

Research Paper

Ucikomi, Idoucicomi and Their Mixed Training Used as the Technique on the Development of Shoulder Strength of Judokas

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ABSTRACT

The present study is analytical research focused on the development of strength which is required to perform KUZUSHI during RANDORI by mixed training of UCHKOMI and IDO UCHIKOMI. The research method used is an experimental method. The subjects for the study were the male Judokas of the Special training Centre (STC) scheme of Sports Authority of India from the Chandigarh region. The age of the subjects varies from 19 to 21 years. Total 30 male judokas are selected and divided randomly into three groups. The three groups were given the UCIKOMI, IDO UCHIKOMI and mixed training (UCIKOMI, IDO UCHIKOMI) respectively, for the period of six weeks. The shoulder strength of the male judokas was examined by using Pull-up test. The test item was taken from AAPEHRD physical fitness test constructed on the results of the study was analyzed by using GLM Univariate ANCOVA. The results of the study says that the Group given IDO UCHIKOMI training is considered to be the better than the three techniques for developing strength.

Keywords: *Ucikomi, Idoucicomi, Shoulder Strength of Judokas*

The common belief of the judo community is simply that the practice of Uchikomi (formerly called Butsukari) improves throwing skills. Only within the last several decades since sports psychologists clearly pointed out that judo being a dynamic motor skill, that to practice the skill(s) in part does not improve skill acquisition. This simply means in order to improve throwing skills that throws must be completed in practice in an environment which resembles as close as possible the environment encountered in the performance of *RANDORI* and *SHIAI*.

METHODOLOGY

The present study will be an analytical research focused on the development of *KUZUSHI* during *RANDORI* by either through *UCHKOMI* or *IDO UCHIKOMI*. The research method used was experimental method. There were three groups of 10 male Judokas in each group. In this study the dependent variable (*Shoulder Strength*) was assessed during *RANDORI* at two different period of time i.e., before and after the introduction of independent variable.

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Received: April 10, 2025; Revision Received: May 09, 2025; Accepted: May 12, 2025

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The dependent variable is based on one of the major components of motor fitness i.e., strength, so the study is designed to assess the *KUZUSHI* by assessing the above said variables of motor fitness separately. The independent variable (*UCHKOMI* or *IDO UCHIKOMI*) will be introduced to the two groups. The third group had done mixed training of the two-training method. All the three groups will be given *UCHKOMI* or *IDO UCHIKOMI* and mixed training for six to eight weeks in the evening session for 25 to 30 minutes for four days per week. The post test will also be conducted on the dependent variable (*KUZUSHI*) during *RANDORI*.

Participants: The subjects for the study will be the male Judokas of the Special training Centre (STC) scheme of Sports Authority of India from the Chandigarh region. The age of the subjects varies from 19 to 21 years. Total 30 male judokas are selected and divided randomly into three groups.

Tools: To assess the upper body strength of the judokas pull test from AAHPERD is taken.

RESULTS AND DISCUSSION

The mean and standard deviation during the post test of the three groups before and after the adjustment with the initial difference are presented in table 1. However, adjusted mean and standard deviation for the three groups on Strength during post test indicates that these values are different from that of unadjusted values, it may be said that effect of covariate (pre test) have been eliminated in comparing the effectiveness of the treatment groups during post-testing.

Table 1 Descriptive Statistics of the three groups during Post test

Group	N	Unadjusted Values		Adjusted Values	
		Mean	SD	Mean	Std. Error
Experimental Group (UCICOMI)	10	21.00	4.570	21.530 ^a	1.038
Experimental Group (IDOUCHIKOMI)	10	26.20	4.565	25.209 ^a	1.057
Experimental Group (MIXED)	10	23.70	3.056	24.161 ^a	1.036

a. Covariates appearing in the model are evaluated at the following values: Strength (Pre Test) = 18.8667.

Table 2, shows the F value for comparing the adjusted means of the three groups i.e., Experimental Group (UCHICOMI), Experimental Group (IDOUCHIKOMI) and Experimental Group (MIXED) during post testing. Since the F value 3.246 is significant with the degree of freedom (2, 28) the null hypotheses that there is no significant difference in the adjusted post mean of the three groups on Strength is rejected at 0.05 level. Since the F Statistics is significant, post hoc comparison has been made for the adjusted means of the three groups which is shown in table 3.

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Table 2 ANOVA table for Post Test on Strength

Source	Type I Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	319.240 ^a	3	106.413	10.034	.000
Intercept	116.843	1	116.843	11.018	.003
Strength (Pre Test)	183.973	1	183.973	17.348	.000
Group	68.852	2	34.426	3.246	.055
Error	275.727	26	10.605		

Table 3 Pairwise Comparisons of Post testing scores on Strength

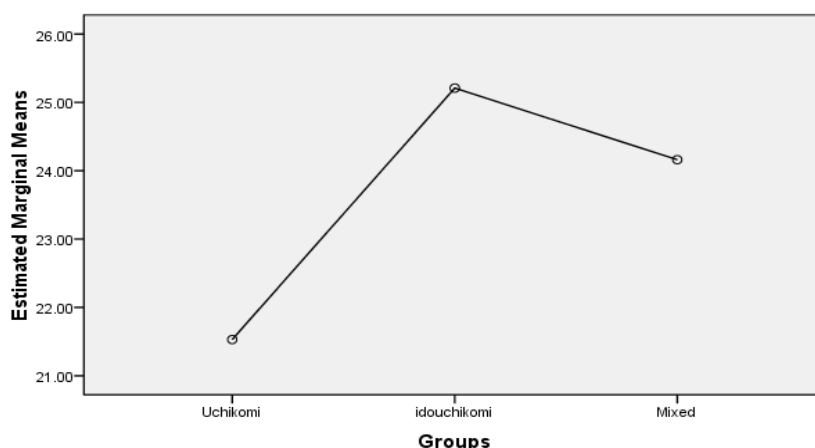
(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig. ^a
Experimental Group (UCIKOMI)	Experimental Group (IDOUCIKOMI)	3.678*	1.501	.021
	Experimental Group (MIXED)	2.631	1.456	.082
Experimental Group (IDOUCIKOMI)	Experimental Group (UCIKOMI)	3.678*	1.501	.021
	Experimental Group (MIXED)	1.048	1.498	.490
Experimental Group (MIXED)	Experimental Group (UCIKOMI)	2.631	1.456	.082
	Experimental Group (IDOUCIKOMI)	1.048	1.498	.490

*. The mean difference is significant at the .05 level.

It may be noted here that the significant difference has been seen between Experimental Group (UCIKOMI) and Experimental Group (IDOUCIKOMI). The no significant difference is also seen between Experimental Group (UCIKOMI) and the Experimental Group (MIXED). Also, there is no significant difference between the Experimental Group (IDOUCIKOMI) and Experimental Group (MIXED).

Figure 1: Mean Scores of the three groups during Post test on Strength

Estimated Marginal Means of Post_Strength



Covariates appearing in the model are evaluated at the following values: Pre_Strength = 18.8667

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CONCLUSION

From the above analysis following conclusions are drawn:

After the introduction of independent variable, other things remain constant, the dependent variable has shown significant improvement in all the three groups but the Experimental Group (IDOUCHIKOMI) has shown significantly higher scores than the other one group i.e., Experimental Group (UCHIKOMI). It may therefore be concluded that, the Experimental Group (IDOUCHIKOMI) is considered to be the better than the three techniques for developing strength.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Deepika & Maini, S. (2025). Ucikomi, Idoucicomi and Their Mixed Training Used as the Technique on the Development of Shoulder Strength of Judokas. *International Journal of Indian Psychology*, 13(2), 1661-1664. DIP:18.01.154.20251302, DOI:10.25215/1302.154