Factor analytic study on the psychology of judo
-In the case of Judo Kata Athletes-

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AIM
Psychological studies on Judo have been researched widely and globally. Most such studies have been focused on competitive judo matches and have been targeted at a wide range of people, from junior high school students to all-Japan athletes. Psychological studies targeted at performers of judo kata, however, have not yet been researched. It is my intention—given the increasing global attention received by kata competition—to extend my research into this field and to uncover the psychology of kata competitors.

Methods
Targets: Competitors in the All-Japan Kata Competition in 2012
Survey date: Sunday, October 30, 2012
Questionnaire: “Psychology survey on Judo”
Statistics: Analyzing factors with IBM SPSS Statistics, T-examination and individual survey

Results
According to the survey, 12 factors out of 105 samples are identified as follows.
The remarkable points are shown and classified into 7 parts
Classified by
(1) Competing event: Pleasure factor
(2) Age: Fear factor
(3) Career of Judo: Fear, national factors
(4) Career of Judo Kata: Wining factor
(5) Judo Grade-Fear factor
(6) Athlete record: Effort, Wining and Old-fashioned factor
(7) Sex: Pleasure factor for women