

OPINION

on a dissertation submitted for the acquisition of the educational and scientific degree „Doctor of Science“

to the Individual Sports and Recreation Division to
Department of Sports at Sofia University „St. Kliment Ohridski“

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TOPIC: „Judo training through kata for different ages“

Author of the dissertation: Prof. Anzhelina Yaneva-Prokopova, PhD

The author of the dissertation Prof. Anzhelina Yaneva-Prokopova, PhD has a rich autobiography. He graduated from the Higher Institute of Physical Education „Georgi Dimitrov“ in 1986 with a degree in Teacher. She is a master of the sport of judo and holds the 6th dan. She was „Best Judo Player in Bulgaria“ for 1978 and 1979 and a longtime judo coach. Prof. Yaneva started working at Sofia University „St. Kliment Ohridski“ in 1989 as a teacher of judo and self-defense. In 1992 he became chief assistant. In 2009 he acquired the educational and scientific degree „PhD“ in the scientific field 05.07.05 – Pedagogy of teaching in .. (judo), defending a dissertation on „Methodology for initial training in judo for preschool children“. In 2010 he won a competition and held the academic position of „Associate Professor“, and in 2014 he became a „Professor“. In the period 2001-2009 he was Head of the Individual Sports and Recreation Division at the Department of Sports, and in the period 2009-2017 he was Director of the Department of Sports at Sofia University. Coach of the judo teams at the University with a number of prestigious medals from competitions at home and abroad. Coach of the Year of the University for 2002 and 2006. The rich and scientific activity is supported by participation in 51 scientific conferences, 11 of them abroad. He is the supervisor of 10 PhD students. He is the author of 115 scientific papers in the field of physical education and sports. He has prepared 69 opinions and reviews for participation in scientific juries for the acquisition of scientific degrees and academic positions. Prof. Yaneva has participated in 23 projects in the field of physical education and sports. He is Chairman of the Editorial Board and compiler of the Yearbook of the Department of Sports at Sofia University from 2004 to date, as well as the Editorial Board of the Proceedings of the International Scientific Conference of

the Department of Sports at Sofia University „St. Kliment Ohridski” from 2009 until today.

Judo is a martial art, but also a sport that offers excellent opportunities for physical activity, attention training, skills in teamwork, socialization and personal development. Judo is available for all ages, genders and health – from toddlers to the elderly, for all, including people with health problems – deaf, blind and mentally and physically handicapped. Judo is very useful for the growing aggression in school age and puts on the agenda its reduction.

Everything related to the optimization and imposition of new innovative tools and approaches to impact in judo training deserves approval and increased research interest. This is also my point of view from which I will analyze and evaluate my ideas and results in the dissertation on the topic: „Training in judo through kata for different ages“.

The dissertation is formed in one book body with a volume of 336 pages, of which 282 main text, containing 47 tables and 78 figures, 22 pages of references and 10 appendices. Structurally, the paper is constructed correctly, including an introduction, three main chapters, conclusions and recommendations for practice, conclusion, theoretical and scientifically applicable contributions, literature and applications. As a structure, volume and sequence of the exhibition, the proposed dissertation meets the basic requirements for such developments.

The introduction purposefully and justifiably clarifies the relevance of the issues of the dissertation research. In its logical sequence in a volume of 9 pages are presented the goal and the resulting four main tasks, formulated clearly and accurately and giving a clear idea of the intentions of the author. The object and the subject of the research are described, and the applied research methods give an opportunity for objective analysis towards the achievement of the goal and tasks of the work. At the end of the introduction, Prof. Yaneva, PhD developed a clear and well-constructed working hypothesis, which forms the concept of the dissertation.

For the preparation of Chapter One, a volume of 64 pages, 254 sources were used, of which 165 in Cyrillic, 57 in Latin and 32 electronic resources. In this part of the work Anzhelina Yaneva presents the theoretical formulation of the problem. In the first chapter, the essence of martial arts, as well as the types of martial arts, are consistently and systematically clarified. In the second chapter, the author introduces us to the history of judo in the world and in Bulgaria, judo as a competition and judo for all. In the third chapter, Prof. Anzhelina Yaneva, PhD makes a detailed description of the philosophy of martial arts. The influence of Taoism, Buddhism and Zen Buddhism, Shintoism, as well as the influence of Confucianism on the Eastern martial arts are revealed. The connection of philosophical currents with martial arts is presented. In the fourth chapter we are acquainted in detail with the peculiarities, traditions and principles of training in Eastern martial arts, and in the fifth chapter with degrees in martial arts.

In this part of the work the creative research of the literary sources on the researched problems makes an excellent impression. The study of the state of the problem was carried out competently and in the necessary scientific style.

In the second chapter „Theoretical and methodological aspects of martial arts“ in a volume of 82 pages are presented as follows: in the first sub-chapter – the general basics of training in judo, incl. goal of judo and concepts and terminology in martial arts. In the second chapter – the peculiarities of martial arts and judo training, incl. judo training methodology, means and forms of training and judo coaching staff. In the third chapter – prevention of aggression through Eastern martial arts, incl. peculiarities in the teaching of Eastern martial arts to children showing aggression and prevention of conflict situations, as well as means for prevention of aggression in Eastern martial arts. In the fourth chapter, the influence of the psycho-emotional mechanisms of judo practice is very successfully presented, incl. The data from the study of the levels of aggression are presented, as well as the data from the study of the indices of psycho-emotional state – aggression, depression, hostility, self-confidence.

In the third main chapter „Methodology of Judo Training“ in a volume of 114 pages is a huge research and analytical work, which in scale fully satisfies the requirements of a doctoral thesis. The third main chapter consists of three sub-chapters, each of which is related to solving the respective research task in the dissertation. They are successively presented as follows: in the first sub-chapter – the types of techniques and classifications. In the second sub-chapter an analysis of the special techniques used in judo is performed. Prof. Yaneva, PhD introduces us to the world trends in the development of technical training. She presents her analyzes of the participation of Bulgarian judokas in World and European Championships, the technical capabilities of judokas from Bulgaria, the technical capabilities of judokas included in the rankings of the International Judo Federation of Bulgaria and the judo competition of the Olympic Games – Tokyo 2020. Third chapter begins with a comparative analysis of Q systems in the world and in our country. Based on the personal experience of the author and the ongoing research, expert assessments and observations in the period 2012-2021 give the author reason to prepare a model of Q system adapted from different Q systems around the world, which is presented in this chapter head. The prepared model is divided into three main groups: Model for children up to 7 years of age; Model for children from 7 to 10 years of age and Model for children over 10 years of age – basic model. The models allow to be applied, depending on the age and the level of technical training in judo – beginners, semi-advanced, advanced and masters. The proposed models are based on the basic principles and issues in kata. They offer new opportunities to overcome stereotypes and seek new approaches to learning. At the end of the third chapter the results of the comparative analysis of the techniques in the different Q models for the three ages are presented.

Structurally, the development of the third chapter is scientifically justified and fully satisfactory, and its content contributes to the high value of the dissertation.

In the last part of the dissertation conclusions are made and recommendations are formulated, which correspond and are based on the solution of the research tasks and derive from the analysis, giving an answer to the formulated scientific hypothesis.

From the extended scientific research, the research and analyzes in the dissertation allow me to point out the following main contributions to the practice:

1. The theory of judo training has been enriched.
2. An entirely new updated model for judo training for children up to 7 years, up to 10 years and over 10 years has been proposed and tested.
3. Important recommendations and summaries for the work of sports and pedagogical staff working in the field of judo are given.

The contributions of the dissertation have both scientific and scientific-applied significance and contribute to the enrichment of knowledge in the field of judo training for beginners and advanced judokas of all ages.

The author has nineteen publications (13 in Cyrillic and 6 in Latin) related to the dissertation, which fully reflect the scientific research on the topic. The 72-page abstract meets the requirements.

We have no common publications with the author on the subject.

In conclusion, I would like to note that Prof. Azhgelina Yaneva, PhD is a respected lecturer not only at Sofia University „St. Kliment Ohridski”, and in the entire academic community in the Republic of Bulgaria. My personal positive assessments of the author as a researcher are complemented by her sports and competitive activities in the recent past and her coaching work with both adolescent and advanced judokas and students.

These positions allow the author to have not only detailed information and a comprehensive view of the general state of the sport of judo among adolescent and advanced judokas, but also the opportunity to participate directly in the learning process. All this has given the author the opportunity to do research of such a thorough nature.

I can confidently summarize that the peer-reviewed dissertation is developed at a very good scientific level, with the necessary theoretical and applied value in the field of judo. The presented dissertation has a completed form, enriching the optimization of the process of training judokas in different age groups and increasing the professional competence of sports and pedagogical staff working in the field of judo.

Based on the above and the qualities of the candidate, I confidently propose to the Distinguished Members of the Scientific Jury to award Prof. Anzhelina Yaneva-Prokopova, PhD – the degree of „Doctor of Science“ in the professional field 1.3. Pedagogy of training in... (Methodology of training in physical education and sports – judo) for the needs of „Individual Sports and Recreation“ Division at the Department of Sports at Sofia University „St. Kliment Ohridski“.

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Prepared the opinion:
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