

## A Profile of Adriana Dadci's Individual Technical-Tactical Preparation

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A – Study Design  
 B – Data Collection  
 C – Statistical Analysis  
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### Abstract

**Background:** Since the first women's judo championships in 1980 work connected with an analysis and an assessment of their preparation has been carried on. Polish and foreign researchers have determined the particulars of women's technical-tactical preparation (TTP). Adrianna Dadci was Poland's representative in women's judo, who successfully participated in many international competitions. She won the gold medal at the European Championships in 2002 and took the 3<sup>rd</sup> place at the European championships in 2001. She won five times at international tournaments within 2002-2004, which are now known as the World Cups. She was the Champion of Poland seven times. The purpose of this research was to determine Adrianna Dadci's, one of the best Polish judo competitors, individual profile of technical-tactical preparation.

**Material/Methods:** 123 contests played by Adranna Dadci within 2002-2004 during 33 judo sport competitions were analyzed (119 contests were subject to analysis).

**Results:** Dadci efficiently performed 146 attacks gaining 1047 referee's points. She effectively used 20 judo techniques. The ouchi gari and an uchimata throws were her favorite techniques, effectively executed by the right side of her body as well as the juji gatame armlock. She was very efficient in executing katame waza techniques (grappling techniques) and ashi waza (leg throws).

**Conclusions:** A profile of technical-tactical preparation of one of the best women's judo competitors is an important factor in determining the standard value.

Adrianna Dadci's value of indices (TTP) may be used as a criterion for controlling individual training in women's judo competitors.

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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 competitions have been played at the Olympic Games. Together with various women's judo competitions, there are observations and analyses of their tactical-technical preparations. Women's judo preparation particulars, technical-tactical preparations (TTP), are analyzed by both Polish and foreign researchers [3, 4, 5, 6, 7]. They have undertaken efforts to determine the TTP value which is characteristic of women. They did not find significant differences in performing judo techniques by female and male judo competitors, which could affect basic judo training programs.

The purpose of the present study is to work out an individual profile of technical-tactical preparation of the best Polish women's judo competitors.

## Material and Method

The research material comprised audio-video recordings and graphic methods of recording [8] of Adriana Dadci's judo performance (within 2002–2004 she participated in 33 competitions, both domestic and abroad, she totally fought 123 contests, of which she won 96, and in 22 ones she was defeated, and 5 contests ended in a draw). In total, 119 contests were analyzed. Her opponents performed efficiently 45 attacks gaining 259 points. During the analyzed period she obtained sport classes (according to the Polish Judo Association requirements <http://www.pzjudo.pl>): 5 times she got the master international classes, 15 times master classes and the first sport class once; she performed in the under 70 kg and open weight categories. Throughout her whole sport career she represented the AZS AWFIS Gdańsk sports club (from 1985 to 2005). She won bronze medals twice in 1996 and in 1998 at the European Junior Championships. At the European Women's Senior Championships in 2001 she won the bronze medal, then in 2002 she had the gold medal. In the years of 2002-2004 she won judo competitions at the World Cup five times and twice she secured her 3<sup>rd</sup> places. She won medals at the individual and team international competitions many times. She gained the champion title at the individual Polish Seniors' Championships seven times.

The classification of techniques has been done according to the Kodokan Judo [9]; names and spelling were adopted following the Kawamura and Daigo's dictionary from 2000 [10]. The assessment of judo techniques was made in accordance with the sport and referee 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

$$K = K1 + K2 + K3$$

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

$$Sa = 3xM + 5xM + 7xM + 10xM/ n$$

M – number of effective attacks

n – number of contests

*koka* = 3 pts., *yuko* = 5 pts., *waza ari* = 7 pts., *ippon* = 10pts. – (referee's points) for efficient attacks.

Dadci'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 one in the random group [12].

Directions and ways of performing throws were determined in accordance with kuzushi (breaking opponent's balance). The following ways of breaking balance were analyzed: 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 competitor's right-sidedness or left-sidedness [13, 14, 15].

## Results

During the analyzed period the competitor effectively used 20 judo techniques. She efficiently performed 146 attacks gaining 1047 referee's points. Dadci's favorite techniques were the ouchi gari and uchimata throws performed by the right side of her body and the juji gatame armlock. She also effectively performed the osoto gari and harai goshi throws as well as grappling techniques, such as hon kesa gatame and tate shiho gatame (Tab. 1, Fig. 4, 7, 8). She had very high efficiency performing ashi waza throws (leg techniques), grappling techniques from osaekomi waza and kansetsu waza groups (Tab. 1, Fig. 1, 2, 3). The throws performed frequently and with great efficiency were the ones which unbalanced opponents to the rear direction on their heels without pivots (Fig. 5, 6). She mainly performed throws to the right front (RF) and left rear (LR) directions (Fig. 8) by using the right side of her body.

Tab. 1. Adrianna Dadci's dominant techniques (based on the contest observations from 2002-2004)

K	Techniques	Number of assessed attacks				K1	K2	K3
		<i>ippon</i>	<i>waza ari</i>	<i>yuko</i>	<i>koka</i>			
1	Ouchi gari	7	3	18	7	3	1	1
2	Juji gatame	13	X	X	X	1	4	2
3	Uchmata	7	3	5	2	3	2	3
4	Osoto gari	7	3	4	0	3	3	4
5	Hon kesa gatame	9	0	0	1	2	5	5
6	Tate shiho gatame	6	1	1	0	6	7	6
7	Harai goshi	4	2	2	1	7	6	7
8	Kata gatame	4	0	0	0	7	10	8
9	Seoi nage	1	1	1	4	10	8	9
10	Deashi harai	1	1	1	1	10	10	11
11	Tani otoshi	0	1	4	2	(14)	10	10
12	Sumi otoshi	1	2	0	0	10	13	12
13	Uchimata sukashi	0	2	1	1	(14)	10	13
14	Kuzure kesa gatame	2	0	0	0	9	15	14
15	Harai makikomi	0	1	1	1	(14)	13	15
16	Kami shiho gatame	1	0	0	0	10	17	17
17	Soto makikomi	0	1	1	0	(14)	15	16
18	Ura nage	0	1	0	0	(14)	17	18
19	Uchimata makikomi	0	0	1	0	(14)	17	19
20	Harai tsurikomi ashi	0	0	0	1	(14)	17	20
<b>X</b>	<b>TOTAL TECHNIQUES</b>	<b>63</b>	<b>22</b>	<b>40</b>	<b>21</b>	<b>X</b>	<b>X</b>	<b>X</b>

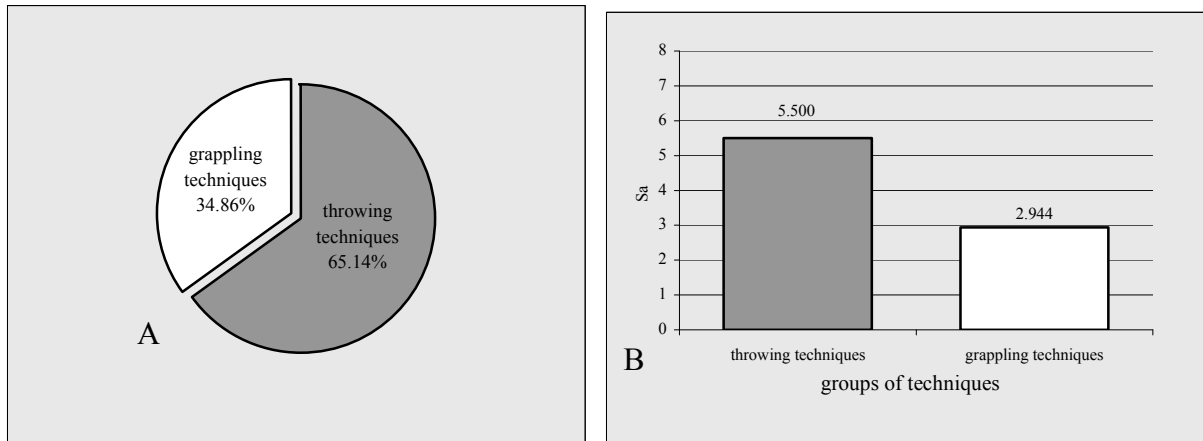


Fig. 1. The percentage of throws and grappling techniques [A] and their efficiency (Sa), [B]

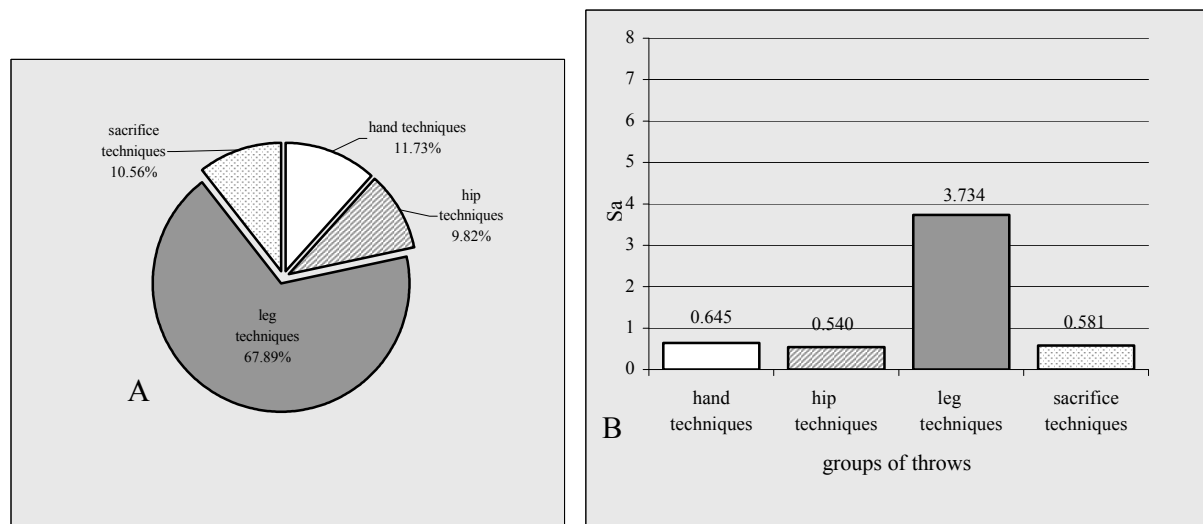


Fig. 2. The percentage of hand, leg, hip throws and sacrifice techniques [A] and their efficiency (Sa), [B]

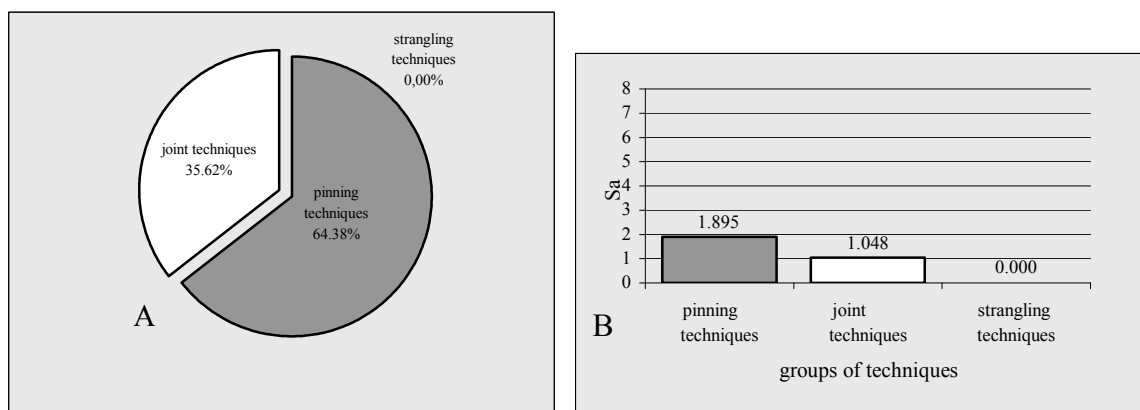


Fig. 3. The percentage of grappling (pinning, strangling, joint) techniques [A] and their efficiency (Sa) [B]

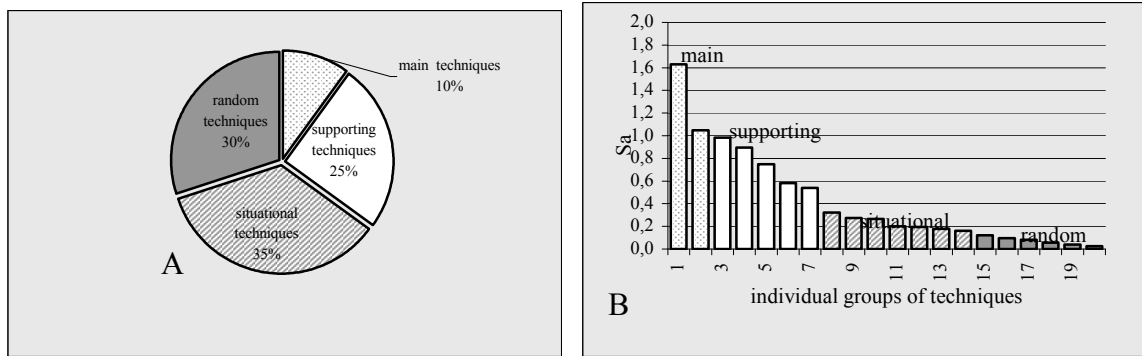


Fig. 4. The percentage of individual groups of techniques: main techniques, random techniques, situational techniques, supporting techniques [A] and their efficiency ( $S_a$ ) [B]

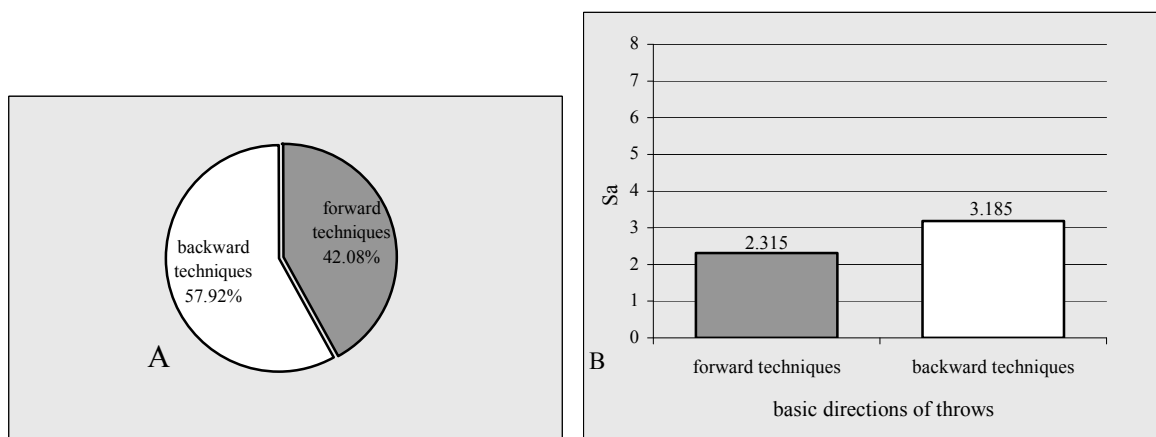


Fig. 5. The percentage of forward and backward techniques [A] and their efficiency ( $S_a$ ) [B]

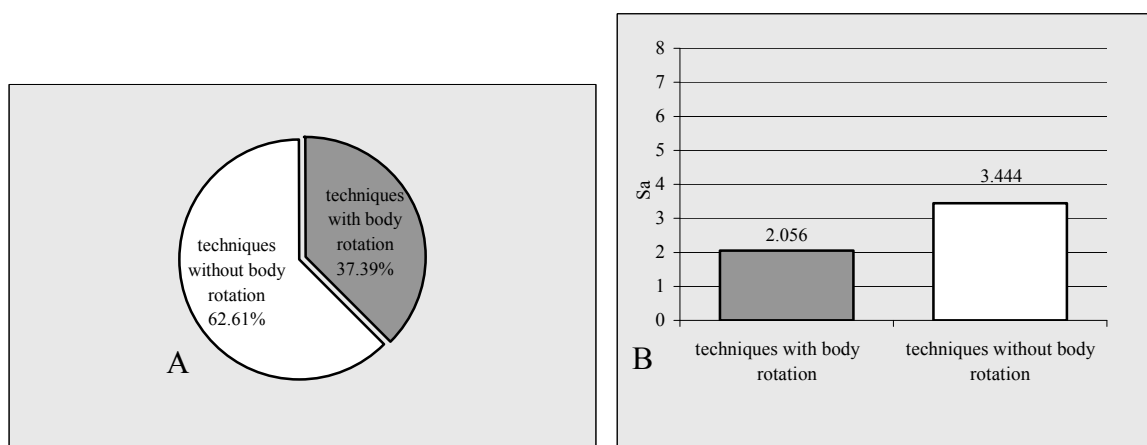


Fig. 6. The percentage of techniques with and without body rotation [A] and their efficiency ( $S_a$ ) [B]

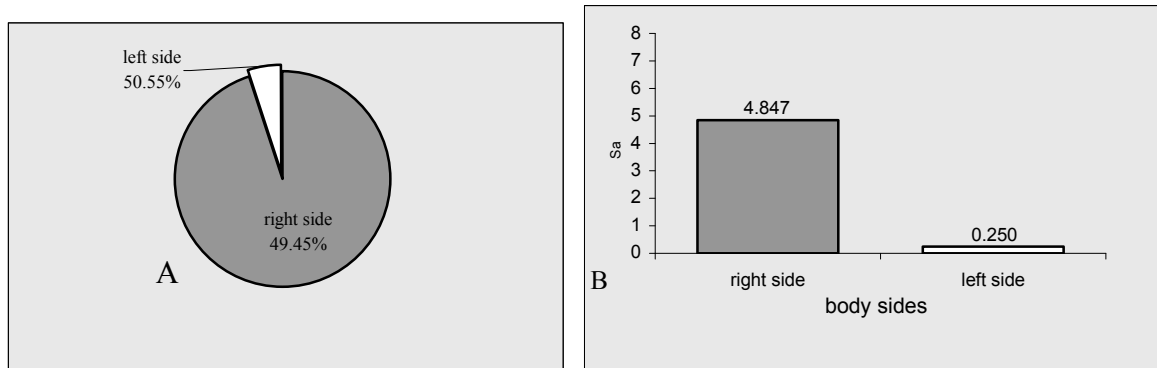


Fig. 7. The percentage of techniques performed with the domination of the right or left side of the body [A] and their efficiency (Sa) [B]

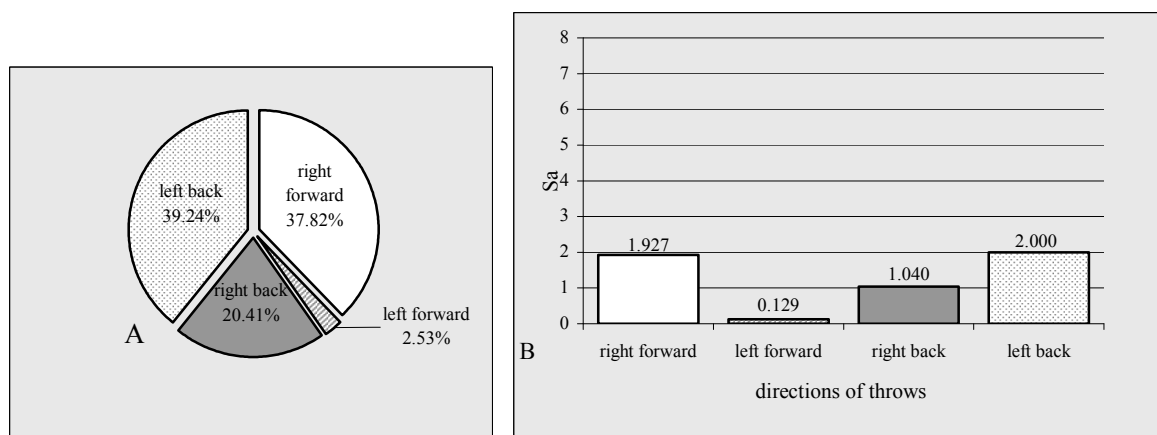


Fig. 8. The percentage of throws performed in particular directions [A] and their efficiency (Sa) [B]

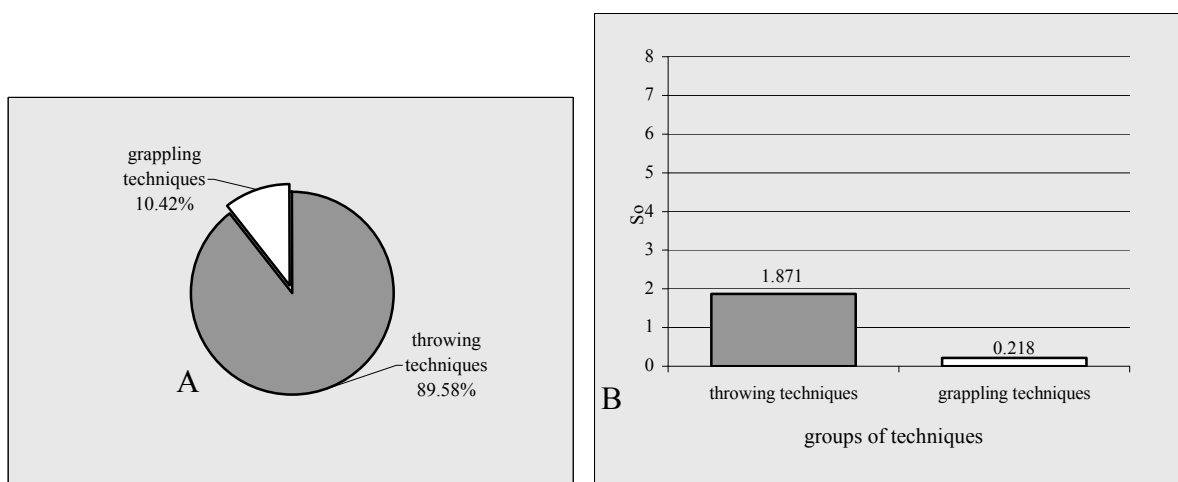


Fig. 9. The percentage of throws and grappling techniques [A] and their efficiency (So) [B] performed by Dadci's opponents

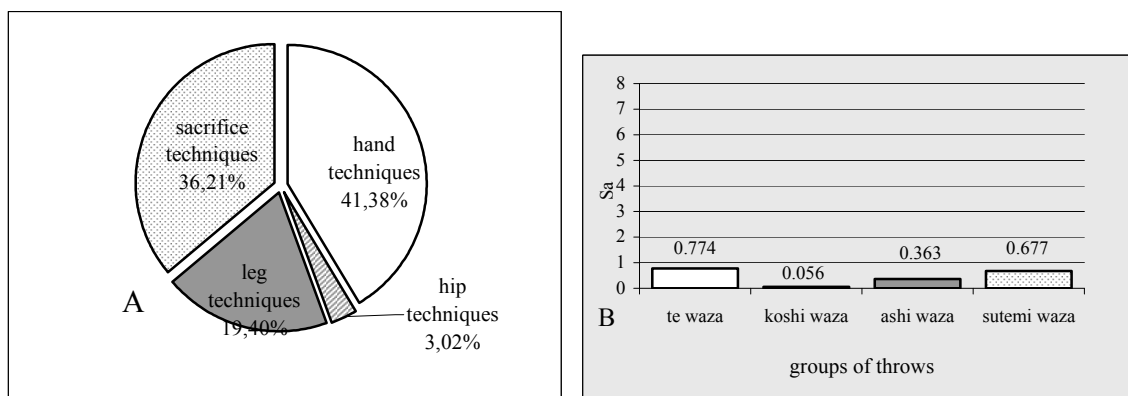


Fig. 10. The percentage of hand, leg, hip throws and sacrifice techniques [A] and their efficiency (So) [B] performed by Dadci's opponents

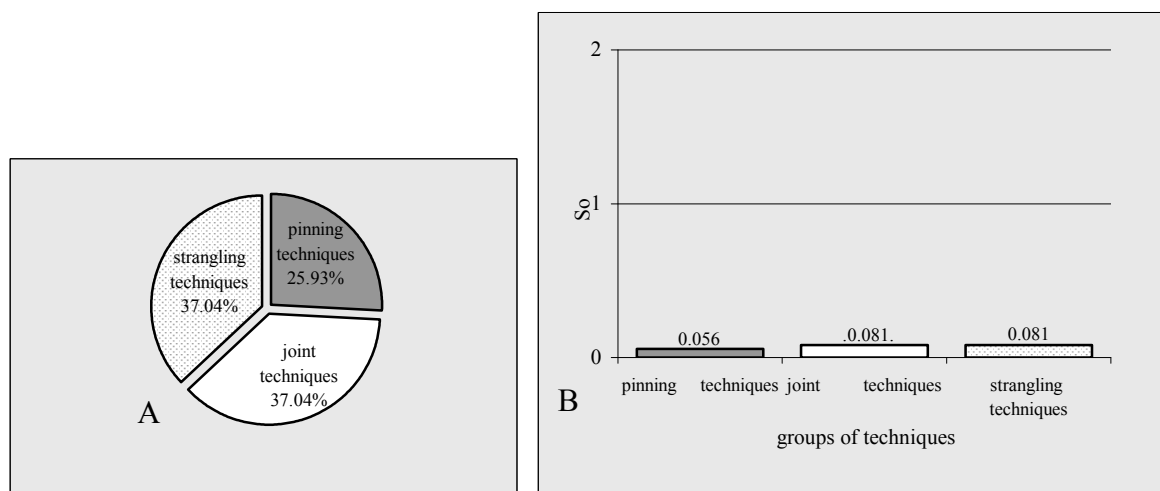


Fig. 11. The percentage of grappling (pinning, strangling, joint) techniques [A] and their efficiency (So) [B] performed by Dadci's opponents

## Discussion

Searching for the features of top sport competitors is a very difficult task, but an indispensable one nowadays at particular stages of sports training. Adriana Dadci achieved significant sport results, thus manifesting high efficiency of the performed judo techniques. High indices of throws efficiency ( $S_a$ ) ouchi gari, uchimata and juji gatame armlock have been ascertained. Those judo techniques were also performed by other top world women's judo competitors, such as, for example: I. Berghmans and U. Werbrouck (Belgium), E. Pierantozzi (Italy), M. Blasco (Spain), M-S. Cho (Korea) and others [16]. High efficiency of katame waza was the advantage of Dadci's technical-tactical preparation, and in particular her ability to execute osaekomi and kansetsu waza techniques. Her auxiliary techniques were such throws as: osoto gari, harai goshi, and immobilization techniques such as: hon kesa gatame and tate shiho gatame. She performed them efficiently and frequently. She effectively executed throws without pivoting, breaking her opponents' balance to the rear on their heels. Additionally, high efficiency of techniques from the kansetsu waza group as well as from the ashi waza group (ouchi gari) have been ascertained. Joanna Majdan's individual profile of technical-tactical preparation was used for comparison with Dadci's examined features [17]. Although both women were the competitors from the same judo club (KS AZS AWFis Gdańsk), the significant differences in their individual TTP were observed. Adriana Dadci was much more efficient in katame waza (grappling techniques), particularly in osaekomi waza (immobilizations) and kansetsu waza (armlocks) than Joanna Majdan. Dadci efficiently executed leg throws (ashi waza), while Majdan hand throws (te waza). A wide range of

the used basic and auxiliary techniques enabled her effective attacks to the right front (RF) and the left rear (LR) by using the right side of the body. Majdan had a narrower range of executed throws but she was able to perform them by using both sides of her body, the left and the right ones. It resulted in executing throws in two directions (right-front and left-front respectively). She defended herself against throwing techniques (nage waza) better. Dadci's opponents' efficiency was 1.871, whereas the same value of Majdan's opponents' was 0.649. Despite the differences between their individual TTP, both competitors had sport success in domestic competitions and as the Poland's representatives.

The techniques used by many top judo male and female competitors were subject to close analysis in order to find possibly best directions of sport preparation, and the results were implemented into the training process [18, 19, 20, 21, 22, 23]. Researchers determined the main techniques, time structure of a judo contest and coaches' opinions on the efficiency of particular techniques which were used by competitors from different weight and age categories. Many competitors, when they retired from sport competitions, presented their favorite techniques (tokui waza) which they successfully used in judo competitions. There also were techniques once used by Adriana Dadci [24, 25, 26, 27, 28, 29, 30].

Little research on many-year observations of one female competitor does not provide ground for the discussion on other individual TTP features.

## Conclusion

The results which have been presented in this paper are of an individual nature. The individual profile of Adriana Dadci's technical-tactical preparation, based on many-year observation, does not give reasons for formulating general training remarks for competitors and coaches. The value of indices of Dadci's technical-tactical preparation is the base for searching for individual profiles of training of female judo competitors, which may guide judo coaches in their work. It may also be used as a control criterion in individual training of female judo competitors.

Determining similarities, interdependencies and analogies between profiles of technical-tactical preparations of other top competitors allows formulating cognitive and applicable conclusions.

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