weighing (66 kg), and they were prepared and adapted about the codified training program in terms of performance. Special exercises were applied to the two groups for eight weeks and with three training units per week. The researcher used the statistical bag SPSS, and the researcher reached the most important conclusions - that the intensity of the exercises had a positive impact on developing the kinematic speed of the hip rotation and Guchi-Gari-Ogi-Matta judo players Youth.

Keywords: young judo players, kinematic speed, training process

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I. Introduction:

The level of performance of the judo game has developed rapidly and clearly in many developed countries since scientific theories of different sciences have been applied in the field of sports training and applied methods for evaluating the various training programs using some physical and skill variables, because the success of the training process is measured by the extent of progress achieved by the athlete in a type The activity practiced by the skill and physical level, which in turn depends on the adaptation achieved through the field application of scientifically codified training programs. Judo is a sport that is very much affected by all fitness components, and judo game requires its practitioners a high level of training and preparation The physical effort and especially the kinetic speed of the hip rotation in order to resolve the fight in his favor, where the kinetic speed of the hip rotation is a key factor in the process of overcoming the competing player[1].

As for the importance of research lies in the need for judo players to codified training programs in developing the kinetic speed of the hip rotation and the performance of some complex technical grabs. Because of its fundamental role in the process of overcoming the opponent and obtaining a full point and ending the fight in his favor, according to the scientific foundations that relate to the components of his actual training and thus keeping pace with the internationally developed level in it.

Research problem:

Through the experience and follow-up of the researcher, both academically and academically, I noticed a weak level in the physical level of judo players and the lack of codification of the training program in terms of the training load components that the players get from physical adaptations, which facilitates them without the burden of physical effort, so the researcher decided to prepare competitions strongly during the training units to develop speed The hip rotation and the development of the Koatchi-Running-Ogi grab through which players' effort is distributed based on the amount of physical performance level during play and reaching the best level.

Research objectives to:

- Preparing highly competitive training exercises in developing the kinematic speed of the hip rotation and the Koachie grip - Gary - Ogi - Mata for young judo players
- Learn about the impact of highly competitive exercises on developing the kinetic speed of the hip rotation and the Koachi-Gary-Ogi-Mata grab for young judo players.

Research hypotheses:

- Strong competition training has a positive effect in developing the kinematic speed of the hip rotation and the Koachie grip - Running - Ogi - Mata for young judo players
- There is a positive effect of exercises in developing some physical abilities for young judokas.

II. Research Methodology:

The researcher used the experimental research method for the equivalence groups by designing the two equivalent control and experimental groups.

Research community:

The researcher identified the research community in the Hittin Club, Babil Governorate, for junior Judo players, and they numbered (12) weight players (66 kg), who officially participated in the championships held by the Iraqi Central Judo Federation, and the research sample was divided into two equal groups (experimental first - second experimental) by (6) Players for each group randomly.

Homogeneity of the sample:

To complete the requirements of the experimental design followed, the two researchers verified the homogeneity of the members of the research sample in the variables that are related to the tests under discussion, using the Levene test in which the significant difference value (Sig) appeared greater than (0.05) and for all the tests, which indicates the homogeneity between Research sample individuals.

Tools:

- Training kits (judo suits, rug number (5), rubber ropes number 10).
- A medical scale to measure the mass of the judo wrestler
- Japanese (Sony) type camera (2) 4. Medical scale (4).
- Japanese-made (CASIO) electronic stopwatch. 5. Adhesive tape.

Physical tests:

- rotation (hip rotation) with the movement of two men in place 15 seconds.
- Skill tests for combined technical grips.

Pre- tests:

The researcher conducted the tribal tests in Hattin Club Hall on two days on Friday 9/3/2019 and on Saturday 10/3/2019.

Main experience:

- The researcher prepared special training according to the time of real performance achieved in the tribal tests, and determining the intensity in terms of physical effort.
- The training was given by three training units per week, days (Saturday, Monday and Wednesday).
- The experiment started on Saturday 11/3/2019 and ended on Thursday 10/5/2019.

- The training period was within the period of special preparation and part of the duration of the competitions and by 8 weeks, thus 24 training units were applied. The training methods used the high-throughput method (80-90) intensity and the iterative training method (90-100).

Post-test:

The researcher conducted the dimensional tests in the hall of Hitting Sports Club on two days, on Saturday 12/5/2019 until Sunday, 5/13/2019 (after completing the proposed exercises and with the same steps and conditions that took the test.

III. Results of kinetic tests for hip rotation, analysis, and discussion:

Shows the results of the experimental and control groups tests								
Variables	Tests	Experimental group		Control group		Calculated value of t	The value of the tabular t	Significance
		A	Std	A	Std			
rotation (hip rotation) with the movement of two men in place 15 seconds	Pre-test	3.4	1.194	3.74	1.02	0.418	2.144	Non-Sign
	Post-test	8.873	1.958	5.3	0.924	4.120	2.144	Sign
Skill tests for combined technical grips.	Pre-test	3.4	1.194	3.74	1.02	0.418	2.144	Non-Sign
	Post-test	8.873	1.958	5.3	0.924	4.120	2.144	Sign

The researcher attributes the reason for the development to the effectiveness of the training program to develop the kinetic speed of the hip rotation, where physical exercises characterized by the use of intensity and repetition in a specific time were used with rest as well as the grip and the extension of the thigh and the movements of the legs. In the rotation of the hip[2].

For the development of speed, the researcher has always used high stresses (i.e., the intensity of exercises at speeds less than maximum or maximum, and this helps to train the nervous system to perform fast)[3].

The researcher believes that the occurrence of development in the experimental research sample is due to the adoption of the training used in the training program strongly competing on the basis of the correct scientific and accurate linking between the repetitions of each exercise with the intensity and times of rest as well as the researcher elaborated the complex grabs by teaching the correct technique for them and work with the principle of Ogi-Komi separated The two skills are divided into two parts in education, then the correct and correct linkage of the combined grab with the young training in it, as well as the use of the combined grab in the hostilities[4].

the basic skill of the player (specialty grab) + one grab or two grabs or more, as this was adopted in the skill preparation equal to the physical numbers at the time in the time allocated to them by training and intensity Ogi Kumi and repetitions with correcting mistakes and creating sorrows[5].

as well as the quality of the conflict using compound grabs imposed on them

(As well as the use of mental training in the re-technique of the technical technical grab, whether it is during application or during catarrh and a complete brief explanation in correcting errors, and there must be a clear visualization of the skill[6].

IV. Conclusions and recommendations:

Conclusions:

1. The intense competition has an effect in developing the physical and skill capabilities of judo players
2. The positive effect was evident for the exercises used by the members of the experimental group in developing the kinematic speed of the hip rotation and the Gouache-Gary-Ogi-Matta handle for young judo players.

Recommendations:

- 1- Emphasizing the necessity to use the training for maximum performance time to develop the physical and skill capabilities of judo players.
- 2- Great interest Emphasizing the importance of physical preparation for performing technical skills in judo and according to the requirements of each training stage.
- 3- Preparing similar research and conducting studies of other skills in the field of judo and on other categories.

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