

Introduction

Basic postures in judo are the backbone of any sporting performance which can be accomplished in the sport surroundings. Some of these basic postures are “rei” the salutation, “ukemi” falling down or disturbing balance, “kuzishi” movements on the mat. A judo player would try to keep his fulcrum by continual feet movements. Hence, effective feet movements are very influential in matches’ results. As a result, a study of motion rhythm (with its dimensions namely: supporting foot, body posture, body rotation and timing) and its influence on matches’ results became insistent, especially when many trainers and experts didn’t deal with it, the motion rhythm, and its influence on the matches’ results.

An effective movement rhythm based on regular feet movements helps judo players to carry their preferable movements into effect according to their competitor’s: posture on the mat, feet movement, free foot and supporting foot, which assists his balance. Consequently, the traditional technique of seizing the competitor’s free foot would give him the chance for a counter attack. Hence, it is better to take the competitors supporting foot instead. This will enhance the opportunities of making mincemeat of the competitor.

Research aims

This study aims at recognizing the effect of a motion rhythm training program for throwing acts on matches’ results in judo and this aim is subdivided into two subsidiary aims as follows:

1. Determining some suitable motion rhythm for some throwing acts.
2. Recognizing the relationship between motion rhythm for some throwing acts and matches’ results.

Research Hypothesis

1. There are differences in the outcome of the experimental groups and the controlled groups throughout the research variables because of the difference in motion rhythm.

2. There are differences between experimental groups and controlled ones as a result of different motion rhythm.

Research Plan

Research Methods

The researcher resorts in his study to the experimental method through working on both experimental and controlled groups.

Research Sample

The sample was intentionally chosen from the students of faculty of Physical Education, second year, El Azhar University. At the beginning they were about a hundred students and then reduced to forty, twenty in each group, the experimental and the controlled.

Tools of Data Collection

The researcher used the following tools to collect data:

First: Tools and Equipments:

A judo team, 4 measurement watches, two parallel lines with a distance of 4.5m between them, a thirty meters measurement tapeline, flags, a handball court of 40m length and 20m width, 6 medicine balls of 3 kg each, slide rule, table, 5 chairs, a balance measurement set.

Second: Physical Variables:

1. Measuring muscular capability of arms (pushing medicine ball for longer distances).

2. Measuring muscular capability of legs (long jump from a stable position).

3. Measuring remotion speed (ruler test).

4. Measuring performance endurance (standing facing partner and doing the motion for larger number in 30 min).

5. Measuring elegance (zigzag running).

6. Measuring balance (stand on foot line test).

7. Measuring flexibility (bridge test).

Third: The Technical Skills Related to Judo:

1. Movement on tam.
2. Disturbing balance (Kuzishi).
3. Playing from high postures using:
 - a. arms
 - b. waist
 - c. legs
 - d. combined motions

Fourth: Motion Rhythm and Matches' Results Related Skills:

1. Supporting foot.
2. Body posture.
3. Rotation of body.
4. Timing.

Fifth: The Suggested Program:

Program aim:

Enhancing the level of skill performance on matches' results as a result of motion rhythm by its dimensions (supporting foot-body posture-body rotation-timing) for judo players.

Program period:

15 weeks in the amount of 5 weeks in every month and 3 training units in a week with 120min. (average time) including physical, technical, planning, psychological and permeated motion rhythm by its dimensions (supporting foot-body posture-body rotation-timing).

Research Procedures

- Taking administration agreement.
- Choose physical variables.
- Choose skill variables.
- Doing physical variables pre-measurements for the research sample from 19/9/2000 to 25/9/2000.

- Starting to apply the program for motion rhythm from 1/10/2000 to 31/12/2000.
- Doing after measurements on 2/1/2001.
- Doing statistical processing and getting conclusions.

Statistical Processing

- Means
- Standard deviation
- Coefficient of skewing
- Percentage

Conclusions

1. The motion rhythm with its dimensions (supporting foot-body posture-body rotation-timing) had a positive effect on performance level in judo.
2. The motion rhythm was shared in positive attack for players during match with economy in time and effort.
3. The motion rhythm was shared in training of judo players by its kinds (physical-technical-tactical-psychological) and that made the performance level better.
4. The motion rhythm affected the matches' results due to the progress of judo.
5. The motion rhythm shows the importance of the effective movements of the supported foot.
6. The motion rhythm appeared to reduce the gap between the player and the coach and increase the relationship between them and that didn't happen when the traditional manners were used.

Recommendations

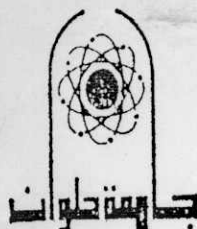
1. The importance of applying the suggested training program by motion rhythm on the students of faculties of physical education during teaching judo whereas for this kind of training an effective role in developing motion rhythm and performance level which is the standard of success of students in practical tests and in all studying years.

2. The importance of using the motion rhythm by its dimensions before doing the motion skills which assist players for optimal performance.

3. Using motion rhythm in developing the skills especially continuous and conscious attack during matches.

4. The necessity of training courses and scientific studies for judo coaches and teachers for all ages to recognize the effect of the motion rhythm in judo.

5. The researcher recommends studying the motion rhythm in other sports to make progress in these sports.



Helwan University

**Faculty of Physical Education
for Men – Cairo
Sport Training Department**

**“The Effect of a Motion Rhythm Training
Program for some Throwing Acts on Matches’
Results in Judo”**

**Research Presented by
Ezz El-Regal Farouk Mohamed Ibrahim Basyouny**

**Teacher of Physical Education in El-Sabtyia Secondary School, in
partial fulfillment for the PHD degree in “Physical Education”**

**Bachelor of Physical Education: 1989
Giving year: 2003**

Supervisors

**Prof. Dr. SOLYMAN ALI IBRAHIM
Previously Vice-Dean for Students Affairs Faculty of Physical
Education for Men
Helwan University**

**Dr. YEHYA EL-SAWAY MAHMOUD
Vice-Chairman of Sport Training Department
Faculty of Physical Education for Men
Helwan University**

Cairo, 2003