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Original article

Kinesthetic action in the transitional skills of Tashi Waza to Ne Waza in the competitive activity of the judo athletes

Accionar kinestésico en las habilidades transicional del Tashi Waza al Ne Waza en la actividad competitiva del judoca

Ação cinestésica das habilidades de transição de Tashi Waza para Ne Waza na atividade competitiva do judoca

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ABSTRACT

The present work analyzed kinesthetic action in the transitional skills of Tashi Waza to Ne Waza in the competitive activity of the judo athletes**.** The research adopted a mixed-methods

approach, beginning with a theoretical systematization, continuing with a bibliometric analysis, and concluding with scientific observation as the basis for identifying the behavior of variables, which were analyzed using Kendall's and Spearman's rank correlation coefficients, non-parametric measures of association to identify relationships between variables based on ordinal relationships. The study involved judo athletes (N=14) from the Wacanda school in Ciudad Esmeralda, in the under-12 age category, and four judo coaches, identified as the target users. The results did not reveal the justification for the transitional nature of Tashi Waza to Ne Waza, and it was observed the need to encourage the development of transitional kinesthetic skills of Tashi Waza to Ne Waza in the judo athlete's competitive performance. It was concluded that specific kinesthetic skills ensured the development of the transitional nature of Tashi Waza to Ne Waza, together with levels of potential influence and dependence between them, and core tasks and subtasks were created that influenced the development of specific transitional kinesthetic skills of the Tachi Waza to Ne Waza in the competitive action of the judo athletes.

Keywords: specific skills, kinesthetic, motor sequence, transition

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RESUMEN

En el presente trabajo, se analizó el accionar kinestésico en las habilidades transicionales del Tashi Waza al Ne Waza en la actividad competitiva del judoca. La investigación asumió un enfoque mixto, que partió de una sistematización teórica, se continuó con un análisis bibliométrico y finalizó con una observación científica como base para identificar el comportamiento de variables, analizadas mediante el coeficiente de correlación de Kendall y de Spearman, medidas no paramétricas de asociación para identificar asociación entre variables basadas en órdenes. En el estudio participaron judocas (N=14), de la escuela Wacanda de Ciudad Esmeralda, categoría sub 12 años y cuatro entrenadores de judo, identificados como usuarios receptores. Como resultados, no se logró develar la justificación del carácter transicional del Tashi Waza al Ne Waza, y se observó la necesidad de incentivar el desarrollo de las habilidades kinestésicas de carácter transicional del Tashi Waza al Ne Waza en el accionar competitivo del judoca. Se concluyó que las habilidades kinestésicas

específicas aseguraron el desarrollo del carácter transicional del Tashi Waza al Ne Waza, conjuntamente con niveles de influencia potencial y dependencia entre ellas, y se confeccionaron tareas y subtareas núcleos que incidieron en el desarrollo de las habilidades kinestésicas específicas de carácter transicional del Tachi Waza al Ne Waza en el accionar competitivo del judoca.

Palabras clave: habilidades específicas, kinestésica, secuencia motriz, transición

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RESUMO

Este artigo analisa a ação cinestésica envolvida nas habilidades de transição de Tashi Waza para Ne Waza no judô competitivo. A pesquisa emprega uma abordagem de métodos mistos, começando com um referencial teórico, seguido por uma análise bibliométrica (utilizando o software VOSviewr 1.6.20) e concluindo com a observação científica como base para a identificação do comportamento das variáveis. Essas variáveis foram processadas utilizando o software MICMAC. Os coeficientes de correlação de postos de Kendall e Spearman, medidas não paramétricas de associação, foram utilizados para identificar associações entre variáveis com base em valores ordinais (classificação). O estudo envolveu judocas (N=14) da escola Wacanda em Ciudad Esmeralda, na categoria sub-12, e quatro treinadores de judô, identificados como usuários-alvo. Resultados: O estudo revelou interconexões entre 435 mecanismos de busca que coocorreram em pelo menos duas buscas. Evidências científicas foram demonstradas em relação às variáveis relevantes, mas não em relação à justificativa para a natureza da análise. Transição de Tashi Waza para Ne Waza. Observou-se a necessidade de incentivar o desenvolvimento de habilidades cinestésicas de transição de Tashi Waza para Ne Waza no desempenho competitivo do judoca. Conclusões: Foram identificadas habilidades cinestésicas específicas que garantem o desenvolvimento da natureza transitória de Tashi Waza para Ne Waza, juntamente com os níveis de influência e dependência potenciais entre elas. Tarefas principais e subtarefas foram elaboradas para impactar o desenvolvimento de habilidades cinestésicas de transição específicas de Tashi Waza para Ne Waza no desempenho competitivo do judoca.

Palavras-chave: Habilidades específicas, Transição, Sequência motora, Cinestesia.

INTRODUCTION

Judo is a combat sport that is developed under a constant relationship of body-to-body contact and its competitive development manifests two spheres of action that comprise the Tashi Waza (upper techniques) and Ne Waza (ground techniques), these are characterized by their continuous development under varied conditions, with a high probability of uncertainty in their actions; the intermittent appearance of offensive and defensive motor sequences expressed in combat gives them a high intensity of execution to achieve their objectives.

The eminently varied and tactical nature of judo combat imbues its practitioners with conditions of uncertainty, which are only successfully resolved by those judo athletes whose fighting styles are presented with an interpretive knowledge capable of providing a quick and precise solution to the problems that may arise during the fights.

The competitive paradigm of the 21st century demands continuous evolution from judo to adapt to the current demands of competitive activity. This sport, derived from the group of those called eminently tactical, exhibits in its competitive actions a transitional demonstration of the Tashi Waza 's skills to Ne Waza that make them manifest as a unique whole in the competitive development.

When discussing the development of specific skills for judo athletes in competitive performance, it is necessary to refer to Leyva (2006), who proposes a methodology of understanding and decision-making for the development of skills in the initial stage of judo training. He explains how to acquire specific skills in each of the spheres of action separately, without considering how to move from one sphere of action to another, which limits one of the ways to execute actions that facilitate a greater probability of success.

When studying the methodologies used in the judo teaching and learning process, a great diversity of criteria from different authors is observed, referring to various ways to access the continuity of Tashi Waza to Ne Waza, as is the case of Terry (2000) who recommends tactical games, created from competitive situations.

These proposed games are limited to the tactical actions that appear in the Tashi Waza as in Ne Waza; however, it only rarely refers to the actions that allow the transition between them, as a real reflection of their manifestations in competitive activity, which implies limiting the development of transition alternatives as a possible way to achieve success.

These authors in the sequential conception of Tashi Waza to Ne Waza is attributed to the continuity of actions, without considering the motor links that facilitate it, this implies the loss of the identity of those skills that are sustained by the development of kinesthetic or kinesthetic perceptions, which favor coordinative capacities such as the orientation of the body in space, adaptation or change, rhythm, differentiation and coupling or synchronization of one's own body with respect to another object or body (Guillen et al., 2018) .

Zetou (2012) refers to the use of postures, the positions of body segments, the space-time relationship between opponents, body coupling, rhythm, the execution of obstacles and turns, among others (Pardo, 2016).

When discussing the factors that influence the transitional nature of Tashi in judo athlete's competitive performance, it is necessary to emphasize the knowledge provided by kinesthetics, the branch of science that studies human movement. This includes the perception of body schema, balance, space, and time.

Kinesthetic intelligence is the ability to use the body to express ideas and emotions, to manipulate and transform objects, or to demonstrate greater dexterity. Kinesthetic ability is identified with free movements that can be performed with the body or its constituent body parts, and their spatiotemporal relationship with respect to another body or object. Kinesthesia is the capacity to perceive the movement of a joint or limb; it is primarily influenced by muscle use and secondarily by cutaneous and articular receptors.

The perception of the bodily relationship established between one's own body and that of the adversary, translated to the transitional moment of Tashi Waza to Ne Waza in the competitive action of the judo athlete is a natural potential that the human being provides, this capacity can be observed represented in two fundamental directions: the one directed

to the development of kinesthetic sensitivity (knowledge of the movement of one's own body in space), and the ability to judge the distance with respect to an opponent.

In this sense, Valdés (2014) refers to a methodological model for teaching judo, based on competitive action, on the basis of imitations of circumstances presented in the competitive activity regarding distance, but these do not consider the dynamics of the Tashi Waza 's transition actions to Ne Waza, which affects the spatial relationship between competitors in order to maintain a favorable relationship with the adversary, an assumption with which several authors agree (Hernández et al., 2022).

Hernández, et al. (2013), when referring to the sequencing tasks of the technical execution of movements in continuity of Tachi Waza to Ne Waza in the 13-15 year old female judo category, require the continuity of the Tachi motor sequences Waza to Ne Waza , but without alluding to the skills that allow this relationship, considering them as the transition to Ne Waza.

For this reason, it is necessary to define two concepts that, due to their dynamic relationship expressed in competitive activity, are treated in their entirety; this is the case of continuity and transition, both declared by the Royal Spanish Academy, which defines continuity as a quality of continuous, union, chaining, uniformity; transition as the action and effect of passing from one way of being or existing to another, a change or movement from one state, condition, place or situation to another, the process of passing from one phase or stage to another.

Specifically, in this work, reference is made to the transit of the Tashi Waza, or standing techniques, with Ne Waza, ground techniques. In the development of competitive activity, the judo athletes of Esmeralda in the initiation category find their athletic performance affected by different causes, one of which is related to the execution of transitional skills of Tashi Waza to Ne Waza in the competitive actions of the judo athletes during competitive activity, according to the observations and criteria of experienced judo teachers, the following irregularities stand out:

- Loss of contact or control of the uke at the moment of transition of the actions at the standing position (Tashi Waza) with those on the ground (Ne Waza) or arrival at Ne Waza.
- Incorrect placement of the body of the performer of the technical action in the Tashi Waza with respect to the opponent when starting the actions in the Ne Waza.
- Loss of the location of the body of the performer of the technical action in the Tashi Waza with respect to the opponent when transitioning to Ne Waza.
- Limited perception of the spatial movements of one's body in relation to that of the opponent, at the moment of the Tashi transition Waza to Ne Waza.
- Poor perception of the opponent's spatial movements at the time of the Tashi transition Waza to Ne Waza.
- Frequent loss of opportunities in the execution of continuity actions in the Ne Waza .

These irregularities justify the need to provide a set of didactic tasks to encourage the development of Tashi Waza 's transitional kinesthetic skills to Ne Waza, in the competitive action of the judo athletes.

MATERIALS AND METHODS

The present study was developed from quantitative research, focused on evaluating, measuring and describing the behavior of transitional skills during the competitive activity of the judo athlete from Esmeralda.

The theoretical systematization was used to analyze the technical and kinesthetic factors in the transition in judo; this procedure was supported by the management of documents in different databases, digital repositories and academic search engines.

It was presented with the ARA methodology (Author/ Results/ Contribution/ Theoretical systematization on the technical and kinesthetic factors in the judo transition, it was identified with the bibliometric analysis method, for this the management of n=74 documents was carried out in the Scopus database whose initial search was N=3435

documents (Judos), the algorithm: (TITLE-ABS-KEY (judo) AND (technique) AND (teaching).

The analysis of the management of scientific evidence associated with the topic was analyzed using the VOSviewer 1.6.20 software (Network Visualization / Density Visualization / Overlay Visualization). The results focused on the analysis of search engine co-occurrence, which revealed the direction of the research, visualization across more networks, and the interconnection between scientific evidence, the most robust themes, and, within these, the main findings, regarding Tashi Waza and its transition to Ne Waza.

In the search for the need for the study, the most advanced scientific production was explored, associated with the transition as a strategy to manage the teaching-learning process and its behavior in competitive activity.

Additionally, an analysis was conducted of the statistical data obtained from the scientific observations of competencies, whose indicators were derived inductively from the theoretical framework. In the non-participant observation, SPSS and MICMAC software were used to specify the behavior of the skills that manifested during the transition stage, as well as those with the greatest concentration in the phases of the variable under study.

In this phase; the population consisted of N=14 judo athletes, from the Wacanda school of Ciudad Esmeralda, under 12 years category and four (N=4) judo coaches (key informants), identified as users who worked as coaches of this sport.

Methodology used to arrive at the training tasks

To carry out the algorithm for developing didactic tasks to encourage the development of transitional kinesthetic skills of the Tashi Waza to Ne Waza in the competitive action of the judo athlete of the Wacanda school of Ciudad Esmeralda, under 12 years category, started from the following question: What are the skills?

I. In the session, it was designed a problematic situation related to the transitional nature of the Tashi Waza to Ne Waza in the competitive action of the judo athlete.

Initial diagnosis.

Presentation of a problem situation under favorable and adverse conditions.

II. The solution to the problem was sought partially and analytically, based on the use of the error (result + technical repetition).

- Proposed methods, based on the analytical-associative-synthetic approach.
- Use of practical methods (standard, variable, and combined) with a view to improving the action. Partial search method.

III. To present technical tactical problematic tasks for the application of the transactional nature skills of the Tashi Waza to Ne Waza, during the competitive activity, by the judo athletes of the Wacanda school of Emerald City, under 12 years category that stimulated critical reflection (result + tactical reflection).

- Joint development of small tactical plans.
- Practice of technical-tactical movement sequences from the Yaku Soku Geiko, with variations in the body relationship of the tori with respect to the uke, according to the type of technique.

IV. To converse with judo athletes in a heuristic way for the modeling of actions and to understand their relationships.

- The coach's role as facilitator: to evaluate and assign new tasks.
- The sensory-perceptual pathway and verbal communication were used.

V. Logical conclusions were reached and a general criterion for the judo athletes was formulated as the closing of the process.

- Self-assessment of attacks in the form of Yaku Soku Geiko, from study and competitive randory.

Task selection criteria.

For the selection and configuration of the core tasks and support subtasks, several criteria were considered that allowed a hierarchical and systemic organization of the tasks,

materialized around the transitional phase of the Tashi Waza to Ne Waza, based on the behavior of the kinematic structure of the technical elements involved in the final action of the Tashi Waza with respect to the initial of the Ne Waza, and to the kinesthetic behavior of both bodies involved in the action performed.

Regarding the didactic tasks to encourage the development of the transitional kinematic skills of the Tashi Waza to Ne Waza in the competitive actions of the judo athlete, the following characteristics were considered:

- When uke in his flight phase did not transform his posture upon falling.
- When uke, in his flight phase, transformed his posture upon falling.
- When in the execution of the offensive action, the virtues of the dynamic behavior of the movement were taken advantage of, such as the magnitude of the projection parabola, the contact angles with respect to the uke, the kinematic chain involved, the spatial relationship with respect to the opponent.

The exploitation of the body's kinesthetic behavior, in correspondence with the movements executed by the adversary, with respect to the relationship established between them, were used in two fundamental directions for the creation of the tasks, one when the performer mastered the spatiotemporal relationship of his body movements with respect to that of the adversary and when the performer took advantage of the movements and relationship of the adversary in space.

Table 1. *Directions and transitional kinesthetic skills for encourage the development of kinesthetic skills of transitional nature*

Directions presented	Tasks aimed at the relationship between both bodies
Actions aimed at mastering the relationship between one's body movements and those of the opponent	• Execution of individual and paired acrobatic actions • Performing acrobatic actions while adjusting to the position adopted by the facilitator. • In pairs without gripping, through a push or pull the facilitator passes to the Ne Waza and the performer seeks control. • The facilitator performs an acrobatic action and upon passing to Ne Waza the receiver proceeds to perform a control according to the facilitator's location.
Actions aimed at exploiting the opponent's movements and positioning in space	• Transit from Tashi Waza to Ne Waza maintaining control through the opponent's grips, when an imbalance or unbalance occurs, perform turns, pulls or pushes until the Ne Waza . • Transit from Tashi Waza to Ne Waza modifying the arrival to control the opponent by losing the continuity of the action. • Transit from Tashi Waza to Ne Waza, adjusting his body position as the opponent modifies his fall • Modify the defensive action to an offensive one upon initial arrival at Ne Waza .

RESULTS AND DISCUSSION

Theoretical systematization on the technical and kinesthetic factors in the judo transition:

Tachi Waza 's effective Transitions to Ne Waza depended on the kinesthetic action that maintained postural control, grips and immediate continuity between projection and work on the ground.

Fundamentals of kinesthetic action in the transition:

Tachi Waza transition actions to Ne Waza were decisive for scoring in junior and senior world championships, almost half of the successful sequences showed an immediate link between standing and ground fighting, and 75% of the ground scores were achieved by

immobilization (osae -komiwaza) after the transition (Dopico et al., 2022; Nagai et al., 2019).

It was considered that many points in Ne Waza were scored after Tachi Waza attacks failed, where the attacker maintained better body control and grips when falling, and chained control on the ground, NWGS of the attacker 62% vs 38% of the defender (Dopico et al., 2022).

Studies with visually impaired judo athletes demonstrated that effective transitions from standing to immobilization were a key technical-tactical pattern, with Osaekomi Waza predominating in the Ne Waza (Gutiérrez et al., 2024).

Table 2. *Technical and kinesthetic factors in the judo transition: Key kinesthetic components*

Component	Role in the transition Tachi -waza → Ne -waza	Sources
Body schema and balance	Adjust axis and base of support when falling to end up in an advantageous position (turtle , supine, side guard, etc.)	(Nagai et al., 2019; Paillard et al., 2007; Martínez Perdomo et al., 2021)
Grip control	Maintain grip on -lapel sleeve or other body controls to direct the fall and secure the opponent's torso.	(Gutiérrez-Santiago et al., 2024; Batista et al., 2024; Dopico-Calvo et al., 2022)
Motor continuity	Seamlessly link projection, turn and fixation (standing → transition → immobilization) in the first few seconds	(Nagai et al., 2019; Dopico-Calvo et al., 2022)
Situational reading	Recognize whether the attack comes after a block, counterattack, or escape by the opponent, and choose the type of transition (turtle, guard, etc.)	(Nagai et al., 2019; Dopico-Calvo et al., 2022)

Bibliometric analysis results

By analyzing the findings of the scientific evidence in the SCOPS database, it was found that in the 74 compiled documents, 435 keywords were identified, of which 72 co- occurred at least twice.

The co- -occurrence map showed “judo” as a central node and connector between several thematic clusters, which were interconnected with keywords such as

biomechanics/technique (motion analysis, kinematics, forces), martial arts/training (simulation, randori, coaching) and population studies (athletes, sex, age).

Another cluster showed interconnectedness of judo studies linked to physiology (fatigue, injury). This topology indicated that the evidence on the Tachi Waza transition → Ne Waza was based on both quantitative analysis of the movement (force platforms, 3D, EMG) and applied research on representative training; "judo" acted as a bridge that integrated objective measurement and contextualized practice in competitive conditions.

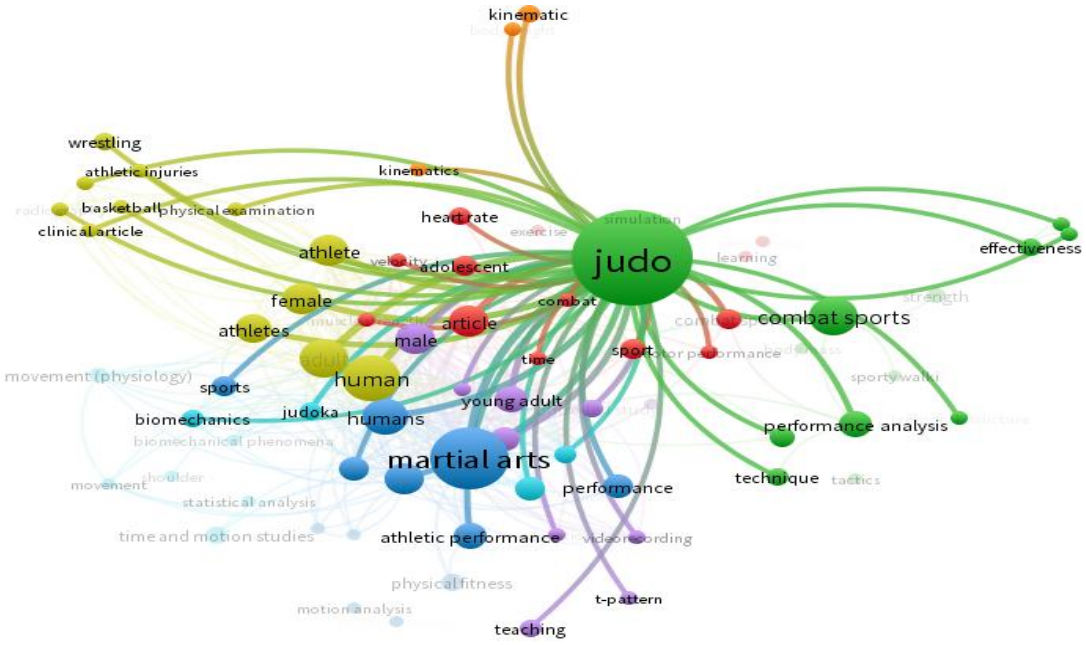


Figure 1. *Co -occurrence analysis by keywords: Network Visualization*

By cluster, the research followed three interdependent lines: (1) biomechanical studies that described kinesthetic parameters that determine loss of balance and transfer to the ground, which justified the value of the Tashi Waza transitional analysis to Ne Waza ; (2) pedagogical and simulation studies that evaluated the acquisition of sensitivity, timing and postural control necessary to execute transitions in randori and to give relevance to the study of the acting methodologies, for the improvement of the teaching of the Tashi Waza transition to Ne Waza; and (3) demographic/conditional studies that nuanced results according to sex, age, level and fatigue.

The most valuable interconnection was the overlapping one between biomechanics and training (areas where "judo" connects with "simulation," "technique," and "performance"), as it articulated causal evidence and practical applications for improving kinesthetic movement during the transition. The results suggested interconnections among high-value research related to the topic; however, it was possible to note the need for in-depth studies on the rationale behind the biomechanical transition of the Tashi Waza to Ne Waza, because they did not meet.

In relation to the analysis of scientific evidence by co- occurrence of authors, it was possible to appreciate that the co- -authorship network (74 documents, 259 authors; 38 authors with co- -occurrence ≥2) showed an academic structure concentrated in a small core of recurring authors; most of the production acted as linking poles between more peripheral groups.

This pattern added value in justifying scientific evidence, since it pointed to stable working communities capable of generating coherent series of studies, with comparable methods, samples, and thematic lines, which facilitated replication, accumulation of knowledge, and meta- -synthesis on kinesthetic action in the Tachi Waza transition → Ne Waza. The high citation and linking strength of these authors suggested methodological leadership (biomechanics, performance analysis) and points of theoretical convergence useful for substantiating hypotheses and experimental protocols.

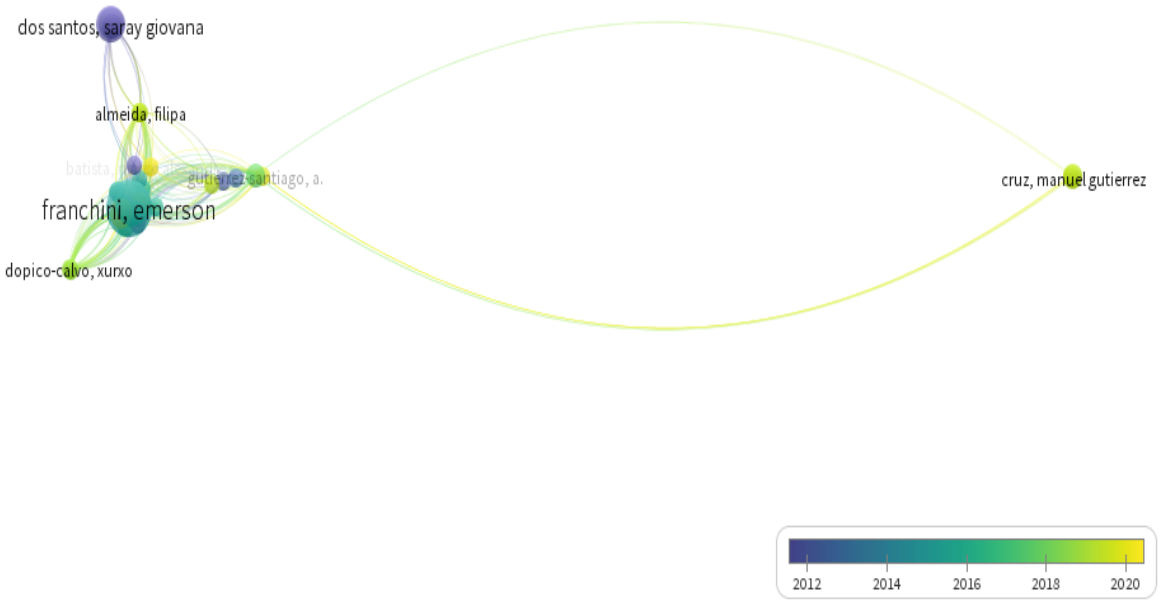


Figure 2. *Co-occurrence analysis of authors*

Note: Scopus database (2026); VOSviewer software 1.6.20.

By cluster(s), co-authorship was organized into at least three complementary groups: (1) a methodological/biomechanical cluster (authors with work in kinematics , forces and EMG) that provided objective measurements of kinesthetic action; (2) an applied/training cluster (authors focused on randori , simulation and pedagogy) that translated findings into practice and competition evaluation protocols; and (3) a population/conditional cluster (researchers who analyzed sex, age, fatigue and injuries) that contextualized individual variability.

Dense intracluster connections and intercluster links between certain authors facilitated the transfer of instrumental results to training interventions and, at the same time, the incorporation of moderating variables into experimental designs.

The most valuable interconnection for the topic was linked to the core “judo” (term/discipline) with technical and instrumental keywords: biomechanics / kinematics, transition / randori, proprioception / kinesthetics and athletes / conditioning.

The core authors acted as bridges integrating quantitative measurement (3D, force platforms, EMG) with contextual studies (randori, competition), enabling causal evidence on how specific kinesthetic actions (palmar timing, grip control, center of mass displacement) facilitated Tachi Waza transfer to Ne Waza in competition. To strengthen the evidence, it was advisable to enhance inter-cluster collaborations (biomechanical authors-coaches) and multi-site studies that increased sample diversity and reproducibility.

Results of scientific observation

The expression of these keywords, in a network map indicated an interconnection processed by the MICMAC Software, the Kendall and Spearman correlation coefficient methods were used to correlate the variables under study.

As a result of applying the Kendall and Spearman correlation coefficient, with respect to the level of influence between the skills manifested at this stage, during the performance of the judo athletes's competitive activity, it was observed that there was a very strong potential influence of the grip, with respect to the rest of the skills such as relational, unbalancing, displacement.

This skill to grasp allowed the relationship and control of the opponent to be maintained before, during and after the transitional stage, and assumed characteristics that differentiated Tashi Waza when executed in Ne Waza, since it was not only limited to the holding of the judogi but also to the support of a body segment that became a form of control: control of the neck, arm, forearm, legs or trunk.

Secondly, a strong level of influence was established by the action of relating, with respect to control, displacement, this ability made possible by the kinesthetic potential provided by the human body, allowed the knowledge and identification of the body location of the performer with respect to that of the adversary, which implied the successful or not execution of the remaining actions.

A deep look at the levels of moderate influence of imbalance and displacement in relation to the rest of the skills with a view to achieving the motor action performed reflected a strong

potential influence when the grip was preserved, which maintained a close conservation relationship with the control of the opponent.

These levels of influence between skills demonstrated the determining and influential factors in achieving a successful transition from Tashi Waza to Ne Waza.

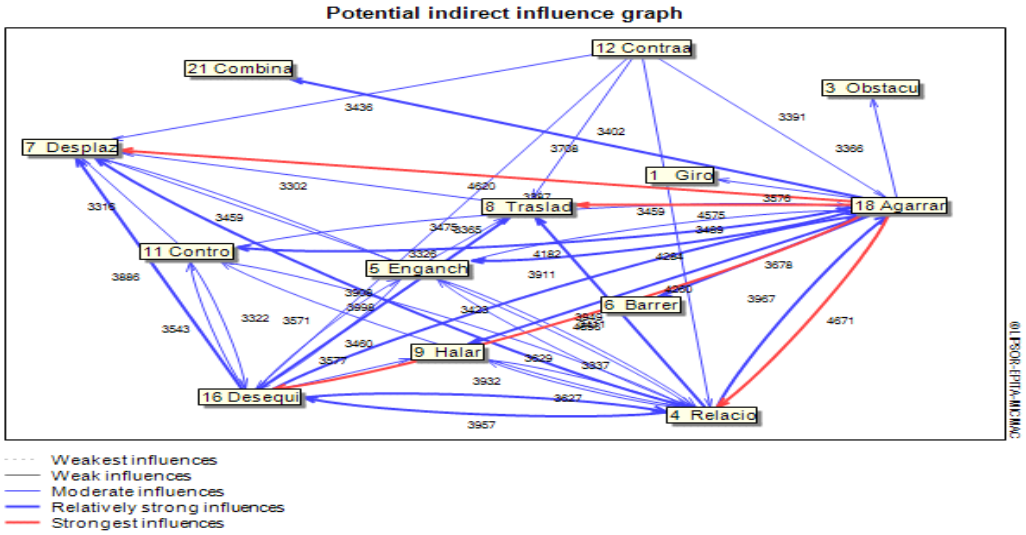


Figure 3. *Potential skills in the transition from Tashi Waza to Ne Waza*

Figure 3 reflects the analysis of the behavior of the skills, according to the phases of the motor actions performed, resulting from the collection of data from the 159 fights observed in four official competitions.

It was observed that 89% of judo athletes, upon leaving the Tashi Waza position, (foot) in combat and moving to actions in Ne Waza (ground) did not modify their arrival, adjusting the body to the conditions arising from the action, this implied that they did not perform, during the transition stage, body movements that nullified or minimized the chances of success of the opponent's action.

On the other hand, 72% of the judo athletes studied, upon reaching Ne Waza, evolved satisfactorily or managed to resume the path to success when they did not lose control or managed to adjust the grips of the opponent's body segments that hindered their defensive actions.

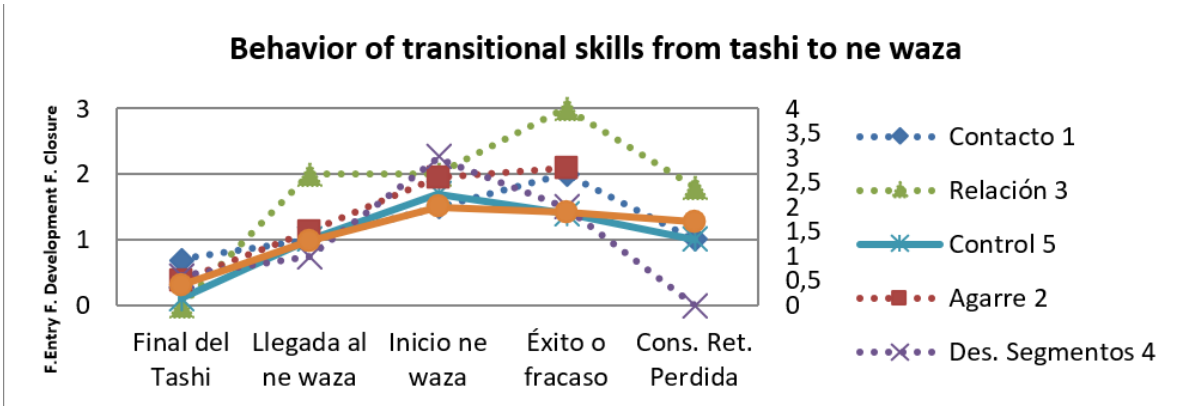


Figure 4. *Analysis of the behavior of skills, according to the phases of motor action*

Note. Entry phase. Way to reach the Ne Waza; development phase. Appearance of the technical-tactical actions; successful or unsuccessful closing phase

The 47% of the actions maintained control and grips, but lost or did not have a correct body position with respect to the opponent, momentarily losing the validity of the movement, but managed to recover it, while 62 % that lost the ideal or valid relationship of both bodies reached the loss of control over the opponent and the loss of the path to success.

Among the types of transitions that appeared most regularly during the observed battles, the unexpected one stood out due to the very characteristics of the activity, although its unexpected nature did not respond to the surprise of the action but to its variability of execution.

In 89% of the events, by not anticipating and modifying their arrival at Ne Waza, they lost the possibility of nullifying or minimizing the chances of success of the opponent's action and, on the other hand, being able to reverse the defensive role to an offensive one.

The type of transition without event was not reflected in the competitive actions demonstrated; these were of little appearance in the fights since they required deceptive skills that caused a transition from Tashi Waza to Ne Waza.

The transitional nature of the technical-tactical actions that manifested in the competitive activity of the judo athletes, gave it a spectacular character and constant recognition by specialists and practitioners as one of the ways to achieve competitive victory; their constant

studies brought the possibility of improving the teaching and learning process, making it more profitable and efficient.

Designing specific didactic tasks that develop skills for Tachi Waza continuity to Ne waza and the self-organization of movement in transition (González Pascual et al., 2017) should recreate progressively representative competition situations such as pull entry -drills that end in control on the ground, space taking exercises and reuse of imbalance and promote motor variability to favor self-organization.

The teaching proposal included clear objectives (entry timing, center of mass control, grip sensitivity), and a sequence of exercises (technical blocks → conditioning exercises → randori with restrictions) and feedback criteria focused on kinesthetic perception (when to release, how to adjust pressure / point of contact). By training in contexts with uncertainty and intentional restriction, the judo athletes developed sensorimotor adaptations that facilitated the smooth Tachi → Ne transition and the transfer to competition.

Include a systematic technical program in Ne waza (stages, contents, methodological indications) that developed mastery of immobilizations, strangulations and dislocations integrated into foot entries (Soria & Jiménez, 2020), structured in phases (fundamentals of body control and escapes → basic combinations of immobilization / strangulation / dislocation → entries from tachi waza and continuity in technical chain → application in specific randori) and consider precise contents (hip positioning, shoulder/neck control, effective grips, pressure progression).

Methodologically, it was key to employ block instruction followed by variable instruction, practice with partner resistance gradients, and use video -feedback and sensorimotor refinement sessions (touch work, grip strength management), as this improved the competitor's ability to convert Tachi Waza attempts in effective endings in Ne Waza, reduced separation errors and increased technical effectiveness in real combat situations.

Tashi Waza transition to Ne Waza or the so-called continuity between these two spheres of action of the judo athlete during competitive activity marked new edges supported by the diversity of criteria, practical experiences and scientific results such as Hernández, et al (2013) who proposed sequencing tasks of the technical execution of movements in

continuity of Tachi Waza to Ne Waza in the 13-15 year old female judo category at the EIDE provincial "Héctor Ruiz" in Villa Clara.

This proposal was framed within a set of sequential motor actions that enabled the continuity of the actions, and although it did not highlight the skills that allowed this action, it facilitated the pedagogical path for achieving that result.

Another scientific work carried out by Leyva (2006) proposed a methodology of tactical understanding and decision-making for the development of skills in the initial stage of judo training, taking giant steps towards the conception of skill development seen with a tactical approach as demanded by competitive actions; these conditioned an integrative conception of the movements that start from Tashi Waza and conclude in the Ne Waza.

The recognition of the experienced emphasized the importance of the transition, Valdés (2014) experimented with incorporating into the methodological guidelines prior to the fights of male judo athletes in the municipality of Matanza, combat strategies aimed at taking advantage of the moments presented by the adversaries to move on to the actions in Ne Waza, reaffirming the existence of one more way to obtain victory.

Segura (2015) carried out an investigative study of projection techniques in transition position in judo, where he proposes a methodology for the application of six projection techniques in transition position with different grips, combinations, defenses and most common errors, to give possible response options to the different situations presented in competitive activity.

The limited scope of the possible variations in the actions to be performed by the competitors reaffirmed the need to develop alternatives for success; the identification of the skills that allowed the Tashi Waza transition to Ne Waza facilitated greater diversity in access to the set objective; appropriating them gave the judo athletes the possibility of creating his own resources to achieve the same result.

In studying the importance of the Tashi Waza transition to Ne Waza , González (2011) proposed developmental didactic tasks for the appropriation of the special skills of the basic elements of judo in the sports initiation stage, executed sequentially, where the practitioner

integrated the actions of the Tashi Waza or Ne Waza, separate or integrated into an action similar to that presented in competitive activity.

González (2015) addressed the skills for the tactical performance of judo athletes, sustained by the presentation of problematic situations in competitive activity, to achieve an integration of actions that included moments of transition of the Tashi Waza to Ne Waza in a spontaneous and creative way; his contribution, although not directed towards the purpose of the transition in the competitive actions of the judo athletes, provided an alternative preparation.

Another study focused on the tactical preparation of the judo athletes was carried out by Corrale (2022), with a methodological alternative based on offensive counter-attack tactical actions as a means of transition from Tashi Waza to Ne Waza that used combined movements that took advantage of the opponent's mistakes, before, during or at the conclusion of a failed technical action and were used to turn the offensive action into a way to access Ne Waza.

This methodology, although it limited the competitor's performance to a defensive expectation to reach Ne Waza, was a positive path and an alternative to achieve a successful Tashi Waza transition to Ne Waza, which reaffirmed its importance and influence on competitive results.

CONCLUSIONS

The bibliometric analysis showed that research on judo, and in particular on kinesthetic action in the Tashi Waza transition to Ne Waza was relevant and increasingly consolidated, as it articulated robust methodological lines of biomechanical analysis, performance analysis and applied studies in randori, which were connected with groups dedicated to pedagogy and population variability, through the configuration of a scientific network that favored the accumulation of evidence and its translation into competitive practice.

During the study, specific transitional skills were identified that, due to their manifestation and levels of influence, allowed for maintaining adequate control of body movements in relation to opponents, without losing dominance. These skills included grasping, relating,

controlling, displacing, and obstructing. The study demonstrated the levels of influence and their relationships among the skills manifested in Tashi Waza 's transitional actions to Ne Waza, during the judo athlete's competitive activity.

The proposal of didactic tasks to encourage the development of transitional kinesthetic skills of the Tashi Waza to Ne Waza in the judo athlete's competitive performance proved to be a way to encourage its development and enable its applicability in combat. Kinesthetic action in transitional skills Tachi Waza → Ne Waza was characterized by postural control, grips and immediate motor continuity that allowed the fall to be transformed into a positional advantage and scoring in Ne Waza within the competitive activity of the judo athletes.

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The author is responsible for writing the work and analyzing the documents.

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