

Abstract

Title: Frequency and success of selected techniques in elite judo competitions

Objectives: The main aim of this study is evaluated judo techniques uchi-mata, tai-otoshi and o-goshi. The study shows, which techniques is the most common and which is the most successfully in elite judo competitions. These variables were studied in all weight categories both men and women and the time of fight were studied as well.

Methods: In study was used observation method in four elite judo competitions. I observed frequency of selected techniques and their scoring. These data was converted on percentage use and percentage of success for all selected techniques. Data was analysis by ANOVA.

Results: I found that uchi-mata is very often techniques. In the middle part of fight the competitors the most often attacks and the most often scores. The differences between weight categories was detected, however, I did not recognize distinct trend. I did found significant differences between men and women nor in frequency neither in success of selected techniques.

Keywords: judo, uchi-mata, o-goshi, tai-otoshi, elite competitions