Assessment of the heart rate in judo athletes #32

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Judo is a martial art of Nippon Foundation origin which has been showing excellent results by Brazilian judokas in international competitions. In match dominates the use of anaerobic lactic metabolim, supported by high concentrations of blood lactate found and characteristic of intermittent exercises during the fights. The aim of this study was to evaluate the intensity of exercise in the Judo fight, comparing the heart rate between the light and heavy categories. Five male judokas, aged 20.6 ± 5.4 years, body mass of 87.9 ± 24.1 kg, from a competitive team. All the athletes were subjected to at least a fight with an opponent in its weight category and another of a different category. The fight had five minutes duration, and the heart rate was measured at intervals of 1 minute with a heart rate monitor (Polar®). Most of the time, the heart rate was above the 160 bpm (anaerobic zone), in all the fights at both categories. In conclusion, the findings show the dominance of anaerobic metabolism in Judo, demonstrated by high heart during the fights, with no differentiation of the predominance of metabolism between the light and heavy categories.

Key words: judo; assessment; exercise physiology.