

NAGE NO KATA IN THE CURRENT COMPETITIVE JUDO.

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Abstract:

In the context of current judo coaches focus on exceptional tactical and physical training, but omit one of the most important and complete fighting techniques, namely Kata. Approaching strictly shiai techniques has many negative results, including large accidents to abandon sports activity, capping being the main cause. In recent years Japanese judo schools have begun with great seriousness as a form of technical training. Taking the example of Kodokan Judo, federations around the world have begun to pay increasingly higher importance to Kata, which led to organizing national, continental and world championships. In Romania, Kata is practiced at a high level also. Our athletes, couple Surl and Fleis, trained by the reputed professor Chirila (5 Dan) won all European and World Championship titles in the last six years. Sports Club "University Di... assist. univ. dr. Barbo Ion Petre (2 Dan) has achieved remarkable results in the past three years (2010-2013) at the national level with over 10 medals (gold, silver and bronze) won by athletes at Nage no Kata, Katame no Kata, Ju no Kata, Kodokan Kata. This article attempts to highlight the overwhelming importance of addressing Kata judo in training juniors, senior and elite athletes.

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