



RESEARCH ARTICLE

THE TECHNICAL ANALYSIS AND COMPARISON OF THE MALE ATHLETES THAT ARE COMPETING AT THE 21<sup>ST</sup> AND 22<sup>ND</sup> INTERNATIONAL NAZIM CANCA JUDO CUP COMPETITIONS

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ABSTRACT

The purpose of the study: The comparison of years 2014 and 2015 as a result of technical criteria determined by performance and technical analysis of the men's national under 21 team aged between 15 and 17 that competes in the 21st and 22nd International Nazım Canca European Judo Cup Under 21 Competition in Antalya, 2014 and 2015. For this study, the total of 352 judo contests in the 21st and 22nd International Nazım Canca Tournament have been saved to the camera and then the video analysis of the competitions have been performed. Points of Turkey men's national under 21 team racing in the tournament from all of the technical classes and also the points that are lost from the same technical classes have been saved to the computer environment as an excel file then runned to a custom table test in spss and analyzed. In addition, standing techniques (tachi-waza) and ground techniques (ne-waza) also have been shown in the excel tables. In the 21st Nazım Canca Judo Tournament, Turkey men's under 21 team, with 66 people attended, made a total of 167 matches and achieved 80 wins and 87 defeats. Then in the 22nd Nazım Canca Judo Under 21 Tournament, Turkey men's under 21 team, with 71 people attended, made a total of 185 matches and achieved 90 wins and 95 defeats. As a result of the technical analysis and examination; Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament, has made 8 ippon, 14 waza-ari and 19 yuko points from the Tachi-waza (standing techniques) technical class; then in the 22nd Nazım Canca Judo Tournament, has made 20 ippon, 20 waza-ari and 28 yuko points from the same technical class. Considering the total of all points, %65 significant increase and success were observed. Also in the 21st Nazım Canca Judo Tournament, the total of 37 ippon, 38 waza-ari and 32 yuko points have been lost from the Tachi-waza (ground techniques) technical class, whereas in the 22nd Nazım Canca Judo Tournament, 35 ippon, 38 waza-ari and 32 yuko points have been lost. A %8.5 significant decrease in the values was observed when looking at the points that have been lost. Then again as a result of examination: In the 21st Nazım Canca Judo Tournament, Turkey men's national team has won only 2 matches and lost 17 matches from Ne-Waza (ground techniques) technical class, Successful matches, has been won by using Osea-Komi-Waza techniques from Ne-Waza (ground techniques) technical class. In the 21st Nazım Canca Judo Tournament, Turkey men's under 21 team couldn't win any match with Shime-waza and Kansetsu-waza techniques from Ne-Waza (ground techniques) technical class. In the 21st Nazım Canca Judo Tournament, Matches that have been lost are 4 of them in Kansetsu-Waza techniques and 13 of them in Osea-Komi-Waza techniques from Ne-Waza (ground techniques) technical class. On the contrary, as a result of examination: In the 22nd Nazım Canca Judo Tournament, Turkey men's under 21 team, with 9 wins from Ne-Waza (ground techniques) technical class, has shown a significant increase as winning five times greater compared to the previous year. At the same time, Turkey men's national team that has lost 12 matches from Ne-Waza (ground techniques) technical class, has shown %30 significant and successful decrease compared to the lost matches. Also; in the 22nd Nazım Canca Judo Tournament, Turkey men's under 21 team with the total of 9 wins, has won 2 of them in Shime-Waza techniques, 1 of them in Kansetsu-Waza techniques and 6 of them in Osea-Komi-Waza techniques, from Ne-Waza (ground techniques) technical class.

**In conclusion:** When we compare the 21st and 22nd Nazım Canca Judo Tournaments, it has been observed the significant increase in the applying techniques and points that have been won, whereas the significant decrease in the points that have been lost. In general aspect when it is observed in two years that points and games win number increase in both Tachi-waza (standing techniques) and especially in Ne-waza (Grounding techniques) technical class and the decrease in the number of loss and games. So it is been concluded that this result comes from given education to athletes and trainers periodically. It is a sign of progress that our national team has significant technical value increase yet still being way before some other countries. Recommendation on this matter of us is: Tracing the results of national teams constantly. It is to be said that National Judo success may come with the works such as this.

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INTRODUCTION

Judo is a sport branch that has to require all motoric qualifications such as strength, durability, flexibility, balance, speed, skill, timing and reaction time (Açıkada, 1990).

Either in team competitions or individual sports, it is a fact that respective usage of aerobic and anaerobic systems such as speed, strength, agility, durability, flexibility, balance factors affect performance (Tamer, 2000).

Success of athletes are not only depend on only physical convenience but also it is about technique, tactic, psychologic potentials of athletes (Akgün, 1986). In 1951, International Judo Federation (IJF) and in 1952 European Judo Union (EJU) were established and officially European championships started to take place. In 1956 first World Championship held place in Tokyo. It entered Olympics in 1964 Tokio Olympics (Öztek, 1999). Judo sport assumes that competition is consist of two stages. For standing; tachi waza and on the ground; ne waza phases. According to their interests some Judokas ara beter in a phase than the other one, but many Judoka (someone who makes Judo) focus on two phases equally. Standing phase is accepted as starting phase, opponents try to throw each other to the ground. To throw the opponent on back is to win the match (ippon-full points). On the ground phase, (Osaeokomi-Waza) point getting phase is to make opponent hold still in the ground in a particular time. After throwing, if opponent is held still on the ground 25 seconds (This rule has been changed to 20 seconds starting with 2013), it is won with ippon full points. With standing, throwing the opponent point getting styles are described with Japanese terms such as Yuko, Waza-Ari (Gündüz, 2013). Knowing physical and physiological qualifications of athletes exactly make progress of sports especially for training science. Besides, it is required to be on high levels in terms of technique. With progress of Judo and Judo training models, It is needed to be done analyses to be sufficient for tactical side. It is known that to get a full achievement in sports, it is needed to be supported with scientific research. Revolutionary rule changes in recent years made requirements for every country and every division participant, creating a new technique and tactics. Thus; Judo competition and technique analysis is more important now.

Nazım Canca Judo Tournament which was first held in 1993 at Ankara on an international level Under 21 category (15-17 years) and so on it took place in Ankara and Istanbul, since 2010 it has taken place in Antalya. Under 21 category is a starting age group in competitions at national level and international level. This category provides well-analysis on technical structure and making progress on them and also provides athletes' growing to higher categories that lay foundations of Olympic line-up with strong technical fundamentals. For the trainer it is another subject important that this age category athletes' capacity growing and their reliance and ability to sort of techniques. It is so important that trainers analyze and know athletes' capability in competitions. Trainer should know which country wins using which technique and what kind of points they get, and which country does judo in what sort. It is to be known that points athletes get and lose in which technical points and technical classes. So on, in the World, champions are determined by little differences we call nuance in every sport branch. In this respect analysis of every competition is important to us. The purpose of the study ;The comparison of years 2014 and 2015 as a result of technical criteria determined by performance and technical analysis of the men's national under 21 team aged between 15 and 17 that competes in the 21th and 22th International Nazım Canca European Judo Cup Under 21 Competition in Antalya, 2014 and 2015.

## METHODS

All judo contests in the 21th and 22nd. International Nazım Canca Tournaments organized in Antalya in 15-16 March 2014 and 7-8 March 2015 have been saved to the camera, Sony HDR-SR12.

Points of Turkey men's national under 21 team that got points in 167 competitions in 2014 and 185 in 2015 racing in the tournament from all of the technical classes and also the points that are lost from the same technical classes have been saved to the computer environment as an excel file. then runned to a custom table test in spss and analyzed. In addition, standing techniques (tachi-waza) and ground techniques (ne-waza) also have been shown in the excel tables. However, in the tournamens, not only won and lost competitions are noted but also it has been prepared a research about technical classes in lost competitions and point style in winning or losing. After applied analyses' results, saved points are marked as original judo scoring system such as IPPON, WAZA-ARI, YUKO in requirance of World Judo Scoring System (Karakoç, 2014). Besides, technical analyses recorded with their Japanese names; Nage waza in judo technical classification and Te-waza in sub-class Tachi-Waza, Ashi-waza, Koshi-waza, Sutemi-waza and Katame waza and their sub-classes; Osea-komi-waza in Ne-waza, Shime-waza, Kansetsu-waza (Güzelimdag, 2013; <http://kodokanjudoinstitut.org/en/waza/list/>)

## Argument and conclusion

In 21st and 22nd International Nazım Canca European Judo Cup Under 21 Competitions; As for 2014 (21st); in men's team 15 country and as for 2015 (22nd) in men's team 17 country have participated. As in this work, the results of first 15 team and especially Turkish national team. While 246 male athletes participated in the 21st Nazım Canca Judo Tournament 293 male athletes participated in the 21nd Nazım Canca Judo Tournament. In the 21st Nazım Canca Judo Tournament standings were as; 1. Russia, 2. Azarbaijan, 3. Kazakhstan, 4. TURKEY and 5. Georgia. In the 22nd Nazım Canca Judo Tournament standings were as; 1. Russia, 2. TURKEY, 3. Azerbaijan, 4. Belgium and 5. Georgia. In the 21st Nazım Canca Judo Tournament, Turkey men's under 21 team, with 66 people attended, made a total of 167 matches and achieved 80 wins and 87 defeats. Then in the 22th Nazım Canca Judo Under 21 Tournament, Turkey men's under 21 team, with 71 people attended, made a total of 185 matches and achieved 90 wins and 95 defeats. When analyzing the percents; In the 21st Nazım Canca Judo Tournament, Turkey men's under 21 team won %47,9 of the competitions, and lost %53,1 of them. In the 22nd Nazım Canca Judo Tournament, Turkey men's under 21 team won %48,6 of the competitions, and lost %52,4 of them. Taken consideration into the 21st Nazım Canca Judo Tournament; Turkish national team athletes got 10 ippon points and gave 54 ippon points totally in Tachi-waza and Ne-waza. 14 waza-ari points got and 40 waza-ari points given totally. Besides, 19 yuko points got and 37 yuko points given totally. According to these results, it is observed that Turkish National Team athletes get % 6.02 of total ippon points, % 8.70 of total waza-ari points, % 11.8 of total yuko points. Taken consideration into the 22nd Nazım Canca Judo Tournament; Turkish U21 national team athletes got 29 ippon points and gave 47 ippon points totally in Tachi-waza and Ne-waza. 20 waza-ari points got and 38 waza-ari points given totally. Besides, 28 yuko points got and 32 yuko points given totally. According to these results, it is observed that Turkish National Team athletes get % 14.00 of total ippon points, % 11.69 of total waza-ari points, % 15.05 of total yuko points. As a result of the technical analysis and examination; Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament, when we analyze Tachi-waza technical class points;

**Table 1. Table of score earned in Nagawaza technique class for 21 st Nazım Canca International Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Koshiwaza	IPPON	1	4	2	4						2	2	1	2		1
	WAZAARI	3	1	9	13		1	1	1	2		1	1			
	YUKO	2	2	5	10		2				1		1	1		
Ashiwaza	IPPON	4	5	18	4		2	3		1	2	2	3	1	2	
	WAZAARI	4	6	21	14		1	4		1	3	1		2		
	YUKO	13	10	15	16		1	5		1	1			5		
Te waza	IPPON	2	7	5	7		1		1	5				1		1
	WAZAARI	4	10	5	10						1	3		3		
	YUKO	2	7	9	11		1	3		4	2	2		2		1
SutemiWaza	IPPON	1	6	6	6						1	1	1		1	
	WAZAARI	3	5	6	9		1	3		2	1	1		1	2	1
	YUKO	2	4	8	7		1				3				1	
Toplam	IPPON	8	22	31	21	0	3	3	1	6	5	5	5	4	3	2
	WAZAARI	14	22	41	46	0	3	8	1	5	5	6	1	6	2	1
	YUKO	19	23	37	44	0	5	8	0	5	7	2	1	8	1	1

**Table 2. Table of score losing in NageWaza Technic Class 21 st Nazım Canca International Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Koshiwaza	IPPON	7	2	3	1			2		1	1	1		1		
	WAZAARI	6	8	2	5			4	1			2	1	2	2	
	YUKO	8	1		6		2	1			2			3	1	
Ashiwaza	IPPON	14	8	3	8		2	4		1	1	2	1	2	1	
	WAZAARI	17	8	3	8		2	9		5	4					1
	YUKO	16	10	6	9	3	3	6		5	1			6	1	1
Te waza	IPPON	9	4	5	4		2	3		1			1	1		
	WAZAARI	9	4	5	5		4	4		1	2			1	1	
	YUKO	10	5	5	8		3	4			3			4	2	
Sutemiwaza	IPPON	7	4	2	5			1	1			2			1	
	WAZAARI	8	5	4	6		3	3		2	3			1		
	YUKO	3	4	4	6		2	3			1			2	1	
Toplam	IPPON	37	18	13	18	0	4	10	1	3	2	5	2	4	2	0
	WAZAARI	40	25	14	24	0	9	20	1	8	9	2	1	4	3	1
	YUKO	37	20	15	29	3	10	14	0	5	7	0	0	15	5	1

**Table 3. Table of score earned in Nagawaza technique class for 22 st Nazım Canca International Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Koshiwaza	IPPON	5	3	4	6		1			1	2	1	2			1
	WAZAARI	3	2	7	11			2	1	1		2	2	2		1
	YUKO	5	3	8	8	1	2		1		1			1		
Ashiwaza	IPPON	9	4	17	5		1	4			4	3	2	3	2	
	WAZAARI	8	4	17	13		3	5		1	2	2		4		
	YUKO	11	12	11	18		2	6		2	2			4		
Te waza	IPPON	3	6	6	9	1	2			6		1	1	2	1	1
	WAZAARI	5	9	4	11			1	1	2	1	2	1	4		
	YUKO	8	9	8	10		4	2		3	3	3		2		2
SutemiWaza	IPPON	3	5	7	8			1				2		1	2	
	WAZAARI	4	6	6	11		1	3		1	1	1	1			2
	YUKO	4	3	9	6		3			2	3		2	1	1	
Toplam	IPPON	20	18	34	28	1	4	5	0	7	6	7	5	6	5	2
	WAZAARI	20	21	34	46	0	4	11	2	5	4	7	4	10	0	3
	YUKO	28	27	36	42	1	11	8	1	7	9	3	2	8	1	2

**Table 4. Table of score losing in NageWaza Technic Class 22 st Nazım Canca International Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Koshiwaza	IPPON	5	4	3	3	1		2		2	2	1		2		1
	WAZAARI	5	7	3	3		1	3	2	1		1	2	3	3	
	YUKO	9	1	1	5		4	2			1	1		3	1	2
Ashiwaza	IPPON	17	7	4	9		3	2	1	2	1	2	3	1	2	
	WAZAARI	19	9	4	7	1	1	6		3	4		2		2	1
	YUKO	15	9	8	11	1	5	4		4	3		1	5		2
Te waza	IPPON	8	6	6	4		3	4		2		1	1	1	2	1
	WAZAARI	10	5	5	6		2	5	1		3		1	2	1	
	YUKO	11	8	6	7	1	4	2		2	2		3	3	4	1
Sutemiwaza	IPPON	7	7	4	5			1	1		1	2			1	
	WAZAARI	6	4	5	7	1	2	4		3	2	1		2		
	YUKO	2	6	5	8	1	1	2	2		2		1	1	3	
Toplam	IPPON	37	24	17	21	1	6	9	2	6	4	6	4	4	5	2
	WAZAARI	40	25	17	23	2	6	18	3	7	9	2	5	7	6	1
	YUKO	37	24	20	31	3	14	10	2	6	8	1	5	12	8	5

**Table 5. Table of scoresearnedandlosing in KatameWaza Technical Class 21 st Nazım Canca İnternational Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Shimewaza	Alinan			2	3		1	1								
	Verilen		2		4				1							
Kansetsuwaza	Alinan		2	3				1			1			1	2	
	Verilen	4	1		3										1	1
Osaekomiwaza	Alinan	2	6	6	8			2		2				3	1	
	Verilen	13	5	1	3		3	1	1		2			1		
Toplam	Alinan	2	8	11	11	0	1	4	0	2	1	0	0	4	3	0
	Verilen	17	8	1	10	0	3	1	2	0	2	0	0	2	1	0

**Table 6. Table of scoresearnedandlosing in KatameWaza Technical Class 22 st Nazım Canca İnternational Judo Tournament**

		TUR	AZE	RUS	GEO	ROU	BLR	ARM	TKM	FIN	TJK	GRE	MNE	KAZ	BUL	PUR
Shimewaza	Alinan	2	1	3	2		1	1								
	Verilen	1	3		3		1		1	1						
Kansetsuwaza	Alinan	1	2	4				1		1	1			1	3	
	Verilen	3	2	1	3		1		1	1				1	1	
Osaekomiwaza	Alinan	6	5	7	9			2	1	1		1		2	1	
	Verilen	8	6	4	4	1	3	1	2	2	2			2		
Toplam	Alinan	9	8	14	11	0	1	4	1	2	1	1	0	3	4	0
	Verilen	12	11	5	10	1	5	1	4	4	2	0	0	3	1	0

In Koshi-waza group 1 ippon, 3 waza-ari and 2 yuko points; In Ashi-waza group 4 ippon 4 waza-ari and 13 yuko points; In Te-waza group 2 ippon 4 waza-ari ve 2 yuko and finally in Sutemi-waza 1 ippon, 3 waza-ari, 2 yuko points were achieved and in total 8 ippon, 14 waza-ari, 19 yuko points were achieved in Tachi-waza class of Nage-waza techniques. Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament, when we analyze Tachi-waza technical class points; In Koshi-waza group 7 ippon, 6 waza-ari and 8 yuko points; In Ashi-waza group 14 ippon 17 waza-ari and 16 yuko points; In Te-waza group 9 ippon 9 waza-ari ve 10 yuko and finally in Sutemi-waza 7 ippon, 8 waza-ari, 3 yuko points were lost and in total 8 ippon, 14 waza-ari, 19 yuko points were lost in Tachi-waza class of Nage-waza techniques. Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament, when we analyze Ne-waza technical class points; In shime-waza group no win or lose occured in competitions. In Kansetsu-waza group there is no win and 4 games lost. In Osea-komi waza group there are 2 wins and on the contrary 13 loss with Osea-komi-waza techniques.

In Ne-waza technical class turkish national team had only 2 wins and 17 lost total. As a result of the technical analysis and examination; Turkey men's under 21 team in the 22nd Nazım Canca Judo Tournament, when we analyze Tachi-waza technical class points; In Koshi-waza group 5 ippon, 3 waza-ari and 5 yuko points; In Ashi-waza group 9 ippon 8 waza-ari and 11 yuko points; In Te-waza group 3 ippon 5 waza-ari ve 8 yuko and finally in Sutemi-waza 3 ippon, 4 waza-ari, 4 yuko points were achieved and in total 20 ippon, 20 waza-ari, 28 yuko points were achieved in Tachi-waza class of Nage-waza techniques. Turkey men's under 21 team in the 22nd Nazım Canca Judo Tournament, when we analyze Tachi-waza technical class points; In Koshi-waza group 5 ippon, 5 waza-ari and 8 yuko points; In Ashi-waza group 15 ippon 17 waza-ari and 13 yuko points; In Te-waza group 8 ippon 10 waza-ari ve 9 yuko and finally in Sutemi-waza 7 ippon, 6 waza-ari, 2 yuko points were lost and in total 35 ippon, 38 waza-ari, 132 yuko points were lost in Tachi-waza class of Nage-waza techniques. Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament, when we analyze Ne-waza technical class points; In shime-waza group 2 wins and 1 loss occured in competitions.

In Kansetsu-waza group there is 1 win and 3 games lost. In Osea-komi waza group there are 6 wins and on the contrary 8 loss with Osea-komi-waza techniques. In Ne-waza technical class turkish national team had only 9 wins and 12 loss in total. As a result of the research; in terms of medal awards, team success, won games and percentage of competitions of Turkey men's under 21 team in the 22nd Nazım Canca Judo Tournament, results are seen as progressive based on 21st Nazım Canca Tournament. Besides, in terms of points got in result with applied techniques in technical way, there is an increase in values. Points got in Tachi-waza and Ne-waza are increased seriously. Especially in ne-waza class. It is a sign of technical progress for Turkish national team that is way before World Judo. Point increases in all technical classes are examined. Either in taken or given points, when we compare 2 years, lost games number has decreased in Tachi-waza and Ne-waza classes. After the research; Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament got 8 ippon, 14 waza-ari and 19 yuko points in total in Tachi-waza technical class, and in the 22nd Nazım Canca Judo Tournament got 20 ippon, 20 waza-ari and 28 yuko points and it is been observed that a significant success and increase occured.

Besides in the 21st Nazım Canca Judo Tournament 37 ippon, 40 waza-ari and 37 yuko points were given in total in Tachi-waza technical class, and in the 22nd Nazım Canca Judo Tournament 35 ippon, 38 waza-ari and 32 yuko points were given and no decrease is observed in lost points. Again in the research, in Ne-waza technical class, Turkey men's under 21 team in the 21st Nazım Canca Judo Tournament only won 2 games and lost 17 games. But in 22nd Nazım Canca Judo Tournament won 9 games and lost 12 games and it is a significant success and increase. In the researches that Tünnemann H. made; The top athletes in the World in 2004 Athens Olympics and countries were coherent to the classical model of performance in 1-year and 4-year structure. During the process, trainings were highly comprehensive. Intense overloading programme and high-quality technical-tactical actions were applied; and training that focus on purpose and duty were completed successfully. Top athletes mention that strength and durability are necessary. Necessary training structures and appropriate top-quality partners are used (Tünnemann, 2002; Tünnemann, 2005).

General improvement is been contributed by strong partners in technical aspect that are sufficient in Judo trainings and by trainers that are in a high level technically. In conclusion; When we compare the 21st and 22nd Nazım Canca Judo Tournaments, it has been observed the significant increase in the applying techniques and points that have been won, whereas the significant decrease in the points that have been lost. In general aspect when it is observed in two years that points and games win number increase in both Tachi-waza (standing techniques) and especially in Ne-waza (Grounding techniques) technical class and the decrease in the number of loss and games. So it is been concluded that this result comes from given education to athletes and trainers periodically. It is a sign of progress that our national team has significant technical value increase yet still being way before some other countries. Recommendation on this matter of us is: Tracing the results of national teams constantly. It is to be said that National Judo success may come with the works such as this.

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