CONTROL SAMPLES for DETERMINING the PROGRESS ACHIEVED with the PERFORMANCE GROUP (17-18) AFTER a YEAR of PREPARATION, the SCHOOL SPORTS CLUB

Mihai Viorel DULGHERU[1]

Abstract
Control samples are applied at the beginning of the training period and shall record the results obtained by each sport into a table and then starts again at 6 months and then after a year of preparation and also will record the results obtained.

Keywords: *judo, training, testing, results, progress*

JEL classification: *I20, I22*

Introduction

Statistical and mathematical method and graphics consist of processing and interpretation of the results obtained by each athlete to initial tests, the intermediate and final, then their reprezentation graphic.

- **arithmetic** - the sum of all values divided by the number of variables, the statistical calculation formulas:

a) the grouped data: x;

b) for non-clustered data: x 1;

- **deviation from average***:* I;

- **standard deviation**: s;

- **the coefficient of variability**: Cv;

The coefficient of variance indicates the degree of uniformity or quality. How to interpret:

- 0-15% - represents high uniformity;
- 15-25% - represents the moderate homogeneity;
- 25-35% - represents little uniformity;
- over 35% is very small or non-existent uniformity

- **the correlation coefficient** (Spearman-R):

This formula is used where we have a small number of subjects n < 30, then you need to determine in advance the ranks or busy place on a scale separately on each sample for *x* and *y*.

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[1] School Sports Club No. 4 Bucharest, E-mail: dulgheru_mihai_css4@yahoo.com,
Phone: 0740417675, Fax: 0213403635

Interpretation:
- 00.00-0.20-very poor correlation;
- 0.21-0,40-weak correlation;
- 0.41-0.60-average correlation;
- 0,61-0,80-good correlation,
- 0,81-0,90-very good correlation,
- 0,91-0.99-exceptional correlation.

- critical correlation coefficient - the smallest value that you can get a correlation to be meaningful and so trusting it. Below this amount, the correlation is not significant. Checking the meaning of correlation coefficient in a group of n < 30 subjects using the "t" test.

R - correlation coefficient;

n - number of subjects.

The value of "t" calculated to have statistical significance is tabular value should we reveal his "t" to n-2, the threshold of significance p-95%) 0.05 (or if the value of "t" is higher in p-0.01 (99%), then the values are better and (his Board Fisher of values of the variable "t") (Tudös, and others, 1993).

Content

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I. Physical preparation:

1. By force of arms- *Pull-ups in her arms the blouse of the kimono*: kimono blouse for pass over the bar for pull-ups; lapel grabs width-wise with outstretched arms and run and stretch bending arms; the maximum number of repetitions.

Fig. 1. Tractions in the arms of the kimono blouse

2. Lower limbs Strength - *Squat process with a partner in* KATA-GURUMA (shoulder wheel over): rises in the partner process on the shoulders and bend and stretch the lower limbs; the maximum number of repetitions. The

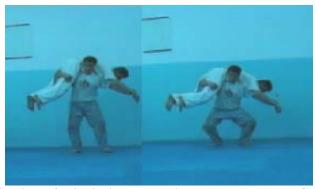exercise runs with the same partner.

Fig. 2. Semigenuflexiuni with partner in the process KATA-GURUMA

3. Strength and back-neck *Bridge on the head with a partner*: lying down with partner sitting on the belly with feet supported on the shoulders, lifting the bridge runs on the head with their hands and support returning to lying down; the maximum number of repetitions. The exercise runs with the same partner.

Fig. 3. Bridge on the head with a partner

4. Abdominal Strength- *Removal trunk with twisting to the right and to the left* of lying with his arms up and down the ladder fixed-supported; the maximum number of repetitions.

Fig. 4. Removal of trunk with twisting to the right and to the left

II. Technical training:

1. UCHI-KOMI *in the elastic* SEOI-NAGE: fasten elastic (rubber tourniquet) ladder fixed at shoulder level and run the process contractor SEOI-NAGE (throwing over his shoulder) in the maximum design speed; It seeks the maximum number of iterations per unit time (10 sec).

Fig. 5. UCHI-KOMI from elastic to SEOI-NAGE process

2. UCHI-KOMI: *iterations* TOKUI-WAZA (process preferred) *with its partner, without throwing*; It follows the correct maximum number of iterations per unit time (15 sec.).

**Fig. 6. UCHI-KOMI: TOKUI-WAZA iterations
(process preferred) with its partner, without throwing**

3. NAGE KOMI-TOKUI-WAZA: execution (process preferred) with throwing your partner; executed on the 4 partners are skilled at the distance of 2 m, one over the other in formation of the square; the maximum number of times they get IPPON (10 points) per unit time (30 sec.).

Fig. 7. NAGE KOMI-TOKUI-WAZA: execution (process preferred) with throwing partner

III. Preparation of technical-tactic:

1. RANDORI in NE-WAZA: fighting free ground, using techniques from OSAE-WAZA, SHIME-WAZA and KANSETESU-WAZA, for two minutes, with the change of 3 partners; the ranking is done by adding the points earned in the three games.

Fig. 8. RANDORI in NE-WAZA: fighting free ground

2. RANDORI in TACHI-WAZA: battle training free standing with the use of the technical and tactical procedures of attack and counterattack, for two minutes, with the change of 3 partners; the ranking is done by aggregating the points obtained in the matches.

Fig. 9. RANDORI in TACHI-WAZA: combat training-free standing

3. Training SHIAI: battle with the observance of the regulations and scores of official competitions of judo, for two minutes, with the change of 3 partners; the ranking is done by totaling the points obtained in the matches.

**Fig. 10. SHIAI fight training: observance of regulations
and scores of official competitions of judo**

Conclusions

IV. **Performanţial Level**:
1. The Municipal Championship of judo-the place was busy chasing
2. Stage of judo-the area was busy watching the place
3. Final stage of judo-the place was busy chasing

DICTIONARY WITH TERMS FROM JUDO USE

ASHI-WAZA = technical procedures executed with the foot
BUTSUKARI-GEIKO = the study of movement, with a partner who does not oppose resistance
GAESHI = counterattack

GOSHI = hip
GYAKU = reverse
JUDO = supleţii
KATA-WAZA = technical procedures carried out with shoulder
KATA-GURUMA = wheel over the shoulder
KANSETSU-WAZA = technical processes been choked
KAKARI GEIKO-= continue for resistance
KOSHI-WAZA = technical procedures executed with the right hip
KYU = group of procedures
MA-SUTEMI-WAZA = technical processes of sarcrificiu back
NAGE-WAZA = techniques carried out in feet
NAGE KOMI-technical processes execution = throwing partner
NE-WAZA techniques performed on the ground =
A = high
OSAE-WAZA = immobilization processes technical ground
RANDORI training fighting free =
RENKAKU = combinations of more technical procedures
SANKAKU = triangle
SEOI-NAGE = throwing over your shoulder
SHIME-WAZA = technical bottleneck processes
SHIAI = competing
SOTAI-RENSHU = study the specific technical processes
SUTEMI-WAZA techniques = sacrifice
TACHI-WAZA = technical processes carried out in feet
TAISO = specific exercises for warming up
RENSHU TANDOKU-technical processes without execution = partner
TE-WAZA throwing = technical procedures carried out with arms
TOKUI-WAZA = favorite technique
TOMOE = circular
UCHI-KOMI = technical processes execution without throwing partner
UKEMI = submerged in judo
USHIRO = back
YAKU-SOKU-GEIKO = repeating processes in motion
YOKO-SUTEMI-WAZA = technical processes of sacrifice sideways

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