

## **"A training program for judo in light of the law amendments"**

**PROF. DR / Doaa Mohamed Mahmoud Hemat**

**PROF. DR / Abdel Halim Mohamed**

**Researcher / Amani Ahmed Qamar Al-Dawla**

---

### **Introduction and research problem**

Scientific progress has become a distinguishing feature of the current era as it contributes to finding many scientific solutions to many problems in all areas of life in general and the field of physical education and sports in particular, and therefore training methods have benefited from this with the principle of complementarity between the various sciences and knowledge that aims to reach With the player to the level that enables him to achieve the best sports achievements in competitive positions in his field of specialization and within the limits permitted by his technical capabilities.

The training process aims to reach the individual to a sporting level and so that the individual up to the level of sports required must know the starting point and the end of this level and to develop appropriate training programs for the case of an individual athlete Okz you in order to identify to a the extent reached the level of athlete' s individual(25 : 12)

And T .Ri researcher of the infringement lattes that occurred in the law of sport judo must be followed by adjustment and development in the form skill and tactical players judo and provides for this amendment to the abolition of ) God Ante , ( a brother y saw the two judges in the result in E .The A consistent judge with the rule The rug for a particular player to win is the winner of the match in the event of a tie after the end of the original five-minute match and the golden point match that follows the original match without giving a five-minute respite between them and the new amendment is that the golden point match continues with an open time that is not Set to the match ends in victory one Allaobei n by getting points

from the use of arts throwing from the top or from the play ground and T .Ri researcher of this amendment presents the player many positions need to as high of numbers skill and tactical good in order to be able to cope with situations various of which is offset by dissuading the match in the light of this amendment , which requires the player to continue the game open time is specified without interruption a and a Take a break between the original game and match the golden point

---

\*Researcher in the Department of Fights and Individual Sports - College of Physical Education for Girls, Helwan University

\*\*Professor of Women's Competitions ,Department of Sports and Individual Sports - Faculty of Physical Education, Girls University of Helwan

\*\*\*Professor of Judo Training, Faculty of Physical Education, Sadat University

The medicine is aware of a n This requires modification development Mmat not at the level of a counter player Mharria and Khtttiya In this sense T .proposed researcher of the design of pre. s .training contains training skill and major tactical be implemented in a new way fits with this amendment the new Wa n is subject to study the impact of this program some of the variables on the skill and tactically to the judo players .

**Objectives:**

- 1- Designing a training program that contains skill and planning exercises for judo players in light of law amendments to develop tolerance for the performance of judo players
- 2- The know the impact of the program training on some of the variables of the skill and tactical and carry your performance with players generosity and

**Free and search- :**

There are significant differences statistically between the measurement pre and post research group in some of the variables of skill and tactical and carry your performance with players generosity , and in favor of the dimensional measurement.

**Search terms:**

**-Judo**

Is the art and the goal is to drop the opponent to the ground on his back strongly and speed or install it for (25) w or to surrender, by hitting his hand on the rug or to say ) what LTL ( and its meaning ) surrendered ( as a result of the skill of the throttle or break or just hold it ) . Procedural definition(

**.2 Ouch Kumi**

It is a players training on technical skills without throwing( 22 : 15 )

**-3 Nagy Komy**

It is the players on the training of technical skills and firing( 30 : 15 )

**-4 Kakari Ji -ku**

He played Rh for a disease a some extent the players continued to attack and on the player the other not to resist so that the player a n learn how performance right to throw technical skills ( 32 : 15 )

#### **-5 Boy Geeko**

It is about training players on how to find a full point to end the match in his favor .( 15:33 )

#### **-6 Tea**

It is training players for official matches.(15:33)

#### **-7 Randuri**

It is the players on the training games without adherence to the points in the sense that he does not finish the game after get a Z of the players on the full point ) only Yep Wen( 33 : 15 ) (

### **Research procedures:**

#### **Research method:**

Use the T researcher of the experimental method has not given Naspth to the nature of the study and used the T to design experimental measurement pre and post test for the experimental group one

#### **The research sample:**

The research sample included (8 ) players who were deliberately chosen from the first -degree players in the Shooting Club and registered with the Egyptian Judo Federation . The survey study sample reached (16) players from the research community and from outside the basic study sample.

### **Homogeneity of the research sample**

1The research sample has been homogeneous in the variables ) age - height - weight - training age ( as shown in Table.(1)

**Table(1)**

**Torsional coefficient of the research sample in the age, height, weight, age and training variables**

N24 =

to	±p	R2 .	s	measruing unit	Variables
0.86-	0.87	22	21.25	Year	Age
78 .0	1.74	174	175.23	Centimeters	Length
41 .0	16.85	83	84.34	The kilogram	the weight
0.35-	1.35	10	9.45	the year	Training age

Q = arithmetic average ± p = standard deviation

R2 = median L = value of torsion coefficient

It is evident from Table (1) that the torsional coefficients in the variables ) age, height, weight, and training age ( ranged between- ) , (0.78 , 0.35i.e. confined between ,3 ± which indicates the homogeneity of the sample members in these variables.

3The research sample has been homogeneous in some physical variables for judo players as shown in Table .(2)

**Table(2)**

**The torsional coefficient of the physical variables under study**

N24 =

to	±p	R2 .	s	measruing unit	Variables
----	----	------	---	----------------	-----------

0.50-	1.22	76.25	75.36	Kg	Right fist force
1.56-	47. 1	76.85	74.98	Kg	Left fist force
0.44-	0.24	2.74	2.96	The meter	Choose a wide jump from hard
23 .1	0.58	24.96	25.41	a second	Running between barriers
1.36	0.47	36.74	36.78	cm	Bridge selection
0.58	65. 1	37.56	38.17	Repetition	Wavy oblique flatness
0.69	0.47	4.60	4.87	Accurate	Running 1000 meters

X = average ± p = standard deviation

R2 = median L = value of torsion coefficient

It is clear from Table (2) that the coefficients of torsion in the physical variables of judo players ranged between ,( 1.36 , 0.44- ) i.e. they were limited to ,3 ± which indicates the homogeneity of the sample members in these variables.

-3The homogeneity of the research sample in the skill and planning variables and the performance of the judo players as shown in Table.( 3 )

**Table( 3 )**

**Coefficient of torsion in the variables skill of the tactical performance and carry your my players judo**

N24 =

to	P	R2 .	s	measruing unit	Tests the skill of and tactically
0.45-	1.60	33	32.45	Number	Threw the skill of Ebon Seonagi for a period of (2) BC
0.24	45. 1	34	35.45	Number	Threw the skill of Hray C and Shi for a period of (2) BC
1.54	1.24	34	35.12	Number	Threw Meh a Rh or ouch Gary for (2) s
55. 0	1.78	33	33.25	Number	Throwing a running rubber skill for a period of (2) BC
78. 0	1.36	32	32.48	Number	Threw the skill of Cauchy Gourma for a period of (2) BC
1.54	1.78	18	18.78	Number	Threw Meh a Rh Austuajjary for (2) s
0.14	1.55	17	17.23	Number	He threw the skill of Ouch Jarry then Ostrogari (2) BC
0.36	1.66	18	18.56	Number	Throwing the skill of Ouch Jarry , then Ebon Seonagi (2) BC
1.78	1.40	20	20.47	Number	Threw Meh a Rh or ouch Gary then Kooch Gary (2) s
0.56	1.78	16	16.58	Number	He threw the skill of Ouch Jerry and then Hiray Joshi (2) BC
0.85	1.77	18	19.74	Number	Threw the skill Kooch Gary then Ippon Cinajy (2) s
1.27	1.38	15th	16.24	Number	Threw the skill Ippon Cinajy as an attack counter skill Aooch Gary for (2) s
1.96	1.44	15th	15.98	Number	Threw the skill Hray Joshi as an attack counter skill Aooch Gary for (2) s

1.84	1.38	16	16.78	Number	Threw the skill of Cauchy Gourma as a counterattack to the skill of Ouch Jarry for a period of (2) BC
1.83	1.86	15th	15.12	Number	Threw the skill or Joshi as an attack skill anti Aooch Gary (2) for s
1.82	1.38	16	15.82	Number	Throwing Tai Autochi's skill as a counterattack to the skill of Ouch Jarry for a period of (2) BC

$\bar{X}$  = average  $\pm$  p = standard deviation

R2 = median L = value of torsion coefficient

It is clear from Table ( 3 ) that together the torsion times in the skill and planning variables and the performance of the judo players ranged between ,( 1.96 , 0.45- ) i.e. they were limited to ,3  $\pm$  which indicates the homogeneity of the sample members in these variables.

#### **Data collection methods:**

Was based on T researcher of data collection and information related to this study means the following tools:

- device Rstamitr to measure length .
- Balance medical weight measurement.
- Device Danamumutair to measure the strength of the grip.
- Stop watch *Stop watch* .
- Judo fitness tests.
- Tests of skill and major tactical and performance of my players carry special judo
- Judo Rug.

#### **Steps to conduct a search:**

#### **Tribal measurements**

The T .researcher of conducted a tribal measurements as follows:

.1make measurements of physical significance growth of age, height and weight to verify the homogeneity of the sample in these variables, on 18 20/2/17 m

.2make measurements of physical variables in physical tests to verify the homogeneity of p soft research in these variables in the period on 18 20/2/19 m h T on 18 20/2/21 m.

-2Carrying out measurements of skill and planning variables and bearing the performance represented by skill and planning tests and bearing performance in order to verify the homogeneity of the research sample in these variables as well as determining the level of the research sample in the skill and planning tests and assume performance as a tribal measure in the period from day / 24 18 20/2m until 18 20/2 / 28 m

### **The content of the proposed training program**

To achieve the goal of the proposed training program, the program has been included in the following- :

-1The proposed training program contains (36) training units distributed over (12) weeks at a rate of (3) training units. The time for the training unit reached (90) minutes, which were divided into:

#### **-Warm - up and duration of 10 minutes:**

The warm-up section includes various exercises to create different body muscles and also stimulate blood circulation

#### **-General and private physical preparation for a period of (30) minutes:**

The public and private physical preparation segment includes ) training to develop periodic respiratory endurance ) running long distances at medium speed - ( weight training on various multimode devices to develop the muscles of the body and developing the elements of strength distinguished by speed, muscular endurance, muscle strength, agility and flexibility(

**-The main part and duration of 45 minutes:**

The main part includes training in selected technical skills under study

)Skill Ippon Cinajy - skill Hray Joshi - skill  
or Och Gary - skill Kooch Gary - skill  
Kochi Jorma - skill Austuajjary - skill Aooch Gary then converted into  
a skill Austuajjary - skill Aooch Gary then converted into  
a skill Ippon Cinajy - skill Aooch Gary then converted to  
skill Kooch Gary - skill Aooch Gary then converted into  
a skill Hray Joshi - skill Aooch Gary then converted into  
a skill ippon Cinajy - skill ippon Cinajy as an attack counter  
skill Aooch Gary - skill Hray Joshi as an attack anti skill Aooch Gary - skill  
Kochi Jorma as an attack anti - skill Aooch Gary - skill or Joshi as an attack  
counter skill Aooch Gary - skill Tai Aotoshy as an attack anti  
-skill Aooch Gary ( these skills represent a favorite skills to sample during  
the games and the training on these skills are as follows:

- .1Action ouch Kumi on these skills stability
- 2- Action ouch as Lomé on these skills of movement
- 3- Nagy Komy worked on these skills of persistence
- 4- Nagy Komy worked on these skills of movement
- 5- Action Ka Carey c Lecco
- 6- The work of Poway Gecko

- 7- Action Xiaoy which players on the training of official matches according to the law of the golden point so that the time of the match is open , and a number ranging Heay from (3 :1) per training module
- 8- Action randori which players training games according to the law of the golden point B , where the time of the game is open and the number of ranges Alrandora from ( 5 :1) in one training module.

**-The final segment duration (5) minutes:**

It includes various calming exercises and weightings to try to get players back to normal

**-4Training methods used.**

The following training methods were used due to their suitability to the nature of the study, namely:

- ) Method of training interval is high intensity and low - intensity(

**View and discuss the results**

First : Presentation of the results:

**Table(4 )**

**The significance of the differences between ) tribal - dimensional ( measurement in some skill variables**

**Plan and handle the performance of judo players**

N8 =

The value of ) t(	Telemetry		Tribal measurement		Skill and schematic variables
	±p	s	±p	s	

<b>* 3.56</b>	<b>1.69</b>	<b>35.25</b>	<b>1.60</b>	<b>32.45</b>	<b>Threw the skill of Ebon Seonagi for a period of (2) BC</b>
<b>* 3.78</b>	<b>1.85</b>	<b>39.74</b>	<b>45. 1</b>	<b>35.45</b>	<b>Threw the skill of Hray C and Shi for a period of (2) BC</b>
<b>* 2.99</b>	<b>1.65</b>	<b>38.18</b>	<b>1.24</b>	<b>35.12</b>	<b>Threw Meh a Rh or ouch Gary for (2) s</b>
<b>* 3.74</b>	<b>1.98</b>	<b>36.45</b>	<b>1.78</b>	<b>33.25</b>	<b>Throwing a running rubber skill for a period of (2) BC</b>
<b>* 3.65</b>	<b>1.74</b>	<b>34.39</b>	<b>1.36</b>	<b>32.48</b>	<b>Threw the skill of Cauchy Gourma for a period of (2) BC</b>
<b>* 3.85</b>	<b>1.88</b>	<b>25.85</b>	<b>1.78</b>	<b>18.78</b>	<b>Threw Meh a Rh Austuajjary for (2) s</b>
<b>* 3.98</b>	<b>1.87</b>	<b>22.87</b>	<b>1.55</b>	<b>17.23</b>	<b>He threw the skill of Ouch Jarry then Ostrogari (2) BC</b>
<b>* 2.78</b>	<b>1.95</b>	<b>23.75</b>	<b>1.66</b>	<b>18.56</b>	<b>Throwing the skill of Ouch Jarry , then Ebon Seonagi (2) BC</b>
<b>* 3.78</b>	<b>1.74</b>	<b>22.21</b>	<b>1.40</b>	<b>20.47</b>	<b>Threw Meh a Rh or ouch Gary then Kooch Gary (2) s</b>
<b>* 3.45</b>	<b>1.96</b>	<b>20.75</b>	<b>1.78</b>	<b>16.58</b>	<b>He threw the skill of Ouch Jerry and then Hiray Joshi (2) BC</b>
<b>* 2.78</b>	<b>1.89</b>	<b>21.96</b>	<b>1.77</b>	<b>19.74</b>	<b>Threw the skill Kooch Gary then Ippon Cinajy (2) s</b>
<b>* 3.55</b>	<b>1.98</b>	<b>18.79</b>	<b>1.38</b>	<b>16.24</b>	<b>Threw the skill Ippon Cinajy as an attack counter skill Aooch Gary for (2) s</b>
<b>* 3.98</b>	<b>1.87</b>	<b>21.35</b>	<b>1.44</b>	<b>15.98</b>	<b>Threw the skill Hray Joshi as an attack counter skill Aooch Gary for (2) s</b>
<b>* 3.64</b>	<b>1.84</b>	<b>23.47</b>	<b>1.38</b>	<b>16.78</b>	<b>Threw the skill of Cauchy Gourma as a counterattack to the skill of Ouch Jarry for a period of (2) BC</b>
<b>* 3.78</b>	<b>1.99</b>	<b>23.12</b>	<b>1.86</b>	<b>15.12</b>	<b>Threw the skill or Joshi as an attack skill anti Aooch Gary (2) for s</b>

* 3.98	1.85	18.36	1.38	15.82	Throwing Tai Autochi's skill as a counterattack to the skill of Ouch Jarry for a period of (2) BC
--------	------	-------	------	-------	---

Table ) T ( value at the level of significance  $t_{1.860} = (0.05)$

It is clear from Table (4) that there are statistically significant differences at the level of (0.05) between the pre and post measurement in some **skill and planning variables** and bear the performance of judo players in favor of the post dimension as the calculated value of ) T ( is greater than the value of the table ) T ( at Significant level(0.05)

### **Second : Discussing the results:**

Is evident from the results table (4) there are differences statistically significant between tribal measurement and dimensional in favor of the dimensional measurement in some **variables skill and tactical** performance and carry your my players judo under study and T .returned researcher of this is that proposed a training program a positive impact and forces on the variables of variables technique and tactically and your performance my players judo where carrying contains the exercise of skill and major tactical codified in a scientific way and as well as the daily regularity in training Yep, as well as the gradual increase in the h ml as the program contained in the special physical preparation part on exercises lengthen the muscles and flexibility of the joints, which were designed in Direct to the development and development of the flexibility and agility component that improves the skillful and tactical variables under study . The program also included ,in the special physical preparation part ,long-distance running training with an average load with a gradual increase in pregnancy that was directly aimed at developing and developing the respiratory periodic endurance component that The component that had a major role in improving the skill and planning variables under study in light of the new amendment to the law.

This is consistent with what was indicated by Khalaf Mahmoud Al-Desouki 2000) AD ( 4 ) ( and Yasser Youssef Abdel-Raouf 1984) AD ( 23) ( that the judo player needs special physical fitness elements ) periodic, competitive endurance - agility - flexibility ,( as it contributes to a degree Great in facing the requirements of the continuous effort during the game to play from above and play from below and help to obtain good technical performance in light of the amendments of the law.

This is in line with Ihab Afifi 1996) m ( 2 ) ( that the physical variables significantly affect the technical performance of the more improved physical variables could player use of technical skill and tactical perfectly and the implementation of the duties tactically required him whether an individual attack or counter - attack or a compound attack.

It refers Yahia El Sawy 1986) m ( 24 ) ( to A n element of fitness is the one who can player judo from various performance and technical skills ,and so there is a lot of offensive and defensive during situations match requiring the provision of an element of the agility to success in achieving points may be e and limit interval in weighting one of the players to carry out the technique from others as they appear a fake element fitness in a praise attack the compound and the counter - attack.

As T .returned researcher of these differences in the results of not Tests skill of and tactically to the impact of the program training proposal , which included special exercises for the development of carrying performance skill and tactical addition to the training skills and tactically ) Aloooh Kumi - Survivor Kumi - Kakary Gekko - Bawai Gekko - Al -Randuri - Tea.

These findings are consistent with a study by Mohamed El -Ruby 1986) m ( 19 ) ( and Tariq Mohammed Awad

1997) m ( 6 ) ( which indicated that the training program , which is designed to develop your endurance leads to the development and improvement .

It refers Mohamed Fathi Nassar 1995) m (17 ) ( that a not Tests skill of and tactical help to increase the player 's ability to implement the skills of offensive and defensive at any time of the game also works a not Tests skill of and tactically to improve the ability of anaerobic and aerobic To the player during the game.

Through the previous offer j check the imposition of research , which states that there are significant differences E .STATISTICAL between measurement pre and post research group in some of the variables of skill and tactical and carry your judo performance my players for the telemetric

### **Conclusions:**

- .1The program impact training Proposed h impact of Â positively on some variables skill and tactical and carry your performance by player j judo

### **Recommendations :**

- 1The necessity of preparing training programs in a scientific, codified manner for judo players in order to raise the level of special fitness and raise the level of tolerance of skill and tactical performance in light of the most recent amendments to the law
- 2Applying the proposed training program at different age stages, while changing technical skills to suit the study sample.
- 3The necessity of preparing training programs in a scientific, codified manner for judo players in order to raise the level of special fitness and raise the level of tolerance

of skill and planning performance in light of the most recent amendments to the law.

.4awareness of the importance of modifying trainers training programs in line with the amendments to the law yeh

.5Use a No Tests technique and tactically under study in other similar studies

### **Arab and foreign references**

**.1Ahmed El Sayed Ahmed Bayoumi 2004) : m ( program of the impact of a training qualitative development Komy kata on the effectiveness of the performance of the skill of an emerging Judo , unpublished Master Thesis ,College of Education Sports of , University of Tanta**

**.2Ihab Kamel Afifi 1996) : m ( Judo bases and applications, a selected institution to publish and distribute books.**

**-3Hussein Fahmy Abdel-Zahir 1993) : AD ( The effect of a proposed training program on some dimensions of the training status in wrestling, unpublished Ph.D. thesis, Faculty of Physical Education , Minia University.**

**.4Khalaf Mahmoud Ahmed Desouki 2000) : m ( program of the impact of a training for the preparation of physical private on the level of performance of some composite skills to throw from the top of the installation ground for juniors in the sport of judo and PhD thesis is published Faculty of Education Sports in Port Said , Suez Canal University.**

**-5Suleiman Ali Ibrahim 1996) : AD ( Judo curriculum for first year students, unpublished notes of the Faculty of Physical Education - Helwan University.**

**.6Tariq Mohammed Awad 1997) : m " ( proposed training programs on some of the physical variables influence of skill and psychological among young people in the sport of judo, Ph.D. thesis is published Faculty of Physical Education in Port Said - Suez Canal University.**

**- 7Tariq Mohammed Awad 2003) : m ( training program for the impact of emerging United Arab Emirates ) UAE ( on the development of some of the values of institutions of the efficiency of the respiratory system and skills vehicle Ranrochoa - waza in judo, research published in the scientific journal Physical Education and Sports Issue Twenty - Third Faculty of Physical Education for Girls in Alexandria Alexandria University.**

**- 8Tariq Muhammad Awad 2007) : AD" ( The effect of a training program to improve some physical abilities and individual offensive tactical formations for high-level players in judo sport : research publication of the Scientific Journal of Physical Education and Sports College of Physical Education for Girls in Alexandria - Alexandria University**

**-9Abdel-Halim Mohamed Abdel-Halim (2000) : The effect of a proposed training program using the combined attack on the performance effectiveness of Judo sport youth .Unpublished Master Thesis ,Faculty of Physical Education, Menoufia University.**

**.10Abdel - Halim Mohamed Abdel Halim 2005) : m ( Activating for a to throws reverse the emerging judo " research publication published journal Science , Physical and Sports - Seventh Issue Volume II Faculty of Physical Education - University of Menoufiya**

**-11Abdel-Halim Muhammed Abdel-Halim 2007) : AD" ( The effect of the skill merging of the arts of play from above and the ground on the effectiveness of performance among Judo juniors " ,research publication ,Journal of Physical Sciences, Sports, No. 10, Volume II, College of Physical Education, Menoufia University.**

**-12Mohamed Hassan Allawi ,(1990) : the science of sports training , Dar Al-Maarif, tenth edition, Cairo .**

**-13Mohamed Hassan Allawi , Abu El-Ella Ahmed Abdel-Fattah (2000) : Physiology of Athletic Training , Arab Thought Center, Cairo.**

- 14 Muhammad Hamed Shaddad (1996) : Physical ,Skill, and Psychological Variables Contributing to the Performance Level of Judo Players, Unpublished Ph.D. Thesis, Faculty of Physical Education, Helwan University**
- 15 Muhammad Hamed Shaddad, Abdel Mohsen Hamed Shaddad (1993) : Practical Foundations for Judo Training ,Second Edition, Cairo.**
- 16 Mohamed Sobhi Hassanein (2001) : measurement and evaluation in physical education, part one ,fourth edition , Dar Al-Fikr Al-Arabi, Cairo**
- 17 Muhammad Fathi Nassar (1995) : a training program in the light of energy production systems and its impact on bearing performance in accordance with the amendments to the wrestling law. Unpublished Master Thesis, Faculty of Physical Education - Menoufia University.**
- 18 Mohamed Nasr El-Din Radwan (1998) : Methods of measuring physical exertion in sports. The Book Center for Publishing1 ,st floor ,Cairo.**
- 19 Mohamed Reda El-Rouby (1986) : The effect of developing special endurance on the effectiveness of the performance of some of the movements of the rear throwing group for wrestlers, Ph.D., unpublished , Faculty of Physical Education for Boys, Alexandria University**
- .20 Mahmoud Ahmed Bayoumi " (2004) : the impact of a training program on the performance of the effectiveness of the skill of the shooting stage of the emerging sport of Judo Master Thesis published**

**Faculty of Physical Education - Tanta University**

**- 21Hany Adel Morsi" (2004) : The effect of a training program for some complex offensive skills on the level of performance of judo athletes ," unpublished Ph.D. thesis, Faculty of Physical Education - Tanta University.**

**-22Walid Ibrahim Ahmed Shatat" (2004) : The effect of a training program using some deception moves on the level of achievement among judo players " ,an unpublished Master Thesis ,Faculty of Physical Education - Tanta University.**

**.23Yasser yos F .Abdel - Raouf " (1994) : the impact of some proposed methods of training on the development of elements of physical fitness for judo players Unpublished MA Thesis Faculty of Physical Education - Helwan University.**

**-24Yahya Al-Sawy Mahmoud " (1986) : Some psychological and physiological variables and their relationship to the level of performance in Japanese wrestling, unpublished Ph.D. thesis, Faculty of Physical Education, Helwan University.**

**- 25Borges :( 1998) , Studio sober A efficiencies do " kumi kata" umlauts de judo, technique ,forcey Portuguese.**

**- 26Tony reay :(1979) the judo manual, Great Britain.**

**- 27fodder, t :(1992) ,. special, endurance of wrestlers and the developmental methods**

Magyar test nevelés és sport New York.

- **28** by Fox, and D. Matthews : (1981) . the physiological basis of physical Education and Athletics ., ES collage publishing Philadelphia, New York.
- **29** Jarman, S. : (1995) wrestling for beginners Chicago contemporary books ,inc.
- **30** Kozlov , Petrov : ( 1996 ) techniques kata podgotovka ne mladite dzhudise sit judo training bulgarian.

# Attachment No(1) .

The proposed training program

Formation of training load for judo players

During the daily training units ) shooting skills(

ni	<b>Ebon Seonagi</b>	<b>skill</b>
----	---------------------	--------------

Load size		Distress	number	sum	Comforts	Load size		Distress	number
Groups	The number of times performance Skill					Groups	The number of times performance Skill		
9	11	%60	1	108	1BC	9	12	%60	1
10	11	%60	2	120	1BC	10	12	%60	2
7	13	%70	3	98	2BC	7	14	%70	3

ary				OWatch skill is underway					
Load size		Distress	number	sum	Comforts	Load size		Distress	number
Groups	The number of times performance Skill					Groups	The number of times performance Skill		
6	16	%80	4	96	2BC	6	16	%80	4
6	16	%80	5	96	2BC	6	16	%80	5
4	18	%90	6	72	3BC	4	18	%90	6

				Cauchy Gourma skill					
Load size		Distress	number	sum	Comforts	Load size		Distress	number
Groups	The number of times performance Skill					Groups	The number of times performance Skill		
9	12	%60	7	108	1BC	9	12	%60	7
10	12	%60	8	120	1BC	10	12	%60	8
7	14	%70	9	98	2BC	7	14	%70	9

