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The Winning Move Technique and it's Formation in Greco-Roman Wrestling

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The status of mat wrestling in the process of development of free-style and classical (Greco-Roman) wrestling is constantly changing. Nevertheless, according to the researchers, the importance of mat wrestling in Greco-Roman wrestling is very high and 70-80 % of all the scores won during the fight are rewarded at the mat wrestling.

Keywords: combat sports, Greco-Roman wrestling, mat wrestling, winning move technique, technique, tactics, formation of wrestling skills.

As the sporting skills of a wrestler, the winning move techniques play a very important role, methodology of their formation is very actual same on the basic and advanced levels. We believe that one of the ways to improve the winning move technique – is to detect and systematise tactical variants. This idea is closely connected with the fact that the level of wrestlers' skills around the world has increased, and on the high-level contest it is very difficult in the process of wrestling to carry out the winning move technique, as rivals get used to it quickly, find the defense, and even worse – use it to counterattack. That is why different tactics and strategies should lay in the basis of the winning move improvement technique, as it is impossible to achieve the highest level of mastership in sport

without continuous search and improvement of the new ways of tactical training of the winning move technique. Therefore, technical and tactical training of the winning move technique is of current importance (Galkovskyi, 1985).

The development of the modern wrestling started at the end of XVIII – beginning of XIX century. The centre of its development was France, where the traditions and principles of Greco-Roman wrestling were “reconstructed”, and techniques, used in different wrestling fights had been formed in a common system. At the beginning of XX century French wrestling was called classical, but in 1991 term “Greco-Roman wrestling” has returned into official use. This type of wrestling was very popular in Europe.

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In 1921 the International Federation of Associated Wrestling Styles (FILA), which united representatives of free-style and Greco-Roman wrestling was founded. Leaders of FILA do a lot for further improvement of wrestling and make attempts to make it more spectacular. With that thought in mind the time of fight was shortened, effective high-amplitude spurt are scored higher. Effectiveness of a wrestler is stimulated and passive attitude during the fight is suppressed.

If we compare the level of wrestling development during different periods: before the World War II, after the World War II, twenty years ago and modern period we couldn't but confess that wrestling techniques are improving rapidly. New techniques and variations occur. On the other hand, in different periods all this variety is accessible to active and gifted sportsmen. In order to make the techniques accessible to all the wrestlers, it is necessary to create the system of wrestler's training since childhood.

The leading experts in wrestling believe, that technique of mat wrestling in combination with tactics is the basis of wrestler's training, and other components of training play subsidiary role to this resultant component (Novikov 1976; Panushkin, 1984; Tumanian, 1993, 1997; Shakhmuradov, 1997; Chumakov, 1968, 1976; Shiffild, 1961). That is why creation of the basis of tactical-technical training is of paramount importance and is the matter of constant interest of experts (Keller, 1967; Kirov, 1984; Kuptsov, 1973; Mamedov, 1972; Morozov, 1977; Novikov, 1969; Ribalko, 1986; Shumilin, 1954; Ushkov, 1970).

At the same time the status of mat wrestling in the process of development of free-style and classical (Greco-roman) wrestling is constantly changing. For example, in 15-minutes contest fight 40 % was mat wrestling. In 12-minutes fight – 33, 3 %. When the time of the fight was officially

limited to 10 minutes, mat-wrestling as necessary element ceased its existence. Nevertheless, the skills of mat wrestling remain important. In 2000 for example, when the fight scheme was different, withdrawal of the attacked wrestler from mat wrestling was evaluated at one point. Till 2003 passive wrestling in the fight was fined by referee at mat wrestling. At the end of 2001-2004 period, when mutual crossing clutch was in force, passive attitude of the wrestler in this clutch was fined at one point and mat-wrestling.

Generally accepted in wrestling classification (Kuptsov, 1985) indicates a great variety of wrestling techniques in mat wrestling. Technique and tactics of mat wrestling are varied and the range of techniques and tactics is constantly increasing (Alikhanov, 1977; Zimichev, 1976; Tumanian, 1985).

Modern scheme of the wrestling fight:
6 min.: 2 min. stance + 0,5 min. rest + 2 min. stance + 0,5 min. rest + 2 min. stance (usually taken additionally when both wrestlers won two periods). Not so long ago in Greco-Roman wrestling return body clutch techniques in mat wrestling has become a compulsory element if the first 2 minutes period of the fight are drawn. Now in the same situation – alternating mat wrestling.

Modern highly-qualified wrestler is characterised by aggressive attack tactics, tendency to technical, physical and psychological superiority over a rival, ability to make quick decisions in extreme conditions during the intensive fight.

It goes without saying that modification of the rules affected the process of wrestling both in stance and mat wrestling. Requirements of the referees to use tactics of aggressive attack led to definite simplification of the techniques and tactics. This does not mean, however, that many effective but technically difficult means of attack in mat wrestling (e. g. crossing turnover "scissors", "Zegerov's" twisting turnover) and variations of

their tactical training (threat, holding, repeated attack) should be written-off.

Athletic training can lead to an increase in athletic achievements only on condition that the main rules of the training process are followed. Coaching work – is versatile pedagogical process, where different sides of the training process are in a close unity and interconnection. At the same time regulations of the contest are the main guidance that determine task-oriented work of the wrestler and his coach during the training process and the contest. Even minor changes in the regulations influence quantitative and qualitative factors of wrestler's contest activity and regulations regimes of his sporting training (Free-style Wrestling. Contest Rules, 1955; Classical and Free-style Wrestling, 1974; Vardiashvili, 1985; Novikov, 1986).

It is because of the changes, that take place in the rules of the contest there is a definite degree of disproportion in the training methods between its contest and new regulations.

K.S. Lavrichenko (Lavrichenko, 2008) devoted his dissertation study in free-style wrestling to liquidation of this disproportion.

There are no researches devoted to this issue in Greco-Roman wrestling. However, the importance of mat wrestling in this types of wrestling, according to our analytical researches (Lavrichenko, 2000; 2001a; 2001b; 2002; 2005; 2006 a; 2006b; 2006c; 2006d;) is very high.

Since 1990 mat wrestling in Greco-Roman wrestling is in a disproportionate position. Dynamics of stance – mat wrestling balance in the largest world contests is shown on Fig. 1, where WC – 1990 World Contest; EC – Europe Contest; OG – Olympic Games. In 1990 60 % of all the points were gained in stance wrestling, in 1997 this index fell till 30 % (Tunneman, 1997).

The same period in free-style wrestling is characterised by intensification of mat wrestling by attacking rival's legs. It is necessary to take into account the fact, that points for cross calf hack turnover were given only once. Comparison of the points gained in the stance and mat wrestling in Greco-Roman and free-style wrestling on the 1997 Europe Contest is represented on Fig. 2 (Tunneman, 1997). While in free-style wrestling the wrestlers gained 70 % of all the points, the

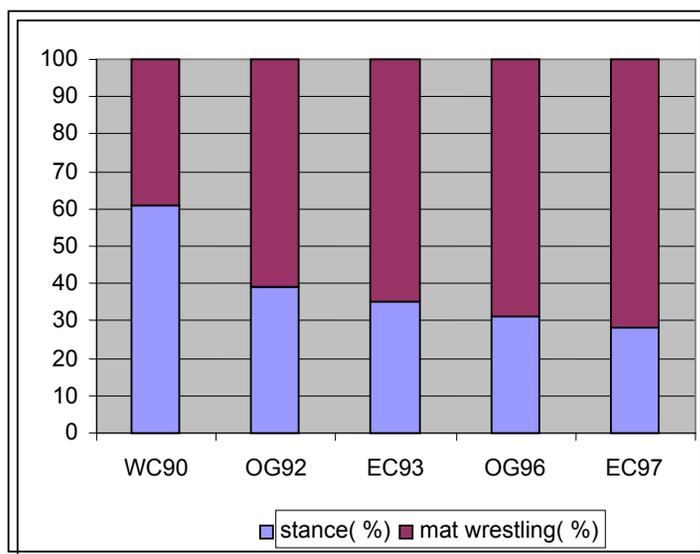


Fig. 1. Percentage of the points gained in stance and matt-wrestling in Greco-roman wrestling

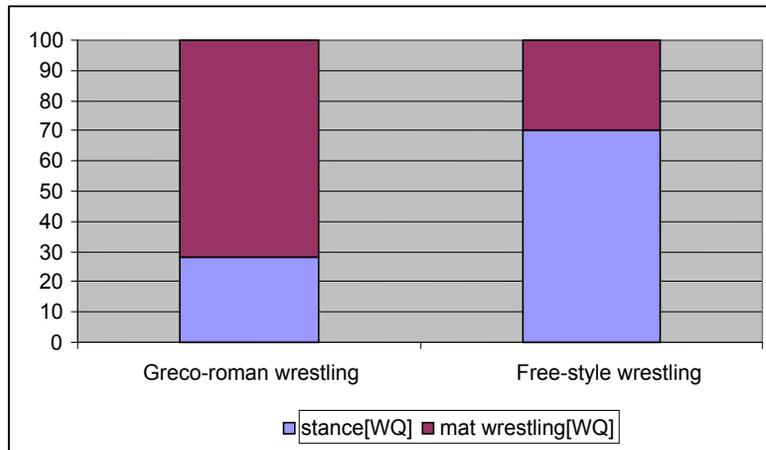


Fig. 2. Percentage of the points gained in stance and mat wrestling in free-style and Greco-roman wrestling on Europe Contests in 1997

same index in Greco-Roman wrestling constitute only 28 %. This percentage of points, gained in the fights by highly-qualified wrestlers, with minor changes to both sides holds for ten years. Due to the rules that were have been adopted recently in Greco-Roman wrestling, wrestling progressively shifts to mat wrestling.

The most important demand for the choice of theoretical and practical material for preparation of the specialists, who could train wrestlers, is its relevance for learning the tactical side of the professional activity (Bespalko, 1976).

Considering the importance of mat wrestling in Greco-Roman wrestling, considerable variety of technical actions in technical mastership of the wrestler in preliminary phase of the fight (what let the wrestler successfully overcome puzzling factors) and stability of the final phase are in advanced position. Such stability of the technique against the puzzling factors make this technique the “winning move” technique for the definite wrestler. Presence of the “winning move” technique in the wrestler’s technique is a necessary condition for formation of the combinatorial style of the wrestler – the most dangerous for the rivals and not easily predictable.

The “winning move” attack techniques is the basis of individual style of the fight. The world leading wrestlers, as a rule have several “winning move” techniques, and the “winning move” attack efficiency index is 80-100 %. The “winning move” technique is a kind of a technical trick, and the wrestler is its only performer. The more original and peculiar techniques the wrestler possesses, the more dangerous he is in the fight (Gromico, 1964). Almost all the researches, who studied problems of perfection and reliability of technical actions in wrestling believe that one of the basic elements, that help to increase the level of sporting achievements of the wrestlers is stability of “winning move” technique execution during the contest fight (Podlivaev, 1993).

Hence, the most important factor in wrestler’s training is a combination of tasks that could define ways of formation both the “winning move” attacks and combinations in technical-tactical mastership of Greco-Roman wrestlers.

This research studies one of the components of the fight – mat wrestling, where the “winning move” tactical-technical actions play the leading role in the structure of the wrestler’s fight. In the process of drawing up a training programme

we are also interested in the effective amount of technical-tactical actions (TTA). Methodology of the “winning move” technique formation in the individual mastership of beginners and experienced wrestlers is considered to be relevant.

There is an opinion, that wrestling techniques should be studied by the sets of actions, which consist of differently classified techniques, which are used when the wrestler's position in the fight is on the right or on the left from the rival. This contributes to harmonious physical development and gives opportunity to develop different motor skills. Some researches believe that only key techniques of the classified groups are necessary to master. Thus, in the process of teaching students it is necessary to master 1-5 techniques of each group, and get acquainted with the others (Alikhanov, 1977). There are also suggestions to study technique in combination with “group” method tactics, what seems to be unacceptable. This method can be used only in mastering TTA. The suggestion to study technique in combinations is reasonable, but it is usually practised after the study of the techniques, that make a combination. Consequently, the necessity of the “basic” study of the free-style wrestling technique is admitted by the majority of trainers and researches. There are only theoretical disputes (Aleksashina, 1985; Arkhangelskyi, 1974; Baldaev, 1986, 1989; etc.), in other words there is no single opinion about what technical actions should be considered as “basic”, and what number of TTA is mastered by the young wrestlers.

It is widely known that it is necessary to change the methodology of the basic training in order to orient it to mastering of the modern technical-tactical attack actions. That is why to make the programme we use:

- rating system in evaluation of the technical mastership of Russia and world ranking wrestlers in mat wrestling on the

basis of stenography of Greco-Roman wrestler's actions in the largest world contests (Russia contest, Europe contest, World championships, the Olympic games, “Grand Prize” tournaments);

- results of analysis of the programmes used in trainers work of the Wrestler's Academy named after D. Mindiashvili and results of the personal trainer's experience;
- results of the different researches' studies (Bernstain, 1967).

The training programme, made on the basis of this experience is going to be tested in the raining process of the young wrestler's physical culture school.

Successful formation of the motor skills to a large extend depends on the methods of wrestler's training. Choice of the methods and methodological techniques is determined by definite pedagogical goal, characteristics of the training material content, wrestlers' age and level of mastership. Concerning management of the training process and direct communication of the trainer-instructor with the sportsmen the following methods can be pointed out: use of visual provision method, where training and contest video materials are used; verbal method. In order to master the basic elements of wrestling exercise method (lead-up and imitation) is used.

The fact that children in the early age can master any difficult technique in wrestling is evident from the gymnast's experience. But technique is just a word, and to use the word in conversation we should find the synonyms, so, in order to use the technique in wrestling we should become familiar with the tactics of its usage and submit variations of the technique according to different methods of training. To use the technique in the highest level of mastership a lot of time and strength should be spend.

Wrestling tactics – is the way of wrestler's actions, based on correct evaluation of rival's potential and the wrestling situation, boiling down to the choice and realization in a certain order of the most efficient actions and activities to win the fight with minimal loss of strength and energy.

The core of attack actions tactics composed of productive use of suitable for attacks situations, which happen spontaneously or creating such situations with the help of preparatory actions with their further realisation. Consequently, firstly, time of evaluation of the situation and making the appropriate decision are the leading tactical elements. Secondly, the effectiveness of available range of wrestler's preparatory actions

Tactical competence implies a wide range of tactical skills and competence, ability to follow the dynamic demands of the objective situation.

Technique and tactics make a single complex.

The choice of tactical options depend on wrestler's personal qualities. Tactics is the mirror of sportsman's character, reflection of his strong will, courage, persistence and intelligence.

One of the most important, the key problem of wrestling theory and practice – is an increase of the tactical-technical actions (TTA) stability to distracting factors. TTA stability is determined by rational structure of technical action fulfillment, that is why the question of technical actions correction are of considerable interest for wrestling practice. Meanwhile, the process of retraining of the difficult in coordination single elements (especially of highly qualified sportsmen) is quite serious and difficult.

The major part of the specialists who study mastering of reliability of technical actions realisation in wrestling believe that one of the most important elements to raise the level wrestler's sporting achievements is factor of "the winning move technique" implementation during the contest fight.

Technique and tactics study – is one of the main tasks of the training and learning process in wrestling. This process is based, as a rule on methodological principles which are realized in private methods of teaching, that should reflect special features and characteristics of the competition in wrestling.

A major method which is recently used in highly qualified wrestler's sporting skills perfection is modeling of different aspects of the fight, and on the basis of this modeling different training tasks are worked out. There are many pedagogical methods to imitate confrontation in a fight, because they are the basis of trainer's work:

- formal (situational) modeling of technical-tactical actions (or their single elements);
- game like confrontation according to the certain rules;
- functional modeling of episodes and situations of the contest fight.

Hence, the basis of the wrestler's sporting mastership are "the winning move techniques", which determine the individual style of the fight. Moreover, technical-tactical training is improving due to mastering of the considerable amount of not technical techniques but tactical training methods and increasing effectiveness of "the winning moves attack techniques" (Shakhmuradov, 1997).

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Коронный прием в партере и его формирование в греко-римской борьбе

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Статус партера в процессе развития вольной и классической (греко-римской) борьбы постоянно меняется. Тем не менее, аналитические исследования специалистов показывают, что значимость борьбы в партере в греко-римской борьбе более высока, так как 70-80 % из всех выигранных в схватке баллов приходится именно на партер. Так как в спортивном мастерстве борца решающую роль играет выполнение «коронных» приемов, то методика их формирования актуальна как на уровне начального обучения, так и на этапе спортивного совершенствования.

Ключевые слова: спортивные единоборства, греко-римская борьба, партер, коронный прием, техника, тактика, формирование спортивного мастерства.
