

臺灣地區九十年中等學校柔道賽立技抓襟法 及得意技之使用分析

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摘 要

本研究旨在探討國內高中柔道選手，慣用立技抓襟法分佈及相關勝負情形，以九十年全國中等學校柔道比賽 200 名高中柔道選手為研究對象，經資料收集分析及處理獲得下列結論：

參加九十年全國中等學校運動會柔道比賽高中選手，男性較女性為多，男、女各比賽量級，依序為重、中及輕量級；身高分佈男生以 175.1~180 公分最多，其次為 165.1~170 公分、170.1~175 公分、180.1~185 公分、155~160 公分、185.1 公分以上及 160.1~165 公分，女生則以 160.1~165 公分最多，其次為 155.1~160、165.1~170 公分、150.1~155 公分、170.1~175 公分及 145~150、175.1 公分以上；得意技以過肩摔、大外割最多，次為內股、掃腰、大內割、小內割及釣進腰；立技抓襟法以頸後抓法較多，次為前襟抓法，後腰抓法較少。

國內高中柔道選手使用不同立技抓襟法情形來看，男生比賽量級和得意技達統計之顯著水準 ($P < 0.5$)，男生輕、重量級以頸後抓法較多，中量級以前襟抓法較多；得

意技使用過肩摔技術選手以前襟抓法較多；內股、大外割及掃腰以頸後法較多。

國內高中柔道選手立技抓襟法、以頸後抓法對前襟抓法；頸後抓法勝場次較多於前襟抓法；頸後抓法對後腰抓法以頸後抓法勝場次稍多於後腰抓法；前襟抓法對後腰抓法，後腰抓法比前襟抓法勝次多。

關鍵詞：柔道、立技抓襟法、得意技

The Study Of High School Judo Games Of Taiwan In 2001 For The GRIP Skills For Use well-Performed Skills

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ABSTRACT

The research focuses on the discussing of default-victory analysis about GRIP. The research objects based on 200 high school Judo players from Domestic High School Judo Games 2001. It could be generated as following points:

1. Among the Judo players in this game, the population of male is more than female. The proper order level for both male and female players are Heavy, Medium and lightweight class. The height distribution of male is mostly between 175.1-180, then are 165.1-170, 170.1-175, 180.1-185, 155-160, over 185.1, and 160.1-165. However, the height distribution of female is mostly between 160.1-165, then are

155.1-160, 165.1-170, 150.1-155, 170.1-175, over 175 and 145-150. The well-played skills are SEOINAGA-DROP-KNEE and OSTOGARI and then are VCHIMATA, HARAI-GOSHI, TAI-OTOSHI, O-UCHI-GARI, KO-UCHI-GARI and SODE-TSURI-KOMI-GOSHI. Especially players prefer USHLO-ERI and then OKURI-ERI however less in using GOSHI-TORI.

2. According to the different GRIP skills illustration among high school Judo players, Male players obviously can reach the expectation standard than female. Moreover, Players in heavy and lightweight class can perform USHLO-ERI better but medium level players prefer OKURI-ERI. Players who are good at SEOINAGA-DROP-KNEE especially skillful in OKURI-ERI; UCHIMATA; HARAI-GOSHI and USHLO-ERI.
3. For anglicizing default-victory about players using different Grip. Firstly, the victory percentage of USHLO-ERI vs OKURI-ERI, USHLO-ERI is more efficiency to win the game. Secondly, the winning percentage of USHLO-ERI is higher in USHLO-ERI vs GOSHI-TORI. Thirdly, GOSHI-TORI wins in OKURI-ERI- GOSHI-TORI..

Key Words: Judo, Grip, well-performed skills