

**MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING COUNTER-METHODS IN FEMALE JUDOKAS IN THE TRAINING  
GROUP****I.B. Matmurodova***Independent researcher**Uzbekistan State Institute of Physical Education**University of Physical Culture and Sports**Chirchik, Uzbekistan***ABOUT ARTICLE**

**Key words:** Judo, crown technique, counter techniques, kick, sports training, technical-tactical, exercise complex, seoinage, Yoko-shiho-Gatame, Kesa-gatame, Kami-shiho-Gatame, pass catches, kicks, algorithm.

**Received:** 01.05.26**Accepted:** 02.05.26**Published:** 03.05.26

**Abstract:** This article examines the development of a model aimed at improving counter-measures in female judokas, the methodology for applying the crown and counter-measures, as well as the means and methods for enhancing technical and tactical preparation, and provides information on their application.

**Introduction.** In the world, the interest of preschool children in judo and the formation of basic skills in this type of martial art are developing on the basis of a scientific approach. The development of a system for training professional female coaches, qualified judges, and specialists in judo, the development of judo among women, and the development and implementation of long-term plans in this direction are of great importance. Research was conducted aimed at organizing separate extracurricular judo sports sections in the selected secondary schools, promoting and popularizing judo among youth, increasing their interest in this sport, and assisting in holding judo competitions among youth. Scientific research is being conducted on the increasing intensity of the competitive process in judo and the effective application of modern approaches, innovative tools, and methods in the training of adolescent athletes. However, there is a need to develop scientifically grounded methods aimed at

improving the physical fitness of young female judokas during training sessions and harmonizing methods and counter-methods.

**Methodology.** The purpose. It consists of developing proposals and recommendations for improving the counter-methods of female judokas in the training group.

Research objectives: 1. Determination of counter-measures in female judokas in the training group;

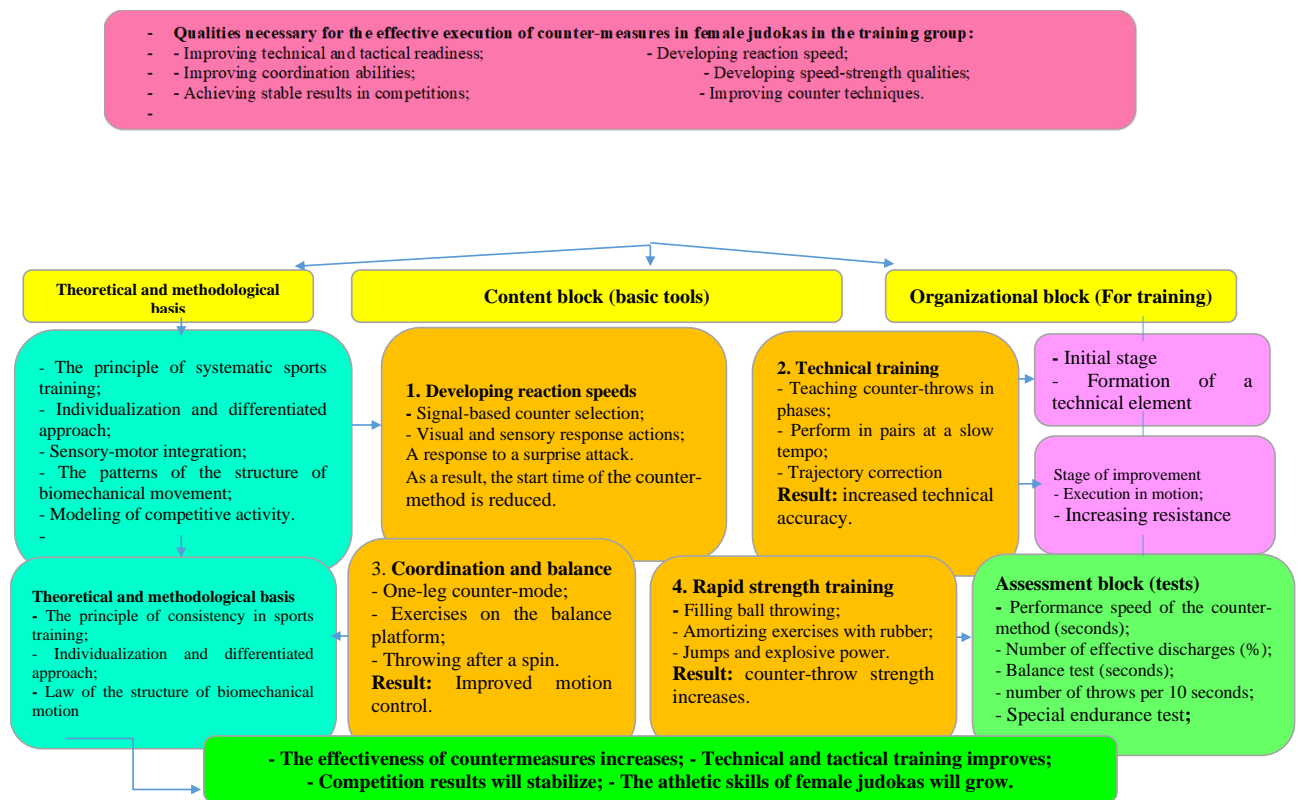
2. Development of a model for improving counter-measures in female judokas in the training group.

Degree of study of the problem. Leading specialists from the Commonwealth of Independent States, such as G.N. Arzyutov, Yu.A. Borodin, V.M. Adashevsky, M. Dulevsky, S.S. Ermakov, I.F. Andrushishin, M.N. Shepetyuk, Ya.V. Raifova, A.R. Zhitpiv, N.M. Shepetyuk, A.D. Akkuin, E.D. Akkuina, and E. Bogachev, have conducted research on training planning in martial arts, the development of physical qualities such as strength and speed-strength, the differentiation of the training process, the improvement of types of training for judo athletes, the improvement of physical fitness at the stages of long-term preparation, and the systematic organization of technical training.

In conclusion, despite the existence of research on the organization of the training process for judokas, scientifically grounded methodological approaches aimed at improving the physical fitness of young female judokas and the harmonious application of training methods and counter-methods have not been sufficiently developed. In particular, research on increasing the effectiveness of technical elements, physical fitness, and the harmonious development of technical techniques has not been conducted systematically. This necessitates the further improvement of the training system for young judokas.

**Results and Discussion.** In the training group, female judokas developed the necessary qualities for the effective execution of counter-measures. At the same time, methods for improving technical and tactical training, developing coordination abilities, achieving stable results in competitions, developing reaction speed, improving speed-strength qualities, and improving counter-measures were developed. The theoretical and methodological block of this model takes into account the features of systematic, individual and differential, sensorimotor integration, biomechanical motor skills, and the modeling of competitive activity in sports training. In addition, the content block, consisting of the main tools, presents the methodology for developing reaction speed, technical training, coordination and balance, and the use of speed-strength training tools. The most effective aspect is that the expected result was also predicted.

The organizational and methodological block describes the features of the initial and improvement stages. An evaluation block was also organized to determine the effectiveness of the methodology used during the training. The main control criteria were used in this block. The results of using the methodological model for training female judokas in the training group were substantiated (see pic. 1).



**Figure 1. Model for improving counter-measures in female judokas in the training group**

This model is aimed at the scientific organization of the process of effective formation and improvement of countermeasures in female judokas in the training group and represents a comprehensive pedagogical system developed taking into account the individual physical, functional, and psychological characteristics of the athletes. The main goal of the model is to apply rapid and purposeful countermeasures against opponent attacks, develop technical and tactical thinking, and ensure effective defensive and offensive passes in competitive conditions.

The structural structure of the model consists of target, content, methodological, organizational, and control-evaluation components, which ensure the integrity of the training process in an interconnected manner. In the content component, the teaching of counter-techniques is carried out in stages, and the main technical elements (breaking the balance, determining the time, entering the counter-method) are initially formed. In subsequent training sessions, they were used in combination in various tactical situations. At the same time, special

attention is paid to the development of speed, coordination, and strength qualities when performing counter-measures.

Methodologically, the model is based on differential and individual approaches and involves the extensive use of simulated combat situations, sparring exercises, problem-based tasks, video analysis, and a system of repetitive methodological exercises. When mastering counter-measures, the volume and intensity of loads are gradually increased in accordance with the level of preparation of the female judokas, which ensures the stability of technical movements.

**Conclusion.** The control and evaluation process was carried out based on the accuracy of counter-measures, the level of rapid decision-making, technical and tactical efficiency, and the results of competitive activity. As a result of implementing this methodological model into practice, the effectiveness of using countermeasures among female judokas has increased, significantly enhancing their overall technical and tactical preparation and performance in competitions.

#### References:

1. O'zbekiston Respublikasi Prezidentining 2022 yil 20-iyundagi PQ-286-son "Dzyudo sport turini yanada rivojlantirish chora-tadbirlari to'g'risida"gi qarori
2. O'zbekiston Respublikasi Prezidentining 2022-yil 3-noyabrdagi PQ-414 son "Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to'g'risida"gi qarori, Lex.uz
3. O'zbekiston Respublikasi Vazirlar Mahkamasining 2019-yil 13-fevraldagi 118-son "2019-2023-yillarda O'zbekiston Respublikasida jismoniy tarbiya va ommaviy sportni rivojlantirish konsepsiyasi to'g'risida"gi qarori, Lex.uz
4. Monteiro L.F. Structure et Cont Energetiques des Combats de Judo // Poster presentations judo Conference, -Munich, Germany. 24 Yuly 2001. pp - 24-25.
5. Ахмедов Ф.Ш., Мусобақа олди тайёргарлигининг дзюдочилар психологик ҳолатига таъсири // Ўзбекистон давлат жисмоний тарбия ва спорт университети. Фан-Спортга журнали. Чирчиқ, 2020. - 4-сон. – Б.76-78.
6. Дадабаев О.Ж., Юқори малакали дзюдочиларда ўқув-машғулот жараёнини режалаштириш хусусиятлари // Жисмоний тарбия ва спорт илмий тадқиқодлар институти.Фан-Спортга журнали. Чирчиқ, 2020.- 2-сон. Б.20-23.
7. Qodirov S.E. Sport takomillashuv guruhlarida malakali dzyudochilarning kuch va tezkor-kuch qobiliyatlarini rivojlantirish: Diss. ... ped. nauk. – Chirchiq: O'zDJTSU, 2023. - 120 b.