

MANAGEMENT OF ORGANIZING AND CARRYING OUT THE TRAINING STAGE OF AIKIDO ATHLETES

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Abstract. This paper is meant to optimize the sports training content of Aikido practitioners by the Aikikai Romania national stage of training with the help of the methods and means specific to the operational management. Research methods used: analysis of the specialized literature, method of pedagogical observation, method of experimental study; method of tests. A study was organized in "Proteus" Sports Club of Bucharest for this purpose, regarding the organization and carrying out of the training stage from 13th to 15th of May, 2016 in Poiana Brasov. The objectives of the seminar were: presentation and learning of different technical procedures for Aikido beginners, rank of 6th KYU (white belt) 5th KYU (yellow belt), 4th KYU (orange belt) practitioners; improvement of different technical procedures for Aikido practitioners of 3rd KYU rank (green belt), 2nd KYU (blue belt) and examination of the practitioners who hold the rank of 1st KYU (brown belt) for the award of the rank of 1st DAN – black belt. It will be possible to use the results as models in the highly efficient practical approach of the managerial processes related to sports training, conducting the instructive-educational process, conduct and assessment of the sports training sessions specific to martial arts - Aikido.

Keywords: martial arts, degrees, assessment, management, training.

Introduction

Aikido is the latest great martial art created by Nippon civilization during the former century; it originates from several jiu-jitsu styles (Judo too is derived from these ones) and the sword and spear fighting techniques used by the Samurai in the medieval Japan, but many techniques are invented by the Aikido master Morihei Ueshiba. Aikido is based on using the opponent's strength by applying articular techniques, dodges, throwing [6]. The main purpose of Aikikai Romania is to promote, develop and support Aikido practicing and studying in Romania and to facilitate the direct contacts between the Romanian aikidokas and the foreign ones, thus offering to its members an easy access to seminars and demonstrations conducted by worldwide important masters [7, 8].

At the present moment Aikikai Romania has 12 dojos in Bucharest, Ploiesti, Pitesti, Buftea, Balotesti and Ramnicu Valcea and it has 400 members, out of which more than 50 *yudansha* (black belts) acknowledged by Aikikai organization of Japan and awarded by *Doshu* Moriteru Ueshiba (grandson of the founder and President of Aikikai Japan – Aikido Hombu Dojo). Aikikai Ro-

mania organizes each year seminars with Japanese and European Aikido masters and national seminars in its Romanian branches as well [7, 8].

The activities that the management of an organization must perform focus actually on its functions. They are carried out in all the organizations, regardless of the profile and size of these ones, and in all organization ranking levels, but with different weight. The knowledge of management functions „is a major prerequisite for deciphering the content of management science and practice in order to efficiently assimilate and use the proper modalities, techniques and systems” [1, 2, 5].

As components of the managerial tools, the principles, systems, methods, techniques and procedures are used to exercise the management processes and the functions of forecast, organization, coordination, training and self-assessment [3].

The sports manager plans, initiates, orders, coordinates and controls the actions achievement and the objectives fulfillment.

The requirements of the athletic performance are different depending on the fields and the intended objectives. The forms of sports per-

formance are based on the relationship of the requirements in terms of space, time, dynamics and social issues determined by a specific sports branch and the athlete's motor skills [4].

The paper purpose is to optimize the training process of Aikido practitioners by the Aikikai Romania national stage of training with the help of the specific methods and means of the operational management.

Hypothesis of the paper. We believe that the creation and implementation of the specific elements of the scientific management during the sports training of Aikido practitioners can ensure a better development and efficiency of the entire activity in this field.

Material - method

Place where the study was conducted. "Proteus" Sports Club under Seishin DOJO brand is part of Aikikai Romania and its members are included in this national organization. "Proteus" Sports Club is a non-profit sports association created in 2005, as a multi-sport structure aiming to select, initiate and improve the athletes for several disciplines and sports branches. Aikido is the martial art that can be studied during the courses organized by the sports club for children (starting with the age of 7 to 8 years old) and adults as well.

"Proteus" Sports Club is officially acknowledged by the National Sport. The activity of the club is carried out in the 2 training rooms: combat room in "Dinamo" Sports Complex, training sessions for adults; multi-functional room in the Children's Town – training sessions for children, divided into age groups.

The seminar of training organized in Poiana Brasov from 13 to 15 of May 2016 was meant to achieve the following objectives:

- Presentation and learning of the various technical procedures (according to the examination program) for the aikido beginner practitioners and the ranks of 6th KYU (white belt), 5th KYU (yellow belt) and 4th KYU (orange belt) practitioners.

- Improvement of different technical proce-

dures (according to the examination program) for the aikido practitioners holding the rank of 3rd KYU (green belt) and 2nd KYU (blue belt).

- Examination of the practitioners holding the rank of 1st KYU (brown belt) in order to award them the black belt 1st DAN.

Methods of research: review of the specialized literature; method of pedagogical observation; method of experimental study; method of tests to assess the training level.

Aikido is a complex martial art, thus it is important to study it by assimilating the technical elements in successive stages, observing the curriculum program. These ones refer to learning of postures (body positions specific to Aikido)

The most common posture of an aikidoka is *Kamae* (guard position in aikido). The major part of the movements in aikido is executed starting from *kamae*: displacement, falls (rolls), dodges and procedures (techniques): learning of movement steps, foot techniques (*Ashi – Waza*); learning of falls (*Ukemi-Waza*).

A very important role in the training sessions in any dojo (training room) for aikido is played by the learning and improving of "ukemi waza" (school of falling). This one includes: *mae-ukemi*, *ushiro-ukemi*, *mae-yoko-ukemi*, *mae-obi-ukemi*, *ushiro-obi-ukemi*, *ushiro-mae-ukemi*, *morote-ukemi*;

- Learning of attacks;
- Learning of the technical procedures themselves.

Results and discussions

During the courses for beginners, the instructors focused on the ways to move during the technical procedures in which the "okuri-ashi" (dragged step) and "ayumi-ashi" (normal walk changing the *Kamae* posture - guard position) were the most frequently used methods of movement.

Changing the body position during the technical procedure was identified as a significant element for reaching a perfect and efficient execution.

In the case of the ranks of 3rd KYU and the 2nd

KYU, the emphasis is placed on the completion of the procedures (throw procedures or fixing procedures as well).

As there are no competitions in Aikido, the examination means to check the Aikido practitioner (taking also into account the demonstrations and the national and international seminars). Several requirements must be met by an Aikido practitioner in order to be submitted to an exam. As a general rule, these requirements are listed below:

To have attended a certain number of training hours (there is a specific number of training hours for each rank separately, considered to be enough for learning the technical elements and procedures to be shown in an examination)

To practice during an uninterrupted period (the number of training hours must be attended in a certain period of time)

For example, after the award of the rank of 5th Kyu an aikidoka must have at least 30 days of practice during an uninterrupted period of minimum 4 months in order to get the rank of 4th Kyu (it means that an aikidoka must not attend 2 training sessions in a week, then take a break of 2 weeks, then attend other 4 or 5 training sessions, and likewise until the number of training hours is fulfilled according to the examination requirement)

Assimilation of the technical elements and procedures within the minimum period of time and the minimum number of training hours (this period and number of training hours can be larger, of course).

One of the objectives of the seminar was taking the exam for the rank of 1st DAN – black belt.

The exam requirements for the black belt are a minimum number of 70 days of practice, a minimum period of uninterrupted practice of 12 months since the awarding of the rank of 1st Kyu and the submission of a paper on the Aikido martial art (this article must be handed by the candidate to the Technical and Didactical Department 5 days before the exam). Another requirement

that must be met is the age of the candidate – at least 16 years old.

The exam was carried out as follows:

The commission of examination required the candidates to perform the technical elements and procedures mentioned in the examination program. Taking into account that the holder of the 1st Dan black belt must know all the technical elements and procedures without weapons, the candidates were requested to perform the following ones:

Ashi Waza (displacements: Okuri-Ashi, Ayumi-Ashi, Tsugi-Ashi)

The great masters of Aikido often tell that the displacements are the most important ones when studying this martial art and the technique (procedures) is the result of these ones.

Ukemi Waza (rolls/falls: mae-ukemi (forward fall), ushiro-ukemi (back fall), yoko-ukemi (side fall))

Aikido is a martial art; Aikido techniques are used following up an attack (grabs, blows, strangulations) and take the form of throws or fixing or forcing the joints; the falls/rolls are the way to avoid the possible accidents.

Tachi-Waza (partnered procedures executed in standing position)

Hanmi Hantachi-Waza (procedures executed with the Uke (attacker) standing and the Tori (defender) kneeling.

Swari-waza (partner procedures executed from kneeling position)

Emphasis was placed on the techniques with standing up execution, resulted from different attacks:

a) Grabs of Tori joints:

- Katate-dori - front grab of the hand wrist;
- Morote-dori – front two-handed grab of hand wrist;
- Ryote-dori – two-handed grab on both hands of the tori;

b) Blows:

- Shomen-uchi – vertical strike to head, from the top down, with the cubital part of the hand;

- Yoko-men-uchi – diagonal strike to head, with the cubital part of the hand;

- Jo-dan tsuki – frontal strike to head with the fist.

c) Grabs of some parts of the keiko-gi (training outfit, improperly called “kimono” in Romanian language);

Kata-dori – one handed shoulder grab of keiko-gi.

Mune-dori – one handed grab of keiko-gi lapel, at chest level

Ushiro-ryo-kata-dori –two-handed grabs of the keiko-gi backside.

Combinations of attacks:

- Kata-dori –men-uchi - one handed grab of the keiko-gi , at shoulder level, followed by vertical strike to head, from the top down, with the cubital part of the hand

- Katate-dori –men-uchi- front grab of hand wrist, followed by vertical strike to head, from the top down, with the cubital part of the hand

- Katate-dori-jo-dan- tsuki - front grab of hand wrist, followed by frontal strike to head with the fist.

The examination focused on the following aspects:

- Knowledge of the techniques names in Japanese language;

- Correct execution of all elements and techniques;

- Keeping the proper position during execution (avoidance of bent position);

- Attitude of the execution (martial attitude);

- Dosing of the personal effort by breathing-in during the attack phase of the UKE and breathing-out during the completion phase of the procedure of the TORI.

Conclusions

The candidates who passed the examination for the rank of 1st DAN

- black belt, received the following recommendations from the commission, taking into consideration the future exam to be passed for the next rank (2nd DAN):

- to continue the training sessions with very different partners (tall-short, large-thin ones, in order to deal with as many opponents as possible).

- to participate in the national and international further training stages.

- During the execution of Shomen-uchi Koshi Nage procedure (hip throw after the vertical strike to head, from the top down, with the hand cubital part) it was noticed a slight lack of confidence in the capacity of throw. The candidates were advised to practice it as much as possible in their dojos.

Following the carrying out of this training/examination stage, we are entitled to state that this event was a real success considering the large participation (more than 100 aikidokas), the passing of the exams for the rank of black belt - 1st Dan and 2nd DAN, but also the value of all participants. We must keep in mind that the International Seminar of Aikido, led by Yukimitsu Kobayashi Sensei, 7th Dan Aikikai –Japan, will take place in Romania, in October.

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