

## Methodological actions to improve the effectiveness of Ashi-waza in judokas of 11-12 years category

### Acciones metodológicas para mejorar la efectividad del Ashi-waza en los judocas categoría 11-12 años

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#### ABSTRACT

This research is aimed at organizing the teaching system of the technical elements of the Ashi-waza in the 11-12 years category of the North Sports Combined Swimming pool of Guantánamo municipality. This work solves one of the most important tasks within the strategies in Judo, providing fundamentals and criteria to the process of teaching and preparing Judoka, to achieve or raise its technical-tactical and psychological level. For the development of the work, theoretical level methods were used such as: historical-logical, analysis-synthesis, inductive-deductive, systemic structural-functional. From the empirical level: observation, documentary analysis, experiment, interview and survey.

**Key words:** Technical elements; Ashi-waza technique; Judokas; Teaching process

#### RESUMEN

Esta investigación está encaminada a organizar el sistema de enseñanza de los elementos técnicos del Ashi-waza en la categoría 11-12 años del Combinado Deportivo Norte Piscina del municipio Guantánamo. Este trabajo resuelve una de las tareas más importantes dentro de las estrategias en el Judo, aportando fundamentos y criterios al proceso de enseñanza y de preparación del Judoca, para lograr o elevar su nivel técnico-táctico y psicológico. Para el desarrollo del trabajo se utilizaron métodos del nivel teórico tales como: histórico-lógico, análisis-

síntesis, inductivo-deductivo, sistémico estructural-funcional. Del nivel empírico: observación, análisis documental, experimento, entrevista y encuesta.

**Palabras clave:** Elementos técnicos; Técnica Ashi-waza; Judocas; Proceso de enseñanza

## **INTRODUCCTION**

As a result of all the transformations that occurred after the revolutionary triumph in the direction form of Physical Culture and Sports, in Cuba a vertiginous and sustained development begins in this sphere, which manages to turn the country into a world power, located among the first of the planet.

Judo is also a palpable example of the evolution shown by Cuban sport and is currently one of those that has contributed the most to the Olympic and world medal table.

The teaching of Judo represents a complex pedagogical process, in which different means and methods of physical education in general and of Judo itself in particular are used.

The methodological organization of teaching must cover all phases of educational teaching work, the more up-to-date it is, the greater the teacher's mastery will be and the more quickly the student will be able to go from basic knowledge of the technique to systematic special training and achieve sports development.

The essence of learning and the methods used to achieve it depends largely on the position assumed by the personal components: Teacher and student in the teaching process.

But in our sport the teaching of the technical elements of the Ashi-waza that make up the degree program (KYU) that are located within the technical-tactical preparation that constitutes a fundamental objective in the formation of a judoka; including the evaluation of pedagogical objectives in national and provincial events and at all levels are carried out through the level of learning reached by competitors in the fulfillment of the learning of the technical elements that make up said degree program.

The study carried out in this research on the methodological organization of teaching the technical elements of Ashi-waza is found in technological demands of Judo in Guantánamo.

Through observing the athletes in the training sessions of the 11-12 year-old category of the Guantánamo municipality in the 2015-2016 school year, it was possible to verify the existence of some difficulties during the performance of the Ashi-waza techniques, associated with the influences of methodological and teaching factors, being affected in a general sense the correct execution of this group of techniques during its performance, it was also found that in the Athlete Preparation Program there is no specific methodology for teaching Ashi-waza techniques that limit the mastery of this technique in the 11-12 category in Guantánamo Municipality.

## **DEVELOPMENT**

Judo is the most effective way to use force, both physically and mentally. The training of attacks and defenses strengthens the body and mind and helps to be of the essence of Judo an integral part of ourselves, in this way one can perfect oneself and contribute something valuable to the world.

This sport is considered very complex due to the amount of technical and tactical elements that make it up, for its study the TASHI-WAZA and NE WAZA are divided into two large fields, at the same time this is subdivided into subgroups that according to the predominant muscular planes are thus define; each has a certain number of technical elements.

The mastery of the Judo technique by the Judoka, to use it with skill and efficiency, is only possible through constant training that promotes a sense of balance and self-confidence.

The objective of the training should not be directed only to the muscular development but also, that every judoka has perfect control of his mind and body and prepares for any unforeseen situation.

### **The technique in judokas:**

Technical preparation is one of the facets that are developed in sports training like other skills, but we do not intend to address what sports training classics have

brilliantly said, such as: Matvéev (1983), Forteza, A. (1997), Collazo et al. (2006) among others, but rather the specificity of Judo like Kudo (1998) and Copello (2005), we consider very important for the development of this discipline at all levels.

**Elementary technical preparation:** It is one that contains the A, B, C of the discipline of Judo and constitutes the base on which all the technical construction of the practitioner will rest. It is composed of basic elements, such as posture, grip, displacement, imbalance and other collaterals, and also other very important such as falls, controls, floating, obstruction, turns, separations and the techniques of both Tashi-waza and Ne waza, and in its simplest manifestations, combinations and counterattacks.

**Superior technical preparation:** It groups the complex elements that require a superior improvement of the motor habits necessary in Judo such as defense, dodge, transformations, combinations, counterattacks, treated at high levels.

The sports technique is the conscious and oriented realization of the movements and actions of the athlete, aimed at achieving a certain effect in the exercises, related to the deployment of volitional and muscular efforts.

Judo is considered a very complex sport due to the amount of technical and tactical elements that make it up, for its study the TASHI-WAZA and NE WAZA are divided into two large fields, at the same time this is subdivided into subgroups that according to the muscular planes that predominate that way they are defined; each has a certain number of technical elements:

### **TASHI-WAZA**

- 1-Ashi-waza (leg techniques)
- 2-Coshí waza (hip techniques)
- 3-His fear waza (sacrificial techniques)
- 4-Tasting waza (arm and shoulder techniques)

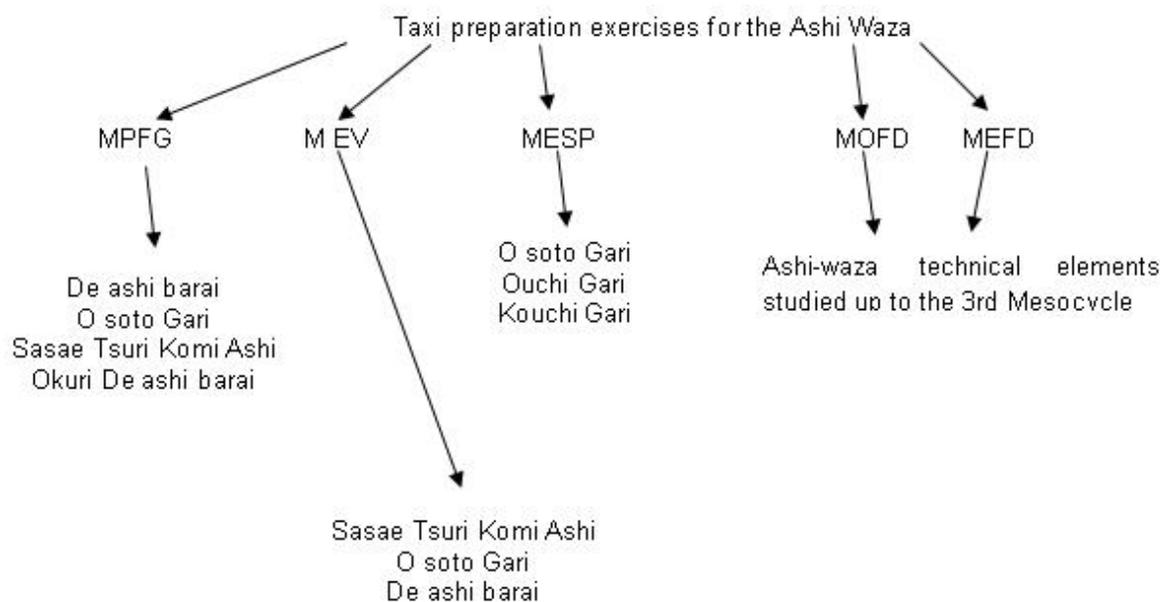
### **Ne Waza**

- 1- Osaekomi waza (immobilization technique)
- 2- Shime waza (choke technique)
- 3- Kansetsu waza (dislocation technique)

Among all these subgroups into which Judo is divided for its study, Ashi-waza is the one that constitutes the objective of study in this research.

In Ashi-waza both in sports and in its defense method, it is very important to know how to use the legs and feet, in the same way it has been shown that training in the aforementioned techniques favors the learning progress of the other subgroups.

**Ashi-waza Technical Elements training process system**



TECHNICAL	TASHI PREPARATION EXERCISES
By Ashi barai	Grips, Displacements, Imbalance and moment according to the direction of attack. Individual and pair sweeps. Arm work
O soto Gari	Grips, Displacements, Imbalance and moment according to the direction of attack. Pendulums for individuals and for couples. Arm work
Okuri De ashi barai	Grips, Displacements, Imbalance and moment according to the direction of attack. Individual and pair sweeps. Arm work
Sasae Tsuru Komi Ashi	Grips, Displacements, Unbalance and moment according to direction of attack. Blocking work with the right and left foot. Arm work

Ouchi Gari	Grips, Displacements, Unbalance and moment according to direction of attack. Individual and pair mowing. Arm work Position and work of the trunk and head with respect to the attacker.
Kouchi Gari	Grips, Displacements, Unbalance and moment according to direction of attack. Individual and pair mowing. Arm work Position and work of the trunk and head with respect to the attacker.

#### Tashi-waza preparation exercises for Ashi-waza

Technical elements	Work weeks	Dosage (Batches)	Description of the exercises
De ashi barai	1,2, 3,4	2 of 2'	Work the technique laterally, always until the projection in 1, 2, 3 steps.
	5,6,7,8	2 of 1,30"	IDEN and circular
	9 until 16	1 of 2'	Alternate attack directions led by the teacher in a same
O soto Gari	5,6,7	2 of 2'	Work the technique statically, until the screening.
	8 until 16	1 of 2'	Work the technique in lateral movements, and diagonally until the projection. Alternate directions attack led by e teacher in the same
Sasae Tsuru Komi Ashi	9,10,11	2 of 2'	Work the technique statically, until the screening.
Sasae Tsuru Komi Ashi	12 until 16	1 of 2'	Work the technique in one step back and forth until the projection. Alternate teacher-led attack

#### Dosage proposal of the technical elements.

Varied special mesocycle duration 8 weeks (17-23) 18 minutes of work

Technical elements	Work weeks	Dosage (Batches)	Description of the exercises
Okuri De ashi barai	17,18,19	3 of 2´	Work the technique laterally, always until the projection in 1, 2, 3 steps.
	20 until 23	1 of 2´	IDEN and circular Alternate teacher-led attack directions in the same training.
De ashi barai	17 until 23	1 of 2´	Work techniques in all directions until the screening. Alternate teacher-led attack directions in the same training
O soto Gari	17 until 23	1 of 2´	Work techniques in all directions until the screening. Alternate teacher-led attack directions in the same training.
Sasae Tsuru Komi Ashi	17 until 23	1 of 2´	Work in various directions until projection.

Technical	Work weeks	Dosage (Batches)	Description of Exercises
O uchi gari	24,25,26,27	1 of 2´	Work the technique statically, until the projection. Work the technique in one step, until projection.
	28 until 34	1 of 2´	Work the techniques in all directions to projection. Toggle Directed Attack Directions by the teacher in the same training.
KO uchi gari	24,25,26,27	1 of 2´	Work the technique statically, until the projection. Work the technique in one step, until projection.
	28 until 34	1 of 2´	Work the techniques in all directions to projection. Toggle Directed Attack Directions by the teacher in the same training.
Okuri De ashi barai	24 until 34	1 of 2´	Work the techniques in all the possible directions up to the projection. Alternate teacher-led attack directions in the same training.

Sasae Tsuru Komi Ashi	24 until 34	1 of 2'	Work the techniques in all possible directions to projection. Toggle Directed Attack Directions by the teacher in the same training.
De ashi barai	24until 34	1 of 2'	Work the techniques in all possible directions to projection. Alternate teacher-led attack directions in the same training.
O soto Gari	24 until 34	1 of 2'	Work the techniques in all possible directions to projection. Alternate teacher-led attack directions in the same training.

### Special mesocycle duration 10 weeks (24-34) 24 minutes of work

Technical Elements	Work weeks	Dosage (Batches)	Description of exercises
O uchi gari	35,36,37,38,39	2 of 30' M. W. F.	Work the techniques in all possible directions up to the projection. Alternate attack directions led by the teacher in a same training.
KO uchi gari	35,36,37,38,39	2 of 1,30' T. Th. S.	Work the techniques in all the possible directions up to the projection. Toggle the addresses of teacher led attack in the same training
Okuri De ashi barai	35,36,37,38,39	2 of 1,30' M. W. F.	Work the techniques in all the possible directions up to the projection. Toggle the addresses of teacher led attack in the same training.
Sasae Tsuru Komi Ashi	35,36,37,38,39	2 of 1,30' T. Th. S.	Work the techniques in all the possible directions up to the projection. Toggle the addresses of teacher led attack in the same training.
De ashi barai	35,36,37,38,39	2 of 1,30 T. Th. S.	Work the techniques in all the possible directions up to the projection. Toggle the addresses of teacher led attack on the same training.

O soto Gari	35,36,37,38,39	2 of 1,30 M. W. F.	Work the techniques in all the possible directions up to the projection. Toggle the addresses of teacher led attack on the same training.
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### OFD mesocycle duration 5 weeks (35-39) 16 minutes of work

Technical	Work weeks	Dosage (Batches)	Description of exercises
O uchi gari	35,36,37,38,39	2 of 1' M. F. W. 1 of 1'	Work techniques in all directions possible until projection. Toggle Directed Attack Directions by the teacher in the same training.
KO uchi gari	35,36,37,38,39	2 of 1' T. Th. W. 1 of 1'	Work techniques in all directions possible until projection. Alternate teacher-led attack directions in the same training.
Okuri De ashi barai	35,36,37,38,39	2 of 1' M. F. W. 1 of 1'	Work techniques in all directions possible until projection. Alternate teacher-led attack directions in the same training.
Sasae Tsuru-Komi Ashi	35,36,37,38,39	2 of 1' T. Th. W. 1 of 1'	Work techniques in all directions possible until projection. Alternate teacher-led attack directions in the same training.
De ashi barai	35,36,37,38,39	2 of 1' T. Th. W. 1 of 1'	Work the techniques in all possible directions until the screening. Toggle Directed Attack Directions teachers in the same training.
O soto Gari	35,36,37,38,39	2 of 1' M. F. W. 1 of 1'	Work techniques in all directions possible until projection. Alternate teacher-led attack directions in the same training.

### CONCLUSIONS

The insufficiencies revealed in the process of preparing the judokas in the 11-12 years category of the Sports Combined North Pool of Guantánamo municipality corroborated the need to elaborate methodological indications to improve the technical elements of the Ashi-waza. These methodological indications were elaborated in correspondence with the current needs and demands for the teaching of the technical elements of Ashi-waza in the technical and tactical

preparation of judokas. The proposal was valued by specialists of the territory who determined that this constitutes a necessary tool for the coaches of this category in the province.

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