

Forum: Women Olympic Wrestling

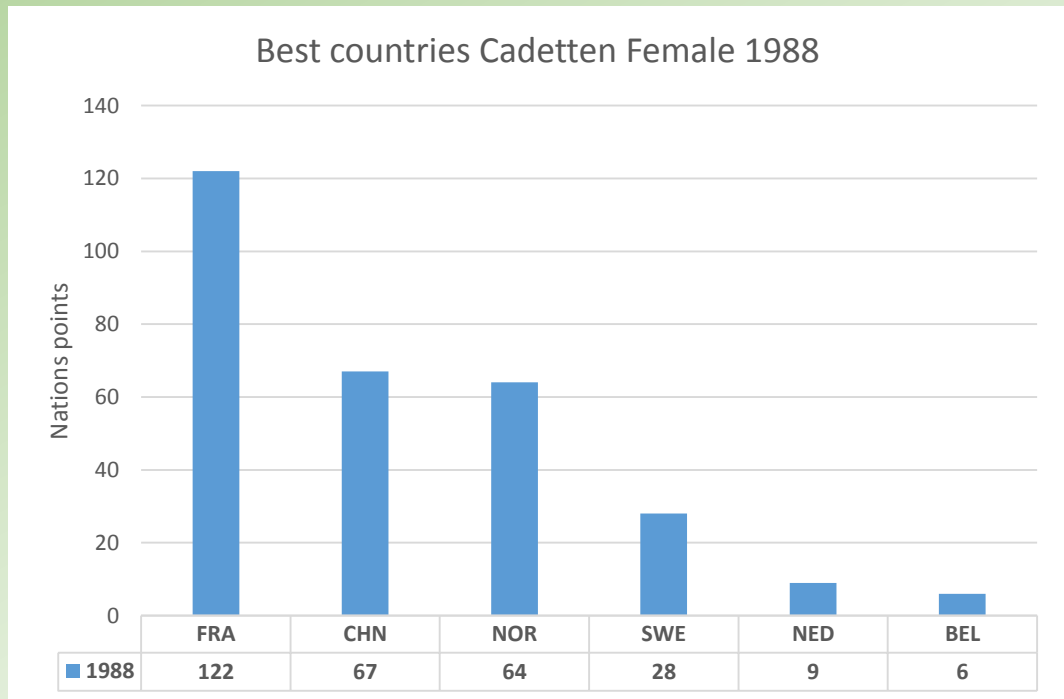


Female Wrestling - a success story

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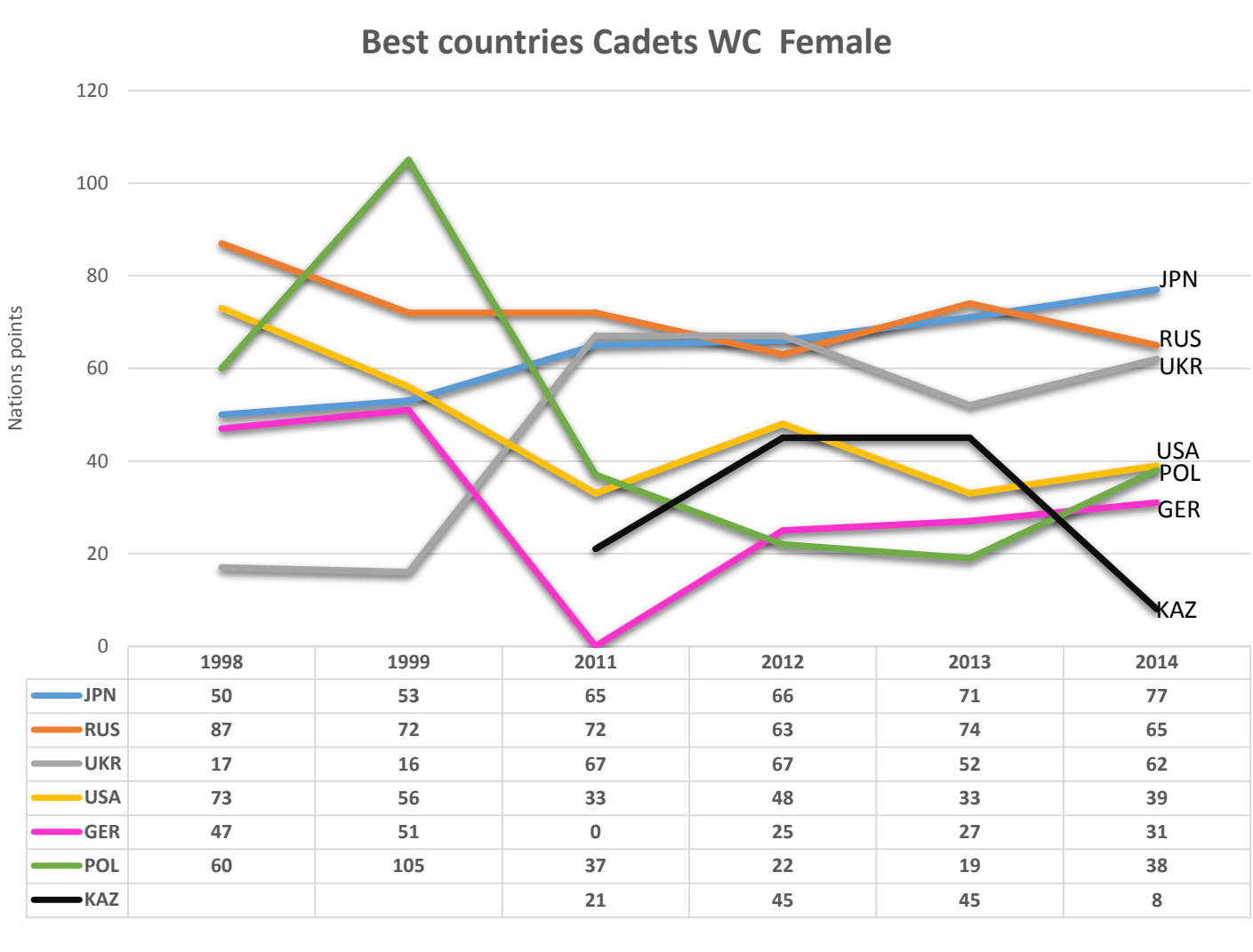
1. Development of the young generation

Women's wrestling as a third and equal discipline of Olympic wrestling has taken a very positive development to date. Evidence of this trend is also found in the analysis of the talent development. At the first World Championships Cadets 1988, countries such as France (home advantage), China, Norway, Sweden, the Netherlands or Belgium proved as pioneers of this development .



World Championships Cadets were not carried out regularly. So there was a longer pause between 1990 and 1998 and between 1999 and 2011. World Championships Cadets were performed annually since 2011. A performance analysis of the world's best countries in the Cadets shows the dominance of countries Japan, Russia, Ukraine and USA.

However, countries such as Poland (home advantage), Germany, Kazakhstan, Azerbaijan, Mongolia, Sweden and India were able to achieve very good results in individual championships.



In connection with the performance analysis of the seniors the importance of sound youth development is evident as a prerequisite for future world excellence. Successful countries such as Japan, USA (College system) Russia, Georgia, Kazakhstan, Ukraine and other have obviously found good talent development programs on the basis of talent identification (TID) and talent development (TDE) in a long term program system. Hoffmann and Wulff have dealt with the problems of youth development in Germany.

„The following aspects among others are considered to be crucial in explaining why Germany is in danger of losing contact with the international top level in many sports:

- the absence of systematic and multi-sports coordination of talent search
- high performance training and competition programmes are imposed on developing junior athletes
- too much focus on short-term success and early specialisation instead of focussing on the perspective of training along with the importance of performance prerequisites and versatile basic motor training
- in part, the lack of the ability among athletes to cope with higher loads, and of performance prerequisites for the successful transition from the junior levels to the elite level
- the lack of qualified fulltime coaches who are on permanent or long-term contracts
- deficient management and control of the processes in junior elite sports as a whole and the coordination of different promotion programs etc. “

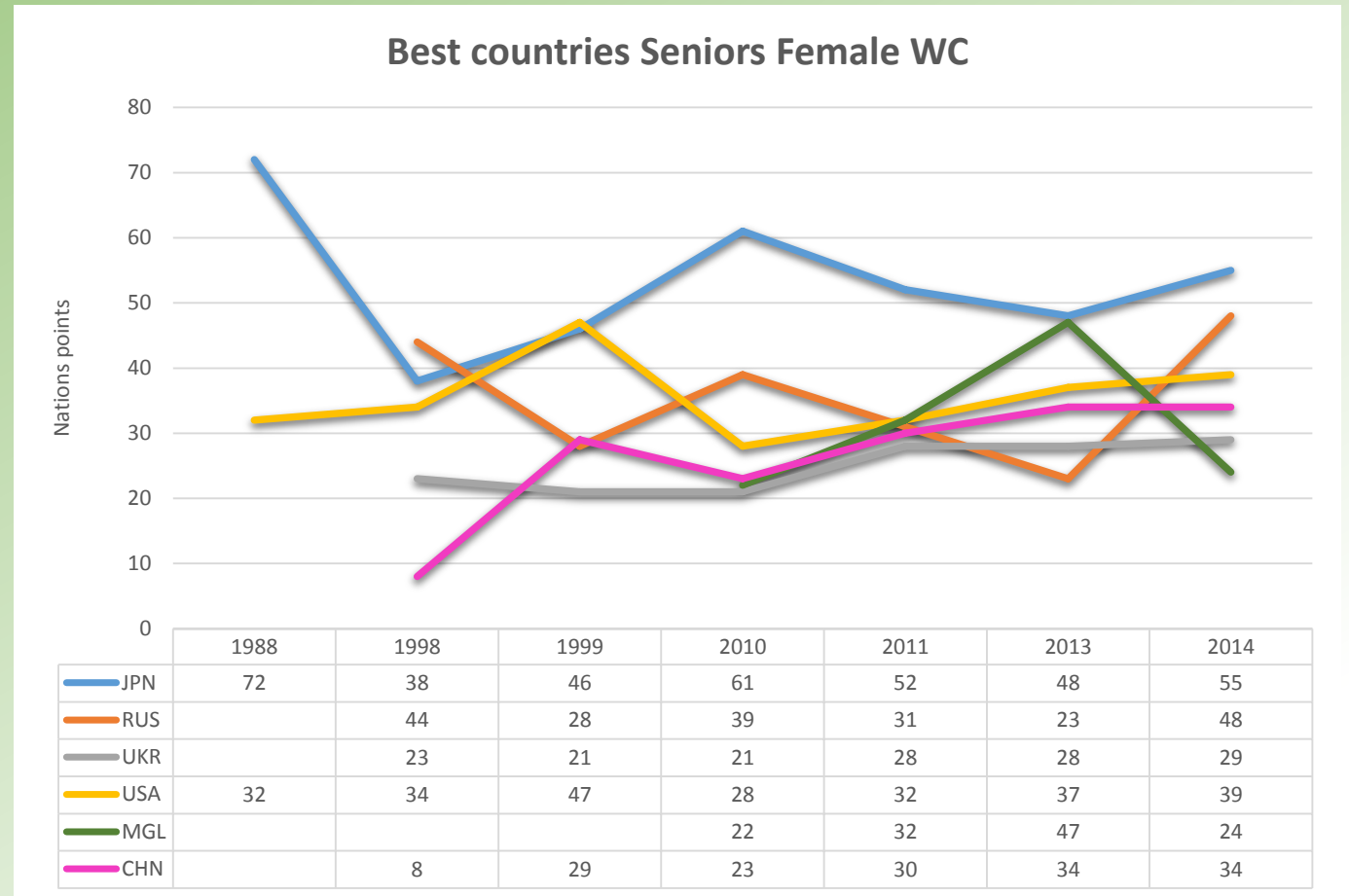
High demands are made on the technical and tactical training of young wrestlers as show the following video.



2. Performance development of the seniors

World Championships in Freestyle women wrestling were carried out since 1987. As with the Cadets are also in seniors Japan, Russia, USA and Ukraine among the most powerful country in terms of the World Championships.

However, countries such as Canada, China and Mongolia have achieved impressive performances at the World Championships. Very pleasing is the performance increase of women in South America (for instance Colombia, Venezuela and Brazil). Prerequisites were of course adequate successful national training systems.



Differences between the women and the men training demands in wrestling the women head coach of the USA, Terry Steiner worked out excellently . But Terry is probably not fully understand women. This problem already existed in antiquity. A famous magician wants to fulfill a wish to a worthy man. This man wanted a bridge from Olympia to Rio de Janeiro. The magician appeared that desire too difficult and asked for another request. Now the man wished that he wanted to understand women. After a break the magician asked him, the bridge should be one lane or two lanes?

Nevertheless, the woman coaches are very happy with the attitudes towards the training of women because women train with great seriousness, self-discipline and hard work.

Differences are obvious in women's training for men workouts due to different physical and physiological conditions. We have therefore characterized wrestlers of the German national **performance requirements of physical conditions** .

It is a known fact that the level of requirements of physical condition is gaining importance with growing performance density. For the field of performance requirements of physical condition we have tested some abilities of multiple female world champions in order to deduce orientations for a respective level of requirements.

Moreover we have tried to deduce standard values for some performance parameters, which are to be considered as minimum requirements. Regarding endurance abilities the test values are of course considerably below those of men. This applies especially to the exhaustion ability. A good level is already realised by women regarding basic endurance, as it is shown by the example of the special step test.

Specific steptest of the german wrestling federation

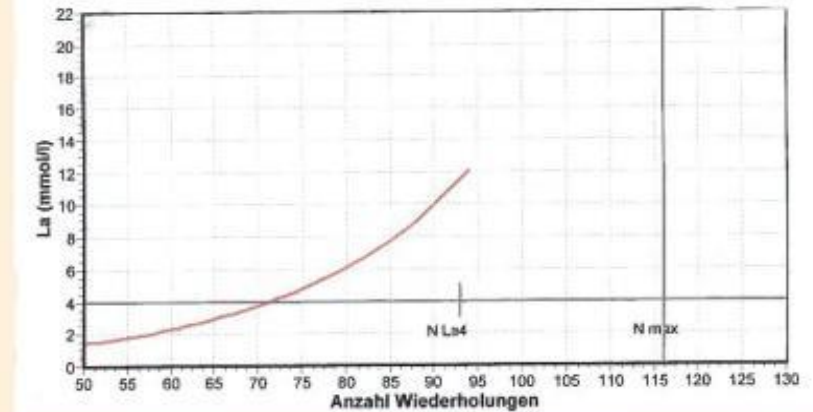
Name: H. G.

Weight: 57 kg

Year of birth: 1970

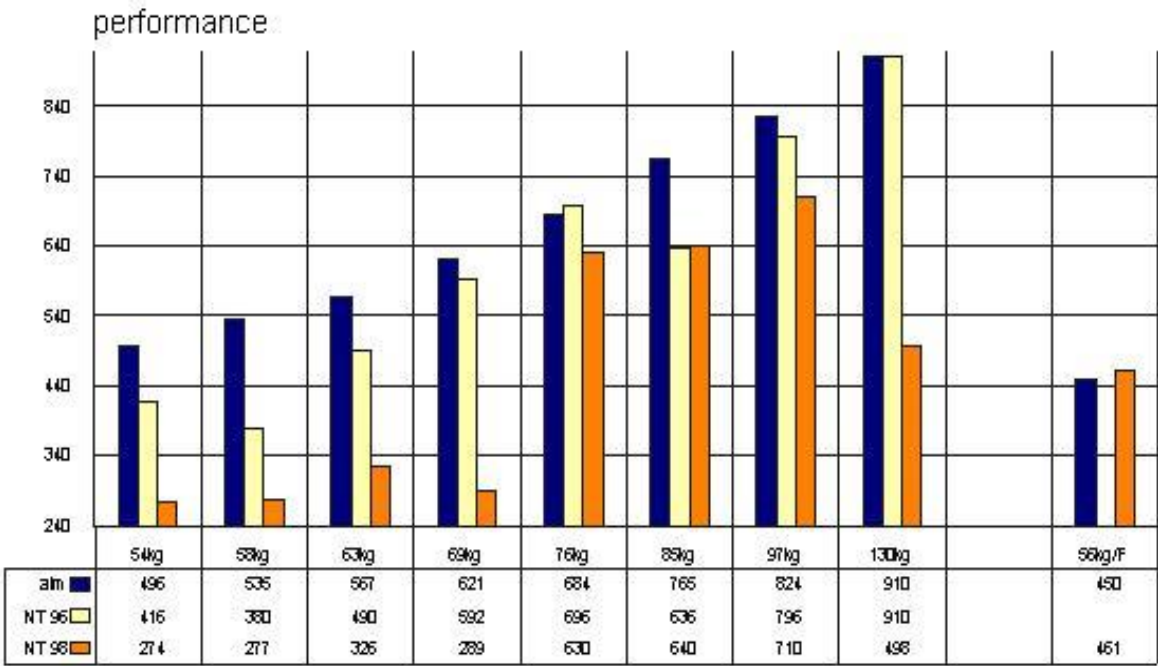
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	aim	04. 04. 98
Submaximal test		
n60%=70 Lactate		3,7
n70%=81 Lactate		6,5
n80%=92 Lactate		10,4
Aerobic perform.		
nLa4	93	71,5
Maximal perform.		
repetitions	116	94
La max		12,6
recovery Lactate		9
Quotient		29%



Some values of special strength are astonishingly well developed with women. A female world champion of the 56 kg weight category can absolutely compare herself with average performances of men of the lower weight categories regarding this parameter.

Specific maximal strength / gut wrench machine
standard value and performance of the national team and female 56 kg



The following standard values, specified for each weight category, for bench press and dumbbell pull up lying on a plank can be helpful for the goals of general strength training.

Chart 1: Standard values for bench press and dumbbell pull up

Maximal strength female wrestling
Standard values and interpretation

Weight class	standard values		90 – 100%	80 – 94%	< 79%
	bench press	dumbbel pull up	high level	average level	low level
46 kg	55 kg	50 kg	+	+-	-
51 kg	60 kg	55 kg	+	+-	-
56 kg	65 kg	60 kg	+	+-	-
62 kg	70 kg	65 kg	+	+-	-
68 kg	75 kg	70 kg	+	+-	-
75 kg	80 kg	75 kg	+	+-	-

3. The Olympic story in Freestyle women wrestling

It's a good twist of fate that we conduct our meeting in Olympia, the historically significant place of the Olympic Games of antiquity. At this place it was not allowed for women to wrestle even to watch wrestling competitions in antiquity. In view of the modern Olympic Games, the female wrestling is especially connected with Greece. A great moment for women's wrestling in 2004 as proposed in Athens women had for the first time entered the Olympic mats.



Thus, the Ukrainian Irina Merlini (being in possession of a Greek passport) was moving emotions as she jumped the Greek referee Georgios Hamakos as the first Olympic champion of the history.

Being great stars Saori Yoshida and Kaori Icho, the two Japanese triple Olympic champions, could write a great chapter in the book of Olympic history.

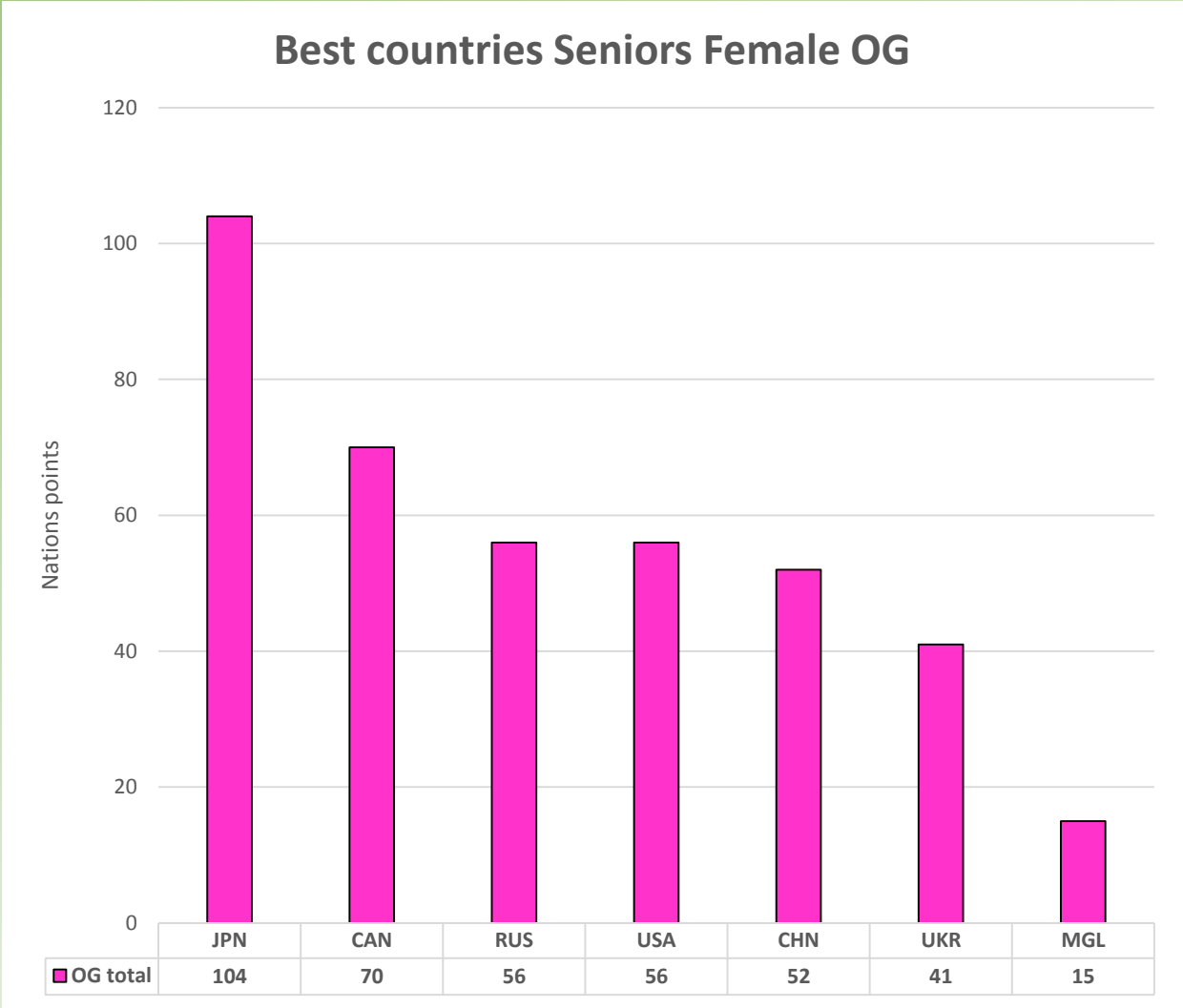


SAORI YOSHIDA
THREE-TIME OLYMPIC GOLD MEDALIST
IN FEMALE WRESTLING



KAORI ICHO
THREE-TIME OLYMPIC GOLD MEDALIST
IN FEMALE WRESTLING

The most successful countries in all three Olympic Games were Japan, Canada, Russia, USA, China, Ukraine and Mongolia.



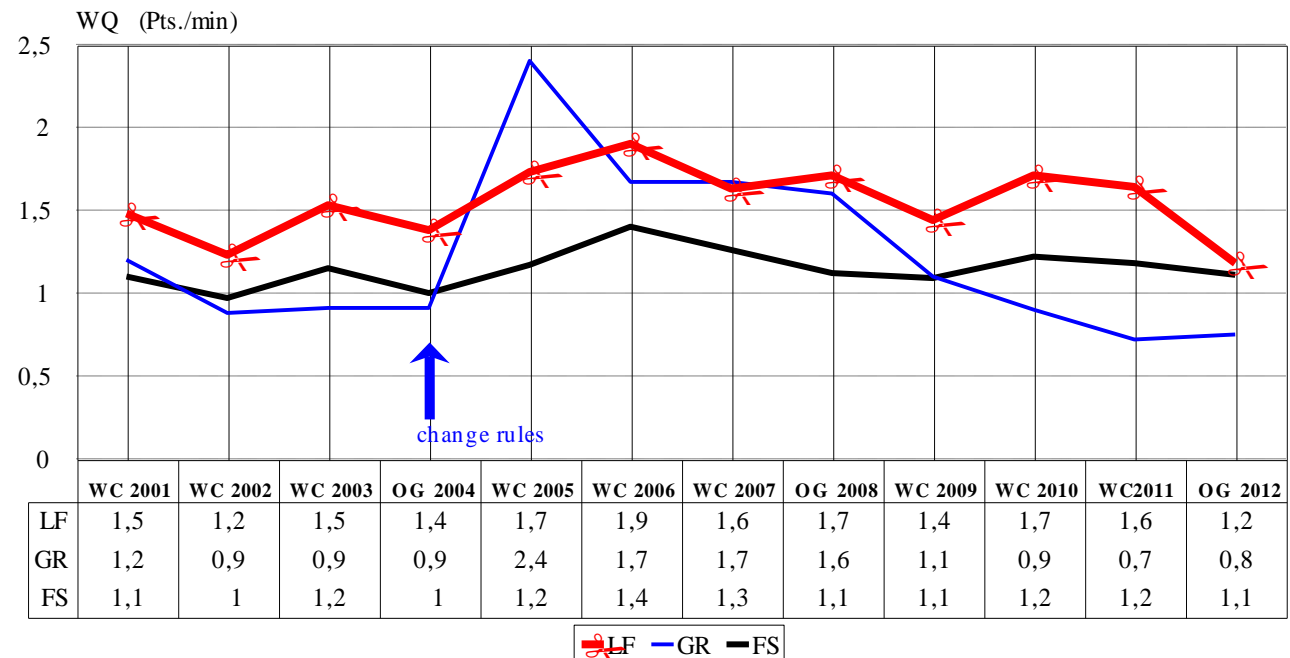
4. Current technical and tactical aspects of Freestyle women wrestling

In view of the structure of the technical-tactical performance, it can be stated that a certain approach to the structure of the Freestyle Men is carried out in the course of time. Very often higher than that of men is the level of quality of attacking actions of women - measured at the WQ, the achieved technical points per minute.

This is partly due to physical deficits of women in defensive action, but also on the principle stronger attitude to attacking behaviour.

World top performance 2001 - 2012

Winner in Freestyle Women, Men and Greco-Roman
World Championships and Olympic Games



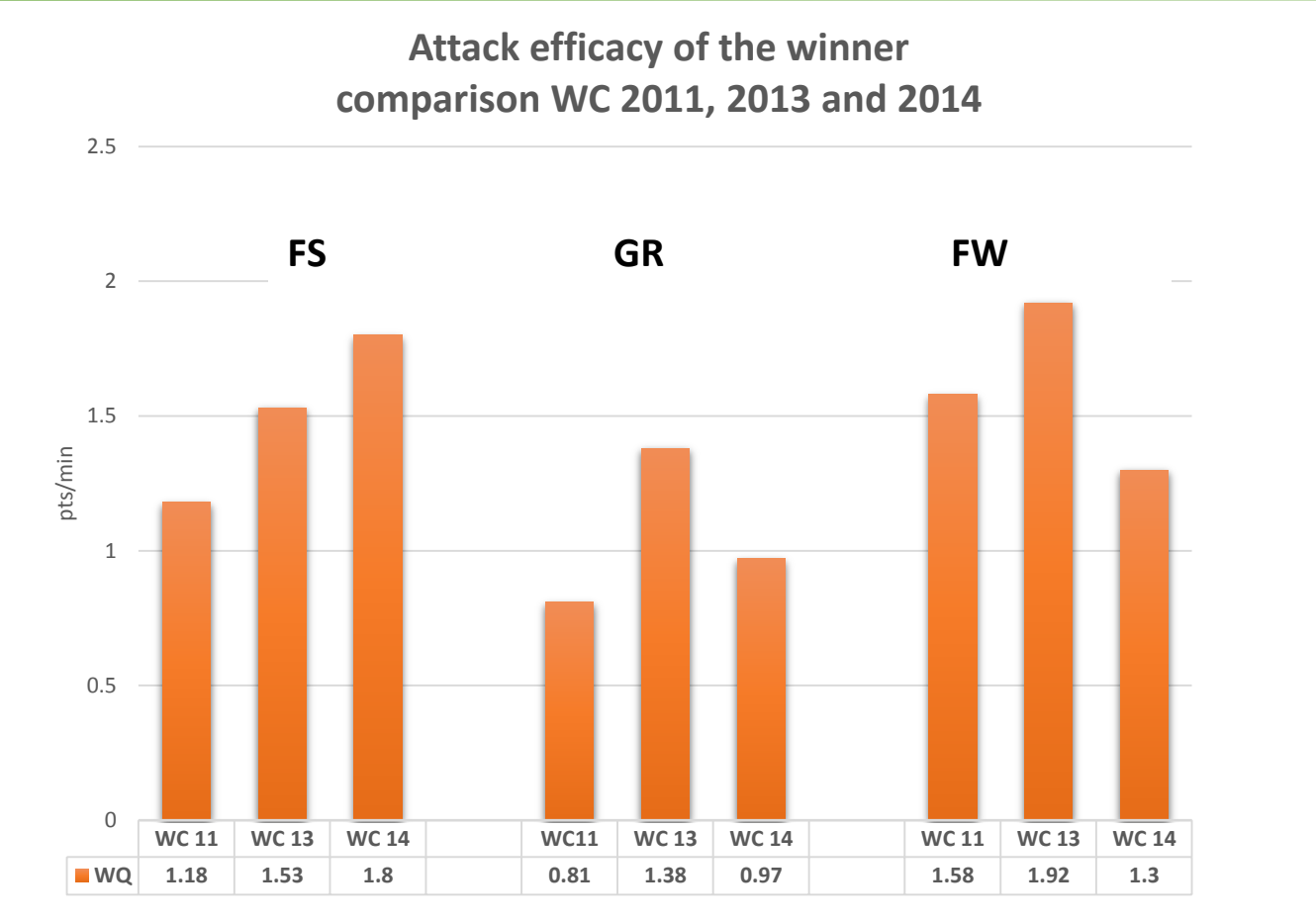
FILA-Competence Centre

World Champions shape with their combat behaviour -influenced by the rules - the face of our sport. Their technical- tactical actions, including their individual variations are an expression of national training and competition concepts. They have direct influence on the acceptance of our sport among spectators and media. As a measure of quality of technical - tactical performance, among other things, the analysis of realized technical points per bout minute (WQ) is a proven mean in our "unmeasurable" sport. Influenced by the actual rule discussions were compared the technical-tactical performance as well as the technical structure of the world champions 2014 to the situation 2013 (new rules) and 2011 (old rules).

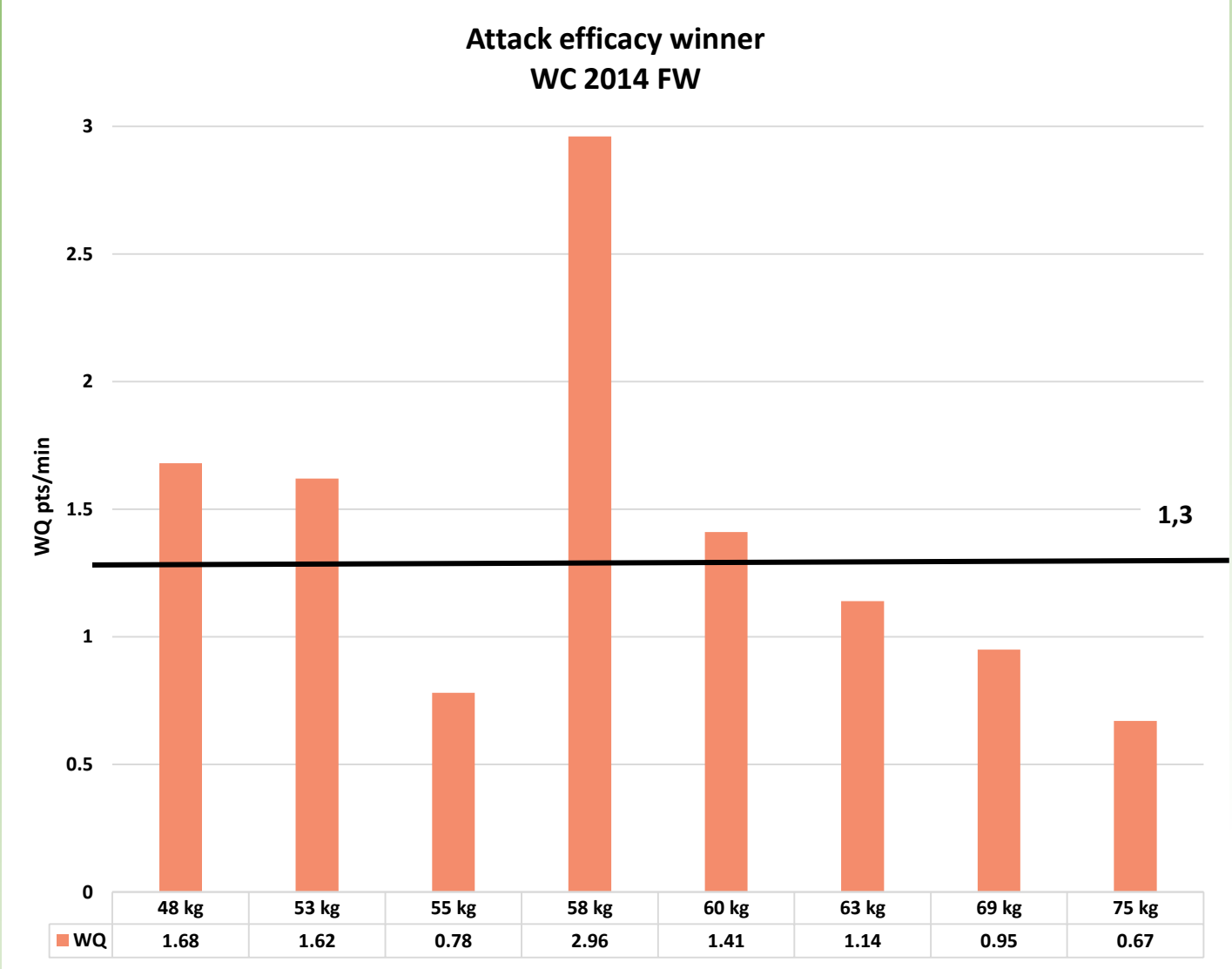
The Figure shows the outstanding technical-tactical performance - and therefore attractiveness - of freestyle wrestlers 2014 (especially the Russian team). There is a clear increase in the technical - tactical performance abilities of the freestyle wrestling men since 2011.

In Greco-Roman wrestling, we can see a step backwards since 2013 even though the number of points was doubled for simple techniques after the new rules.

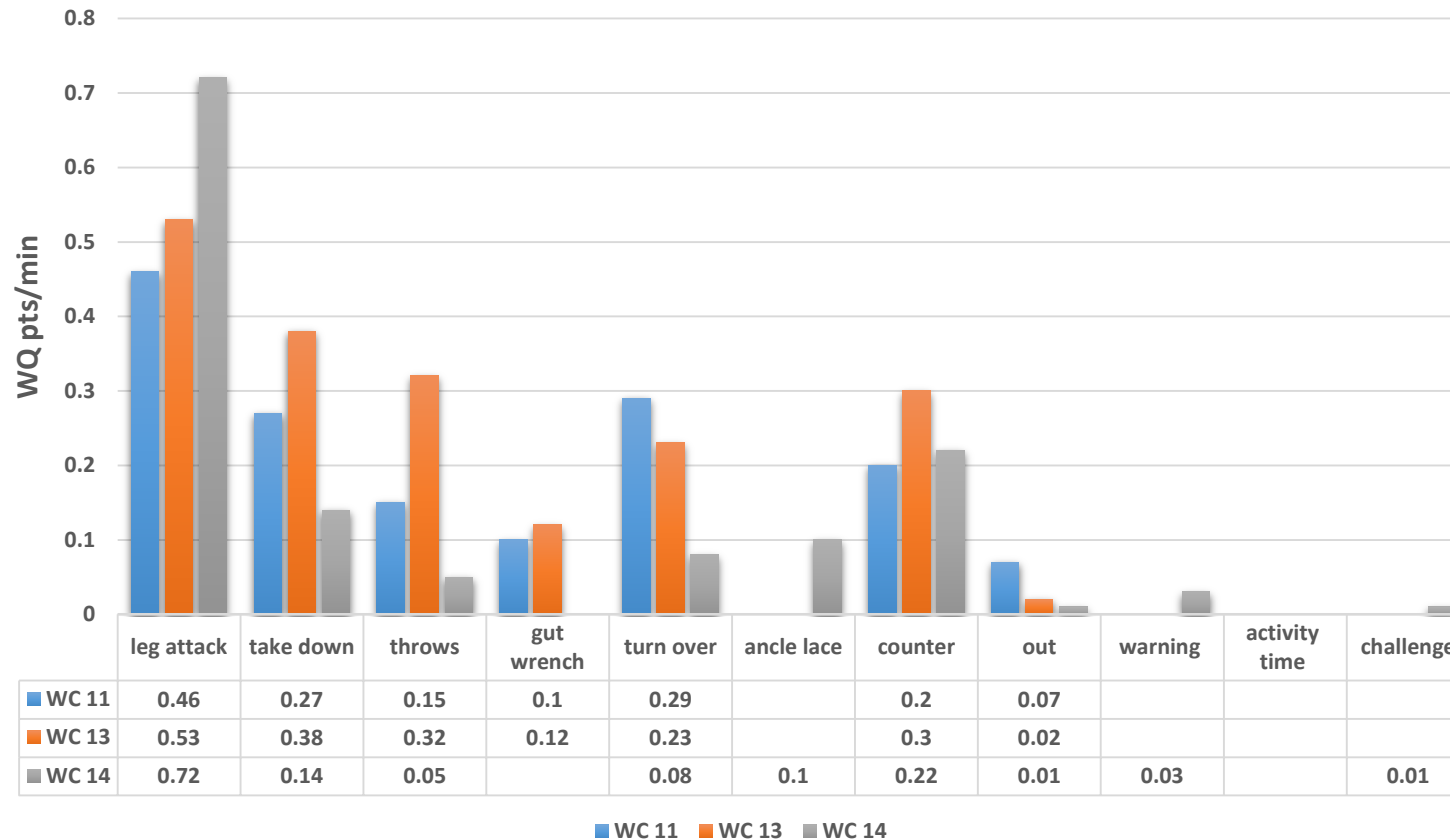
In the Freestyle wrestling women, there was concerning the quality a step backwards in 2014. The quality (number of technical points per minute) was still significantly lower than in 2011 (old rules). This decline must also be evaluated in the light of the doubling of the technical values for low-risk techniques. So six times were given 4 points for leg attacks while in the past leg attacks were awarded by 1 point.



As before, the Japanese women dominate the field of participants. The triple Olympic champion Kaori Icho stands out especially among the three most powerful Japanese athletes . She needed for their 39 technical points a total of 13 minutes.

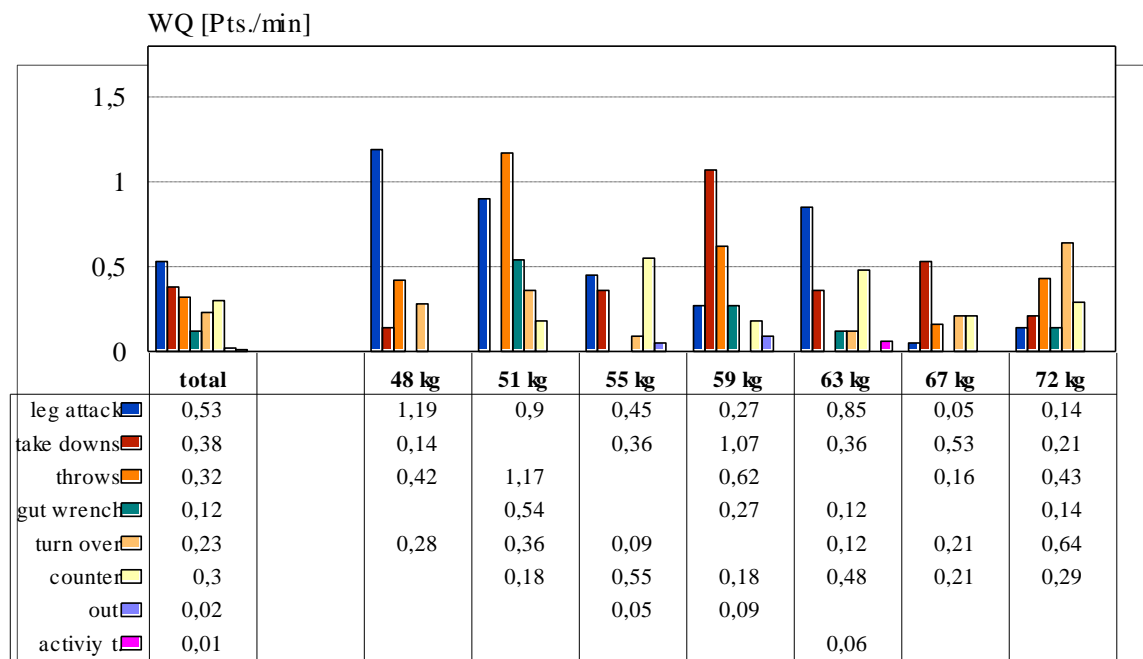


Technical structure/ attack efficacy FW winner
WC 2011, 2013 and 2014



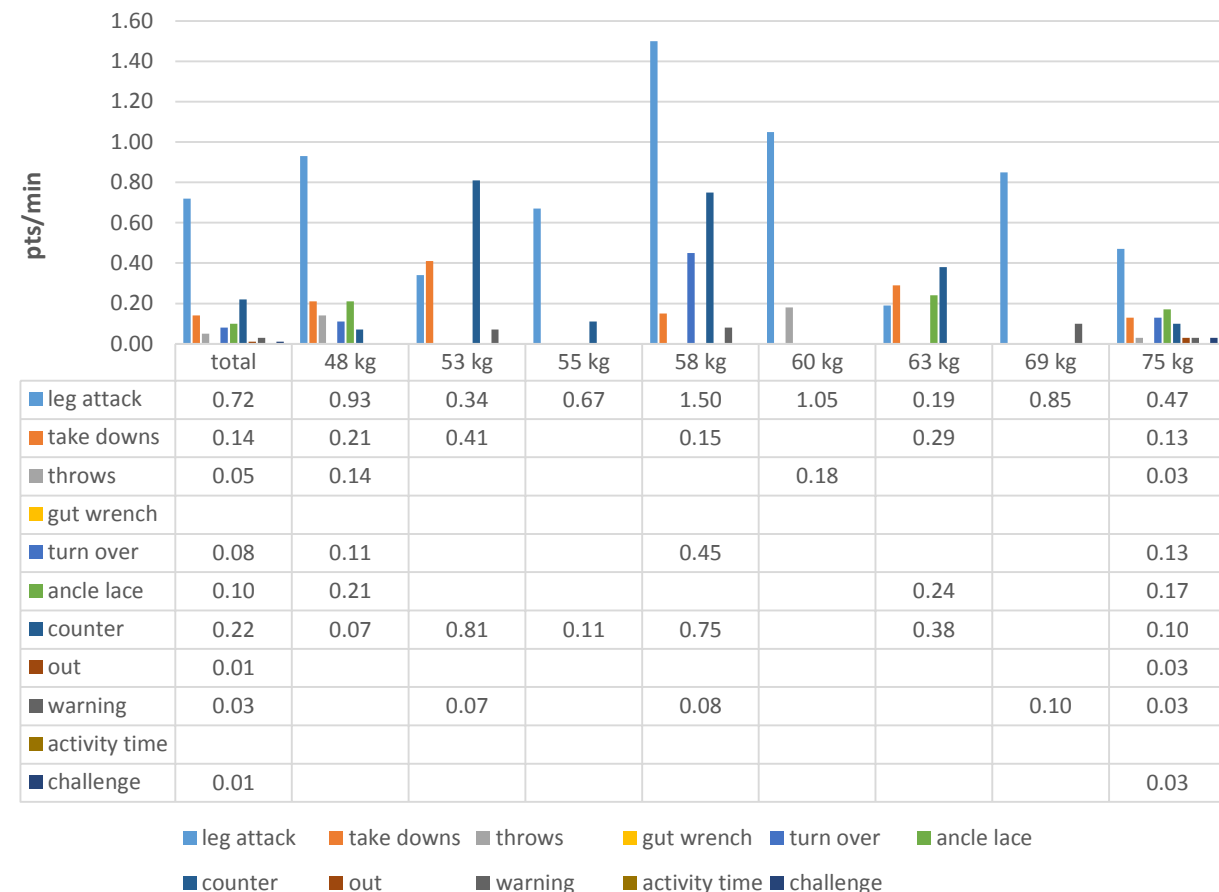
The technical-tactical actions are summarized in technical groups. The decline of the technical-tactical attractiveness also comes true in the contemplation of the performance structure. Only the leg attacks recorded an increase 2014. For all other technical - tactical actions there is a decline in 2014.

Technical structure/Attack efficacy WC 2013 FW (winner)



The three dominant techniques were 2013 leg attacks, take down and throws.

Technical structure /Attack efficacy WC 2014 FW winner



In 2014 we have leg attacks, counter and take down as the three dominating techniques.

In particular, the large increase in counter techniques is interesting and worthy of discussion.

And as already mentioned six times were given 4 points for leg attacks while in the past leg attacks were awarded by 1 point. And this is also a sign and an example for the direct and efficient adaptation of new rules by the coaches. So the Japanese female coaches find interesting solutions for earning 4 points with leg attacks we could see during the Senior World Championships in Taschkent 2014.

Already during the Cadet World Championships in Snina 2014 four Japanese champions earned eleven times 4 points for leg attacks.



Finally some interesting videos from the last Olympic games in 2012.



Some remarks Asian Championships Doha 2015



