

Features of Weight Cut among Judoists

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Abstract This article discusses the limits of weight loss in judo wrestlers and the effect of weight loss on the results of sports fights according to the results of a questionnaire. Usually in the pre-competitive period, judokas lose weight over 10-15% of the total body weight, using the forced weight cutting method as the main one. As a result, the body of a judoist undergoes dehydration (dehydration), which is accompanied by a change in volumetric processes that lead to qualitative changes in organs and tissues [3].

Keywords Judoists, Questionnaire, Weight cut

1. Introduction

Therefore, the process of weight loss should be approached carefully, taking into account further possible negative consequences on the part of health and sports performance. It is not recommended to lose weight for young athletes, because at this age the fat layer is small, weight loss is due to muscle mass, which means that the physical performance of athletes decreases [1]. It is very important to choose the optimal technique for reducing the weight of an athlete without loss of efficiency and overstrain of the body [2,4].

To identify the features of weight cutting among judokas to determine the limit of weight loss before the competition.

2. Materials and Methods of Research

In the course of a scientific study, we developed a questionnaire-questionnaire, consisting of 2 blocks (passport part and a weight loss questionnaire). A survey of 47 judo athletes of different weight categories was conducted. The study was conducted on the basis of the children's and youth sports school No. 2 in the city of Tashkent in the pre-competition period from February 25 to March 04, 2021. The age of the respondents was 14-16 years old, sports qualification - from the 1st category to candidates for the master of sports.

3. Research Results

Based on the results of a survey of judoists, it became known that athletes are still losing weight "in the old fashioned way." We have identified the extent to which

athletes reduce weight (Fig. 1).

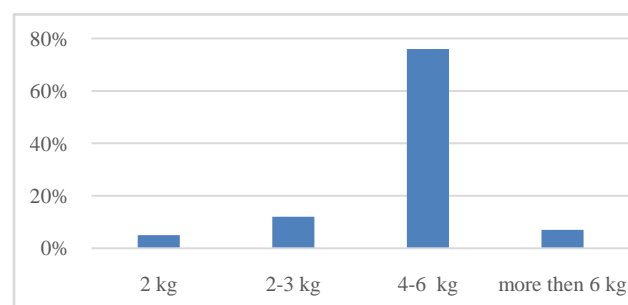


Figure 1. The number of kilograms of weight shed before the competition

The diagram shows that 76% of the total number of respondents reduce weight from 4 to 6 kg before the competition, 12% reduce 2-3 kg, 7% reduce 6 kg or more and the smallest number of athletes - 5% reduce 2 kg.

There are different methods of weight loss, we have identified which ones are most often used by judokas (Fig. 2).

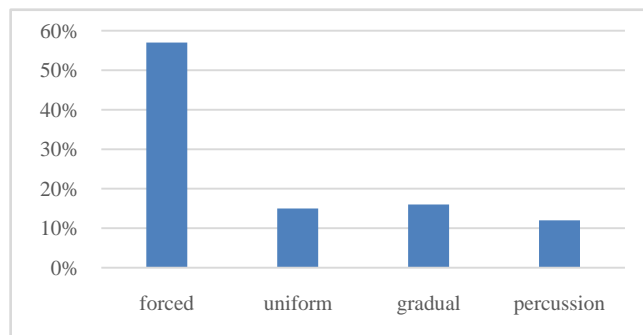


Figure 2. Weight cutting methods used by judokas

As can be seen from the diagram, most often (57%) they use the forced method, less often (15%) the uniform method and gradually increasing (16%). The shock method of weight loss is used by 12%, that is, a judoka loses 40-50% of the weight in two days to perform in this category.

1 block

one.	Kind of sport	
2.	Experience	
3.	Age	
4.	Sports qualification	
5.	Weight category	
6.	Weight	

2 block

How many kilograms of weight do you have to reduce before the competition	up to 2 kg	2-3 kg	4-6 kg	over 6 kg
You are losing weight:	forced method (weight loss on the eve of the competition)	uniform (the athlete throughout the entire period reduce weight)	gradually increasing (weight loss increases by the next day)	shock (the first two days the cut is 40-50%, the rest is reduced)
You lose weight over the period:	keep the weight in advance - a week or more	4 days before competition	2 days before competition	on the last day the whole weight
When you lose weight, you:	reduce the amount of water (liquid), while eating less food	eat low-calorie foods in small doses	completely refuse food and water	your choice -----
Weight loss before the competition:	contributes to the improvement of performance	reduces performance (decreases strength, endurance)	does not affect the result, only makes it possible to get into the desired category	contributes to increased performance

According to the data obtained from the questionnaire, we found out that weight loss requires a lot of effort and determined the time interval (Fig. 3).

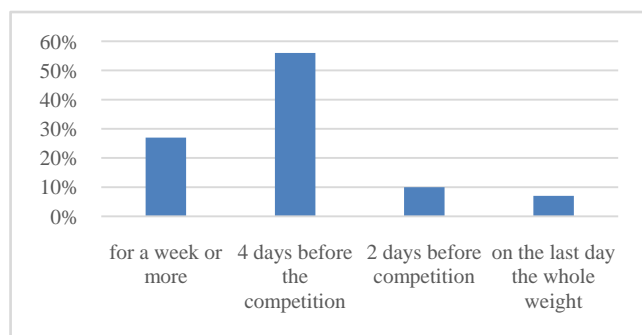


Figure 3. Judo wrestlers' weight cutting time chart

It is very clear from this graph that 56% of the respondents reduce weight 4 days before the competition, 27% reduce weight in advance (a week or more), 16% of judoists reduce weight 2 days before the competition and 7% of the respondents cut weight on the last day.

Cutting weight requires willpower and restraint from a judoka. We decided to find out from judoists whether weight cutting affects athletic performance (Fig. 4).

The majority of respondents (44%) answered that weight cutting does not affect the result, it only makes it possible to get into the right weight category, a little less of the respondents (39%) answered that weight cutting increases the result of fights, 12% answered that weight cutting

reduces the effectiveness of the performance (decreased strength and endurance), 5% answered that weight loss increases performance.

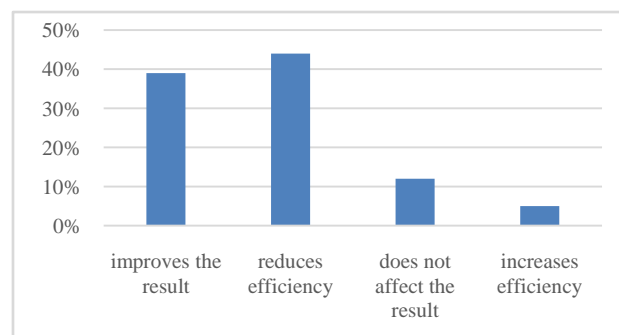


Figure 4. The impact of weight cutting on athletic performance

4. Conclusions

We conducted a survey among judoists in order to identify the features of weight loss. As a result, we found that most athletes lose 4 to 6 kilograms of weight 4 days before the competition, using the forced method. Most judokas believe that weight cutting reduces performance, and some athletes believe that cutting does not affect the result in any way, it only makes it possible to get into the right weight category. Judoists reduce weight mainly for official competitions. In general, athletes are convinced that weight loss does not affect the state of the body in any way, while they do not

suspect that performance deteriorates with weight loss.

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