

## OPINION

From Prof. Angel Bozhichkov Krumov, Ph.D.

Subject doctoral work on "training in judo kata through different ages" for awarding the degree of "Doctor of pedagogical sciences" in the professional 1.3. Pedagogy of /Methods of Teaching Physical Education and Sport - Judo.

Doctoral student: Anzhelina Yaneva-Prokopova

The dissertation consists of a total of 336 standard typewritten pages, which include 10 appendices, 19 publications, a declaration, lists of 78 figures and 47 tables. The literature used includes 165 titles in Cyrillic, 57 in Latin and 32 electronic information.

Prof. Anzhelina Yaneva-Prokopova is a lecturer at Sofia University "St. Kliment Ohridski", Department of Sports at the Department of Individual Sports and Recreation. Her research interests are focused on Physical Education and Sports, education, adapted physical activity, the field of Pedagogy of Physical Education and Sports.

In 2009 he defended a dissertation on "Methodology of primary education in judo for preschool children" in scientific field 1.3. Pedagogy of teaching Physical Education and Sports.

In 2014 she was elected a professor in the scientific field 1.3. Pedagogy of Physical Education and Sports Pedagogy at Sofia University "St. Kliment Ohridski".

In the period 1979 - 1986 he graduated from NSA "V. Levski" /HSPE/ specialty Teacher.

He completed a judo coaching course in Lovech and Sozopol, a kyokushinkai karate course in Varna, a judo judging course in 1981, a jujutsu course in 1991, an aikido course in 1991, a Special Olympics coaching course in Belgium in 2004, a seminar in judo for people with mental disabilities - 2011 in Italy.

In 2016 he covered the VI Dan in Judo.

He competes in judo in CSKA, SFD "Academic" national team. She also competes in skiing.

Coaching practice: 1984–1988 in Ruse, 1988–2013 in DFS "Iskar", 1989 - until now in SC "Budo" at Sofia University, 1993–1994 - coach of the national women's judo team, 1998–2013 - coach of children in kindergarten "Latin", 2009-2011 - coach of the national team for the blind, 2009-2017 - Director of the Department of Sports at Sofia University.

In the period until now he has been a lecturer on various topics at Sofia University in the field of Physical Education and Sports, participation in scientific conferences at home and abroad, leadership and participation in programs at the MES, supporting the research of PhD students, scientific guidance of PhD students 10 pcs.

Editor and compiler of Judo magazine, yearbook of the Department of Sports at Sofia University, organizer of an international scientific conference at Sofia University, methodological magazine "Professional Education" and others:

Strong social activity.

The doctoral dissertation is constructed in three chapters.

The doctoral thesis has developed a topic that is relevant to the development of judo. Through a rich literary review, significant practical and scientific activity, Prof. Yaneva enters the problems of judo as a philosophy and sport. Through in-depth research and competent analysis, he strengthens the importance and role of the grade levels of the Kyu system and KATA at all ages for the growth of the judoka.

In the introduction Prof. A. Yaneva introduces in judo, through the real reality and the requirements for life and work realization, health-functional possibilities, activity development and readiness for independent social realization.

She emphasizes the need to seek new approaches for training and implementation in society and improve sports and competition activities based on sports science to achieve the goals. The need to search for and find the connection between the traditions and modern achievements in sports and sports science is emphasized in order to improve the methodology of training in judo, to turn it into a system "... for physical, technical and mental improvement". This attracts parents and children by adopting judo as a way of life, which leads to a combination of learning and sports.

The idea of judo entering schools and creating a European School Judo League will help improve and stimulate training. In this regard, the improvement of KATA would help the future growth of judo and the successful realization of its athletes.

On this basis, a hypothesis of the study is derived.

The purpose, tasks, methods, object and subject of the study are clearly and precisely formulated.

Chapter 1. The essence and types of martial arts from antiquity to the present have been thoroughly studied.

In the introduction, the author makes a brief description of the martial arts of Asia and current martial arts. Separate aspects in the development of martial arts are outlined:

- First of all, we consider the traditional Japanese martial arts, which are unique in their philosophy and the countless schools that have a beneficial effect on the mind, body and spirit.
- There is a struggle of traditionalism with the new - modern sports, change in technology and more. Comparison and change of certain terms in the previous and current terminology is performed.
- In the spirit of the development of Eastern martial arts, an analysis of jujutsu and other unarmed martial arts is performed, which also change over time.

- After the study of martial arts, Prof. A. Yaneva offers a classification of the technique according to the way of fighting, according to the manner of execution of the technique, according to the geographical location of the schools, according to the sports orientation.

- The creation of Judo by Jigoro Kano, in 1882 as a system of physical and moral education and practice for all ages. In 1964, JUDO was accepted into the Olympic family.

- Distribution of judo in the world and in Bulgaria. The creation of judo as an art that turns into a sport for all, for spiritual and physical perfection, is thoroughly considered and analyzed.

- Influence of philosophical currents on martial arts, both in Japan and around the world.

- The term "emotional intelligence" is introduced.

- The technical levels in the growth of athletes in both judo and a number of martial arts are considered.

The performed analysis of the technical degrees and the respective colors of the belts and the requirements for taking the exams is focused on the role of KATA for passing to the next level. The opinion was expressed that it is necessary to improve the existing Kyu system.

## Chapter 2. Theoretical and methodological aspects of martial arts

According to A. Yaneva, the methodology of education and training must make a connection between technical and physical training. The connection of martial arts with sports as an integral part of the culture, where the historical and philosophical peculiarities are based, is also commented. In addition, according to the author, martial arts bring health benefits and play a role in traditional and popular culture as an impact on them. The presented changes in judo are noted in the principles, increase of the categories, creativity, etc.

The analysis is focused on physical education and physical culture as part of the general culture of man and includes physical training, physical development, physical capacity, participation in competitions, kinesitherapy and more. Proper orientation of children to physical activity with the methods and means of sports leads to the strengthening of physical development.

This chapter comments on the definition of sport, the theory of sports training, the number of laws, the necessary qualities for the construction of judo techniques, etc. Related to the development of physical capacity, functional and physical development based on developed motor skills and habits.

With the development of martial arts, the methods of teaching and their interaction are also developing. The role of the coach in applying the training methods and the relevant terminology for building the motor habit is emphasized as one of the main factors in building the athlete. The coach must have pedagogical skills, theoretical competence and specialized knowledge in their sport. The coach must know his sport to reduce aggression, to move it into a way of life, to contribute to the intellectual, emotional and moral development of the personality. The question is raised about the need for greater rigor and coaches, their technical and theoretical training in

covering Kyu degrees and working with KATA, as well as the need for various activities, such as expertise in their sport and charisma.

The opinion was expressed in this regard that KATA is an appropriate form.

This chapter analyzes physical exercises as a basic tool that differs in form and content. The different units in the construction of physical exercises and their content are considered. Thus, the technique appears as a set of interconnected movements that uses a basic principle in judo for minimal energy consumption. The content of the judo classes includes their realization in competitions and randors. Attention is paid to the large number of techniques and their form "kata", counter technique, combinations and more. The ultimate goal is emphasized - education in the spirit of respect.

At the heart of the Eastern martial arts is a universal principle of respect, which in the process of training builds the ability to control and overcome aggression. According to the doctoral student, judo rituals, where they are part of the physical and spiritual education, also play a big role in this regard. It is pointed out that physical exercises also develop mental traits, emotional resilience, balance and more. As a factor in reducing aggression in children is the physical education teacher and coach.

Opposing opinions are presented about the beginning of training. Some experts say that it is good to train judo from kindergarten.

An analysis of physical exercises is performed as a basic tool that differs in form and content. The different units in the performance of the physical exercises and their content are considered. Thus, according to Yaneva, the technique appears as a set of interconnected movements, which uses the basic principle in judo for minimal energy consumption. Attention is paid to the large number of techniques and their form Kyu and KATA, to the counter technique, the combinations, etc.

This chapter also focuses on aggression in general, prevention through martial arts, the psycho-emotional mechanism of judo practice. Levels of aggression are suggested.

### Chapter 3. Analysis and classification structure of judo technique.

According to Prof. Yaneva, the methodology of training in the technique of judo depends on the correct combination of modern methods and tools. The training in the technique requires the correct arrangement of the complex coordination movements changed in the years of development and improvement, although rarely. In this regard, the author presents the imposed changes in the classification structure of the technique by the International Judo and Kodokan Federation.

This chapter is entirely related to the technique of judo and the changes that have occurred over time since its creation until now in accordance with the new requirements of the regulations, the types of national struggles and more. This is an occasion for specialists to study the technical condition and training of judokas. In this regard, a variety of innovative methods are being experimented with. Several methods are available:

- Situational interactive method for forming skills and habits.

- Simulation method and games.
- Method of assessment, control and self-assessment.
- Compilation of a program or algorithm. The doctoral student offers the arrangement of the techniques according to the established classification.

According to this classification, the technique is divided into basic and special.

The basic ones introduce the young judoka to the initial technique when stepping on the tatami.

The special techniques are arranged in groups according to the priority participation of body parts in the stand and ground floor.

Combinations and counter-techniques are involved in the arrangement.

The latest classification of the technique is proposed

The highlights of the exhibition in this chapter are:

- Analysis of the special techniques used in judo.
- World trends in technical training in judo.
- Analysis of the participation of Bulgarian judokas in the World and European competitions and their possibilities.
- Analysis of the ranking lists of Bulgarian athletes.
- Analysis of the 2020 Olympics.

On the basis of the application of an innovative arrangement, experimentation of the techniques arranged in the Kyu system, models for training and coaching of the ages 4 - 7, 7 - 10 and over 10 years have been compiled.

The placement of separate color strips on the belts separating the levels of coverage of the individual technical stages has been introduced.

There is a place for organizing and conducting the exams for Kyu, as well as the need for a qualified Kyu - DAN commission.

The conclusions and recommendations made are based on the conducted studies and analyzes.

In connection with the doctoral thesis, 19 publications have been published, of which 7 independently, the rest in co-authorship.

The contributions of the doctoral thesis consist of the following:

- Are determined for groups of activities in respectively Kyu according to the age characteristics.
- Models for the individual Kyu have been developed and tested.
- The developed models provide an opportunity to increase the activity of those involved.

- A training methodology for mass pedagogical practice in sports clubs, schools and kindergartens has been proposed.

- The contributions are due to many years of teaching and coaching practice.

A correct abstract is presented.

Conclusion: I believe that doctor's work on "Judo Training through the Kata of Different Age Groups" by Prof. Anzhelina Yaneva-Prokopova has the necessary qualities of doctoral work with a significant contribution to the development of Judo sports, as well as the theory and methodology of physical education and sports. Therefore, with complete conviction, I propose to the honorable scientific jury to be awarded the scientific degree "Doctor of Sciences" by direction 1.3. Pedagogy of training on ... (Methodical of Physical Education and Sport Training - Judo).

Prepared the opinion:



Prof. Angel Bozhichkov Krumov