

PSYCHOLOGICAL PREPAREDNESS IN JUDO AND ITS ROLE IN THE MULTILATERAL PREPAREDNESS OF THE FUTURE OFFICERS

Gheorghe MIHALACHE*

*“Henri Conda” Air Force Academy, Brasov, Romania

The study outline the importance of the psychological factor of Judo in the multilateral preparedness of the future Air force officers, which along with other adapted components of the sport training (physical training – general and specific, technical and tactical, and theoretical), in accordance with specific requirements of the military academic, have to have as fundamental objective the following: a superior index of mental and psychical health, the education / development of the psychic qualities (volitional, emotional, intellectual) at the excellence level, and not the least, a strong personality, specific to the modern, contemporary fighter, capable to adapt to ever changing situation from military operations theatres.

Keywords: *psychological preparedness; Judo; Mizo no Kokoro; Zanshin; judoka; Tsuki no Kokoro*

1. INTRODUCTION

Modern sport training recognizes and accepts that the natural born or gained psychological abilities are decisive during any kind of competition. The majority of specialists in this domain are agreed upon the fact that the athletes (judoka in this respect) can develop themselves a large spectrum of psychological capabilities by deliberate training. In this respect, the psychological training should be the basic component of the whole training and to represent the key of success of proposed objectives achievement.

During Judo competition or training period a string of psychic and emotional qualities are activated and have to be controlled by judoka: self-confidence, stress strength, courage, total conferral, perseverance, determination, and permanent initiative. In the same time the intellectual qualities have to be managed as: attention, intention, observation, intuition, decision making, creativity, and adaptability.

Dragnea A, cited by Dan Deliu [1], sustained that the combat techniques may be viewed as motric answers, attitudes, gestures, psychological processed regarding various issues that arise from

external and / or internal fight environment, simple or complex stimulus which are processed by the combatant's brain. Based on the importance and the utility of these motric answers, ~~it can be evaluate~~ the combatant psychic can be evaluated during the battle and its indirect interpretation. Through movement and motricity the human body creates, fight and obtain performances over him, other individuals and even the nature.

The main battle is to be with ourselves, we have to win the unseen enemy from our deep mind. All of this would drive through find the real person from what we believe about us.

2. THE AIM OF RESEARCH

The aim of this paper is represented by the scientifically reasoning of the importance of psychological preparedness in Judo, adapted and implemented during the training and development processes of specific psychic abilities of the future Air force officers.

2.1. The objectives

The objectives are the following:

A. Theoretical objectives

- Study of the relevant bibliography and to establish the methodology about psychological preparedness with the impact on multilateral

training of the Air Force military students;

- Motivation of the military students to practice Judo and the role of psychological preparedness during the training of future professional combatants with winner mentality;

B. Practical objectives

- Development of the psychological preparedness project, specific to Judo and adapted to the requirements of the Air force Graduate Model;
- Establishing an optimal model of psychological preparedness and argumentation of its efficiency.

2.2. The research hypothesis

- If we will identify the adaptable features from the psychological point of view, for the ages between 19 and 21, then it would be possible to influence the process of multilateral training of the military students;
- If the influencing of the psychological abilities, specific to Judo, will have a positive impact over the bio-psycho-social development and personality, then it would be possible to increase the psycho – physics and professional performance.

3. PSYCHOLOGICAL PREPAREDNESS

The psychological preparedness in combat, based on Dan Deliu opinion [1], comprises the ensemble of general and specific measures capable to develop the links among combatant's psychic and the training and competitions demands and may lead to better performance achievement.

Ioan Hantau [2], sustained that psychological preparedness in Judo supposed to develop at a superior level all emotional and intellectual psychic qualities, by using a range of general and specific means of Judo.

The same author is considering that psychological preparedness is borrowing some means from the other components of the training (physical training, technical and tactical, theoretical) and is influenced mostly by their level of development. Therefore, as much as a Judoka perceived that his level of preparedness is high, and he knows a large number of techniques at an excellent level, he will be more self-confident, courageous, will manifest more initiative in combat, and will control better negative emotions in order to attain favorable results.

The psychological preparedness must be permanently performed during training process, without allocating special time along specific

lessons, but using various characteristic means of other training components. Each exercise, technical structure, any moment of the training must totally participate to the psychological preparedness.

Ioan Hantau [2], synthetizes the means of this kind of preparedness, by the three groups of psychic qualities necessary to judoka, as following:

A – Volitional;

B – Emotional;

C – Intellectual.

A. Volitional psychic qualities as firmness, courage, perseverance, decisiveness, initiative are required and decisive in practicing this noble form of combat, Judo.

The support of high intensity efforts during the training and competitions period is not possible without the enhancement at the highest level of psychic qualities by training means, where the fighters are facing with extreme situations:

- Performing fighting rounds (randori) with heavier or stronger partners;
- Changing the partners during fight (in torrents);
- Fighting session with dedicated theme: breaking joint locks, chokes, luxation;
- Performing series of repetition (Uchi-komi) when tired;
- General physical training with difficult conditions: running in

snow, wind, rain, cold, heat, variable terrain, and so on.

B. Emotional psychic qualities as self-confidence, fight conferral, responsibility regarding self-behavior and the result of the fight are qualities which have to be developed and enhanced during the fight, influencing even the other aforementioned qualities. Development of these qualities constitutes a process during training sessions, judoka solving special situations created by the professor, as following:

- Randori rounds where judoka have to impose its technical and tactical superiority;
- Selection of relevant partners to perform preferred technics;
- Unannounced shorted randori rounds;
- Establishment of reachable control norms and exercises;
- Stimulating the judoka by diplomas, plaques, medals;
- Promoting judoka in front of the team;
- Using the best athletes to conduct parts of training: warmup, technical mistakes correction).

C. Intellectual psychic qualities as snap thinking and decisions, being very observant, intuition, attention, imagination and creativity represent an integer for proposed objectives achievement. These qualities are determined mostly by individual

genes but they can be developed through training process using appropriate means:

- Rounds with specific tasks as Yaku-soku-geiko;
- Observation of the valuable athletes behavior during randori sessions, especially how they employ subtle technique and tactic;
- Rounds with specific theme, the task consist in counterattacks on the partner mistakes;
- Randori rounds with disruptive factors: loud music, colleagues shouts, wrong directions from the couch;
- Creation of the complex situations where judoka have to find the best attacks and/ or counterattacks. [2]

Education and development of the aforementioned categories of psychic qualities will create the foundation of the future fighters with multilateral preparedness, capable to control their mind and body. Regarding this, the Judo techniques will become driving systems and specific motric actions performed with high accuracy during training sessions and competitions.

Vlad Grigore Lascu [3], emphasize that judoka must have the mind supple as water, meaning judoka must be receptive and adaptive to any situation created by the opponent, without providing any

warning to him/ her and in each fight have to have Mizu-no-kokoro, Zanshin and Tsuki-no-kokoro.

Mizu-no-kokoro (thought like water) is illustrated by grand masters analog with still, calm water, without any wave, ready to reflect perfectly an image. To achieve this stillness, mind should never be disturbed by any factor.

Zanshin (alert spirit) emphasize the living mind, ready to gather all the mental and physical energy in order to perform a certain action without lags. The thinking process must avoid laziness, must surround the opponent, without any particular or special emotion. The mind must not be dependent on specific moments or stuck. The mind must go beyond the adversary, actually through him / her. Mental activity surround permanently the opponent by unique and continuously sensation; in case of immovable, the mental activity can be encountered by any mental stronger opponent. A well prepared judoka, from the mental and physical point of view, will not prepare strategies or make eye contact, will not look to the place to hold. Judoka will search for the big picture and act accordingly with the ever changing situations.

Tsuki-no-kokoro (the mind like Moon) outlines the surroundings of the opponent in his / her integrality, as the Moon diffuse light glows all the objects equally. Between the

light source and illuminated objects clouds may interfere, interpreted as fear, irritation, writhe, single focus point. Accordingly, the opponent must be seen as a whole and the sight may not stop on any individual point, but to perceive any small gesture and react adequately.

The same author sustained that in Judo is very important Hen-o (the reflex). The reflex is defined as unwitting, a natural reaction to a stimulus which can be developed by training.

Natural reflex (in example: if somebody threaten us with a hit, we instinctively rise our arms for protection) is different than the acquired one (in example: when avoiding an opponent hit) but both are spontaneous, without mind intervention. The stimulus (tactile, visual or audible) is transmitted instantly to the motor nerves which will determine the muscular response, faster or slower.

In Judo, some unadvised people may perceive as a reflex something that is very controlled movement. For example, performing techniques due to opponent action creates counter techniques. This counter technique is a voluntary act, meaning an enhanced ability performed at the right moment, with high speed looking as a reflex. When a real attack occurs, the fighter will act immediately and in reflex mode, with the possibility of success or

failure, depending on the attack. In case of false attack, the combatant will uncover his / her defense unintentionally and will need to rapidly recover without mind intervention, which can delay the reaction. The command of reflex has to be done only when the attack is valid. Defense movement as counter technique must be explosive.

The difference between immediate reflex and mental reflex (Hen-o) consist in reaction time, not in the defense movement performing time. Both are very short, the second being the shortest because the fighter has to regain the opponent advance. The movement itself is not seen as or conceived as reflex and the mental intervention is taking place before the start of the movement. The performed technique is a controlled by brain action, depending on specific stimulus and certain environment, accomplished with high speed.

4. PSYCHOLOGICAL FACTOR INFLUENCE OVER MULTILATERAL PREPAREDNESS OF THE FUTURE AIR FORCE OFFICERS

Multilateral physical training, accepted by the majority of specialists, is named also general training.

Dan Deliu [1] presents that multilateral preparedness seeks to optimize the development level of morpho-functional indicators, as motric qualities (speed, coordination, strength, resilience) at higher level, assumption of effort during the fight and represents the foundation to upgrade special motric features (all types of speeds, precision, coordination, dynamic equilibrium, ambidexterity, motric quality force) at various ratios, specific to the aim.

Multilaterally, as military preparedness feature, the multilateral training consist in a large range of domains, including psychological factor in Judo, which may lead to the education and development of psychic abilities. The psychologic component may reach maximum effect when other training components (physical, technical and tactical, theoretical) also are well structured and are at a high stake, as following:

- Development to the military students of the psychical strength to the stress, along with training and development of specific abilities to cope with ever changing conditions in the military operations theatre, in order to accomplish the missions;
- Influencing psycho-motric qualities of the future officers: time reaction according with the situation, motric learning speed,

- decision making speed in extreme conditions, creative thinking;
- Mastering emotions (self-control) during crisis situations, specific to military environment;
 - Training and development teamwork competencies (one for all, and all for one). In Judo we may enhance the performance of a technique working with multiple partners;
 - Training and development of leading qualities and choosing of this person by using sociometric measurement. Self-confidence, courage, will, willingness for overachieving, creative thinking, adaptability are some of the leader qualities which correspond with Judo;
 - Analysis of maximum effort responses specific to military training (marches performed on long distances, various terrain, all weather conditions) and training and developing specific abilities which originate in maximum effort performed during Judo training, where psychological mobilization is essential;
 - Learning by military students of psychological and physical recovery methods (structure of respiratory exercises, autogenic training, Yoga asana, meditation);
 - Training and development of self-evaluation capacity of psychological and physical preparedness level;

- Training and development of spatial and time receptiveness. As any judoka perceives the fighting space during training sessions and /or competitions with stable stances the same behavior is expected to be employed in real situations on military operations theatre.

5. CONCLUSIONS

To conclude, it is very important to outline the importance of all components of Judo training which lead to development of psychological capacity (will, perseverance, emotional stability, stress resilience) which will stand as foundation of training and development of strong personality with winner mentality of the future Air Force officers. The key through success is represented by the chosen way to conceive the training plans, how the efforts are driven, the selected Judo means for the military purposes.

BIBLIOGRAPHY

- [1] Dan DELIU, Antrenamentul sportiv în disciplinele de combat, Editura Bren, București, 2008
- [2] Ioan HANTĂU, Manual de Judo, Editura Didactică și Pedagogică, R.A., București, 1996

- [3] Vlad Grigore LAȘCU, Judo și Kata, Editura Sport-Turism, București, 1992
- [4] GALAN, D., MIHALACHE, Gh., *The Knife – Attacking And Defensive Dangerous Weapon*, Proceedings of AFASES 2017, vol. 2, pp. 93-100, ISSN, ISSN-L:2247-3173
DOI:10.19062/2247-3173.2017.19.2
http://www.afahc.ro/afases/volum_afases_2017_II.pdf10
- [5] GALAN, D., MIHALACHE, Gh., *Study About The Usage Of Bodybuilding Elements In The Psycho-physical Preparation Of Units With Special Status*, Proceedings of AFASES 2017, vol. 2, pp. 101-112, ISSN, ISSN-L:2247-3173
DOI:10.19062/2247-3173.2017.19.2
http://www.afahc.ro/afases/volum_afases_2017_II.pdf10