

The 6th International Science of Judo Symposium
Individual Presentation Abstract

**TECHNICAL EFFICIENCY OF WOMEN JUDOKAS DURING THE
EUROPEAN CHAMPIONSHIPS (U 23) IN ZAGREB 2008.**

Hrvoje Sertić, Ivan Segedi, Tomislav Vučak

The research was conducted on the sample of 84 bouts during the European Championships for younger seniors (U23) in Zagreb 2008. All bouts were followed and analysed by well educated judokas with many year experience, all students of Faculty of Kinesiology in Zagreb. Throws were noted according to Kodokan Judo/Classification of Nage Waza. During the analysed bouts overall number of 18 different techniques of throws was used. In comparison with men judokas women use less different techniques. Total of 100 throws were successfully applied (1.19 per bout) out of which the total of 26 throws (26%) were qualified as ippon. If one add to this number ippon scores in ne waza (13 techniques scored with ippon) one can conclude that 39 out of 84 bouts (approximately 46%) ended before regular time with attractive technique on the ground or in standing position. Analyses showed that the relation of ippon scores in tachi waza and ne waza position in women part of competition was 2:1, unlike the men's part of competition where this relation was 3,5:1 in favour of throwing techniques. Number of different techniques used, number of total throws applied and relation between the tachi waza and ne waza techniques scored with ippon highlight the men's judo as little more attractive than women's. The most used groups of throws in women's part of Championships were:

1. Hand throws with total of 38 techniques applied during the competition (Seoi nage (13), Te guruma (7) and Kuchiki taoshi (7)).
2. Leg throws with total of 28 techniques applied during the competition (Uchi mata (10), Ouchi gari (7) and Osoto gari (4)).
3. Sacrifice throws with total of 25 techniques applied during the competition (Soto makikomi (15), Tani otoshi (5) and Yoko tomoe nage (3)).
4. Hip throws with total of 9 techniques applied during the competition. Interestingly only hip technique used in the 85 analysed bouts was Harai goshi.