



THE IMPORTANCE OF MANAGEMENT IN JUDO

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<https://doi.org/10.5281/zenodo.8220046>

Annotation: We will explain in this article about the role and importance of management in and about the sport of judo. This article shows the training and doing exercises in judo data on the stages, physical training of athletes is cited. Again judoka's physical fitness tasks, action functions also were mentioned.

KEY WORDS: Judo, management, strength, moral situations, moral actions, rule, sport

Аннотация: В этой статье мы расскажем о спорте дзюдо, а также о роли и значении менеджмента в нем. В этой статье рассказывается о тренировках по дзюдо этапов, приведены данные о физической подготовке спортсменов. Снова задачи физической подготовки дзюдоистов, функции движения также упоминается.

КЛЮЧЕВЫЕ СЛОВА: дзюдо, менеджмент, сила, моральные ситуации, моральные поступки, правило, спорт

In order to achieve the objectives of physical development, health improvement, and harmonious growth, as well as to gain theoretical and practical experience in teaching and applying various techniques and tactical movements in judo, it is necessary to follow the established rules.

Judo (Japanese: 柔道; jū - gentle, do - way) is a form of unarmed combat sport. Judo was established in Japan by Professor Jigoro Kano (1860-1938) in 1882. He systematized the physical techniques of jiu-jitsu, a traditional Japanese martial art, with the aim of promoting the well-being of individuals through sport. In judo, practitioners wear a kimono (a thick cotton robe) and compete on a soft mat called tatami. The weight categories are divided into 7 groups for men (60, 66, 73, 81, 90, 100, 100+ kg) and 6 groups for women (48, 57, 63, 70, 78, 78+ kg), with matches lasting 4 minutes for men and women. During the contest, techniques such as throws, holds, joint locks, and chokes are used to throw the opponent onto their back for immediate victory (ippon) or accumulate enough points for a win (waza-ari). If a throw is executed with exceptional skill and force, it results in an immediate victory (ippon), ending the match.

In summary, judo is a martial art and sport that focuses on achieving victory through the skillful application of techniques, emphasizing respect, discipline, and mutual benefit.

Judo competitions have been held since 1883. The International Judo Federation (FIJ) was established in 1956 and currently includes more than 150 countries, including Uzbekistan, which joined in 1991. The World Championships have been organized since 1956, and judo was included in the Olympic Games program in 1964.

In Uzbekistan, judo has been actively developed since the 1980s. The introduction of judo techniques greatly enriched Uzbek wrestling. Uzbek judo athletes have achieved significant

results in various competitions, winning more than 30 medals in prestigious tournaments. Notably, Armen Bagdasarov won a silver medal in the Olympics (1996) and the Asian Games (1998), Farhod Toreyev won a gold medal at the World Championships (1999) and two gold medals at the Asian Championships (1998, 2001), Egamnazar Ulliov won a gold medal at the World University Games (2001), and Kamal Murodov (1998) and Vladimir Shturbabin (1999) both won gold medals in the "A" category tournaments. Suzanna Ahmedova won a bronze medal at the Asian Championships in 1999.

The physical preparation of judo practitioners involves developing various components of movement functions, such as flexibility, speed, endurance, strength, and the ability to control movements during different intervals of time and under muscle tension. [7.53]

To train judo practitioners in improving their movement speed, especially at a young age, various physical exercises can be used. Proper attention and specific muscle development are required to enhance quick and explosive movements. This can be achieved by focusing on maximizing movement frequency. Natural movements should be combined to develop complex and well-coordinated actions. Moreover, training for competitions that involve quick reactions, such as relay races over a distance of 20 meters, can be beneficial.

To develop quick and coordinated movements, various sports activities that involve agility and quick reactions should be incorporated. These activities should be designed to adapt to specific signals and change directions accordingly. By modeling these actions and movements, it becomes possible to respond to various signals and adapt the actions accordingly.

In the initial stages of sports training, using complex exercises for physical development, as well as agility and coordination training, can provide a solid foundation. Focusing on developing quick reactions should be part of the training process, and the exercises should be adjusted accordingly. Complex exercises aimed at enhancing agility and coordination, along with endurance, should be divided into specific time intervals. These exercises can be performed during the middle and end of a training session.

Physical abilities are not fixed; they can be improved through proper training and conditioning. The training process should include a well-structured regimen and emphasize the importance of individual physical exercises. Proper planning is essential to ensure that the body's functional reserves are well-utilized during physical training, which will improve the overall ability to perform judo techniques.

Each movement should be examined at different stages of its development, and specific physical exercises should be designed to support the progressive development of these movements. The key to success lies in carefully selecting and organizing the training process to efficiently improve the physical abilities and coordination of judo practitioners.

1. In training, each exercise is performed with short-duration intervals and rapid repetitions, allowing for maximum development of physical capabilities. The continuous and systematic implementation of such a regimen contributes to the improvement of overall endurance.

2. Training regimens that involve specific functional exercises help to enhance the overall physical capabilities and specific skill levels of the practitioner. This kind of regimen is directed towards improving speed, strength, and adaptability to different situations.

3. The training regimen for a judoka's opponent involves developing specific counter-reactions and responses. The opponent's skill levels are categorized into various types: high and low, complete and partial, fast and slow, strong and enduring.



High-level opponents possess movements that are not easily predictable for the judoka. Low-level opponents, on the other hand, can be countered through movements that are suitable for predictable actions. Complete opponents display movements that are difficult to anticipate, while partial opponents have characteristics that allow the judoka to predict their movements.

Analyzing and understanding the opponent's movements is crucial. Partial opponents have specific characteristics that the judoka can exploit, while complete opponents demand a higher level of skill and adaptability. [3.82]

Speed is essential for judokas. Quick movements, like the ability to lift one kilogram of the opponent's body weight, are evaluated for the judoka's ability to execute a throw. These techniques require agility and quick reactions for successful execution.

Counter-reactions and responses play a significant role in judo. Quick execution of techniques and immediate responses are vital in countering an opponent's movements effectively. Being able to recognize and respond to the opponent's movements rapidly is crucial in achieving success in the sport of judo. [5.17]

Endurance is a crucial aspect of sports training, as it determines the ability of athletes to maintain their performance over an extended period. Various methods are used to develop a judoka's endurance: repeated efforts, short-duration maximal efforts, various combinations of intense and continuous actions, variability, and isometric exercises.

Repeated efforts involve performing a series of judo techniques with maximum effort, maintaining around 70-80% of the maximum intensity until exhaustion. This method helps improve the judoka's ability to endure prolonged physical stress. Each series of techniques, known as a "final round," consists of 3-4 repetitions, with rest periods of 3-4 minutes in between.

Short-duration maximal efforts, a type of dynamic endurance training, involve performing judo techniques at a speed of 20-30% below the maximum intensity. This method focuses on achieving high-speed movements rather than using maximum strength. Short-duration maximal efforts are most effective for developing overall judo performance, especially when the exercises are performed with additional weights or close to the athlete's weight.

Sport management plays a significant role in evaluating an athlete's readiness, planning their training, and preparing them for competitions. The proper management of a judoka's physical and mental state can lead to successful performances and achievements in sports competitions.

Moreover, effective sport management is not limited to athletes alone; it also applies to coaches and other supporting personnel involved in the training and development of athletes.

Conclusion: When talking about management, the word itself derives from the English word "manage" and implies achieving success and effective utilization. In the context of sports, sports management involves judiciously utilizing the athlete's abilities and guiding them towards achieving success. In the world of judo, this aspect of management holds great importance.

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