

English Summary

S U M M A R Y

To day the egyptian citizen facing a vital challenges. It is of great importance to prepare this citizen for taken care of the preparing of new generation in order to carry out their responsibilities.

This preparation should includes scientific areas and to be ready physically to take part in war and peace.

In war time, the development of physical fitness componants become the aim of education and physical education.

The principle of "Sports for all" must be the motto of the nation particularly in war time. Physical education is an effective tool for the development of motor abilities and to acheive the desirable physical fitness standers. This is very essential for a nation involved in four wars during a period of 30 years.

This kined of preparation is also important for the futur of such nation.

Judo as one of the competitive and battling sport, also contributes to the development of physical fitness for the society. It has a big role either in war or peace time.

This physical fitness improvements do not occur without planning programs, trainings, and compitions.

Judo is not mere a competitions aims at well performance, but it is a popular sport for both participants and spectators. This due to the variations of position during the competitions in defence and attack.

This sport also contribute in achiving self-confidence, determination and the correction decission making, this beside self satisfaction through the winning desire of the competitor.

Purpose of the study:

This study aims at:

- 1- Identifing what is existing in A.R.E. in relation to the "Judika" who posses the "Brown Belt".
- 2- Evaluation and promoting the Judo in order to reach the National level in the sport.
- 3- Analytical study for the programs of judo in G.D.R., F.R.O.G. and kodokan (Japan).
- 4- To propose suggestive programs for trainning boys 11 to 16 years old.

Subjects:

The subjects of this investigation includes:

- 1- A Region selection under 16 years old. (all participants in the championship at hte republic level.)

2- A region selection over 20 years old (all participants in the championship at the republic level).

3- 10 players representing each of the following regions.

a) Gairo. B) Alexandria. c) Port-Said.

El-Sharkia - El-Kharbia- El-Dekahlia- Asyot.

Note: All this sample representing those who possess the "Brown Belt".

Procedures:

Two methods of measurements have been used in the investigation:

1- The actual measure of the recent condition of the player during the competition.

2- The optimum measure of the player condition outside the competition in relation to "Gokyo-No-Waza".

3- The statistical procedures includes:

a) The percentage.

b) The chi-square.

Results:

1 - The recent programs in the Egyptian union of Judo can't meet the international level for preparing the players. The number of skills in (Noge Waza) "Stand position" found in the study were 18, it is supposed to be 40 according to international scale (Kodokan-Gokyo) no-waza).

- 2- It has been found that our recent program does not show the continuity and the integration of experiences.
- 3- The Egyptian players experiences are limited by the first 3 units (" Yellow belt"- Orange belt- Green belt). and do not include the last two units the 4th and the 5th (blue belt and Brown belt).
- 4- The optimum performance of the player outside the competition is found to be 17 skills(throws) meanwhile, for minimum performance of the players outside the competition found to be 9 skills (throws).
(it is internationally agreed that these skills must be 40 throws).

Recommendations:

Recommendation .of the invistigator 3 areas.

The players:

- It is not allowed to any player to obtain the "Yellow belt" before 6 month at least from his date of registration.
- It is allowed to the player when he gets 10 complete points in official and unoffical to register for the offering of the next belt.
- The test for the brown belt should be under the supervision of Judo Union.

The Judo Union:

- The Kodokan system and its application are restricted for all.
- The judo union provide clubs by the audio-visual aids to promote the game. It is allowed to any belt to particepate in contests with identifying the number of each weight.

The coach:

- It is not allowed to any player to work as a coach befor obtaining the second black belt " Ne-Dan".
- The coach should have a post of assistant coach for a period not less than 2 years in his region and should have a recommendation from the responsible coach.

A B S T R A C T

" The study of recent judo programs, its past, and future in A.R.E."

The purpose of this study aims at identifying what is existing in A.R.E. in relation to the "Judoka" who possess the " Brown belt" and evaluation and promoting the judo in order to reach the international level in the sport, beside the analytical study for the programs of judo in G.D.R, F.R.G, and Kodokan(Japan).

Regions are representing in the three :

1- Cairo. 2- Alexandria. 3- Port-Said.
El-sharkia - El-Kharbia- El-Dekhliya- Asyot.

Our recent program does not show the continuity and intergration of experiences, and the Egyptian players experience found to be limited by the first 3 units.

The investigator suggested a program for boys 11 to 16 years old and which can improve the recent condition of Egyptian players.

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"The study of Recent Judo Programs,
its Past, and Future in A.R.E."

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