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## A Profile of Joanna Majdan's Individual Technical-Tactical Preparation

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### Abstract

Background: Since the first women's judo championships in 1980 research connected with an analysis and an assessment of their preparation has been carried on. Polish and foreign research has attempted to determine the particulars of women's technical-tactical preparation (PTT). Joanna Majdan was the first Poland's judo competitor who succeeded in judo in international tournaments. She won a medal in 1984 (3rd place) and took the 5th place in the 1982 World Championships. She won three medals at individual European Championships (1986, 1988, 1989) and in 1986 she was the World's University Champion; during the World University Championships she won bronze medals three times in 1984, 1988 and in 1990. Nine times she secured her championship titles during individual Poland's Championships. The purpose of this study was to determine an individual profile of her technical-tactical preparation. Material/Methods: 202 contests played within 1988-1993 during 55 sport judo competitions were analyzed. Within the analyzed period she performed efficiently 232 attacks scoring 1,486 referee's points. Results: She effectively used 22 judo techniques. A seoi nage was her favorite throw which she effectively executed using both the right and left sides of her body. Conclusions: Her individual profile connected with technical-tactical preparation is an important factor in searching for the model value. The PTT value achieved by Joanna Majdan may be used as a criterion for controlling in individual training of female judo competitors.

### Keywords

judo, efficiency of techniques, model value

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**Authors' Contribution:**

A – Study Design  
B – Data Collection  
C – Statistical Analysis  
D – Data Interpretation  
E – Manuscript Preparation  
F – Literature Search  
G – Funds Collection

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## Introduction

Practicing judo, according to Kano Jigoro, can be used for developing mental and physical activities in women. Women have practiced judo since 1893. In 1905 and in 1916 judo was introduced to schools for girls and to universities, and in 1926 the women's section was established at the Kodokan [1, 2]. The first women's judo World Championships were held in New York in 1980. Since 1992 women's judo has been played as an Olympic competition. Together with the emergence of various women's judo competitions, there appeared observations and analyses of their tactical-technical preparation. Women's judo preparation particulars, technical-tactical preparations (PTT) has been analyzed by both Polish and foreign researchers [3–7]. They have undertaken effort to determine the PTT value which is characteristic of women. They have not found any significant differences in performing judo techniques both by female and male judo competitors which could affect basic training judo programmers.

An individual profile of technical-tactical preparation is the objective of this study; this is the profile of the best Polish women's judo competitor.

## Material and Methods

The research material was recorded by means of audio-video and graphic methods of recording [8]. Within 1988-1993 the competitor took part in 55 competitions both in Poland and abroad; in total she played 206 contests, winning 167 of them, being defeated in 36 and ending 3 in a draw. 202 contests were analyzed for our research. Majdan's opponents effectively performed 29 attacks scoring 171 pts. During the analyzed period, Joanna Majdan had sport classes (according to the PZJudo [Polish Judo Association] standards – <http://www.pzjudo.pl>): seven times the international champion class, twenty three times the champion class and seven times the first sport class performing in the 52 and 48 weight categories.

All the time she was the competitor of KS AZS AWFIS Gdańsk (from 1979 to 1994). At the 2<sup>nd</sup> Women's World Championships (1982) she won the 5<sup>th</sup> place, and then in the women's world championships (1984) she won the bronze medal, which was the first medal won in women's judo in Poland. In the following years she won three bronze medals at individual European Championships (1986, 1988, 1989). In 1986 she was World University Champion, and she also won bronze medals during those championships in 1984, 1988 and 1990. Many times she won medals in individual and team international events, being nine-time individual champion of Poland. After ceasing her competitive career, she takes part in the Police European and World Championships, where she took the first place at the European Championships in 1998 and the third place in 1999, and the second place at the World Championships in 2000. In 1993 she was the European Champion in sambo – a hand-to-hand sport similar to judo in its techniques.

The techniques classification has been done according to the Kodokan Judo [9], names and spelling were adopted following the Kawamura-Daigo's 2000 dictionary [10]. An assessment of judo techniques was performed according to sport and referee's rules ([www.pzjudo.pl](http://www.pzjudo.pl) and [www.ijf.com](http://www.ijf.com)). The order of dominant techniques (K) was based on three criteria:

- K1 – number of techniques performed for ippon,
- K2 – number of efficiently performed techniques,
- K3 – number of points scored for efficient techniques

$$K = K1 + K2 + K3$$

The value of indices of efficient attacks (Sa) is equal to points scored by efficiently executed techniques during one contest [11].

$$Sa = 3 \times M + 5 \times M + 7 \times M + 10 \times M / n$$

M – number of effective attacks

n – number of contests

Points (referee's) for efficient attacks were as follows: koka = 3 pts., yuko = 5 pts., waza ari = 7 pts., ippon = 10 pts.

J. Majdan's individual techniques (tokui waza) were divided into four groups which differ according to their efficiency (Sa): basic techniques, auxiliary techniques, situational techniques and random techniques. The highest value of the Sa index was in the basic techniques group, and the lowest value of the Sa in the random group [12].

Directions and ways of performing throws were determined in accordance with kuzushi (breaking opponent's balance). We analyzed the following breaking balance ways: forward – on toes, forward right or left, backwards on heels, backwards right or left. The dominant part of the body during attack allowed determining the right – side or the left – side of a competitor [13–15].

## Results

The competitor effectively used 22 judo techniques during the analyzed period. She efficiently executed 232 attacks scoring 1,486 points. The seoi nage was J. Majdan's dominant techniques, which she performed efficiently using her right or left sides of a body. She also efficiently performed the kouchi gari throw (Tab. 1, Fig. 4), which was her auxiliary technique (Fig. 4). She performed very efficiently those throws which call for body pivot with breaking the opponent's balance forward on toes (Fig. 5, 6, 8). The dominant directions of performing throws were those to the right (PP) or left forward (LP) (Fig. 8). Joanna Majdan was also very effective in defense (Fig. 9–11).

Tab. 1. Joanna Majdan's dominant techniques (based on the contest observations from 1988-1993)

K	Techniques	Number of assessed attacks				K1	K2	K3
		<i>ippon</i>	<i>waza ari</i>	<i>yuko</i>	<i>koka</i>			
1	SEOI NAGE	17	38	48	19	1	1	1
2	KOUCHI GARI	3	4	12	6	5	2	2
3	OKURI ERI JIME	8	X	X	X	2	6	4
4	TAI OTOSHI	2	6	3	2	8	3	3
5	DEASHI HARAI	3	1	3	2	5	5	6
6	KUZURE KAMI SHIHO GATAME	5	1	0	0	3	7	7
7	KOUCHI MAKIKOMI	1	1	9	2	11	3	5
8	JUJI GATAME	5	X	X	X	3	9	8
9	SEOI OTOSHI	3	0	2	0	5	9	10
10	TOMOE NAGE	2	1	3	0	8	7	9
11	UCHIMATA	2	1	1	0	8	11	11
12	KUZURE KESA GATAME	1	1	1	0	11	12	12
13	OSOTO GARI	1	1	0	0	11	13	13
13	HON KESA GATAME	1	1	0	0	11	13	13
15	HARAI MAKIKOMI	1	0	0	0	11	16	15
15	TATE SHIHO GATAME	1	0	0	0	11	16	15
17	KUCHIKI TAOSHI	0	0	0	2	(17)	13	18
18	UCHIMATA SUKASHI	0	1	0	0	(17)	16	17
19	YOKO SHIHO GATAME	0	0	1	0	(17)	16	19
19	HARAI GOSHI	0	0	1	0	(17)	16	19
19	KIBISU GAESHI	0	0	1	0	(17)	16	19
22	KOSOTO GARI	0	0	0	1	(17)	16	22
X	TOTAL	56	57	85	34	X	X	X

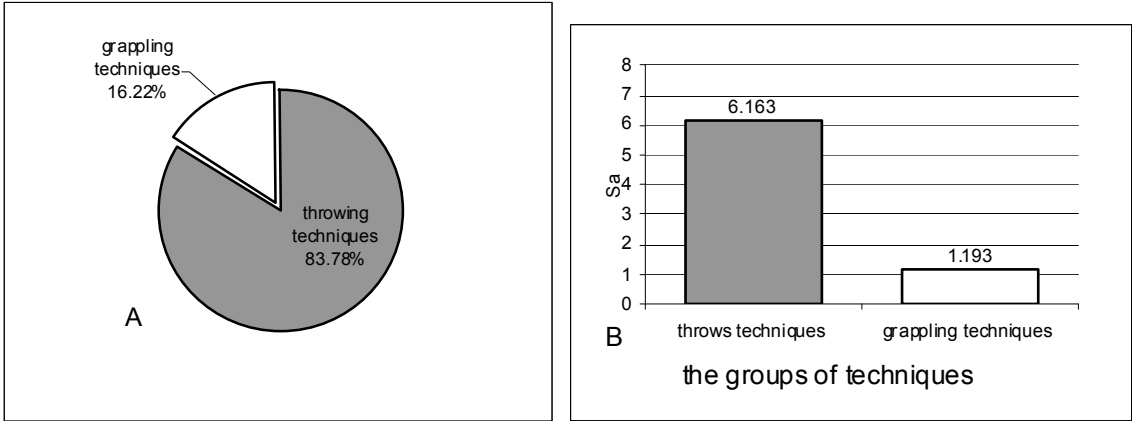


Fig. 1. Efficiency of throws and grappling techniques (nage waza and katame waza) by J. Majdan

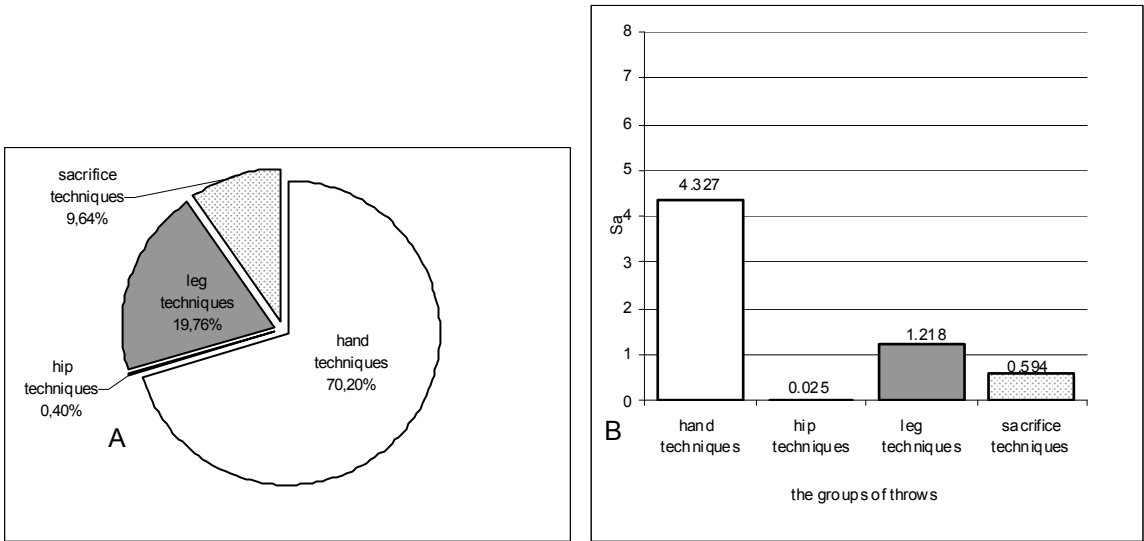


Fig. 2. Efficiency of groups of throws (te – hend, koshi – hip, ashi – leg, sutemi – “sacrifice”) by J. Majdan

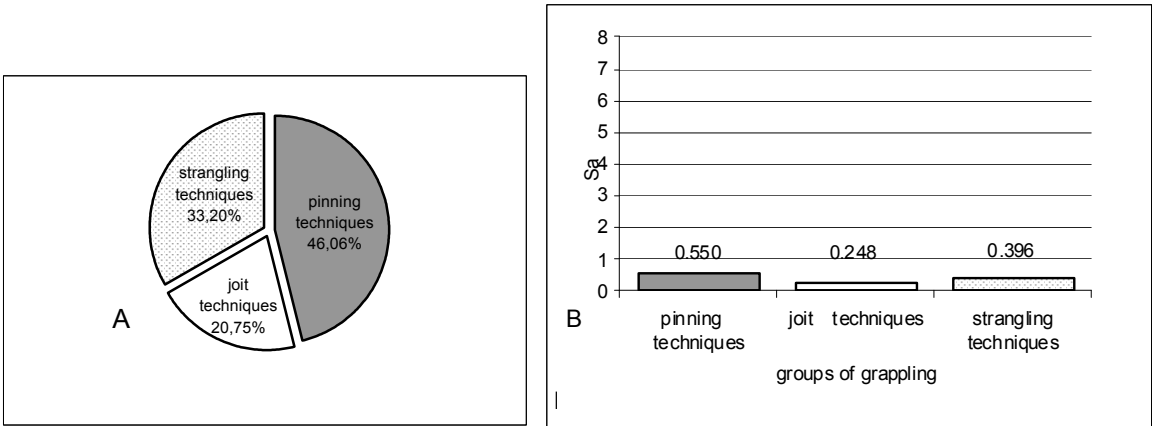


Fig. 3. Efficiency of groups of grappling techniques (osaekomi – immobilizations, kansetsu – armlocks, shime – stranglings) by J. Majdan

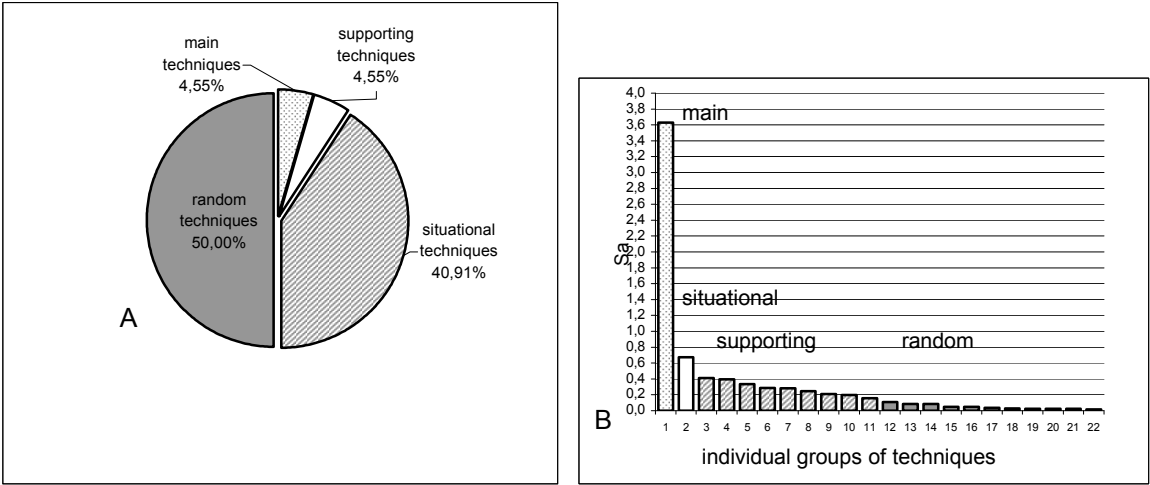


Fig. 4. Efficiency of the individual techniques (tokui waza) by J. Majdan

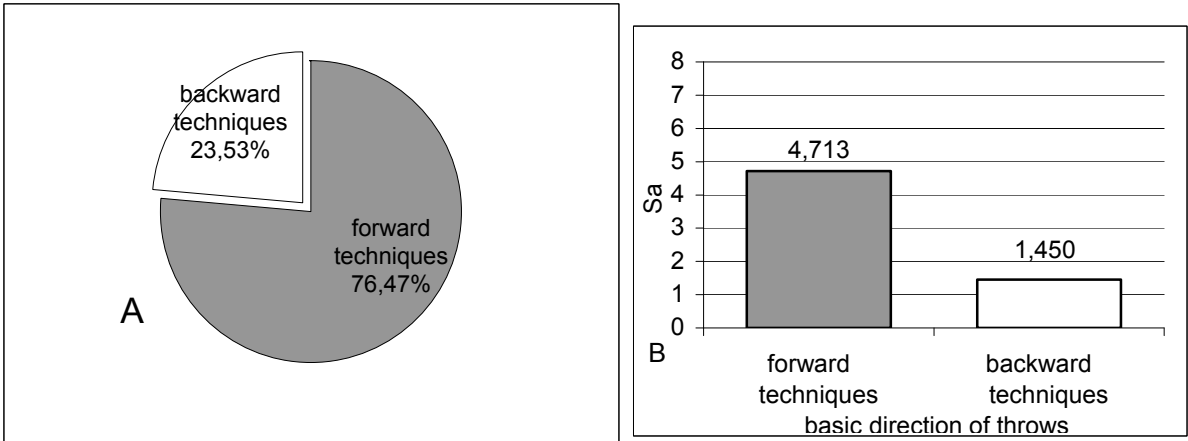


Fig. 5. Efficiency of throws performed by J. Majdan to the front or rear directions

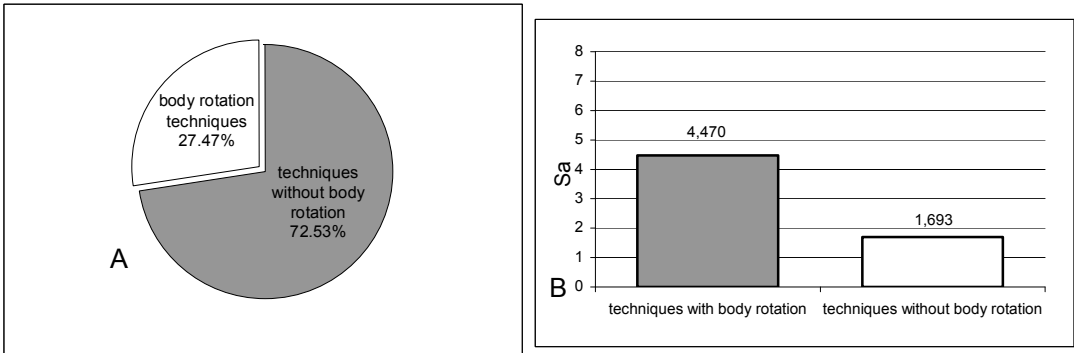


Fig. 6. Efficiency of throws performed by J. Majdan with pivot

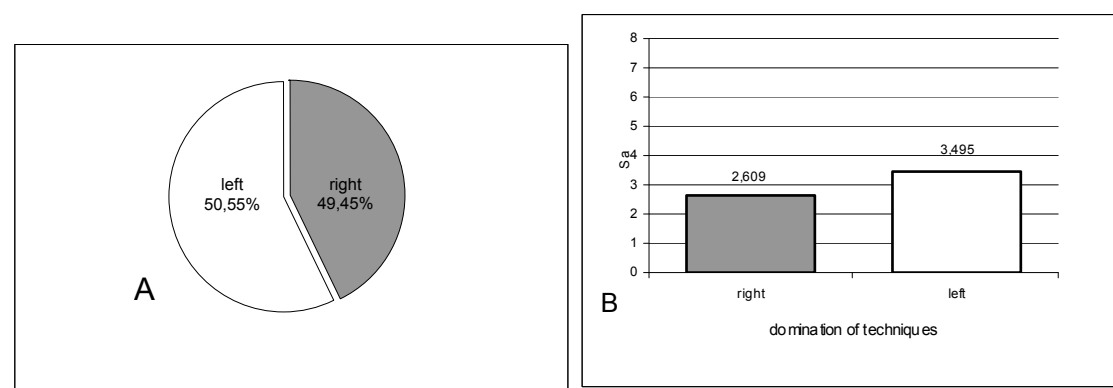


Fig. 7. Efficiency of throws performed by J. Majdan with the dominance of the right or the left sides of the body

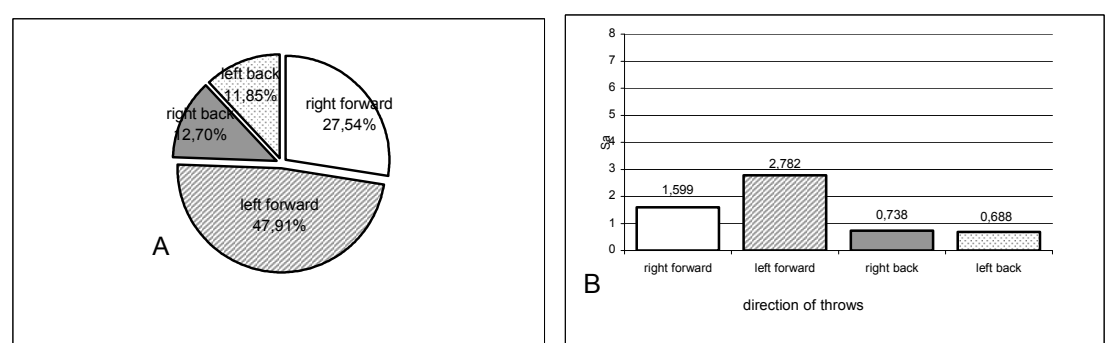


Fig. 8. Efficiency of throws performed by J. Majdan according to directions

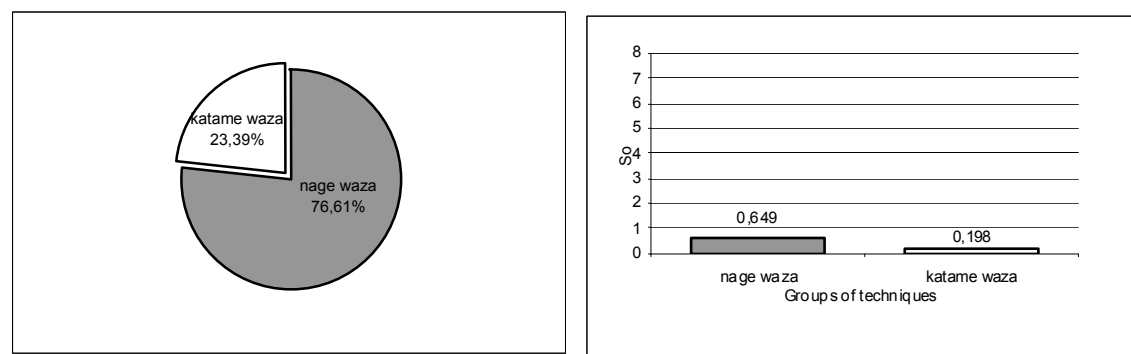


Fig.9. Efficiency of throws and grappling techniques of by J. Majdan's opponents

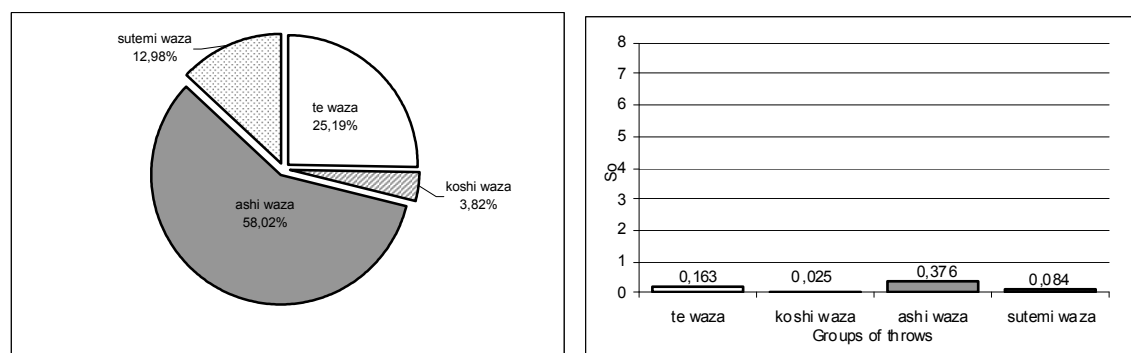


Fig.10. Efficiency of throws of J. Majdan's opponents



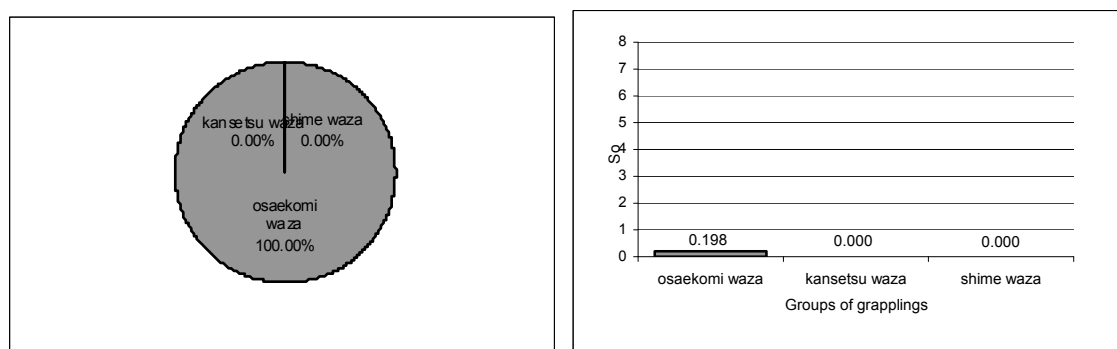


Fig. 11. Efficiency of grappling techniques of J. Majdan's opponents

## Discussion

Searching for those features which top male and female athletes is a very difficult task, but it is necessary at consecutive stages of the training process. Joanna Majdan had significant sport results during the analyzed period. The high value of efficiency of the seoi nage throw was determined. Her technical-tactical advantage was also seen in versatile attacks performed to the right and left directions. She also efficiently performed stranglings (shime waza), immobilizations (osaekomi waza) and arm locks (kansetsu waza). She was also able to defend efficiently, which resulted in few points lost. The kouchi gari throw was her auxiliary technique which she often performed efficiently. She successfully executed throws by pivoting her body and breaking her opponents' balance forward on toes. She had her maternity leave from 2.03.1991 to 7.03.1992 and did not take part in sport competitions. It was the only reason that she had not been qualified for the Olympic Games in Barcelona in 1992, where women's judo tournament was played for the first time.

Joanna Majdan was the first Polish judo female competitor who won a medal at the World Championships. She successfully took part in many judo competitions winning medals. Then, after retiring from competitive sport, she took part in the Police tournaments. The judo techniques, efficiently performed by top judo competitors, are analyzed in order to find the best conditions for developing the judo training process [16–20]. Many retired judo competitors demonstrate their favorite techniques (tokui waza), which they efficiently used in competitions [21–26]. In relevant publications, there have not been found materials on individual profiles of technical-tactical preparation in women's judo. Hence, it is difficult to discuss the subject which has no relation to any previous research.

## Conclusions

The results which have been presented in this paper are of individual character connected with just one competitor. The profile of J. Majdan's technical-tactical – preparation based on many-year observation cannot give us grounds for general training indications for judo competitors and coaches. The value of J. Majdan's technical-tactical preparation indices is the ground for searching individual profiles of female judo competitors, guiding judo coaches and can be used as a control element in individual training. Determining similarities, dependence and analogies between the profiles of technical-tactical preparation of other top competitors may result in cognitive and applicable conclusions.

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