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**LES OBJECTIFS, FONCTIONS ET ROLE DE
JUDO DANS LE CONTEXTE DE L'EDUCATION
CONTEMPORAIN**

Résumé:

Dans les conditions actuelles de la société de nos jours, le sport contribue à accomplir les tâches générales qui ne se limitent pas à développer le physique et améliorer l'état de la santé. Les sports exercent une influence multilatérale sur les sportifs car ils sont corrélés aux autres dimensions de l'éducation : interculturelle, esthétique, morale, etc. Le judo, par son contenu et ses moyens, peut soutenir le phénomène global de l'inclusion de l'éducation dans la création d'un monde meilleur.

Mots clefs: *Judo, objectifs, fonctions, éducation, contemporain*

THE ROLE OF PERCEPTIVE AND SENSORY FACTORS IN JUDO-SPECIFIC MOTOR ACTS AND ACTIONS

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Abstract:

Judo is characterised by complex specific movements provided by the interaction of active and passive forces and the speed of reaction. A rich experience, a high number of repetitions, a long training of the kinaesthetic sense result in assessing the intensity and direction of the effort necessary in performing a movement. It determines the formation of adequate representations of certain movements (elements and technical procedures) which play an important role in the acquisition of the judo technique.

Key words: *Judo, motor act, perception, sensoriality.*

The response to a stimulus or a situation is defined as a motor act. The occurrence of the motor act, in point of the adaptation to the situation, task or intention, is conditioned by the sensory-perceptive complex whose informational source is the movement itself and its relation with the object it acts on.

The importance of sensory and perceptive information in motor acts:

☛ sensory information of motor acts;
☛ dermic (cutaneous) information, *i.e.* the sensations occurring as a result of exciting the sensitive corpuscles under the skin, which are of 3 types:

☛ tactile (the sense of touch, of which contact and pressure are also a part);

☛ temperature, divided into hot and cold, or pain sensations.

The tactile stimuli in judo may come from the kimono, or the opponent. The subjects form certain habits, as a result of systematising the excitation processes on the cortex, represented by the formation

of the dynamic stereotype and the habitude-formation phenomena developed in the nervous centres.

☛ **Visual sensations** are sensations of light and colour. They are considered important in human life and activity, taking into consideration that they provide orientation in the environment.

In sports training the peculiarities of seeing colours and perceiving size (objects: tennis balls, footballs, basketballs, etc), distance (benchmarks on the size of the court or the surface) and object movement (displacement of the opponent or the referees) are of importance in developing distributive attention from a very tender age.

In judo the combat area is delimited by safety areas that are vividly coloured, making the difference between the regulations zone and the area where the athlete may be sanctioned, allowing him to focus less on this aspect and more on the technical and tactical situations in the match.

The results of the laboratory research proved that out of the colours green is the least perceived by

peripheral vision. The next in line are red, blue and yellow, which is the best perceived by the periphery of the retina.

Starting from these aspects, it is recommendable for competition organisers to use mainly yellow, blue, and red mats in delimiting the combat areas, leaving the central area coloured in green, thus allowing the judoka to focus more on winning.

📌 **Auditory sensations** are extremely important as they help humans get oriented in the environment, perceiving various sounds or noises.

In practising physical exercise, auditory sensations contribute to a great extent to spatial orientation. Like many other sports, judo employs auditory sensitivity to receive messages with a specific informative content - from the coach, opponent, referees, audience, etc., and also non-specific content - the various noises produced by the feet on the mat, the intensity of the opponent's breathing, etc.).

In judo it is necessary to get used to the gallery, the coach's voice. The athletes' auditory sensitivity should be educated. It was found that if they cover their ears, they no longer perceive the air noises so well, and consequently their own speed, which determines modifications of the nervous impulses commanding motility.

📌 **Kinaesthetic-muscular-articulatory sensations** provide information on the movement and position of various body parts.

Together with the balance sensations, the kinaesthetic sensations form the group of proprioceptive sensations, reflecting the excitations produced inside the body and especially in the muscles.

The kinaesthetic sense informs the cortex about the position of the body parts - in judo, the importance lies on: positioning in relation to the opponent so that to avoid his attacks, rebalancing and reassuming the attack position. The athlete should know how to avoid an attack, to use the appropriate grip when dodging an attack, to know his exact position in relation to the opponent's attack, the exact spot where he is placed after avoiding it, and his possibilities of counterattack.

The movement of the body parts. Certain peculiarities of the manner of execution of a certain exercise. The better trained the athlete, the richer his motor experience, and he will be able to perceive and assess the following: the attack technique initiated by the opponent, the trajectory, the amplitude, the attack speed of the leg or the hip, the transmission force during the attack.

Judoka should know at any moment where they stand in rapport with the opponent, and the combat area, the type of grip of the opponent, the manner of changing the grip according to the technique he wants to use. It is important for the athlete to see the placement of the opponent, to feel the opponent's

attack initiation or avoidance, to anticipate the opponent's technical procedures, and the grip used to make things difficult for the other.

In the tactical training all these aspects should be carefully planned to put the opponent in difficulty.

The speed of movement should not be neglected either, as it refers: displacement on the combat area, the position in relation to the opponent, grip rapidity, the precision of attack initiation, and rebalancing in case the attack fails, coming back into combat position and dominating the opponent.

📌 **The sensations of balance and spatial orientation of the body movements**, walking, running, leaping, throwing, acrobatic gymnastics or using gym devices, trampoline jumping, swimming, skiing, tennis, or numerous exercises or sport disciplines require from practitioners a very keen sense of balance and the ability to appropriately orient their movements in space.

Judo is a sport requiring good balance in all the elements and technical procedures, viz.: displacement, loss of balance, changing the weight centre during an attack, repeated passage in vertical combat from an attack into a defence/ counterattack position, changing combat position from vertical to horizontal, etc.

Balance development should be trained since initiation through specific and non-specific means that will eventually result in performance increase.

The dynamics of the judo match presupposes a series of situations resulting from the displacement on the tatami, direction changes, changing the bilateral support into unilateral support at a lower or higher level, requiring a good balance sense, orientation on the combat surface and in relation to the opponent, coordination, laterality, the ability to accurately orient the body movements in space.

Regaining balance is possible through a series of highly complex quick movements which are in fact unconditional reflexes.

Judo places high demands on the analyser of the body balance and spatial orientation, and the education of the balance sense and the sense of spatial orientation can only be successful to the extent where the entire complex of proprioceptive and exteroceptive sensations are taken into account - movement, kinaesthetic, balance, tactile, visual - as well as the internal factors triggering movement (concrete representations and images of the movements to be performed).

📌 **Spatial, temporal and movement perceptions:** spatial perceptions ensure the individual's orientation in the environment.

An important role in judo falls to the perception of spatial limits, being at the basis of assessing the distances between opponent and the combat area. The accurate assessment of the distance, the spot where attacks are initiated, refers to the athlete's possibility to move towards the favourable

position in relation to the opponent and the combat area; it is achieved by thematic exercises, on long-term, resulting in sporting skill.

Temporal perceptions – the coordinative skills at work in the preparatory and decisive attacks, choosing the best moment to increase the effort during attack initiation, assessing the duration of technical domination exchanges represent various aspects of time perception in motor acts.

The formation of the temporal sense is achieved in conditions specific to the judo match. The perception of match duration, of a pin down is extremely important in the strategy of the competition activity.

According to Epuran (1976), the **tempo** is characteristic to all movements, both cyclic and acyclic. The duration and tempo are the main components ensuring the perception of speed in motor acts.

Rhythm in judo is conditioned by the alternance of attack initiation by the two opponents, passages from vertical to horizontal combat.

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LE ROLE DES FACTEURS PERCEPTUELLES ET SENSORIELLES DANS L'ACTE MOTEUR JUDO-ET ACTIONS SPECIFIQUES

Résumé:

Le judo est caractérisé par des mouvements spécifiques et complexes, issus de l'interaction des forces actives et passives, et la vitesse de réaction. Une riche expérience, des répétitions multiples, un entraînement intense du sens kinesthétique conduisent à l'évaluation de l'effort nécessaire pour exécuter un certain mouvement. Cela détermine la formation des représentations adéquates des mouvements (des éléments et des procédés techniques), qui sont importantes dans l'acquisition de la technique du judo.

Mots clés: judo, acte motrique, perception, sensorialité

THE ROLE AND IMPORTANCE OF GAME LEADING FOR THE INITIATION STAGE IN ICE HOCKEY

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Abstract:

The game is one of the most effective and important means of education. Any coach or instructor, once convinced of this, will realize that you need to know as many games as possible, to know how to select, adapt, drive, and analyze them and create new ones. A deeper game analysis will show their importance in education and self-control. A series of games develop eyesight, hearing, intelligence, sense of observation. There are no physical or intellectual qualities that cannot be developed through some games.

The hockey specific effort is characterized by complex technical and tactical procedures and operates at high speed, which creates a variety of situations. Success in learning and perfecting this sport is ensured by the performance of a large number of exercises and repetitions

Key words: Motion games, beginners, ice hockey