

## OPINION

by Prof. Daniela Dasheva, Doctor of Sciences - National Sports Academy "V. Levski" – Sofia, Member of a scientific jury under the procedure for obtaining the scientific degree "Doctor of Sciences"

Topic of the dissertation: "**JUDO TRAINING THROUGH KATA FOR DIFFERENT AGES**"

Candidate: Prof. Anzhelina Georgieva Yaneva-Prokopova, PhD, Professor at Sofia University "St. Kl. Ohridski"

Professional field: 1.3. Pedagogy of teaching in... (Methodology of teaching physical education and sports - Judo)

**Nomenclature of the field.** The scientific contributions in the dissertation correspond to the professional field 1.3. Pedagogy of training in... (Methodology of training in physical education and sports - Judo).

**Discussion in the scientific unit.** The doctoral thesis was discussed and directed for public defense in front of the scientific jury at the meeting of the Department of "Individual Sports and Recreation" at the Department of Sports of Sofia University "St. Kliment Ohridski" with protocol № 6 dated 17.11.2021.

**Educational and career development of the candidate.** In 1979–1986 Prof. Anzhelina Georgieva Yaneva-Prokopova studied at High Institute for Physical Culture "G. Dimitrov (now NSA "V. Levski")", where he graduated as a teacher with a master's degree in Physical education. He defended his doctorate in 2009, received an associate professor's degree in 2010 in the professional field 1.3. Sofia University "St. Kliment Ohridski" in the same field since 2014. He has completed numerous coaching courses in judo, karate-do, karate - Kyokushinkai and jujutsu, and she is a judge of the national category in judo. She has an enviable coaching practice training the university teams, the national team - women, as well as the national judo team for the blind. Coach of the Year for Sofia University for 2002 and 2006. Lecturer at Sofia University "St. Kliment Ohridski" in judo and self-defense, head of Department of Individual Sports and Recreation and Director of the Department of Sports. She gives the lectures on Judo Theory and Methodology of Teaching, History and Philosophy of Martial Arts, Theory and Methodology of Sports Training, Methodology of Development of Physical abilities; Methodology of training and teaching of Eastern martial arts; PE for children with special educational needs. Supervisor of 10 successfully defended PhD students. Also, she has

participated in several projects and 51 scientific conferences, 11 of them abroad. Member of the editorial boards.

**Quantitative parameters.** The doctoral dissertation consists of an introduction, four chapters, literature, appendices, a list of publications and a declaration with a total volume of 336 pages. The literature covers literary and Internet sources and includes: 165 titles in Cyrillic, 57 titles in Latin, 32 electronic sources. The doctoral thesis contains: 47 tables, 78 figures and 10 appendices.

**Scientific contributions.** The dissertation of Prof. Angelina Yaneva - Prokopova is a purposeful, meaningful, and systematic scientific research, which bears the marks of a monographic work concerning the possibilities for practical implementation of judo training through kata for different ages. The dissertation is an analysis and summary of the theoretical and practical experience, the specifics of judo and its dimensions, the theoretical and methodological advantages of the methodology of teaching kata and the opportunities for development, improvement, and management of training in judo in Bulgaria. The interpretation of the connection between national tradition and its enrichment with the theory, philosophy and practice of judo are stimulus for directing scientific research and creating a methodology for teaching through kata, as part of the methodology of preparation for judo from early childhood.

As a result, the obtained scientific data, which have not been presented in the literature so far and applied in practice, are completely sufficient to fulfil the goals and objectives of the dissertation.

The main scientific contributions of the dissertation are:

1. The techniques and requirements are successfully distributed, depending on the age characteristics of the young judokas, as well as the level of their training up to 7 years of age and for those over 10 years of age.

2. The New kyu preparatory models have been developed and tested, which include mainly techniques from the Ashi Wadza group, with the gradual addition of the techniques from the Te Wadza group.

3. The attention is paid to the techniques in Ne ouza in combinations and counter techniques from Nage ouza and Ne ouza, as well as attacks from different starting positions and grips.

4. Theoretically and terminologically, children are educated and prepared for the next stages in the development of the judoka. In addition, the applied training methodology provides a cumulative effect and prerequisites for building the foundation of judo on the way to high sports achievements.

5. By emphasizing the main points, the active thinking of the competitors in mastering the technique is strengthened. The joint analyses "Sensei - Gakusei" lead to an increase in the active participation of the athletes in the training process in judo.

The present study has significant theoretical and scientific contributions to the methodology of judo training for beginners and advanced judokas at all ages, as well as to enrich the methodology of physical education and possibility for its introduction in extracurricular forms of school education.

**Dissertation publications.** The scientific results in the dissertation of Prof. Anzhelina Georgieva Yaneva-Prokopova are reflected in 19 scientific publications - in Cyrillic - 13 pcs. and in Latin - 6 pcs. During the period 2014-2021. Two of the publications are in the system of a global database - Web of Science, and the rest in prestigious national and foreigner journals. No reference citations are provided.

### **Conclusion**

Given the comprehensive nature of the presented dissertation, its significant theoretical and scientific contributions, as well as the presented scientometric indicators, I express my positive opinion and strongly recommend the members of the Scientific Jury to vote for awarding the degree "Doctor of Science" to Prof. Anzhelina Georgieva Yaneva-Prokopova, PhD.

Sofia, 09.12.2021

Signature:

Prof. Daniela Dasheva, DSc.