

REVIEW

by **Prof. DSc Rossitsa Aleksandrova Penkova, Sofia University "St. Kliment Ohridski"**

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

in the field of higher education: 1. Pedagogical sciences

professional field: 1.3. Pedagogy of teaching

(Methodology of teaching physical education and sports - judo)

Author: Prof. Anzhelina Yaneva-Prokopova, Ph.D.

Topic: JUDO TRAINING THROUGH KATA FOR VARIOUS AGES

1. Subject of review

By order № RD 38-568 / 02.12.2021 of the Rector of Sofia University "St. Kliment Ohridski" (SU) I have been appointed a member of the scientific jury for executing a procedure for the defense of a dissertation on the topic "Judo training through kata for various ages" for obtaining the degree "Doctor of Sciences" in the field of higher education 1. Pedagogical sciences, professional field 1.3 Pedagogy of teaching.... (Methodology of teaching physical education and sports - judo). The author of the dissertation is Prof. Dr. Anzhelina Yaneva-Prokopova - Cathedra "Individual Sports and Recreation", Department of Sports at Sofia University "St. Kliment Ohridski".

The presented by Prof. Dr. Anzhelina Yaneva-Prokopova set of materials is in accordance with the Regulations for the development of the academic staff of Sofia University and includes the following documents: 1) CV; 2) diploma of higher education and the appendix to it; 3) diploma for educational and scientific degree "Doctor"; 4) dissertation; 5) abstract of the dissertation in Bulgarian; 6) printed scientific papers related to the dissertation; 7) declaration of authorship; 8) certificate of compliance with the minimum national requirements for the scientific degree "Doctor of Sciences" for the respective scientific field. A check-up was made, which shows lack of plagiarism.

The materials are presented with the necessary correctness and precision.

2. Brief biographical data

Prof. Dr. Anzhelina Yaneva-Prokopova is a lecturer at the Cathedra of Individual Sports and Recreation, Department of Sports, Sofia University "St. Kliment Ohridski".

She graduated in 1986 - Higher Institute of Physical Education (NSA) - Master of Science (MSc). In 2009 she defended a dissertation on the topic "Methodology for initial training in judo for children in preschool age" and acquires the degree "Doctor" of Pedagogy of teaching in ... (judo) (03.05.07).

She has been working at Sofia University "St. Kliment Ohridski" as a judo trainer since 1988, and in the period from 1992 to 2009 she was a chief assistant in judo and self-defense. She was elected as an associate professor on 03.05.07. Pedagogy of training in ... (martial arts) in 2010 by the Higher Attestation Commission for Pedagogy. In 2014 she was awarded the academic position of *Professor* at Sofia University "St. Kliment Ohridski" on 1.3. Pedagogy of training in (Physical education and sports).

Prof. Yaneva has been a lecturer at Sofia University since 2010: *Martial Arts, Methodology of Teaching Martial Arts, History and Philosophy of Martial Arts in Southeast Asia, Prevention of Aggression through Eastern Martial Arts, Physical Education for Children with Special educational needs, Methodology for the development of physical qualities, Theory and methodology of sports training, Organization of the educational process.*

In her sports career Prof. Dr. Anzhelina Yaneva is a renowned athlete and multiple medalist and champion in judo and ski (alpine skiing - 1964-1972, "Slavia"; judo - 1974 -1979, CSKA; 1979 - 1984 - "Academic", 1976 -1984 - national team.

For her sports achievements Prof. Yaneva also received the following awards: Athlete of the Year in Judo of Bulgaria (BFJ) for the years - 1978 and 1979; Athlete № 17 of Boyana – 50 years Kamendel - 1978; Coach of the Year of Sofia University "St. Kliment Ohridski"- 2002 and 2006

Prof. Yaneva's professional career has been associated with teaching and coaching since 1984 and over the years she has moved to NFT "Danube", Ruse (female profile) - champions of all ages, women second place team; NFT "Iskar" (female profile); National Judo Team for Women; National Judo Team for the Blind at BAHU; Kindergarten "Latinka" - children from 3 to 7 years. For more than 30 years (since 1989) prof. Yaneva has been a trainer in Judo and Self-Defense and is in the official team of Sofia University "St. Kliment Ohridski" - men and women. I point out these facts because they are a prerequisite for gaining the necessary experience, which determines her scientific research and allows her to continue her teaching and research activities successfully.

I should also mention the organizational and management skills of Prof. Yaneva, which are confirmed by the strict fulfillment of the functions as Head of the Cathedra of Individual Sports and Recreation (2001-2009) and as Director of the Department of Sports at Sofia University "St. Kliment Ohridski" (2009-2017).

Prof. Yaneva has established herself as a scientist with significant theoretical and practical contributions at the various scientific forums in which she participates - 51 scientific conferences, 11 of which abroad. She passes on her professional experience as a research supervisor to doctoral students, 10 of whom have already successfully defended their

dissertations. Her publishing activity is also significant: 4 monographs and books, 3 textbooks and manuals, articles in journals and proceedings - 102.

Evidence of the recognition of the qualities of Prof. Yaneva from the scientific community are the numerous participations with reviews and opinions in 69 scientific juries, of which 16 times as chairman.

Her editorial and compiling activities are extensive, with numerous reviews and prefaces to monographs, books, articles, projects, etc.

Her work related to the continuing qualification of teachers in PES is also important, as her participation in commissions for awarding PQD and reviewing their professional projects.

3. Relevance of the topic and expediency of the set goals and objectives

In the Bulgarian educational policy the role of the sports preparation of the children and students in our country is more and more definite. The aim is not only to overcome some problems in the education of physical education and sports, but also to look for new opportunities for extracurricular and out-of-school activities. The interaction between the main educational subjects (teachers, students, parents), as well as between educational institutions, sports clubs, centers, etc. creates a favorable environment for increasing the physical activity of young people. More than ever, there is a consensus between family and school on children's and students' sport involvement. In order to meet the educational and social needs, the interest of researchers on this issue is growing.

The author of the current dissertation is able to emphasize the relevance of the problem and the need to solve it. The researcher's idea is to use the opportunities of a popular sport like judo, which recently, as she herself points out in the introduction, "from a sport only for athletes, began its development as a mass sport and martial arts" (p. 13). Thus, with the publication of the dissertation, the need to create a methodology for teaching judo through kata to students of different ages is fulfilled, as well as to all who are interested in this sport. In scope and depth, the work goes beyond the specific methodological framework and stands out as a comprehensive scientific study of judo as a sport and martial art in its multifaceted plan.

4. Knowledge of the problem

Professor Anzhelina Yaneva combines a thorough analysis of the theoretical literature on the problem with her desire to carry out high-quality research, offering an innovative scientific product. The theoretical analysis and the presented philosophy of martial arts are an indication for a consistent search for a solid scientific basis and for the development of scientific logic, which has been adequately reflected in the structure of the dissertation. By objectively presenting the essence of the concepts and terms in the martial arts with which she operates, Professor

Yaneva also expresses her personal attitude. Her personal independent position is evident when she skillfully orients herself in the general basics of judo training, as well as among the various types of techniques and classifications, in order to argue her point of view on sports-technical training through kata.

5. Research methodology

The theoretical competence of the author has allowed her to develop and justify the concept of her research in the introductory part. The object, the subject, the goal, the tasks, the hypothesis are all clearly and precisely defined, they do not remain a separate construct, but are understood as a single logical whole. Each research task is associated with specific methods and procedures: theoretical analysis, pedagogical observation, method of expert evaluation, questionnaires, testing, testing of learning models, mathematical and statistical methods. Relying on the personal experience of the author, the expectations are related to achieving higher results in sports-technical and psychological-pedagogical aspects.

The effectiveness of the proposed models of judo training through kata for different ages is tested, the hypothesis is proven by applying statistical methods. The chosen research methodology thus allows to achieve the set goal and to produce an adequate answer to the tasks appointed in the dissertation.

6. Characteristics and evaluation of the dissertation

There is an in-depth theoretical basis in the dissertation, developed in the first chapter. The emphasis is on the essence of martial arts, being specified with different types and existing classifications. Attention is paid to the history and development of judo, highlighting the possibilities of judo to be practiced by everyone. The interpretation of the philosophy of martial arts creates the methodological basis on which the idea of the educational effect of judo is developed. The issue of motivation as a reference point to the intellectual and emotional result of sports is analyzed. With the presented facts and the prepared analyzes the author demonstrates a high level of professional awareness and competence.

The theoretical foundations of the dissertation are expanded in the second chapter by presenting the methodological aspects of martial arts. The author knows how to synthesize the specifics of the training in martial arts, to highlight methods of teaching judo. Based on the analysis of regulative documents and empirical data, current issues related to the distribution of judo coaches are presented.

Results from practical research give the author reason to present in this chapter the psychological and pedagogical side of the problem. Means for prevention of aggression are selected and the possibilities of judo classes to prevent conflict situations are proven. Important

conclusions are drawn about the ways in which Eastern martial arts are taught to children who show aggression. It is argued that "martial arts training always involves an individual multi-level approach" (p. 134). It builds "to a much greater extent the mind than the body, as a result of which a student achieves the necessary balance to grow as a person with a sublime value system" (p. 136). In this sense, the empirical data from student research summarizes that "judo reduces the manifestations of aggression in children and in all those who have chosen judo as their path in general" (p. 138). The precision with which the quantitative data is presented through diagrams is impressive.

In the third chapter the emphasis is put on the methodological aspects of the problem, which is placed in the context of different models of learning. Special techniques used in judo are analyzed. Attention is paid to the technical capabilities of judokas. Q systems are compared around the world and in Bulgaria. Thus, the precisely conducted research becomes a solid basis on which the author creates three new models of judo training for different ages: from 4 to 7 years; from 7 to 10 years and for ages over 10 years, which are author's and can definitely be defined as a scientific contribution to the methodology of judo training.

At the end of this chapter, a comparative analysis of the techniques in the different models for the three ages is conducted. Recommendations are given for organizing and conducting the exams. Especially valuable for the practice are the conclusions and recommendations that the author makes at the end of the dissertation.

The selected methods are diverse and consistent with the design of the study. The analysis and graphical presentation of the data are considered as justified for the further application of the models and the main steps in them. The collected empirical data was processed correctly with statistical methods in order to prove the effectiveness of the training with statistically significant differences between the entry and exit level.

The interpretation of the research data leaves an impression of the depth of the analysis, of correct and accurate presentation of statements and conclusions. The author did not allow a priori and made her conclusions only on the basis of specifically collected information.

7. Contributions and significance of the dissertation for science and practice

The scientific contributions of the dissertation are indisputable. Theoretically, they are related to the systematization of historical experience and the possibilities of judo as a sport and martial art. For the first time, judo training is conceptualized through kata for different ages. Age groups are defined and techniques and requirements are distributed according to age characteristics. Innovative are the models for teaching children up to 7 years of age and up to 10 years of age, as well as for the age group - over 10 years, through which the training of judo for beginners and advanced can be improved. Their practical significance is determined by the

possibility to use them in compiling and improving curricula and methodological recommendations.

The achieved results are a contribution to the methodology of judo training for all ages. They also provide grounds for improving school and extracurricular practice in physical education and sports.

In this sense, I fully accept the author's statement that "the current study has a theoretical and scientific contribution to the methodology of judo training for beginners and advanced judokas of all ages, as well as to enrich the methodology of physical education and its implementation in extracurricular activities of training" (p. 290).

8. Evaluation of the publications on the dissertation

Directly related to the research conducted in the dissertation are 19 publications, of which 6 are independent and 13 are co-authored.

The publications reflect the results of the dissertation, addressing issues related to judo training for children aged 4 to 7 years and 7 to 10 years.

Research among university students occupies a special place in the publications. Emphasis is placed on the physical development and capacity of young people training judo. Diagnosis is made and criteria are set for assessing the abilities of university students studying judo.

The author pays special attention to the possibilities of judo training for the prevention of aggressive behavior in university students. The results of empirical research on the levels of aggressive reaction "insult", the levels of aggressive irritability, indirect aggression of students playing judo, are compared with results for students playing other sports.

The presented publications show the author's extensive research interest in the sport of judo. Opportunities for training professionals are considered, the self-assessment of judokas for their theoretical knowledge is studied. The permitted techniques in the judo competition are studied. A comparative analysis of the rankings in the World championships and the Olympic Games in judo is made.

Published research on the subject once again proves the author's many years of experience related to judo as a sport and martial art.

9. Personal participation of the author

The formulated contributions and the obtained results are a personal merit of the author of the dissertation.

10. Abstract

The abstract is developed according to the requirements and reflects the main results achieved in the dissertation.

11. Personal impressions

I admire the extensive and precise research work carried out by Prof. Dr. Anzhelina Yaneva, as well as the extremely clear way of presenting the dissertation.

12. Recommendations for future use of dissertation contributions and results

The results can be used to make management decisions in secondary education and to update the state educational requirements and curricula for PES.

CONCLUSION

The dissertation *contains scientific, scientific-applied and applied results, which represent an original contribution to science* and **meet all the** requirements of the Academic Staff Development Act in the Republic of Bulgaria (ASDARB), the Rules for application of ASDARB and the relevant Rules of Sofia University "St. Kliment Ohridski".

The dissertation shows that the author Prof. Dr. Anzhelina Yaneva has in-depth theoretical knowledge and professional skills in the scientific field *Methodology of training in physical education and sports - judo*, demonstrating research capabilities to achieve significant scientific results.

Due to the above, I confidently give my *positive assessment* of the research presented by the above reviewed dissertation, abstract, results and contributions, and I *invite the esteemed scientific jury to award the degree of "Doctor of Sciences"* to Prof. Dr. Anzhelina Yaneva-Prokopova in the field of higher education: 1. Pedagogical sciences, professional field: 1.3. Pedagogy of teaching in (Methodology of teaching physical education and sports - judo).

16/12/2021

Reviewer:



Prof. Rossitsa Penkova