BIOMECHANICAL TRAITS ANALYSIS WHEN PERFORMING OF JUDO UCHIMATA BY POSTURE AND VOLUNTARY RESISTANCE LEVELS OF UKE

Eui-hwan Kim, Hyun Yoon, Sung-sup Kim, Chae-wook Chung

Abstract

The purpose of this study was to analyze the biomechanical traits variables when performing uchimata (inner thigh reaping throw) by voluntary resistance levels (VRL) and two postures of uke (defender, receiver) in Judo. The postures of uke were shizenhontai (straight natural posture:NP) and jigohontai (straight defensive posture:DP). VRL of uke were 0% and 100%, respectively. The biomechanical variables were temporal (total time-required: TR), postures and COG during performing uchimata. It's important for Judoists to prepare for individual analysis, prescription and countermeasures because they have experienced several variables when performing techniques according to opponent's postures and VRL in biomechanical aspects.

Keywords

judo-uchimata (inner thigh reaping throw), tori (attacker) and uke (defender, receiver), shisei (posture), center of gravity (COG), voluntary resistance levels (VRL) 0% and 100%, shizenhontai (straight natural posture:NP), jigohontai (straight defensive posture:DP)

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Biomechanical analysis when performing of judo uchimata by posture and voluntary resistance levels of uke. Eui-hwan Kim, Hyun Yoon, Sung-sup Kim and Chae-wook Chung Biomechanics Lab., Inter'l Center of Sport Science, Yong In University, Yong In City, Kyunggi-do, Korea. The purpose of this study was to analyze the biomechanical traits variables when performing uchimata (inner thigh reaping throw) by voluntary resistance levels (VRL) and two postures of uke (defender, receiver) in Judo. The postures of uke were shizenhontai (straight natural posture:NP) and jigohontai (straight defensive posture:DP)