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柔道競技におけるスコア獲得に有効な投技の戦術行動

(Tactical Actions of Nage-waza Effective for Scoring in Judo)

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Abstract

The purpose of this study was to clarify the tactical actions of nage-waza that are effective in scoring in judo using notational analysis of match performance, and to provide useful knowledge for the practical field of coaching. For this purpose, we examined the relationship between (1) the type of nage-waza, (2) whether there was a renraku-henka in the nage-waza, and (3) the combination of the tori and the uke's kumite and whether an athlete scored any points. Data from a total of 441 matches in the -60kg, -81kg, and +100kg weight classes at international competitions held in 2020 were used.

The tactical actions associated with points being scored or not were the type of nage-waza and whether they included a renraku-henka. The combination of tactical actions that influenced the points scored was a combination of henka-waza and te-waza and in some weight classes combinations of henka-waza and other techniques were also effective. The combination of henka-waza and sumi-otoshi, which is classified as a te-waza, showed the highest scoring ratio in all weight classes.

This study suggests for the first time that henka-waza, especially sumi-otoshi, applied during or after the opponent's attack is an effective tactical action for scoring regardless of weight class. These new findings indicate that it is important to construct tactical actions relative to the opponent as well as to pursue a single technique in current judo competitions, and are expected to be useful for specific guidance in coaching.