

REVIEW

by Assoc. Prof. Nikolina Georgieva Dimitrova-Nedkova, DSc
Lecturer at the National Sports Academy "V. Levski"

of a dissertation on the topic:

"Judo training through kata for different ages"

for awarding the scientific degree:

"Doctor of Science"

of ***Prof. Anzhelina Yaneva - Prokopova, Ph.D***

in in the professional direction:

***1.3. Pedagogy of training in ..., specialty "Methodology of training in
physical education and sports - Judo"***

at Sofia University "St. Kl. Ohridski"

Department of Sports; ***Department: "Individual sports and
recreation"***

Prof. An. Yaneva, Ph.D., was graduated in 1986 from the Higher Institute of Physical Education "G. Dimitrov, Sofia, where she acquired a professional qualification for Pedagogy of Physical Education and Sports, specialty teacher. She is a lecturer at the Department of Individual Sports and Recreation, at the Department of Sports at Sofia University "St. Kliment Ohridski" since 1989.

In 2009, after successful defense of a dissertation on the topic: "Methodology for initial training in judo for preschool children" Prof. Yaneva was awarded the educational and scientific degree "DOCTOR" in the scientific specialty 05.07.05 - Pedagogy of teaching ... (judo).

In 2010 he received from the High Attestation Commission (HAC) the scientific title of Associate professor in the scientific specialty 03.05.07. Pedagogy of training in ... (martial arts). Since 2014 he has been a Professor of 1.3. Pedagogy of teaching in) (FVS) – Sofia University.

Prof. Yaneva has been a teacher of judo and self-defense since 1989. He held the administrative positions as Head of the Department of Individual Sports and Recreation in the period 2001-2009 and as Director of the Department of Sports from 2009 to 2017.

Prof. An. Yaneva, the doctor is known in judo circles in Bulgaria. She is a longtime national athlete and judo champion. Coach of the national judo team for women for the period 1993-1994 and of the national judo team for the blind – 2009-2011 at BAHU. Leads female profile - SC "Danube", Ruse – 1984-1988, SC "Iskar", Sofia – 1988-2012, the representative team of Sofia University – men and women – from 1989 to now.

She has received awards for Athlete of the Year in Judo of Bulgaria (BJF) for the years – 1978 and 1979; Coach of the Year at Sofia University – 2002 and 2006.

With her good knowledge of judo technique and as a competitor and coach, she actively participates in the construction and improvement of a Bulgarian judo school. She has numerous scientific publications and textbooks, monographs, and books. Conducted many Lecture Courses in the field of martial arts at Sofia University in the period from 2010 to the present. Supervisor of 10 defended doctoral students; has participated in 51

conferences, 11 of them abroad. She is an editor in scientific journals; a reviewer of numerous monographs, books, articles, and projects.

The dissertation paper submitted for review is developed on 336 pages, including 10 pages. applications. A study of 254 was performed. literary sources, of which 165 pcs. in Cyrillic, 57 in Latin, and 32 in Internet applications, which allowed the author to make a *serious theoretical analysis of the researched problem*.

At the end of the doctorate and the abstract, the author presents a list of 19 publications on the topic and a declaration of authorship.

The topic of the dissertation is relevant and of great practical importance. The dissertation is an attempt to enrich the theory and practice of physical education and sports training by optimizing sports training, in particular the sport (judo). It allows for a scientific manifestation of the doctoral student and the achievement of significant results.

In structural terms, the dissertation is constructed correctly, including an introduction, three main chapters, conclusions, and recommendations, using literature and applications.

The *introduction* substantiates the significance and relevance of the researched problem both in theoretical and practical terms. The introduction also presents the conceptual framework of the research, in which the object, the subject, the goal, the tasks, the research questions, and the methodology of the dissertation research are precisely differentiated and formulated.

The *first chapter* begins with a retrospective of the essence of martial arts; types of martial arts - arts based on historical traditions in the folklore of different peoples and their modernized forms. The review continues with a historical overview of the origin and development of martial arts - judo, its transformation into a sport, and the educational aspects it has on the

individual: ethics, principle, initiative, motivation, sports, and emotional intelligence. In essence, in the first chapter, the author conceptualizes the problem, the research to which the dissertation is directed.

In the *second chapter*, Prof. Yaneva presents Theoretical and methodological aspects of martial arts, their connection with philosophy and science, as well as with the manners, customs, and way of life of the people. The main emphasis is, of course, on the general foundations of judo training, the principle of judo, the methodology, the means, and the forms of training. Prof. Yaneva draws attention to the fact that "Martial Arts" are unique primarily with their specific training methods with the two main aspects of training - improving the mind and body and mastering the forms of attack and defense and the basic methods of training - kata (form), randori (free learning) and uchi komi that complement each other.

Prof. Ph.D. Yaneva also analyzes the training and retraining of judo coaches, a prerequisite for achieving high results.

The candidate considers the possibilities of Eastern martial arts as a means of education and prevention against aggression at school and in society.

The *third chapter* is of essential importance for the whole dissertation research and in itself. The generalized analysis of the *Classification Structure of Techniques in the Judo Sport* gives an idea of in-depth and professional knowledge of the research methods, the researched problem, and its multifaceted and complex development.

The results of the analysis of the used "Special Techniques in Judo" of the conducted research are presented, as well as the World trends in the development of technical training and the participation of Bulgarian judokas in World and European Championships.

In the third, the subsection of chapter three is presented "Model of sports and technical training through kata" adapted for judo training for children from 4 to 7 years; from 7 to 10 years and over 10 years of age, covering all aspects of judo training (including children's theoretical knowledge of the terminology and etiquette of judo). The models are distinguished by their smooth transition and the effective influence of kata on the balanced development and comprehensive training of beginner judokas.

A distinctive feature of the proposed methodology is the opening of opportunities for innovation in the education and training of judokas in the respective age group.

The development has many merits that have a contributing character:

- ✓ The techniques and requirements have been developed, according to the age peculiarities, as well as according to the previous preparation up to 7 years of age and up to 10 years of age and for the age limit - over 10 years.
- ✓ Preparatory models of kyu have been developed and tested, which include mainly techniques from the group of Ashi waza, and gradually add techniques from the group of Te waza; great attention is paid to the techniques in Ne waza; combinations and counter techniques from Nage Waza and Ne Waza are included, as well as attacks from different starting positions and grips.
- ✓ The children are brought up and prepared theoretically and terminologically for the next stages of the judoka's development.
- ✓ By emphasizing the main points, the active thinking of the athletes in mastering the technique is strengthened, which increases the active participation of the athletes in the training process.

- ✓ Based on developed adequate training methodology, a cumulative effect and prerequisites for building a foundation for high mastery are provided.

The dissertation ends with clearly formulated 4 conclusions and 7 recommendations arising from the results. They are correctly structured and represent a logical consequence of the conducted research.

The dissertation is an original author's work of the doctoral student. The abstract fully corresponds to the structure and content of the dissertation.

Conclusion

I believe that a sufficient amount of research work has been done, which has a contributing character to sports theory and practice in the field of physical education and sports training in judo.

The work is well structured, the presentation is consistent and logically consistent, and demonstrates the emphasized interest and commitment of the dissertation to the research issues.

The circumstances presented so far give me grounds to declare with conviction that the dissertation has all the necessary qualities of this type of research, and I propose to be awarded to Prof. Anzhelina Yaneva - Prokopova, Ph.D, "Doctor of Science" in the professional field: 1.3. Pedagogy of training in ..., specialty "Methodology of training in physical education and sports – Judo".

12.12.2021 г.

Reviewer:

Sofia

(Assoc. Prof. Nikolina Dimitrova, DSc)