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*Methodological alternative aimed at improving technical-tactical
performance in the Ne Waza position*

[*Alternativa metodológica dirigida a mejorar el desempeño técnico táctico en la posición
del Ne Waza*]

[*Alternativa metodológica visando melhorar o desempenho técnico tático na posição Ne
waza*]

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ABSTRACT

Introduction : Newaza is a position in judo that employs control, locking, and strangulation techniques. Currently, this position is most prominently featured in high-level competitive events. Although a methodology exists for addressing its use in the preparation process, it has been determined that there are flaws in its conception, taking into account the context, the current characteristics of the competition style, and new updates to the rules, as well as the specific characteristics of the athletes.

Objective : to develop a methodological alternative aimed at enhancing the technical-tactical performance in the Newaza position in cadet category judokas (15-16 years old) of the Eide "Cerro Pelado" .

Materials and methods : methods and techniques such as analysis and synthesis, induction and deduction, documentary analysis, measurement, observation, interview, systemic approach and the criteria of specialists were used, which allowed us to arrive at conclusions related to the importance that the alternative provides in the theoretical methodological order.

Results : This program is based on experience in teaching practice and the potential offered by contextualizing a sports practice, taking into account the specific characteristics of cadet judokas. It takes into account psychopedagogical and theoretical aspects of athlete training, as well as the use of active teaching methods.

Conclusions : This proposal was presented to a group of specialists, who provided their assessment with a view to its implementation.

Keywords: preparation technical-tactical, Ne Waza and methodological alternative.

RESUMEN

Introducción: el Ne-waza es una posición en el judo, donde se emplean técnicas de control, luxación y estrangulamientos. En la actualidad, esta posición se manifiesta con gran énfasis en los eventos competitivos de alto nivel. Aun cuando existe una metodología para su tratamiento en el proceso de preparación, se ha podido determinar,

que existen falencias en su concepción, teniendo en cuenta la contextualización, las características actuales del modo de competir y las nuevas actualizaciones del reglamento, así como las particularidades de los atletas.

Objetivo: elaborar una alternativa metodológica dirigida a potenciar el desempeño técnico-táctico en la posición del Ne-waza en judocas categoría cadetes (15-16 años) de la Eide «Cerro Pelado».

Materiales y métodos: se emplearon métodos y técnicas tales como: análisis y síntesis, inducción y deducción, análisis documental, medición, observación, entrevista, enfoque sistémico y el criterio de especialistas, lo que permitió arribar a conclusiones relacionadas con la importancia que en el orden teórico metodológico brinda la alternativa.

Resultados: la misma, tiene entre sus antecedentes las experiencias en la práctica pedagógica y las potencialidades que brinda la contextualización de una práctica deportiva, atendiendo a las particularidades de los judocas categoría cadetes. En ella se tienen en cuenta aspectos psicopedagógicos y de formación teórica en el atleta, así como el empleo de métodos activos para la enseñanza.

Conclusiones: dicha propuesta, se dio a conocer a un grupo de especialistas, los que brindaron su valoración, con vista a su aplicación.

Palabras clave: preparación técnico-táctica, Ne Waza y alternativa metodológica.

RESUMO

Introdução: A Newaza é uma posição de judô que utiliza técnicas de controle, imobilização e estrangulamento. Atualmente, essa posição é a mais utilizada em eventos competitivos de alto nível. Embora exista uma metodologia para abordar seu uso no processo de preparação, constatou-se que há falhas em sua concepção, considerando a contextualização, as características atuais do estilo de competição e as novas atualizações do regulamento, bem como as características específicas dos atletas.

Objetivo: Desenvolver uma alternativa metodológica visando aprimorar o desempenho técnico e tático na posição Newaza entre judocas da categoria cadete (15-16 anos) do Colégio Cerro Pelado.

Materiais e métodos: Foram utilizados métodos e técnicas como análise e síntese, indução e dedução, análise documental, mensuração, observação, entrevistas, abordagem sistêmica e julgamento de especialistas, permitindo conclusões relacionadas à importância teórica e metodológica dessa alternativa.

Resultados: Esta proposta baseia-se em experiências de prática pedagógica e no potencial oferecido pela contextualização da prática esportiva, considerando as características específicas dos judocas cadetes. Considera aspectos psicopedagógicos e teóricos da formação dos atletas, bem como a utilização de métodos ativos de ensino.

Conclusões: Esta proposta foi apresentada a um grupo de especialistas, que forneceram suas avaliações para sua implementação.

Palavras-chave: preparação técnico-tática, Ne Waza e alternativa metodológica.

INTRODUCTION

The execution of Katame waza (control) techniques requires a high technical level, since they are performed in complex positions and where the support points vary constantly. They include immobilization techniques (Osaekomi waza), strangulation (Shime Waza) and dislocation (Kansetsu waza), through which one tries to control the opponent for 25 seconds or to provoke his surrender by means of a strangulation or dislocation at the elbow joint.

The research presented is based on the need to improve the technical and tactical preparation of judokas in the 15-17 age group in Camagüey, in the use of the technical and tactical elements of Newaza.

Studies on Ne waza techniques and their use in combat have not been among the most advanced in the field of research in this sport, as they sometimes lack the same popularity as Tashi waza techniques. In this regard, it must be acknowledged that our country, with a few exceptions, has not had outstanding competitors in this field of judo. However, the accelerated development of the technical level of competitors, the increase in their number, and changes in the regulations are promoting an increase in the technical and tactical arsenal of judokas in the current context.

Based on the criteria addressed by Copello (2003), González Estrada. J. (2018) defines that "Tactics are the intelligent way in which resources are applied to achieve the goal under conditions of opposition."

Related to this aspect, it is suggested that if the goal is always to resolve situations, there is a problematic component in the process and the need to anticipate the opponent's actions. In this way, the sense of anticipation and complex reaction speed become essential components of the training process (González and Copello, 2018).

In this sense, there is the fact that the athlete's creativity is manifested in tactics, which, according to Peña Lerma, O. and Rivas Almaguer, B. (2022) "Tactical creativity is one of the characteristics of athletes with the greatest expertise in sports. This is defined as the ability to generate surprising and original responses to problems that arise in sports performance"

The above elements, combined with the use of a correct methodology, make technical-tactical preparation take on a comprehensive character, based on a focus on the aspects that make up the situations that arise in competitive reality.

Despite the importance of technical and tactical preparation in Ne waza, there are still shortcomings in the treatment of the technical and tactical elements of Ne waza, which is a problem to be solved, since empirical studies have shown manifestations in practice related to:

- Insufficient planning of special exercises aimed at the technical and tactical development of Ne waza.
- Insufficient use of active methods that provoke the athlete to analyze the situations presented.
- Poor planning of exercises in Ne waza where its bilateral execution is promoted.

All of the above is manifested in the following deficiencies detected in the athletes:

- Poor application of transition elements from Tashi waza to Ne waza.
- Insufficient use of the technical elements of dislocation and strangulation.
- Loss of time due to indecision in the application of technical elements, which causes the referee to stop the fight.
- Poor use of combined attacks, causing the opponent to lose control.

All of the above allows us to define the problematic situation as the methodological shortcomings that hinder the technical and tactical performance of athletes in the 15-17 age group in Newaza. Taking into account the difficulties identified, the following objectives are proposed:

To develop a methodological alternative aimed at improving technical and tactical performance in the Newaza position among cadet judokas at the Cerro Pelado Eide in Camagüey.

MATERIALS AND METHODS

A descriptive study was carried out with 14 male athletes in the 15-17 age group, representing 100% of the total population, who were part of the Camagüey team for the National School Games in 2022. In addition, five Eide coaches and six members of the Camagüey Provincial Judo Commission were taken into account.

On the other hand, a documentary review was carried out on those regulatory documents that guide training planning, such as the Comprehensive Athlete Preparation Programs Delis, (2019). In the analysis carried out, it was possible to verify, fundamentally, the methodological guidelines of the Athlete Preparation Program, which are insufficient, focusing attention on the distribution by category of those technical elements to be addressed in each of them. In this study, the analysis and synthesis method was used, allowing conclusions to be reached on the subject. During the research, a study of the technical-tactical preparation process was carried out, with emphasis on the elements of Ne waza, an analysis of the methodological peculiarities of the technical-tactical preparation process and the execution of the elements of Ne waza was carried out.

As part of the diagnosis, an observation guide was also applied to training sessions, a total of six sessions, during the special preparation stage, to assess the coaches' methodological approach during training. First, the planning of activities related to technical and tactical preparation in Ne waza was reviewed, which revealed not only inadequacies in conceiving the non-personal components of the process—that is, objectives, methods, and procedures—which, in their conception, must implicitly include the comprehensive nature of this preparation, manifested in their relationship with the specificities of current competition. Inadequate planning of special exercises for such purposes was detected, in addition to inefficient joint teacher-student analysis of the actions manifested in the activity.

As part of this assessment, to determine the level of knowledge of the methodological aspects of the technical-tactical preparation process, a survey was administered to the coaches to determine their mastery of the theoretical-methodological aspects that are necessary to develop the technical-tactical preparation process in the Ne waza position. In this regard, it was determined that there is a lack of understanding among the coaches of a methodology contextualized to the demands of today's competition style. They also suggest that they rely on traditional aspects of preparation manifested only in the projection and execution of actions that continue from a standing position to the ground.

On the other hand, they recognize the existence of a methodology oriented to the teaching learning of the technical elements of Ne waza, stating that it is based on the phases of the movement, related to the position that Uke and Tori adopt during the execution, in addition it is recognized as other elements to take into account, the regions of Uke that will be controlled by Tori and vice versa, finally the evaluation of the effectiveness of the execution is raised as the final aspect to be addressed.

In order to corroborate in practice the implementation of methodological didactic aspects in the technical tactical preparation process in Ne waza, an observation guide was applied to six training sessions, where the fundamental objective was aimed at the treatment of the technical tactical elements of Ne waza, whose results were manifested in the incorrect planning of the objectives, this ruined the use of methods and procedures, as well as the insufficient planning of exercises in Ne waza, taking into account the possible tactical situations that arise today, due to changes in the regulations.

Another aspect worth highlighting is that attention is only directed to the elements related to the continuity of the Ne waza projection actions, without addressing the different situations that generate the transfer of the position from Tashi waza to Ne waza and that constitute opportunities for achieving favorable technical-tactical situations that allow control of the adversary.

A technical-tactical test was applied, related to the different variations in the Ne waza position.

It was possible to determine the insufficient and deficient application of technical and tactical resources manifested in the Ne waza position, based on the execution of technical and tactical situations as they occur in combat reality. As a result, the difficulties encountered in each of these situations were confirmed, also manifested in the lack of understanding of the aspects that regulate tactical performance in ground work.

As part of the assessment, a total of 36 bouts were observed, with the aim of evaluating the application of Ne Waza's technical and tactical actions within the context of the bout. Of the total bouts, Ne Waza victory was achieved in only 14, five of them by direct Ippon as a result of technical application, and the remaining nine by Wazari to Wasete Ippon.

Of all the bouts won by Ippon, only one was by choke, and the rest by immobilization. No chokes were applied.

Another element to take into consideration is the poor execution of the transition from the Tashi position to the Ne waza, where at times Uke lost control, in addition to not taking advantage of Uke's uncoordinated movements to skillfully bring him to the ground.

Based on the results of the diagnosis, which revealed difficulties in the technical-tactical preparation process in Ne waza, the methodological alternative was developed, taking into account the following aspects defined by Valle (2007) in Pérez (2014) for its design and organization.

General objective, rationale, conceptual framework, procedures at each stage, graphic representation, evaluation and recommendations for implementation.

With the aim of offering a methodological tool specifically geared toward the technical-tactical preparation process in the 15-17 age group, a methodological alternative was developed, based on the need to enhance technical-tactical performance in this position, taking into account the specificities of current competitions, changes in the regulations, as well as the characteristics of the Camagüey judoka.

In conceiving this methodological alternative, the principles of judo are taken into account, as a fundamental basis for any teaching-learning process in this sport. These principles include optimal energy utilization (maximum efficiency combined with minimum effort), mutual aid and reciprocal advantage (the work of Tori and Uke), and

the principle of advancing or improving the effectiveness of performance (perfecting sportsmanship). Furthermore, principles of management, aiming for higher achievements, systematicity, awareness, and activity, and the principle of unity between the affective and cognitive aspects are highlighted.

The methodological alternative is developed on the basis of a theoretical conception, which supports the systemic nature of the process, based on the analysis of the object investigated and the relationships established, considering the interdependence between its components.

Methodological conception of the technical-tactical preparation process in the Ne waza position

As part of the conception of the training process in this position, proposed by this author, premises are raised to be taken into account in the analysis and execution of the actions, based on aspects related to their mechanics and didactics, as reflected below:

- 1- The work in Ne Waza is a mechanism of action and reaction effect in a shorter time than that used in Tashi Waza.
- 2- Imbalances must be considered a fundamental element in both physical and psychological destabilization.
- 3- Technical-tactical performance specifically demands capabilities such as strength, resistance to force and flexibility.
- 4- In its execution there is a predominance of traction forces over thrust forces.
- 5- The application of dislocation and strangulation techniques has an aggressive effect on the body.

According to this author, from a didactic point of view, the teacher must take into account aspects such as:

- 1- Correct selection of partners for performing exercises, avoiding giving advantages to one of the athletes.
- 2- Plan the work times for both Tashi waza and Ne waza in a balanced way.

- 3- Promote the theoretical analysis of each technical-tactical action before its practical execution.
- 4- Explain the effects that the application of Ne waza techniques has on the body.
- 5- Explain and demonstrate the value of a correct transition from standing to floor posture in order to achieve good control.
- 6- Explanation and demonstration from as many angles as possible.
- 7- Encourage the practice and application of Ne waza techniques, in order to create a positive environment during training.

From a systemic perspective, the methodological alternative is made up of the following subsystems:

Subsystem: Creation of the theoretical bases for the execution of technical tactical actions in Ne waza

This subsystem represents the entrance to the technical-tactical preparation process, having as its main function the analysis of the technical-tactical foundations, which intervene in the execution of the actions in the Newaza position, as part of the aspects of the technical-tactical preparation, highlighting aspects such as: importance of the performance in this position, technical-tactical potentialities of the same, changes in the regulations that make its execution possible, tactical differences regarding Tashi-waza, as a technical-tactical resource.

In each component, the use of active teaching methods is demonstrated, promoting joint analysis between student and teacher, stimulating the development of cognitive structures, through the analysis of the aspects that characterize the phases of execution of the actions in this position, the development of the athlete's tactical thinking is stimulated.

To do so, it is necessary to establish the foundations beforehand, promoting dialogue, analysis, and reflection, highlighting at all times the relationship between each of these,

the technical and tactical actions that are intertwined in this position, all based on the premises outlined above.

It is necessary, at this point, to achieve identification by the judoka, through conscious analysis of those aspects that will differentiate one execution from another according to the techniques involved and the tactical situations that are revealed, depending on the role that is being played at that moment, whether from an offensive or defensive position, in addition to being able to establish the relationship that exists between the different situations in which they are executed.

To carry out the development of this component, it is necessary to use methods that encourage joint reflection between students and the teacher. To do this, methods such as: heuristic conversation, problem-solving presentation, group debate and indirect visual sensory-perceptual methods are used, which allow prior representations of motor actions, rules and conditions thereof, and direct visual which facilitates motor action for judokas in a complete way (Figure 1).

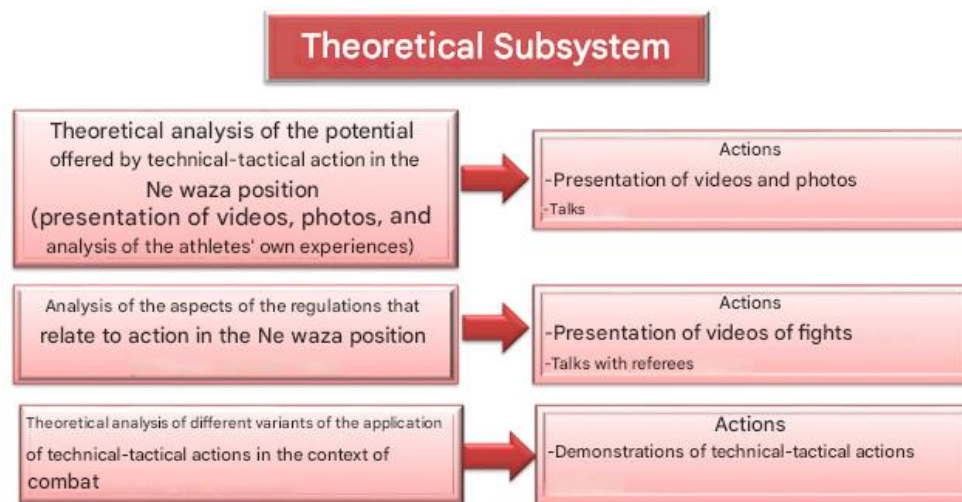


Fig. 1 - Subsystem: Training of skills for the execution of technical-tactical actions in Ne waza

In the conception of the methodological alternative, the essence of the technical-tactical preparation process for the execution of actions in Ne waza is taken into account.

Technical component: This component highlights the development of those factors that, in this order, intervene in the control actions in Ne waza in its different manifestations: immobilizations, strangulations and dislocations.

Tactical component: This component highlights the possible tactical situations that arise in combat and are considered ideal for executing these actions, based on the opponent's behavior.

For the development of these factors, it is essential that the teacher puts into practice the special means that Judo has during his practice, which allow the student to analyze their importance for the execution of these actions, these means, independently of their organization, promote the interaction between both judokas (Uke-Tori), thus demonstrating the principle of mutual aid of judo.

Possible technical-tactical situations that are taken into account for the design of the methodological alternative:

The preparation system is based on the possible technical-tactical situations that may arise during combat, taking into account the particularities of contemporary competition, variations in the rules, Uke's behavior and Tori's possibilities for executing actions:

Considering uke's position with respect to tori.

- In four points, prone and supine.

Considering Tori's position with respect to Uke

- Uke in four points: Tori above, from the side, from behind and from the front (from the head).
- Prone Uke: Tori from above, from the side, from behind and from the front (from the head).
- Supine Uke: Tori straddles the top, to the side, and between the legs.

Addressing vulnerable areas of uke

- With neglect of the neck, of an arm, of the legs

According to the transition action from tashi waza to ne waza

- After a projection, taking advantage of a skillful movement, taking advantage of uke's instability, taking advantage of the not ineffectiveness of an attack by uke.

Depending on the type of Tori's attack

- Direct attacks
- After the transition (in any of its variants previously described)
- Combined attacks
- Immobilization-immobilization, Immobilization-dislocation, Immobilization-strangulation, strangulation-strangulation (with the opponent's lapel), strangulation-immobilization, strangulation-dislocation, dislocation-dislocation, dislocation-immobilization and dislocation-strangulation.

From a defensive uke position

- Uke lying supine, tori between both legs, with arms neglected (Search for dislocation).
- Supine uke, tori on one side with four points, arms untied. (Looking for dislocation.)
- Supine uke, tori on one side at four points, neglected neck (Search for strangulation).
- Uke on four points, tori facing forward on four points. (Looking for a lock or a choke). (With a twist or straight).
- Uke on all fours, tori on top. (Looking for a lock or a choke.) (With a twist or straight to the front.)

Levers, turns and wraps (in defense or attack)

- Turns with uke on four points (tori over) (tori on the side) (with change of direction or direct).
- With uke prone (tori above, front, or side) , lever with the help of uke's lapel, combination of levers and lock. Combination of turns and lock, combination of turns and choke, and execution of Sankakus

Defenses and exits

- Obstruction with legs, with arms, with arms and legs.
- Exits from prone, supine or four-point positions)

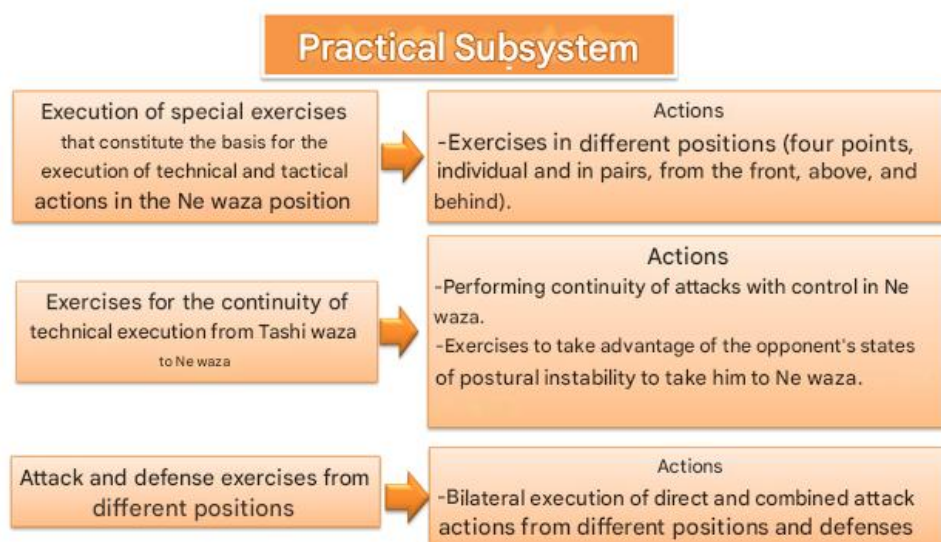


Fig. 2. - Subsystem: teaching procedure

This defines the actions of the teacher as responsible for the athlete's preparation process and main facilitator. In their role, the instructor must follow the precepts that define a sensei (teacher), behavior, example, and wisdom, all in keeping with the judoka's comprehensive development. They must view the training process as the ideal time for developing the values promoted by judo, whether from an individual or collective perspective (Figure 2).

To achieve the correct execution of technical tactical actions in Ne waza, The teacher must pay special attention to explaining the actions described above, using clear language appropriate to the characteristics of students at this age. He must also ensure that demonstrations are error-free, clean, and elegant, and that error correction is carried out with a focus on encouraging good execution and avoiding negative aspects. Therefore, it is necessary to provide athletes with active participation, help in constructing their own knowledge, and the opportunity to solve different problems based on their own criteria and not merely on the teacher's criteria.

Objective determination component:

In the very conception of the technical-tactical preparation process in New Aza, the professor makes clear the importance of its execution from the technical-tactical point of view, for correct performance in combat, specifically in the possibilities that these actions offer for successful achievement in combat.

Selection, planning and application of special means component : takes into account the use of special means that judo provides for the technical and tactical preparation of the judoka, taking into account the conception of its execution according to the different situations that arise in the fight, taking into account its application, for this purpose methods are required that promote, in addition to the correct execution of the technical and tactical action, its prior analysis before being executed and after its final execution, with the objective of its assessment, where the active participation of the judokas in the search for solutions that allow them to fulfill the tasks posed is manifested, promoting reflective thinking. For the teacher, the search for appropriate means for the solution of the tasks is important, which must take into account for the selection of the same, the characteristics of the judokas and the stage of preparation in which they are (Figures 3 and 4).

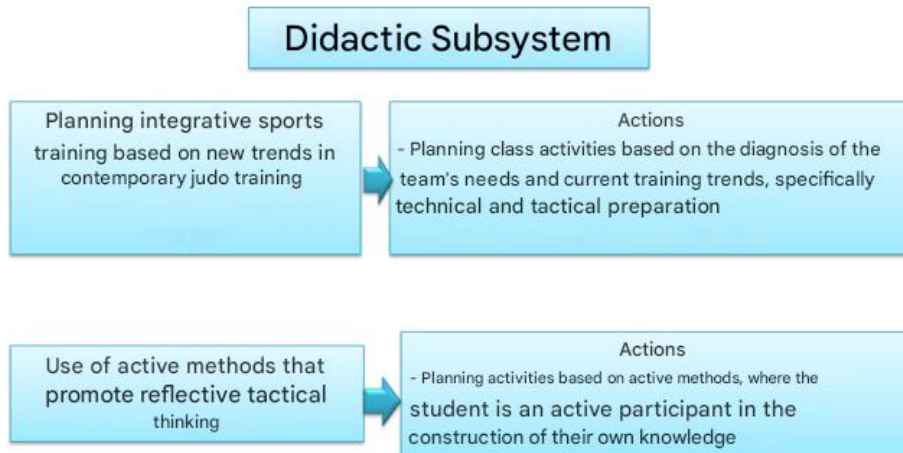


Fig. 3. - Subsystem: teaching procedure

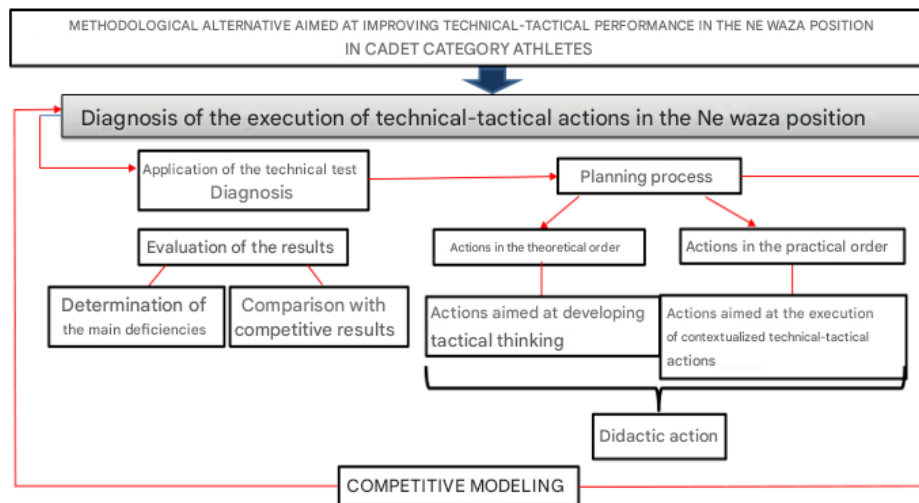


Fig. 4. - Methodological alternative aimed at improving technical-tactical performance in the new aza in cadet category judokas of the EIDE "Cerro Pelado"

RESULTS AND DISCUSSION

The methodological alternative is based on criteria addressed by different authors, which constitute pillars for the concretization of the new conception of the methodological alternative, maintaining that, from the cognitive approach, it is convenient to study the internal conditions of the athlete where representations, judgments, memories and experiences are discovered. It is for this reason that the methodological alternative conceives within its characteristics, promoting analytical thinking, from a reflexive perspective in the contextualization of actions as they occur in combat. Olivera, González and Carballido (2023).

On the other hand, Bécquer; Cuesta and Morales (2023), carry out an analysis of the tactical performance of school judokas in ne waza, existing agreement in the criterion that the techniques of Kanzetsu waza (dislocation) and Shime waza (strangulation), behave with difficulties in this performance, which corroborates that there are insufficiencies at the national level with the performance in this field of judo.

According to González and Enríquez (2022), they propose a technical-tactical preparation system to improve the bilateral execution of Tokui waza, taking into account that in the Ne waza position there are also preferences by judokas for some of the technical-tactical elements in this position, the criteria addressed by the aforementioned authors are assumed when conceiving the present methodological alternative, since the aforementioned system focuses mainly on the Ashí waza position, wasting the advantages offered in this position and the benefits of achieving its execution on both sides.

In the proposed methodological alternative, the criterion addressed by Figueroa (2002) is taken into consideration. He states that balance in ground work is different from that in standing work, in the sense of the position of the bodies; however, a body on the ground has certain positions of balance when it is on top of the opponent or in a control action, and of imbalance when it is in a position with its back on the ground or in an action of loss of control. Based on this assertion, the treatment of the ability to unbalance

in this position is proposed, which allows a better understanding of the actions of leverage and turns.

Theoretical assessment of the methodological alternative using the criteria of specialists

For the theoretical evaluation of the preparation system, 16 specialists were selected, all with more than ten years of experience and at least 2nd-degree black belts. Five categories were used to evaluate the aspects of the system described: very adequate, fairly adequate, adequate, less adequate, and not adequate. The Delphi methodology was used, employing a single round based on the results obtained from the survey, according to the specialists' criteria. These results were expressed in a high level of satisfaction, which corroborates that the specialists, based on their evaluation, consider the preparation system to be very adequate and present all the conditions for its application.

Legend: P: Average; NP: Overall average less specific to each aspect.

The Kendall concordance coefficient (W) is also calculated to measure the degree of agreement between specialists in the responses provided. In this regard, it can be seen that there is agreement between the responses provided with respect to the evaluation indicators, since W reaches a value of 0.9 and its significance of $0.00 < 0.01$, which guarantees that this agreement is not coincidental, considering the preparation system developed to improve the bilateral execution of Tokui-Waza in Tashi-Waza as valid for its application.

The primary objective of this research is to address a current and important topic, such as technical-tactical preparation in the Ne waza position, by providing an alternative for this broad-based process, considering that it currently constitutes a problematic area of attention in this field. Due to its scope and methodological content, it is proposed that other categories, once the necessary adjustments have been made, may use the same topic, since, from a methodological perspective, it is relevant to current demands in any category.

CONCLUSIONS

The analysis of the theoretical budgets allowed us to conclude that the technical-tactical preparation in Ne waza becomes as important as in Ne waza, due to the potential that this position offers in obtaining achievements during combat, making it clear that, based on the characteristics of competitive action in that position, the methodological conception of this preparation presents characteristics that differ from Tashi waza.

After the diagnosis was applied, deficiencies were revealed both in the methodological teaching action and in the technical-tactical performance of the judokas in this position.

In conceiving this methodological alternative, the distinctive aspects of current sports training, the characteristics of contemporary sports teaching, and the specifics of current judo competition were taken into account, in relation to changes in the regulations regarding technical and tactical action in this position.

Consultation with specialists allowed for an assessment of the methodological alternative, which was deemed highly appropriate in light of the proposed objectives.

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Conflict of interest :

The authors declare no conflicts of interest.

Authors' contributions :

Yaraisa Martínez Jeune : conception of the idea, search and review of the literature, preparation of the instruments, collection of information and processing of the results of the instruments applied.

Carlos Alberto Enríquez Muñiz : conception of the idea, search and review of the literature related to the topic, general advice, correction of the original article.



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