

Evaluation of The Dynamic Structure of Skills For The Judo Athletics As A Parameter To Guide The Training Programs For Juniors.

This thesis is a trial to identify the most important kinematic parameters which affect the performance in Judo athletics. The thesis intends to: identify the dynamic structure of the skills of Judo athletics, and to classify and sequence these skills into groups according to their dynamic structure. The researcher used the descriptive methodology, by the survey technique, due to its suitability to the specimen. The specimen included all the Judo skills, which consist of five groups, each group includes eight skills. The researcher used six infra-red cameras to measure the research parameters, which the experts decided upon in the field of biomechanics and in the Judo athletics. These parameters are :

- (1) distance between the C.G. and the player's base .
- (2) distance between the feet .
- (3) angle between the C.G. and the mid-distance between feet .
- (4) lean angle, which indicates the C.G. movement from the mid-distance between feet .

This last parameter shows the effect of kuzushi, balance breaking. Three main positions were chosen to measure the mentioned parameters :

- (1) balance breaking (kuzushi) .
- (2) execution of movements (tuskuri) .
- (3) throwing performance (kake) .

The most important result was that the researcher devised four different classifications for the Judo skills. Training programs for juniors can be based on these classifications .

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A thesis presented in partial fulfilment for the
Degree of Ph.D. in Physical Education

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1998