

A Test of Physical and Judo Skill Components

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Abstract—Coaches develop and use batteries of test in order to obtain the information of players performance which helps the coaches to predict the future of their players. Coaches in individual sports such as track and field ,tennis, and swimming as well as in team sports such as basketball, volleyball, and soccer can find reliable information on a variety of tests related to physical and skill components of these sports, Instruction, norms, specific emphases and coaching tips for these tests can be found in texts on measurements and evaluation in physical education and sports. Because of less and little scientific inquiry has been conducted on the relevance of the testing process to the final selection and success of young prospects in combat sports. The purpose of this study was to examine the benefits of a unique judo-specific ability test in early phases of talent development and selection

Index Terms— wrestling ,stations, judokas, novices and components.

I. INTRODUCTION

Combat players are required not only to master the specific moves in their sports but also to excel in a variety of physical abilities such as strength, speed, endurance, flexibility and co-ordination. During the competition the athletes must alternately attack and defend while concealing their intention from their opponents. In addition they need to make decisions under time pressure while facing aggressive opponents and decide which offensive maneuvers or defensive techniques to use.

Coaches who work with both novice and skilled combat athletes require relevant information that can aid them in predicting the chance of their athletes future success. One of the more popular methods coaches use this information is the administration of physical and skill tests at very early of talent development. Coaches in individual sports such as track and field ,tennis, and swimming as well as in team sports such as basketball, volleyball, and soccer can find reliable information on a variety of tests related to physical(2) and skill(5) components of these sports, Instruction, norms, specific emphases and coaching tips for these tests can be found in texts on measurements and evaluation in physical education and sports.

Physical and skill tests suited to the early phases of talents identification and development in combat sports have not been widely reported in the literature for example in a recent book on how to identify and develop outstanding athletes, physical and skill tests for the use of coaches are introduced in a Variety of team and individual sports, but only general guidelines are provided for just combat sport namely wrestling. No information on testing protocols is variable for other combat sports.

The purpose of this article is to present a judo- specific ability test to be used by coaches who work with young judokas(12-15 year of age) The test can be used for beginning as well as for advanced young judokas. There are 3 advantages to our judo-specific test (a) it consists of physical as well as skill components(5

stations each) all specifically related to judo, (b) it takes only a few minutes to complete and (c) it is easy to administer and score.

A judo match lasts 5 minutes. Thus the proposed test can provide the coaches with relevant information on how the young judokas perform the required skills in a period of time similar to that of actual combat. In addition to the description of the 10 station test, we provide coaches with some background information based on our experience using the test on young judokas.

II. JUDO SPECIFIC TEST: STATIONS, RATIONALE, REQUIREMENTS, AND RECOMMENDATIONS

The judo-specific test is composed of 10 stations, as can be seen in table 1 . The stations are performed consecutively in a specific order that alternates physical ability and skill components. In 5 of the stations (the odd- numbered stations)the judoka performs physical ability exercise related to judo. In the rest of stations (the even numbered stations)the judoka performs judo specific skills. These include offensive techniques (stations 2, 6 and 10) and defensive techniques (stations 4 and 8). In all the stations except station 10 the judoka is instructed is perform a specific move. In station 10 the judoka can select and perform his or her preferred throws.

The rational for the selection of the physical and skill activities performed in the 10 station judo specific test is that they reflect the activities of judokas during combat. More specifically, the test is composed tasks that reflect physical components such as speed and quickness-(e.g stations 1 and 5) and strength (e.g stations 3 ,7 and 9),as well as judo skill(all the even – numbered stations).The 10 components of the test are performed continuously without breaks, reflecting continuous effort made by judokas during actual combat.

The rational for the proposed order of the ten stations in the test is also based on what is expected of judokas during actual combat. It is preferable that the judoka performs the offensive (stations 2,6 and 10) and defensive (stations 4 and 8) skills after intense but short activity thus we begin the test the 4X8-mts shuttle run .We also alternate skill (e.g station 2), Strength (e.g station 3) , and speed and quickness(e.g station 5) components to enable the judokas to perform a continuous effort in which both hand and leg muscle are occupied with intense activities, as in actual combat .Our main objective is to assess the judokas' physical abilities and skill level in challenging and stimulating combat like settings .

TABLE I. THE 10 STATION JUDO SPECIFIC TEST

station	Activity
1)	4x8- mt shuttle run
2)	Seionage throws right side and left side alternatively
3)	Rope climbing(height3.3) using arms only
4)	10 escapes from kesa-Gatame hold alternatively to right and left
5)	10 side –to-side jumps over a bench(height15cm) with feet together.
6)	Ouchigari throws right side and left side alternatively
7)	25 situps with the back of the lower leg stretching on a bench . Hips and knees are at a 90 ⁰ angle and hands are held behind the head. 1 sit- up is counted after the elbows touch the knees and the shoulders return to the mat.
8)	Escapes from yoko-sheo-gatame hold right side and left side alternatively
9)	20 push-ups performed with hands on the mat feet on a bench. Hands are placed at shoulder width. one push-up is counted after the chest touches the mat and the elbows return to full extension.
10)	8 individually selected throw alternatively right side and left side .

There are 5 basic conditions of the judo specific test : (a) the test is performed individually, (b) the judoka performs all throws and escapes with a partner of similar body mass and skill level (c) total time is measured from the movement the judokas starts to act in station1(the shuttle run) until he or she completes the 8 preferred throws in station 10.(d) the coach ensures that the athlete is performing each technique properly , and (e) the total performance time is revealed to the judoka at the end of the test.

We find that it is beneficial to administer the 10 station test at the early phases of the judo training program. We provide coaches with 3 recommendations (a) the test should be administered every 5 to 6 months (b) the coach should use the information obtained by the test to assess the progress of the young judoka during the training program .The progress of the judoka can be assessed by the measuring the total time of the 10 – station test , by measuring the performance time in each station and by evaluating the quality of any judo skill performed in the skill stations. In addition coaches can use the information obtained from the test to assess the multi facilitated training program to talent development(c) The coach can increase the demands in each station of the test according to the progress of the judoka. For example, the number of performances in each station can be increased .However, if the coach besides to change the proto call of the test, He or she should be aware that new norms should be developed . In addition may be difficult to compare the reason of the judoka that are obtained from the new version of the test with the results obtained from a previous version.

On the basis our experience with young male judokas(age ,range ,12-15 years), we have determined the target time of the test to be 180 seconds (3minutes). The target time can provide coaches only with “ basic numbers” as to what to expect from their young judoka. This number can not be used as norms; it is only an example of what we found training programs .Younger or older judoka, or less or more experienced ones , will probably achieve different times. Developing appropriate norms require more data , preferable longitudinal data.

III. CONCLUSION

In summary, the 10–station judo–specific test will aid coaches in obtaining relevant information of the judokas ‘ progress during the training program after administering the test , coaches can collect judokas scores ,analyze them statically and assess what the number reveal .The more data that are collected while using proposed test, the more will be understood about the usefulness of the test in various stages of talent development in judo . with this coaches wrestling and Taekwondo game can utilize this test for their games by alternating the skills and time to know there players abilities after the training. Further for senior players this test can be utilized by increasing the intensity of skill and exercises.

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