

Annotation:

This thesis contains an analyzes of JUDO sporting achievements of women. It examines how the methodology of training techniques and sports preparation of women differs from the men equivalents. Wheather any trainers are concentrated on women's groups. It describes technical, tactical and psychological preparation and the role of the coach. Finally, the thesis will refer to competitions and interest of women to take part in active judo competitions. I will specialise in the female categories .

Keywords

: women's Judo, training preparation, competitions, success, achievements, results