

CRITICAL JUDO ELEMENTS IN SELF-CONTROL DEVELOPMENT AND EMOTIONAL CONTROL

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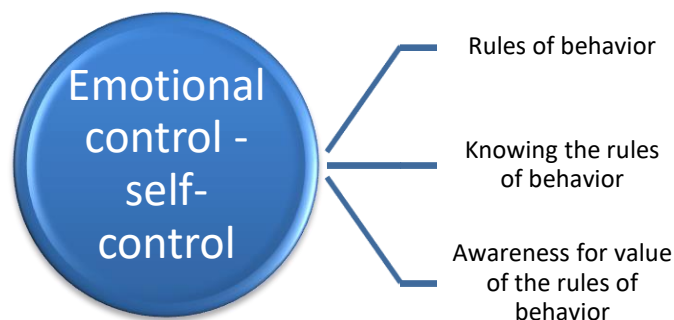
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INTRODUCTION

Jigoro Kano, the founder of judo, taught physical and mental exercise using the goals of human development (Kano J. , Jujutsu, 1887). With development of judo in Japan and in the world, the benefit of exercise becomes recognizable with different social points of view and mentalities. In the mental aspect of exercising, Sey Ryoku Zenyo and Yita Kyoei argue through their principals that judo becomes a mechanism which helps successfully in person's development (Kano J. , 2005). One of the factors that is often highlighted when presenting a mental development of judoka is achieving of self-control. According to definition, self-control can be found in a group of psychological features defined under emotional control (Takšić V. M., 2010).

MATERIALS AND METHODS

Detecting mechanisms that control the emotional control, as well as counting self-control, are the key to defining benefits of judo practice as an activity that develops emotional control. The starting point is the basic setting of emotional control function and its development. Defining self-control is in a direct correlation with knowing the rules of conduct and respecting them.

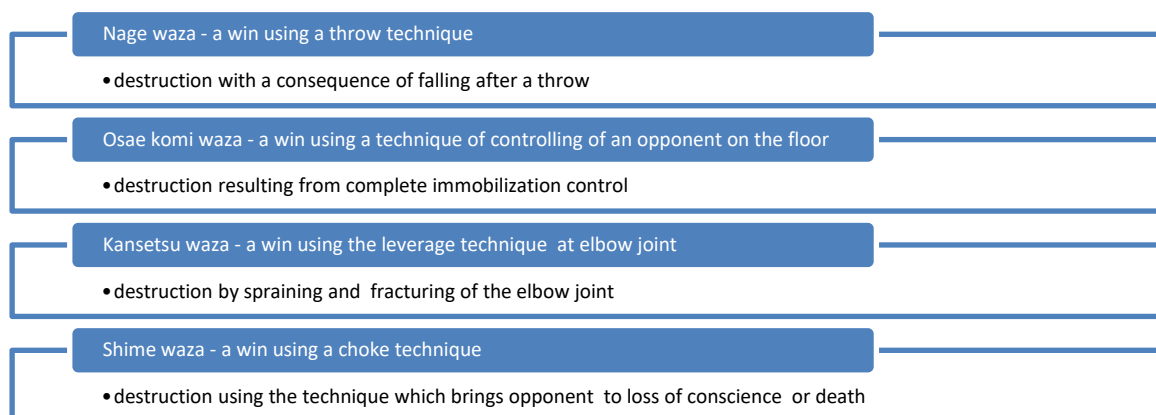


Scheme 1 – Definition of emotional control functioning and behavior

Following the rule of social norm and behavior is therefore one of the key rules in defining a person who with his emotional control as a social entity is recognizable as ethical or moral. A person that is exposed to common situations when he needs to follow some rules develops those characteristics more. Sport is therefore an activity which consists of rules, and in that way develops control of self-control and emotional control. What is the benefit of practicing judo and why would judo develop more or better emotional control? In sports competition, the goal is to win an opponent (individual or in team) so that by the specificity of the value of the results in a single sport, we have a result of higher value.

DISCUSSION

The competition is conducted according to the rules and compliance with the rules is defined by the control of emotional intelligence. The emotional state of an individual in situations when he is at the boarder of respecting or disregarding of the rules produces the development of self-control. Equivalent of sports in the emotional value of development is not the same. The fundamental difference with sports games, various sports, and judo is in the boundary value of an emotional state when it comes to respecting the sport rules in order to win. Structural judo is a martial art that uses techniques in its technical structure to beat opponents in the fight. The actual techniques are in their original form intended for the destruction of the opponent, and the victory itself is in the original form the complete destruction of the opponent. Judo as a sport is regulated by the rules that set the limit of complete destruction but with the use of maximum components of physical, technical and tactical readiness.



Scheme 2 – display of the technique structure and its original consequences towards opponent

The emotional regulator is exceptionally high in the situation of mutual maximum use of all the factors to win in combat. The very fact that we fight with someone using the techniques with a goal to win, and also that we defend against opponents who equally attack with full strength causes the state of elementary stress which is associated with our survival. When considering the goals of judo techniques in the fight, respecting of the rules is under extraordinary emotional strain. Only a burden that is repeated systematically through practice arises the development of self-control.

Of course we should not forget that with the same "weapon" technique we defend ourselves against an opponent, which by the same dangers as a result of each of the opponents attacks, stress greatly increases. The moment of victory is governed by the rule signalled by the referee of the fight or the opponent himself (by surrendering). The emotional state in the situation where someone with a large number of the mentioned techniques attacks us and endangers us with full force, as we do him, at the critical moment of performing the technique (eg, attack by leverage on the elbow) requires an exceptional self-control. The sporting fight at competition is just the crown of training, hence through the training process that requires great technical, physical, tactical and mental preparation, the process is also brought into a state of great emotional arousal and self-control. The mechanism that develops at these border states that require compliance with the rules, develops a mindset in athletes that works even in conditions outside the training and competitions.



Scheme 3 – display of the flow of emotional states in athletes who win in a fight



Scheme 4 – display of the flow of emotional state in athletes who are losing a fight

The second factor in judo training that is clearly dominated since the very beginning is respect for hierarchy and teacher or trainer and dojo behavior. The rule of ranking the belts in accordance with the mastery of certain judo knowledge and experience determines the position of the initial and final salutes (rei), respecting exclusively such hierarchy. This has a positive impact on relationships based on the level of knowledge and experience gained. This experience inevitably affects the behavior and attitude towards respecting similar values in everyday life.

Usual behavior norms when training (Kano J. , Dojo ni okeru shugyosha ni tsugu, June, 1936):

- Wearing of assigned sportswear
- A bow when entering dojo or tatami
- Starting of practice with a defined position of trainer or teacher and students
- Defined position of individuals according to knowledge level assigned by the belt
- Traditional bow (rei)

The bow itself is a particular factor influencing the emotional state of the athlete during training or competition. Regardless of today's greetings performance in a more formal sense, a bow from a psychological state profoundly effects the emotional state of an athlete emphasizing the beginning and ending of training, retreat, or fights. With such behavior, the athlete is constantly trained to control the various causes of stress and the processes of emotional control through clear understanding of the rules.

CONCLUSION:

Judo as a sport with its structure definitely brings athletes in situations when they are in full domination or in total inferiority to the opponent. Such states are regulated by the rules that control such boundaries, and through training the athlete achieves self-control of various emotional states. Developing emotional control in conditions that are in some parts extreme, also affects compliance with other rules and norms of behavior in everyday life. Therefore, this work is a possible platform for further research and demonstration of judo values as a sport that positively influences the relationship of emotional intelligence, self-control, and behavior.



Scheme 5 – Correlation of development of emotional states of self-control emotions in judo

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