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The Dominant Throwing Technique (nage waza) which Produces Ippon in Female Judo Match at the 18th National Sports Week (PON XVIII) in Riau

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ABSTRACT

This research was conducted to see the most dominant Throwing techniques (Nage Waza) that make a result ippon in the female judo competitions at PON XVIII Province of Riau. This research is using descriptive method to direct observation on female judo matches at PON XVIII Riau. The results of this study is showing the most dominant throwing technique to result ippon points in the female Judo match at PON XVIII Riau is Seoi Nage technique that occure 13 times with a percentage of 27.1%.

Keywords : Throwing Technique, Female Judo

INTRODUCTION

Achievement in sports has always been one of the benchmarks for success also the prestige of a city, district, province and even for the State. Therefore, the sport is highly developed in Indonesia, especially for Judo.

Judo is one of martial arts that is well-known by the Indonesian people because almost every province has a Judo club that always participates in every championship. Judo is also a competitive sport that provides an opportunity for athletes to show high achievements through a good coaching. Judo athletes cannot achieve the best performance without good training periodization, systematic training programs, discipline and high motivation. Training is a process in which an athlete is prepared for the highest possible level of performance and skills so that achievements can be maximized(1)

Professor Jigoro Kano carefully chose the name Judo from two Japanese words: "ju" and "do". "Ju" may referred to as "soft, supple, flexible, pliable, or produce. The second word, "do", is interpreted as "way" so from these two words judo can be interpreted as the Gentle Way(2). The principle in Judo is manipulating the opponent's force to deal with it than with our own strength in order to save energy or energy efficiency(3)

Judo athletes are expected to have good physical, technical, mental and disciplined, because if all of these aspects can owned by a judo athlete, the chance of getting the best performance is even greater. Success in a competitive

judo is involves highly technical-tactical competence, as well as elevated physical fitness. ² There is evidence that both technical-tactical and some physiological variables, such as anaerobic capacity and strength (4–8)

In a judo match, Judoka requires the techniques that used to get the victory. There must be one or two dominant techniques used by judo athletes either throwing, holding, choking or joint locking so that in using these techniques can get ippon points or perfect points and immediately win the match. ¹ Techniques utilised within contests come under one of four categories (9): nage-waza (throwing techniques), osaekomi-waza (holding), kansetsu-waza (joint locking techniques), and shime-waza (choking techniques). Each of these used quickly and effectively can terminate a contest or give the attacking competitor an advantage over their opponent.

The dominant technique used by judo athletes in the competition is an interesting thing that forms the basis of this research, especially the nage waza techniques or throwing techniques used by female Judo athletes who are the main techniques in obtaining ippon result during matches. The competition to be observed in this research is the most prestigious match at the national level, namely Pekan Olahraga Nasional (PON) is contains the best participants from each region to compete for the best medal at the national level. Moreover, in the multi event the medal obtained is a prestige for the province that send athletes to compete in the PON event.

In several research has revealed that in judo competitions at the international level, especially in female Judo athletes that the dominant and effective throwing technique used in the match is Uchi Mata(4,10–12). Researchers want to observe and analyze how the dominant throwing technique used by national-level athletes and even athletes who have participated in international events. The analyzed results of this research is the percentage of throwing technique which produces ippon, especially for female judo athletes, and it is expected to be a reference for coaches and athletes.

METHODS

Participant

The subjects of this study were all female athletes who took part in the judo competition in PON XVIII Riau as many as 69 female athletes on September 15-19, 2012 at Pekanbaru, Riau..

Procedure

The method of this research is descriptive method. This study describes the percentage of the use of throwing (nage waza) in the Judo female at PON XVIII Riau, so the writer uses descriptive research method. Research method is need in accordance with the problem and research objectives. The purpose of research is to reveal, describe, and summarize data in order to solve problems through certain methods or processes that are in accordance with research procedures.

Instruments

The instrument used by the author for data collection is a score sheet that use to observe and record directly from a match while accompanied by experts in the Judo field as well as a Judo trainer with Dan 3 level, Mr. Arnold Silalahi who helps in the process of collecting throwing techniques data. Researchers also used video taken using camcorders so that later the videos that could be watch again for analysis.

RESULTS

The results of data processing revealed the percentage of throwing technique acquisition that won Ippon points result by female Judo Athlete at PON XVIII Riau was as:

Table 1. Results of data	Rank	Techniques	Ippon Points	Percentage (%)	analysis
	1	<i>Seoi Nage</i>	13	27,1	
The data in the table shows technique that gets ippon result a throwing that gets a percentage is 27.1%. O result a percentage is throwing as much as 8	2	<i>O Soto Gari</i>	8	16,7	that the dominant throwing points is Seoi Nage which ippon points 13 times with Soto Gari technique, it 14.6% with a number of times. O Uchi Gari and
	3	<i>O Uchi Gari</i>	7	14,6	
	4	<i>Harai Goshi</i>	7	14,6	
	5	<i>Uchi Mata</i>	5	10,4	
	6	<i>Ko Uchi Gari</i>	3	6,3	
	7	<i>Tani Otoshi</i>	2	4,2	
	8	<i>Ko Soto Gake</i>	1	2,1	
	9	<i>Tomoi Nage</i>	1	2,1	
	10	<i>Soto Makikomi</i>	1	2,1	
	Total		48	100	

Harai Goshi techniques get a percentage is 14.6% with 7 throwing each. The Uchi Mata technique gets a percentage of 10.4% with 5 times. The Ko Uchi Gari technique gets a percentage at 6.3% with 3 times. Tani Otoshi technique produces 2 times throwing that get ippon points with a percentage is 4.2% and the last is the technique that result the few ippon points is the Ko Soto Gake, Tomoi Nage and Soto Makikomi techniques with the acquisition of ippon points 1 time throwing with a percentage is 2,1%.

DISCUSSION

The dominant throwing technique at the female Judo competition at PON Riau XVIII is different from the dominant technique at the female Judo match at the 2012 London Olympics. The difference between the throwing technique that is dominant at the national and international level as in the Olympics is:

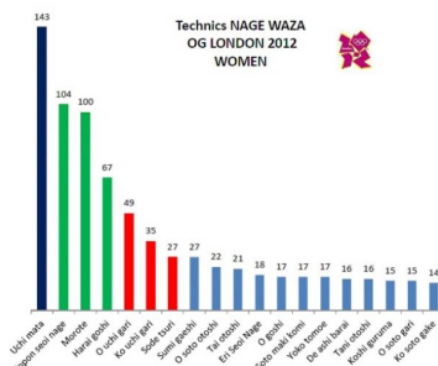


FIGURE 1

(source : <http://www.eju.net/news/?mode=showNewsItem&id=1829>)

The picture above is showing that in the 2012 London Olympic Judo match, the dominant technique performed by female judo athlete was the Uchi Mata technique. The 2013 British Judo Championship in senior female judo athletes, the dominant technique used and earning ippon points was the Uchi Mata technique(11) that result is different from the results of the dominant technique at PON XVIII Riau which shows that the dominant throwing technique is the Seoi Nage.

Uchi Mata technique is a category of Ashi Waza which is a foot/leg technique so according to the author's observations why at the International level is more dominant Uchi Mata technique can be due to anatomical factors. Judo female athletes from Europe, America or anywhere from abroad have a longer height and legs than female Judo athletes in Indonesia. Body composition factors can also influence the preference for the choice of certain techniques performed by judo(12,13). A good throwing technique can make a judo athlete more efficient in competition because it saves time and energy, because in a match if a judo athlete has mastered the throwing technique well he can defeat his opponent with only a matter of 5-7 seconds without spending too much energy to be able to produce ippon points(3).

From the explanation above, it can be concluded that the most dominant throwing technique to result ippon points in the female Judo competition in PON XVIII Riau is Seoi Nage technique which occurs 13 times with a percentage of 27.1%.

In the training, female athletes it is emphasized to have a reliable technique such as the Seoi Nage technique in throwing that is more often used by national female Judo athletes and it indicates that the technique can give more

percentage of victory. So is better for female athletes to be trained to emphasize to train Seoi Nage techniques well, but don't forget other techniques.

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