

GROUND COMBAT PROCEDURES AND THEIR CONTRIBUTION TO THE TRAINING OF CADETS. THEORETICAL AND METHODOLOGICAL ASPECTS

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Abstract: *Judo, a component of combat sports, ensures the training, development and consolidation of motor combat skills and abilities that can be easily adapted and used by the military in conducting combat actions in which firearms cannot be used. At the same time, the specific training of this extremely complex sports discipline substantially contributes to the development of basic motor qualities, thus ensuring the achievement of exceptional motor capacity. As a component of the technical procedures specific to judo, the combat at the solar level plays a special role in immobilizing the opponent and even in taking him out of combat. The paper presents a selection of technical procedures that, adapted to the specific situation, can ensure the success of military combat actions.*

Keywords: sport, judo, self-defence, technique, positions

1. Introduction

Representative for combat sports, Judo represents a perfect way for the specific training of military students, having a substantial contribution in the formation of their combat capacity. Adapting the specific procedures of this sport and executing exercise structures combined with elements of hand-to-hand combat, it represents an important objective for specialists in the field which can ensure success in combat. Judo appeared in Japan and was practiced by samurai fighters in the form of traditional jiu-jitsu, which means the art of suppleness. After a long period of time, JIGORO KANO, being initiated into the secrets of this sport at the most recognized schools, after eliminating the dangerous elements from the content of jiu-jitsu, systematized and completed the specific technical procedures, in this

way giving birth to Judo, which in a short time spread rapidly throughout the world and became an Olympic sport starting with 1964 [1]. Due to the fantastic benefits that practitioners have, judo is a widely used sports discipline. It is widespread, being found both in the training programs of schools with a sports profile and in the training of specialized structures with a military profile.

2. Ground combat and its characteristics

The specifics of the war of the third millennium require a fighter with great capacity for action, high mobility and the possibility of fulfilling extremely different missions carried out in increasingly complex environments in which surprise, spontaneity and speed of reaction can ensure success [2]. Specific technical

procedures must be adapted and combined with other elements specific to close combat because the requirements imposed by the modern battlefield are increasingly complex.

Judo is based on effective throws, ground holds, dislocations, cuts, throws and strangulations.

Throws by sacrificing one's own balance, strangulation or dislocation, the immobilization actions, throws (projections from the feet) represent the most used and effective techniques employed in self-defence, the main advantage being that they can be performed with different parts of the body. In order to develop a complex and complete training in the field of self-defence, soldiers must thoroughly master the procedures of putting down, projecting and fixing to the ground [3].

Due to the effectiveness of its specific technical procedures, ground combat has a special importance in the combat preparation of soldiers and is represented by the following elements:

2.1. The holds

The holds (NE WAZA) are basic ground fighting procedures because they create the prerequisites for achieving success in the combat [4]. They are represented by:

- **KESA GATAME** or *the basic hold* consists of immobilizing the opponent's arm under the armpit, immobilizing him. Sitting on the opponent's right side and grabbing his right arm with his left arm, immobilizing him under the armpit. In the next phase, the attacker inserts his right arm under the opponent's neck, or grabs the suit above the shoulder.

Methodical indications:

- the attacker strongly touches the right arm, bringing it closer to his body without allowing it any movement;
- the right knee must reach the level of the right shoulder that is resting on the ground, to be able to lift the opponent's body.

- **KAMI-SIHO-GATAME** (extended hold)

The attacker is on his knees, in front of the opponent's head, and brings each arm

under the opponent's shoulders, grabbing the belt on the sides with his hands. Then he leans forward, presses his head and chest against the opponent's torso.

Methodical instructions:

- a pressure is applied to the opponent's body;
- from the hold with his hands on the belt, the attacker has the possibility of controlling the opponent's arms without allowing them to be released and moved;
- the legs can serve as support points and most of the body weight is distributed on the opponent's upper body.

There are a number of mistakes that must be avoided, such as:

- exaggerated climbing over the opponent's chest;
- exaggerated maintaining the holds;
- wrong body positions.
- **YOKO-SIHO-GATAME** (lateral control of the four points)

Kneeling on the opponent's right side, the attacker bends over his chest, and grabbing his belt, inserts his right arm between his legs, and brings his left arm under the back of his neck.

Methodical indications:

- the attacker's chest must not allow the opponent's mobility
- the attacker's knees must ensure high ground grip capacity.

Mistakes to be avoided:

- grips without the necessary intensity;
- lack of coordination between body segments;
- low amplitude.

- **TATE-SHINO-GATAME** (straddle hold with superior control of the four points)

The attacker sits astride the opponent's abdomen, rests on his knees, his heels are inserted into the back of his thigh with the toes facing inward. Then the attacker wraps his right arm around the back of his neck, and with his left arm he rests his palm on the mat.

Methodical instructions:

- the attacker presses his chest against the opponent, controlling his right shoulder and head;

- the attacker's legs ensure the blocking of the opponent's hips and legs.

2.2. Strangulations

Strangulations are another type of specific ground fighting technique that ensures the opponent is taken out of combat. [5]

- **HADAKA-JIME** (free hand strangulation)

This respiratory strangulation can be performed in different positions and is based on applying the forearm to the neck. The attacker strangles with the right radial edge, bringing his hands together, palm over palm. The attacker passes his right arm under the chin, with his left forearm he rests on the back of the left shoulder blade, clenching his hands by crossing them close to the left shoulder. Next, he pulls himself back a little, strengthening the grip strongly with his right forearm towards him, causing the strangulation.

Mistakes to be avoided:

- moving the chest away from the opponent's body;
- low amplitude of action;
- wrong movement of the arms.
- **OTEN-JIME** (strangulation through rolling)

To perform this technique, one starts from a crouching position. The attacker grabs the right lapel with his left hand and after rolling over the opponent, the attacker touches the ground, blocking the opponent's left arm with his left foot. Then, the attacker crosses his legs and strangles the opponent, pulling with his left hand and with his right hand, leading the rolling direction to the right elbow.

Methodical indications:

- the technique can also be performed by grabbing the grip with the right hand, opposite lapel (left shoulder), after which the attacker will roll sideways to the left and block the left elbow or shoulder with his left arm.

2.3. Dislocations

Dislocations are a sure way to take the opponent out of combat.

- **UDE-HISHIGI-JUJI-GATAME** (cross action of the outer arm)

The procedure is based on the forced extension of the elbow. It is executed when the opponent has been thrown to the mat and still maintains a grip with the right hand on the left lapel of the performer. In this situation, the attacker sits on his left knee on the mat, close to the opponent's right flank, and with his right leg bent, supported by the sole. From this position, the attacker grabs the lower part of the opponent's right forearm with both hands, then, inserting the sole of his right foot under his right shoulder blade, crosses his left leg over his neck. Next, the attacker lies on his back, stretches and blocks the opponent's right arm between his thighs. In the final phase, he makes an extension with his pelvis up, thus forcing the opponent's right arm from the elbow. The attacker must block very well with his right foot.

Mistakes to be avoided:

- placing the pelvis on the mat too far from the opponent;
- spreading the knees too far;
- releasing the opponent's head with the left foot.

- **UDE-HISIGI-HIZA-GATAME** (dislocation of the outstretched arm with the knee)

Both fighters face each other with the left knee on the mat and the right knee raised. The opponent is between the attacker's legs. The attacker wraps the opponent's right arm outwards with his left arm, blocking it under the left armpit, and with his right hand he grabs the opponent's forearm, then extends his right leg and presses on the upper part of the thigh to unbalance the opponent towards his left flank. The attacker then does not interrupt the blocking of the right arm; he lowers himself on his right hip, extending his left leg to come into close contact with the opponent's right flank. In the final phase, with the inner side of the knee he presses down on the outer side of the elbow joint. He insists on blocking the partner's right arm, which is lying with the anterior side down, under the attacker's left arm.

Ground combat is a means of ensuring the partial or definitive elimination of the opponent in combat, which is why it is a concern of specialists in the field.

3. Conclusions

The role and importance of the combat skills and abilities acquired through the practice of judo also result from the objectives of military physical education, which aim to train a fighter capable of dealing with the extremely complex and unpredictable situations of combat, a fighter with a very well-developed

physical condition and with a special mental resistance [6].

Therefore, considering the extremely high benefits of practicing judo, the contribution of acquiring close combat skills in the outcome of missions, it is necessary for this type of training to be part of the fighters' training programs. Well-mastered, perfected and executed, the ground combat procedures specific to judo have multiple effects on combat capability and contributes to the formation of a combat capability capable of ensuring the success of missions.

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