

Methodology for training judges in oriental martial art

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Abstract

Objective of the study was to develop a methodology for training judges in oriental martial arts (a group of sports disciplines Shotokan).

Methods and structure of the study. At the heart of the experimental methodology for the training of sports referees in Shotokan, verbal and visual methods were used in the form of lectures, tasks of varying degrees of complexity and focus, developing the basic skills and abilities of a sports referee. The pedagogical experiment was carried out during 2021 on the basis of the Federation of Oriental Martial Arts Shotokan in Moscow. The total number of participants in the study was 20 judges of various qualifications.

Results and conclusions. The educational course was held for five days. The first day was devoted to the development of theoretical knowledge in the sports discipline Shotokan. Further, for four days at the seminars, the students performed tasks in the form of dictations (dictations of the "protocolist", "judge", "referee") and assessment of various situations in the duel with face-to-face sparring of two athletes on the tatami, presented in the video materials.

It is noted that the practice of conducting lectures and seminars, including dictations and assessment of various situations in a duel, makes it possible to cover all aspects of refereeing and contributes to the effective organization and implementation of multilateral training of referees in Shotokan.

Keywords: *training of sports judges, martial arts (shotokan group of sports disciplines), seminars.*

Introduction. At present, the preparation of a sports referee in Shotokan is a long and at the same time rather complicated process, requiring candidates not only to master the "mechanics of refereeing", but also to immerse themselves in the essence of the martial art itself. These are necessary conditions for candidates, which allow them to properly evaluate all the multifaceted nuances of techniques in kumite, as well as the technical complexity of the kata, which has a combat application in martial arts [1].

An analysis of the scientific and methodological literature on the topic of the study allows us to say that the only current methodological recommendations for the training of judges in Shotokan are presented in the

edition of the rules of V.V. Markov [2]. In addition, the activities of sports referees in Shotokan are regulated by the regulation on sports referees and the qualification requirements for sports referees in the sport of "oriental martial arts" of the Ministry of Sports of the Russian Federation [3], on the one hand, and the regulation on refereeing in USKO (All-Russian physical culture and sports public organization "United Organization Shotokan karate-do Russia") of Russia according to the rules of Shotokan, on the other. In this regard, a competent referee training plan must meet the requirements of both organizations and involves a gradual even promotion of a referee, both in the qualification categories of sports referees and in the USKO referee categories.



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Methods and structure of the study. At the heart of the experimental methodology for the training of sports referees in Shotokan were used verbal and visual methods in the form of lectures, tasks of varying degrees of complexity and focus, developing the basic skills of a sports referee. The pedagogical experiment was carried out during 2021 on the basis of the Federation of Oriental Martial Arts Shotokan of the City of Moscow, the total number of participants in the study was 20 people from the composition of judges of various qualifications.

Results of the study and their discussion. The first day of the educational program was devoted to four lectures, which provided detailed information about judging in the martial art of Shotokan. After mastering the theoretical part, seminars were held with the students for four days, during which they performed methodological and practical tasks in the form of performing dictations, as well as assessing specific situations on the tatami presented in the video materials (see table). The training course was held in the experimental group three times a year (in January, June and September), the rest of the time the students actively practiced in refereeing sports competitions.

The exercises in the methodology were distributed as follows:

Exercise 1 - "Recorder's dictation". The main objective of this exercise was to teach the correct recording of scores, penalties, as well as the results of the fight in the competition protocols:

– "simple" level: The announcer calls marks, punishments or results in a prearranged order. Students

write down everything in a specially prepared protocol (see figure) in the form of symbols. If the named material requires recording for both athletes, two corresponding columns are filled in. If the scores are called for only one athlete, only one corresponding column is filled in, the second one remains empty;

AKA athlete with a red belt		SIRO athlete with a white belt		Conventions					
□	Kachi (victory)	△	Hikiwake (draw)	x	Make (lost)	●	Ippon	○	Vasari
				K	Keikoku	JK	Jogai Keikoku	JC	Jogai Chui
				HC	Hansoku Chui	JH	Jogai Hansoku		
				H	Hansoku				
Notation recording protocol									
AKA									
SIRO									

Simple protocol for notation

– level "difficult": the announcer does not just name the terms, but completely copies the referee's phrases from the competition. For example, the announcer says "Aka jodan-zuki Wazaari", in which case the student must put a "○" sign in the appropriate box. The announcer may accompany the phrases with the appropriate gestures of the referee;

– "expert" level: at this level, the announcer, at his discretion, can pronounce phrases with his voice or use only gestures, or use both.

Exercise 2 - "Dictation of the judge." The purpose of this exercise was to teach the correct demonstration of referee signals:

– "beginner" level: the announcer calls the terms and shows their designation with flags, if necessary, accompanies with a sound signal of a whistle. The subjects repeat only visual and, if necessary, sound signals, without using the terms themselves;

Shotokan Referee Training Exercises

Name of the exercise	Method	Difficulty levels	Demo
Recorder's dictation	Verbal Illustrative	Simple Difficult Expert	
Judge's dictation	Verbal Illustrative	Newbie Simple Difficult Expert	
Referee dictation	Verbal Illustrative	Newbie Simple Difficult Expert	
4 angles - 4 opinions	Illustrative		In person Video materials
Judging «by pieces»	Illustrative		Video materials
«Blind» referee	Illustrative		In person
Sabotage	Illustrative		In person



- level "simple": the announcer calls the terms. Students demonstrate visual and, if necessary, audio signals that characterize these concepts;

- level "difficult": the announcer verbally pronounces combat situations. Students must correctly show a visual and, if necessary, an audible signal corresponding to the situation in the duel;

- "expert" level: athletes are given tasks to demonstrate clearly certain situations in a duel on the tatami. The trainees must correctly show the visual and, if necessary, the audio signal that characterizes this episode.

Exercise 3 - Referee's dictation. The task was to teach the correct demonstration of gestures, terms and commands of the referee:

- the level of "beginner": the announcer calls the terms and shows them with gestures, if necessary, gives the appropriate commands, the students repeat the gestures and commands.

- level "simple": the announcer calls the terms. Students demonstrate gestures and give the necessary commands;

- level "difficult": the announcer verbally pronounces combat situations. The subjects need to give the correct command, accompanying it with the correct gesture;

- "expert" level: athletes are given tasks in advance to clearly demonstrate combat situations in a duel, students must give the correct command, accompanying it with the correct gesture.

Exercise 4 - "4 angles - 4 opinions." The task is to teach the correct understanding of how accurately the referee saw the specific situation of the fight:

- in person: athletes demonstrate a mock fight, the referee stops it after a certain situation requiring evaluation. The students who are in the positions of the corner judges show their opinion by means of signals. There is a discussion of what they saw, as well as the correctness of the opinions of the judges with their foreshortening and viewing angle;

- by video: students are shown in turn the same simulated situations, filmed from four different angles. Students express their opinion and evaluate the technical action taken from each separate angle.

Exercise 5 - "Judgement" in pieces. The main task was to develop the criteria for judging kata by the judges.

Description: Students are invited to watch a video of the simultaneous performance of two athletes, in which they must choose the winner from the pair. Next, the subjects are offered to view the same performance, but divided into several video fragments, in this case the task was to choose the winner of the pair in each individual fragment, then sum the results by fragments and get the overall result. After watching all the fragments, compare the result with the one that

was obtained after watching the whole video. Analyze the results obtained: whether the decision for the whole video coincided with the decision for the totality of fragments; if not, then for what reason; whether errors or inaccuracies were made; how they influenced the result (of a fragment or the entire performance).

Exercise 6 - "Blind" referee. The task was to develop the ability of the referee to model the situation based on the opinion of the side judges.

Description: A situation is simulated when the referee stopped the fight, but he himself saw the situation from an unfavorable angle or did not see it at all ("Mienai"). The judges of the Hantei team show completely different opinions on this situation with the help of flag signals. The task of the referee is to suggest what could happen in a real combat duel, about which the judges made just such an opinion. Voice and discuss your assumption, if such a situation really could be, then give the appropriate commands, accompanied by the necessary gestures.

Exercise 7 - "Sabotage". The task was to check the correctness of the referee's determination of the ability to see this or that situation by the corner judges, taking into account their angle.

Description: The number of corner judges includes an agent (maximum two), who has the initial setting to distort the situation: to show what he could not see; give a description that clearly does not adequately reflect a particular fight; while trying not to give yourself away. At this time, the referee is conducting a training duel between two athletes, he should try, if possible, to level the distortion of information by the agent, and ideally to calculate it. The moderator from among the senior judges may slightly prompt the referee, for example, by asking a leading question "Is it worth relying on the opinion of this judge? Could he see the situation?"

Conclusions. As a result of the pedagogical experiment, all students during 2021 took a direct part in judging competitions of various levels and ranks from regional and regional (Championship of the Moscow Region, Championship of the Tver Region, Vladimir City Competitions) to All-Russian (Championship of Russia, Cup of Russia, Championship of the Central Federal Districts, Championship of the Northwestern Federal District).

From the composition of the trainees according to the experimental methodology, two participants received the qualification of "young sports referee", three participants - "sports referee of the 3rd category", one participant - "sports referee of the 2nd category" and one participant - "referee of the 1st category", also in the section of referee categories USKO kumite six participants received the category "USKO category "D" kumite judge", three participants - "USKO category "C" kumite judge", one participant - "USKO category



“B” kumite judge”, one - “referee USKO category “A” in kumite”, as well as USKO category in kata, respectively, D - 7 participants, C - 5 participants.

The above data allow us to say that the developed methodology is effective and its use for training judges in martial arts (Shotokan group of sports disciplines) is justified and expedient.

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