

# Statistical Summary of Judo at 2006 Commonwealth Judo Tournament



## Introduction:

At the 2006 Commonwealth Tournament, a study of the attacks, scores and durations of bouts was made. Eighty-nine bouts were successfully notated. The results have been collated and analysed and this document is a summary of the findings.

Full details on the study and methodology are being developed so to make them available to everyone. The hope is that this will encourage others to conduct similar studies.

## Statistics:

### **Descriptive Statistics**

Total Fights	89	
Total Scores	139 (no penalties)	
Total Attacks	1305	
Total Penalties	100	
Total Segments	732	
Total Match Time	259 Minutes	101.45 Recovery time in fights
Total Actual Time	360 Minutes	1.14 Recovery per fight
Total Possible Contest Time	432 Minutes	0.14 Between segments
Fights won by Blue	47	53%
Fights won by White	42	47%
Fights won by person who attacks most	61	69%
Fights won by person who attacks least	28	31%
Ippons Scored	69	33%
Wazaris Scored	21	10%
Yokus Scored	61	29%
Kokas scored	58	28%
	Total:	209 (incl Penalties)
Scores per fight (AVG)	1.56	
Attacks per fight (AVG)	14.66	
Penalties per fight (AVG)	1.12	
Segments per fight(AVG)	8.22	
Of Actual time on mat	72%	
Of time allocated	83%	
Scores per segment	0.19	
Attacks per segment	1.78	
Penalties per segment	0.14	

## **Findings for players and coaches:**

By averaging out the results of the data collected, we are able to describe an average Judo bout at the Commonwealth Tournament level. An average fight at commonwealth level consists of the following:

Each match is approximately four minutes long, and consists of eight “segments” of action. Each segment of approximately 30 seconds in duration, with 14 seconds between each segment. Within each segment we can expect 1-2 attacks only before Matte is called. We can expect a score every 7-8 segments, this score will be Ippon 1/3<sup>rd</sup> of the time. The other two thirds of the time it will be divided almost equally between Koka & Yoku. Wazari will be scored infrequently (only 10% of the overall scores).

Given this description of an average match, we are able to develop coaching strategies and training sessions to best simulate commonwealth level Judo. Sessions could be developed following approximately the following format.

### Endurance drill:

Athlete attacks at near maximal level for 30 seconds.  
They then recover for 14 seconds  
The above two steps are repeated 8 times.

*This drill helps develop the athletes ability to give maximum effort for entire match for difficult matches.*

### Tactical Drill:

Athlete fights for grip for 10 seconds  
Coach calls “NOW”, and athlete must make one large attack  
Athlete then continues to grip fight for 10 seconds  
Coach calls “NOW”, and athlete must make one large attack  
Athlete recovers for 14 seconds  
Repeat above steps eight times.

*This drill trains the athlete to make maximum use of the available time. Minimising risk of passivity attacks whilst keeping energy expenditure minimal.*

### Active defence Drill:

Athlete is attacked constantly for 30 seconds, they must only defend.  
At 10 seconds the coach shouts “NOW”, the athlete must make some form of positive attack.  
At 20 seconds the coach shouts “NOW”, the athlete must make some form of positive attack.  
At 30 seconds the coach shouts “NOW”, the athlete must make some form of positive attack, this attack must be “terminal”, concluding on the floor or outside safety area.  
Recover for 14 seconds  
Repeat above steps eight times.

## Summary

This document is a very basic analysis of a small amount of information from the 2006 Commonwealth Tournament. It is hoped that this documents shows how this form of study and analysis can provide interesting insights which can be applied to training programme development.

Further analysis of the data is under way and a more detailed document will follow.

The use of simple mean averages provides generalised information which provides only an indication of general trends in the data analysed. This needs to be considered when developing training programmes.

For example, the four minute figure mentioned in this document is a mean average of all the fights recorded. The range of durations went from a few seconds to over twelve minutes spent on the mat.

Similarly, the mean averaged number of segments, covers all stages in a competition. Initial examination of the data showed a visible change in contest structure in the later stages of a category. This included more segments, hence more attacks, but with each segment being shorter.

Your athlete may be better served by drills that followed this pattern over the average format of a Commonwealth level Judo match



Full details of this research are available via the [www.JudoCoach.com](http://www.JudoCoach.com) website and/or by contact the author, Lance Wicks, directly at the email address: [lw@judocoach.com](mailto:lw@judocoach.com). Fellow researchers are invited to contact Lance Wicks to source the data and digital copies of the notation forms, etc.

It is hoped that this research will act as a catalyst, encouraging further research within the sport by researchers both with and without experience.

**Kia Kaha, Kia Toa, Kia Manawanui**  
Be brave, Be Strong, Be Perservering  
*(Old New Zealand Maori Saying)*