

Methodological alternative to perfect the technical preparation process integrated in judo

Alternativa metodológica para perfeccionar el proceso de preparación técnica integrado en el Judo

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Date of receipt: October 20, 2025

Date of acceptance: November 26, 2025

ABSTRACT

In Cuban Judo, the low performance in ne-waza (ground techniques) has been observed, negatively impacting performance and results in competitions. Young judokas continue to focus on tachi-waza (ground techniques) and minimize ne-waza training, demonstrating a lack of confidence in this area. Deficiencies in the technical preparation of cadet judokas in ne-waza influenced the undertaking of this research. The objective of this research is to develop a methodological alternative to improve the integrated technical preparation process in Judo, specifically to enhance ne-waza training in male cadet judokas at the Guantánamo School of Sports Initiation.

RESUMEN

En el Judo cubano se ha visualizado el bajo rendimiento del trabajo en el ne-waza que ha afectado en el rendimiento y resultado en las competiciones. Los jóvenes judokas siguen enfocados en el trabajo al tachi-waza y minimizan el trabajo al ne-waza mostrando inseguridad en el mismo. Insuficiencias en la preparación técnica de los judokas cadetes en el ne-waza incidieron en la realización de esta investigación. El objetivo de la investigación está orientado a elaborar una Alternativa metodológica para perfeccionar el proceso de preparación técnica integrado en el Judo que favoreciera la formación técnica en el ne-waza en judokas, de la categoría Cadete del sexo masculino de la Escuela de Iniciación Deportiva Escolar de Guantánamo.

Palabras clave

Ne-waza; Preparation; Technique; Integrated.

Keywords

Ne-waza; Preparación; Técnica; Integrado.

INTRODUCTION

"There are two types of Judo, 'Little Judo' and 'Great Judo,'" wrote the Master: "Little Judo focuses on techniques and physical development. Great Judo aims to find the purpose of life. It uses body and soul in the best way to achieve the best results as a human being."

For Master Kano, there were three maxims that formed the basis of his Art:

Jiko no Kansei, perfection as a human being, the constant pursuit of physical and mental improvement.

Jita Kyoei, mutual benefit, friendship, and prosperity among human beings.

Seiryoku zenyo, maximum efficiency with minimum effort.

Today, achieving athletic results requires combining the components of sports training: physical, technical, tactical, intellectual, and mental preparation. In sports games and combat sports, technical and tactical preparation is of paramount importance.

Judo, in its most general sense, is defined as the most effective means of utilizing both physical and mental energy. It is an individual, acyclic sport belonging to the combat group. A judo technique is the mastery of a specific movement aimed at throwing, immobilizing, dislocating, or strangling the opponent, depending on the changing dynamics. Judo is practiced in a variable environment; judoka must adjust their movement patterns to the demands and conditions of each moment. Therefore, the sports training process in judo must guarantee the development of each athlete as an active, strong, capable, and conscious individual with a sound mind, prepared for life.

To achieve high competitive results in judo, both tashi-waza (ground techniques) and ne-waza (striking techniques) must be considered, including defensive actions, counter-attacks, and combination attacks. Effective execution should lead to immediate victory and avoid unnecessarily prolonging the match. This is where the importance of the work of the actions al ne-waza lies.

The technological demands of this martial art correspond to the new budgets for improving sporting results in the country, among which the following stand out: the refinement of the training system, planning, and research in specializations, master's degrees, and doctorates, all in line with the technological demands of each region, scientific advances, and the professional development of the individual, in order to develop a more competent staff (guidelines from the national team's coaching staff to strengthen ne waza at the grassroots level).

Addressing these changes requires the use of all means that ensure the achievement of victory. Studies have confirmed the existence of factual limitations in both instructors and judokas. In the former, there is a decline in conceptual and methodological aspects, as greater importance

is given to Tashi-Waza; empiricism and personal experience prevail in classes; A methodological deficiency is evident, as there are few methods and resources for developing newaza (forms), and finally, the technical preparation process integrated into Judo training classes is insufficiently addressed. The limitations of the judokas (judo practitioners) stem primarily from their low technical skill level and the athletes' limited effectiveness in the integrated execution of newaza, hindering their ability to develop good execution and effectiveness.

Insufficient theoretical and methodological knowledge among coaches to guide the technical preparation process of ne-waza in judokas.

In the Comprehensive Athlete Preparation Program (PIPD), the distribution of training volume planned for ne-waza techniques is insufficient. Furthermore, the information provided on this topic in the consulted documents related to undergraduate and postgraduate programs, books, and specialized articles is insufficient, as it does not meet the actual needs of the current competitive level of Judo. Through ne-waza training, Ruiz (2014) proposes a simple integrated training program where all the factors influencing combat are addressed. (4th kuy only)

Based on the scientific results developed, the authors present criteria regarding ne-waza training. We agree with the statements made by Oda and Ruiz that in Judo, integrated technical preparation is of extraordinary importance, based on a set of specific techniques and skills that require specialized training for their correct execution.

Given the current demands of the sport, it is necessary to refine ne-waza; therefore, this article presents the design of A technical circuit for ne-waza for use by male judokas in the cadet category (15-17 years old) at the EIDE (School for Sports Initiation) in Guantánamo.

DEVELOPMENT

Observation was used to analyze the execution of techniques in ne-waza. A pre-experimental design was also used to assess the feasibility of using basic kihon with changes of direction through geometric figures. Percentage calculations were used to determine the sample size and to quantify the results obtained.

The population consisted of 12 judokas from the "Rafael Freyre" Sports Initiation School (EIDE) in Guantánamo province, in the cadet category. All 12 were male, representing 100%. Also participating were 6 coaches, 2 provincial and municipal methodologists, the head of the Guantánamo provincial technical commission, and 15 sports specialists.

The applied instruments yielded the following information:

100% (6) of the coaches stated that the current level of ne-waza execution is very poor.

80% (5) of the coaches declared that they performed ne-waza techniques in a traditional manner, using only one side of the body without an integrated approach, which limits the practitioners' assimilation of the content.

The review of the kyu grading program focuses on techniques and their reproduction, but does not address an integrated application method.

The Comprehensive Athlete Preparation Program (PIPD) for the discipline (2024-2028) includes week types (1) and (2) for working on ne-waza according to the stage of preparation, but does not directly address integrated work on ne-waza techniques; that is, it does not explain how the coach adapts ne-waza training to meet the specific needs of each stage.

The analysis conducted through interviews at the "Rafael Freyre" Sports Initiation School (EIDE) revealed that ne-waza training is being carried out, but not in an integrated manner, taking into account the stage of development, timeframe, and skills to be developed. The coaches stated that ne-waza training becomes monotonous and their approach does not allow for the development of the planned skills according to the typical weekly schedule, and that they dedicate more time to tashi-waza preparation.

Regarding the survey of INDER (National Institute of Sports, Physical Education and Recreation) directors, all expressed concern about the lack of guidelines for developing integrated ne-waza training, both in the Comprehensive Athlete Preparation Program (2024-2028) and in the curricula, which explain how to perform ne-waza, but not the means to improve it. Results: Proposal for Developing the Correct Execution of the Circuit

In the following proposal, it is very important that the methods are always applied from simple to complex, since they are integrated with each other, as well as their execution by both sides of the body, in addition to their level of assimilation through the guiding methods: direct visual, indirect, auditory, fragmented, repetition, and very importantly, the explanatory-demonstrative method. This is according to the level of complexity. The proposed exercises have been tested, and always with satisfactory results.

Batista (2024) proposes exercises using kyu grade techniques as well as their variations, which are among the most used today in competitive movement, technical, without eliminating their essence in an integrated way.

Exercise No. 1. Right-left movements in a semicircle, uke 4 points, tori facing uke.

Source: Own elaboration. Objective: To perform the movement to both sides without removing the hand from above the shoulders.

Execution method:

Tori, in a migi or hidari stance, will begin the movement at the sensei's command, "hajime."

Tori will move to the right and then to the other side until the sensei commands the change of exercise.

VARIANT 1: Right-left circular movements, uke 4 points, tori facing uke.

Execution: Tori, in a migi or hidari stance, will begin the movement at the sensei's command, "hajime."

Tori will move in a 360-degree circle, returning to the starting position and exiting along the same path.

Tori will move to the right and then to the other side until the sensei commands the change of exercise.

VARIANT 2: Right-Left Movements, Uke (4 points), Tori facing Uke, then passing the leg over.

Execution: Tori, in a migi or hidari stance, begins the movement at the sensei's command "hajime."

Tori passes the leg over, hooking the torso and hands on the shoulders, creating a lunge, knocking Uke down, who ends up supine.

Begin on the right side, then the other.

Methodological Guidelines: It is important that the sensei begins with a detailed demonstration of the exercise, emphasizing the movements towards different sides of the body, as well as the position of the hands on the back, maintaining friction throughout the exercises, and the role of the eyes, which indicate where the movement should be executed. Both Tori and Uke should be actively involved in the exercise. Exercise #2: Uke's Roll Facing Tori

Objective: To have Tori control both of Uke's arms, rotating them and ending with immobilization.

Execution Method:

Uke, facing Tori, inserts both arms, controlling them through the torso. Tori, controlling both arms, rotates the back to the side (migi or hidari).

Methodological Instructions: The sensei should observe a detailed execution of the exercise, emphasizing the movement of the rotation through the back and the control of the arms, ending in a good osaikomi. The feet finish in a kesa katame position.

Exercise No. 3: Wake-Gatame

Source: Author's own work

Objective: To bend uke's arm backward by hooking it under Tori's armpit.

Execution: Tori starts on all fours, uke is above their torso. Tori moves their body to the side, controlling uke's arm and creating a backward lever. Then they return to their initial position and repeat on the other side. They will begin with a migi or hidari, depending on Tori's right side.

Methodological Instructions

The instructor should give a detailed demonstration of the exercise at the beginning, emphasizing elbow pressure. The wrist is held with the four fingers pointing upwards, and the legs should be open as in kesa katame.

Figure 4

Exercise No. 4: Sankaku Jime Uke (Prone Position, Four Points)

Source: Author's own work

Objective: To apply a chokehold to uke, trapping the neck and one arm with both legs.

Execution: Tori, facing uke, controls the head with one leg and then performs a lunge, trapping the head and one arm between the legs, thus creating a chokehold as the legs are brought together. Methodological Instructions:

The sensei should begin with a detailed demonstration of the exercise, emphasizing the control of the neck and arm with the heels of Tori's feet.

Note: As the instructor verifies the student's correct execution, it is suggested that they gradually incorporate different variations of this exercise.

CONCLUSIONS

A practical proposal is presented, using exercises integrated into ne waza, a complex technique for judokas. Due to the demanding nature of the training, adherence to these techniques is often difficult. These exercises offer coaches a better and more feasible way to teach these techniques.

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