

# REVIEW

**by Full Professor Iren Yordanova Peltekova, PhD**  
**Sofia University "St. Kliment Ohridski"**

of a dissertation for obtaining the scientific degree  
**"Doctor of Sciences"**

Research area: 1. Pedagogy

Professional field 1.3 Pedagogy of teaching in...

**Author: Prof. Dr. Anzhelina Georgieva Yaneva-Prokopova**

**Topic: "Judo training through kata for different ages"**

## **1. General description of the submitted materials under the procedure**

By Order № RD 38-568 of 02.12.2021 of the Rector of Sofia University "St. Kliment Ohridski".  
Research area 1. Pedagogy, Professional field 1.3. Pedagogy of training in... (Methodology of training in physical education and sports: Judo).

The author of the dissertation is Full Professor Anzhelina Yaneva-Prokopova, PhD.

The materials submitted by Full Prof. Yaneva-Prokopova, PhD include the following document:

- Copy of Order № RD 38-568 from 02.12.2021 of the Rector of Sofia University "St. Kliment Ohridski";
- Curriculum vitae;
- Information on plagiarism of the dissertation;
- Dissertation work;
- Abstract of the dissertation;
- Information on meeting the Minimum National Requirements for covering the scientific degree "Doctor of Sciences";
- List of publications on the topic of the dissertation;
- Information on the citations of Full Prof. Anzhelina Yaneva, PhD;
- Information on the scientific and scientific-applied contributions of the dissertation

## **2. Brief biographical data about the author Prof. Dr. Anzhelina Yaneva-Prokopova**

Full Prof. Anzhelina Yaneva-Prokopova, PhD is a lecturer in the Department of Individual Sports and Recreation at the Department of Sports at Sofia University "St. Kliment Ohridski". Anzhelina Yaneva obtained a Bachelor's and Master's degree in Physical Education and Sports in 1986 from the Higher Institute of Physical Education, now the Vasil Levski National Sports Academy (NSA). In 2009 she defended her doctoral dissertation on "Methodology for initial training in judo for preschool children" and acquired the title "Doctor" under code 03.05.07 - Pedagogy of training in... (Judo) at Sofia University "St. Kliment Ohridski". This long path in education shows her clear professional orientation and determination to increase her knowledge in the field of pedagogy and physical education and judo, which are necessary for quality practice of the profession.

Anzhelina Yaneva is a master of sports in judo, multiple medalist and judo champion. Her competitive career in judo began in 1974 as part of the teams of the Sports Associations "CSKA" and "Academic" (Sofia). In 1978-1979 she was named the best Judo competitor in Bulgaria. She has been a national judoka for eight years (1976-1984). In 2016 she obtains Sixth Dan rank.

Her sports passions are also focused on skiing. During the period 1964-1972 she was a competitor in alpine skiing in "Slavia" (Sofia).

Professionally, the candidate builds a successful professional career at Sofia University "St. Kliment Ohridski", where he consistently participates in competitions and holds academic positions: lecturer, senior lecturer, head Assistant Professor, Associate Professor (2010) and Professor (2014), all in the professional field of Pedagogy of Training in Physical Education and Sports (Martial Arts, Judo).

Thus, during the years of her training and professional realization, Prof. Anzhelina Yaneva focuses on the pedagogy of Physical Education, Sports and judo training and establishes herself as a highly prepared and competent specialist and expert in her field. This opens new horizons for her in the coming years and she participates and leads national and international research and educational projects, she is involved in editorial boards, she is invited to be a member of scientific juries, she is chosen as a research supervisor of many doctoral students. Prof. Yaneva-Prokopova teaches a number of disciplines to students in the field of topics related to her education, dissertations and monographs.

Along with the teaching activity, Prof. Yaneva-Prokopova also built a successful coaching career. As a coach in the women's profile in SFS "Danube" (Ruse), her athletes are champions

of all ages, taking second place in the women's team in the years 1984-1988. From 1988-2012 Yaneva is a coach in SFS "Iskar" (Sofia) and at the same time leads the representative judo teams of Sofia University since 1989. Prof. Yaneva's coaching practice also includes: national women's Judo team (1993-1994); kindergarten "Latin - children from 3 to 7 years (1998 - 2013) and the national judo team for the blind at BAHU (2009-2011).

Prof. Anzhelina Yaneva-Prokopova, PhD holds senior positions in the Department of Sports. For two terms she was the head of the Department of Individual Sports and Recreation (2001-2009), and subsequently she was elected Director of the Department of Sports at Sofia University (2009-2017). She was invariably elected by a majority of the General Assembly as a member of the Council of the Department.

Throughout her work experience, Prof. Yaneva-Prokopova continues to be active in scientific and project activities, academic and sports circles. She is a recognizable scientist and athlete in the sports pedagogical community throughout the country and abroad.

It is the successful combination of coaching, research and teaching, academic development and leadership functions that led to the formation of Full Prof. Anzhelina Yaneva-Prokopova, PhD as a graduate lecturer and scientist with serious traces in sports pedagogy theory, methodology and practice.

### **3. Report on plagiarism**

According to the provided information and the results of the anti-plagiarism analysis conducted for establishing originality and plagiarism, no data on plagiarism was found in the system of Sofia University. By coefficient 1, 9.2% similarity is marked at admissible 50%, by coefficient 2 the percentage is 4.9% at admissible 5%, and in quotation coefficient the result is 2.74% at admissible 20%.

At this point, the dissertation can be considered original.

### **4. Information on the implementation of the minimum national requirements (MSM)**

According to the information provided to cover the EOM for the award of the degree of "Doctor of Sciences" in the Research area 1. Pedagogy, Professional field 1.3 Pedagogy of training in..., the candidate participates in the procedure with 407 points, with a minimum of 350 points. Prof. Dr. Anzhelina Yaneva-Prokopova provided detailed lists of citations for 105 points and scientific publications for 152 points, distributed in the respective groups of indicators.

On this point, the candidate Full Prof. Anzhelina Yaneva-Prokopova, PhD meets the EOM and can be considered that the application is in order.

## **5. Characteristics and evaluation of the dissertation and the abstract**

I would like to start with a statement about the manuscript, it has a volume of 336 pages and a related abstract of 72 pages.

The text of the dissertation is structured in a list of figures and tables, introduction, general characteristics of the doctoral thesis, three chapters, insights and recommendations for practice, conclusion, theoretical and scientific contributions, literature, applications and publications related to the doctoral thesis. On the last page there is a signed declaration of originality by the author. The doctorate is illustrated with 78 figures and 47 tables, 10 appendices are presented. The main part or exposition, which is presented in the three chapters, is divided as follows: first chapter - "The essence of martial arts" with five subsections, second chapter - "Theoretical and methodological aspects of martial arts" includes four subsections and third chapter - "Methodology of Judo Training" with three sub-items. The literature used includes 254 sources, 165 of them in Cyrillic, 57 in Latin and 32 Internet resources. From the literature, 19 publications are of the author on topics from the doctoral dissertation, of which 13 are in Cyrillic and 6 in Latin.

The abstract presented for review meets the requirements for such research and illustrates correctly and fully, but at the same time in a concise form, the essence of the dissertation.

## **6. Conclusions on the structure and content of the dissertation**

The research is a theoretical analysis and synthesis of specialized literature on the problem, practical observations, as well as the opinion of the participants in the process of preparation for judo. It attempts to answer the following questions: Why is kata training necessary? Where is the place of kata in the general training of the judoka? What are the scientific parameters of teaching in kata - theory, practice, implementation? What is the essence of kata training?

The object and the subject are correctly formulated. The aim is "to study the theoretical and practical aspects of judo training, creating and testing models of judo training in practice to apply the method of kata and cover the degree of QU. To achieve this goal, the author has set herself four tasks to solve. The hypothesis is formulated appropriately according to the purpose of the study.

Full Prof. Yaneva-Prokopova used scientific methods corresponding to the research, namely: Theoretical analysis of literature sources; Pedagogical observation; Expert assessment method; Surveys; Testing; Approbation of training models; Mathematical and statistical methods.

Theoretical and scientific-applied contributions, conclusions and important practical recommendations were made.

Through the theoretical review in the first chapter (19-82 pages), the author gradually enters the essence and problems of martial arts - the types of martial arts are considered historically (ancient and modern), the classifications of martial arts are identified. The review continues with a historical overview of the origin and development of judo both in the world and in Bulgaria. Prof. Yaneva has paid attention to the judo competitions in this chapter and in particular their improvement after 2000, which according to her has led to an increase in the number of clubs and athletes increase number of young children participating. The author defines judo as a humane and democratic sport that can be practiced by all (p. 39).

In the section on martial arts philosophy, Prof. Yaneva-Prokopova presents Taoism as a system of Chinese philosophical and religious concepts that emphasizes living in harmony with the Tao or "path" and clarifies the influence of Buddhism, Zen Buddhism, Hinduism, Shintoism and Confucianism on the development of Eastern martial arts. The first chapter clarifies the features, traditions and principles of training in martial arts. This chapter shows the extensive theoretical knowledge of Prof. Yaneva-Prokopova on the researched problem. In the second chapter "Theoretical and methodological aspects of martial arts" the focus of the development is on the pedagogical foundations of teaching and training in judo - methods, tools and forms of training. The author emphasizes the goals of judo in connection with the training of young people who are beginning to engage in this sport. I give extremely high marks for the presented Japanese judo terminology. By understanding the terms, the sport of Judo becomes closer and more accessible to a wide range of people who want to get acquainted with it, initially only in theory (pp. 96-99). In this chapter, Prof. Yaneva makes relevant analyzes related to the training of judo coaches. In the study she argues and convincingly proves the need to improve the quality of training of judo coaches working in the country and emphasizes the need for periodic training courses and / or seminars to improve training methods for different age groups.

Aggression is a very topical issue today and the author of the dissertation skillfully outlines the possibilities of Eastern martial arts as a means of education and prevention against

aggression (pp. 120-122). In point II.4 of the second chapter "Influence of psycho-emotional mechanisms from the practice of judo" (p. 136) two studies are presented - the first is to study the levels of aggression, and the second is to study the indices of psycho-emotional state - aggression, depression, hostility, self-esteem. Here, Professor Yaneva-Prokopova, PhD demonstrates her scientific competencies to present specialized information, as well as skills for interpreting the results obtained. Along with the text, the results are illustrated with many figures for better perception of the results obtained.

The text in the third chapter "Analysis and classification structure of judo techniques" is presented in three subsections - "Types of techniques and classifications", "Analysis of the special techniques used in judo" and "Model for sports and technical training through kata". In this chapter the author presents the comparative analysis of Q systems in the world and in our country. In this way, Prof. Yaneva traces and compares the existing various opportunities and methods for training and improvement in judo and in particular "Куй" systems and the judo techniques included in them.

## **7. Contributions and significance of development for theory and practice**

As a reviewer, I agree with the formulated contributions presented by the author, namely - theoretical and scientific-applied.

In my opinion, the contributions of the dissertation are indisputable. The author manages to prove that a key place in improving the sports and technical skills of the judoka is to take into account the individual characteristics of the particular athlete and his/her age. The three age groups defined by the author and the developed and applied training methodology can provide a cumulative effect and prerequisites for building a foundation that leads to high sportsmanship.

The long-term research from 2012 to 2021 has a theoretical and scientific contribution to the methodology of Judo training for beginners and advanced judokas of all ages, and enriches the methodology of physical education and its introduction into extracurricular forms of education.

## **8. Notes and recommendations**

I have no critical remarks on the dissertation presented for review. All my notes in the previous procedures have been removed or corrected.

My recommendation is for the candidate to publish her dissertation as a book on both paper and electronic media. In this way, her works will be able to reach a wider audience and be more accessible to sports educators across the country.

I wish Professor Anzhelina Yaneva-Prokopova, PhD creative inspiration to continue her research in the future.

## **9. Conclusion**

The dissertation is up-to-date, contains theoretical summaries and solutions to scientific and applied problems related to the training of a judoka. The dissertation is characterized by the applicability of the results in practice and can be used by a wide range of users - coaches, teachers, instructors.

The proposed analyzes and solutions are modern, necessary, important and represent a significant and original contribution to pedagogical science. With the new system for sports and technical training in judo for different ages, the developed dissertation contributes to the modernization of the methodology of judo.

The dissertation shows that the candidate Full Prof. Anzhelina Yaneva-Prokopova, PhD has in-depth theoretical knowledge and professional skills in Professional field 1.3. Pedagogy of training in... (Methodology of training in physical education and sports Judo).

The dissertation meets the requirements of ZRASRB and the Regulations on the terms and conditions for obtaining the scientific degree "Doctor of Sciences" at Sofia University "St. Kliment Ohridski".

**Due to the above, I confidently give my positive assessment of the research presented by the above peer-reviewed dissertation on "Judo training through kata for different ages", abstract, results and contributions, and I invite the esteemed scientific jury to award the scientific degree "Doctor of Sciences" in the Research area 1. Pedagogy, Professional field 1.3. Pedagogy of training in... (Methodology of training in physical education and sports: Judo).**

15.12.2021

**Reviewer:** .....

/Full Prof. Iren Peltekova, PhD/