



# Resistance Training Based on Analysis of Wrestling Techniques

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Good afternoon, before I start my presentation I would like to take this opportunity to convey my special thanks to the organizing committee of the international wrestling forum, UWW, INWR, Hellenic wrestling federation particularly Mr. Konstantinos Thanos, and my friend and colleague in UWW scientific commission, Dr. Ioannis Barbas....



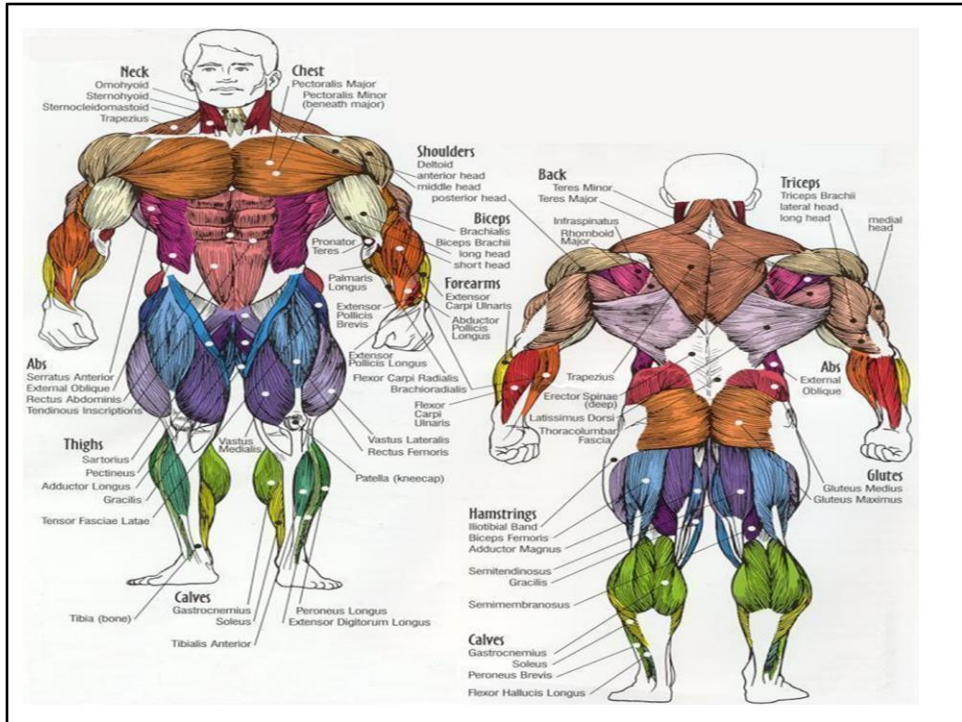
Mirzaei B., Naghi Pour B., Ghahramani M.S "Resistance Training Based on Analysis of Wrestling Techniques," Published by: SSRC, 2012

My presentation is a brief review and summarization of my book published in Persian language by SSRC of Iran .....

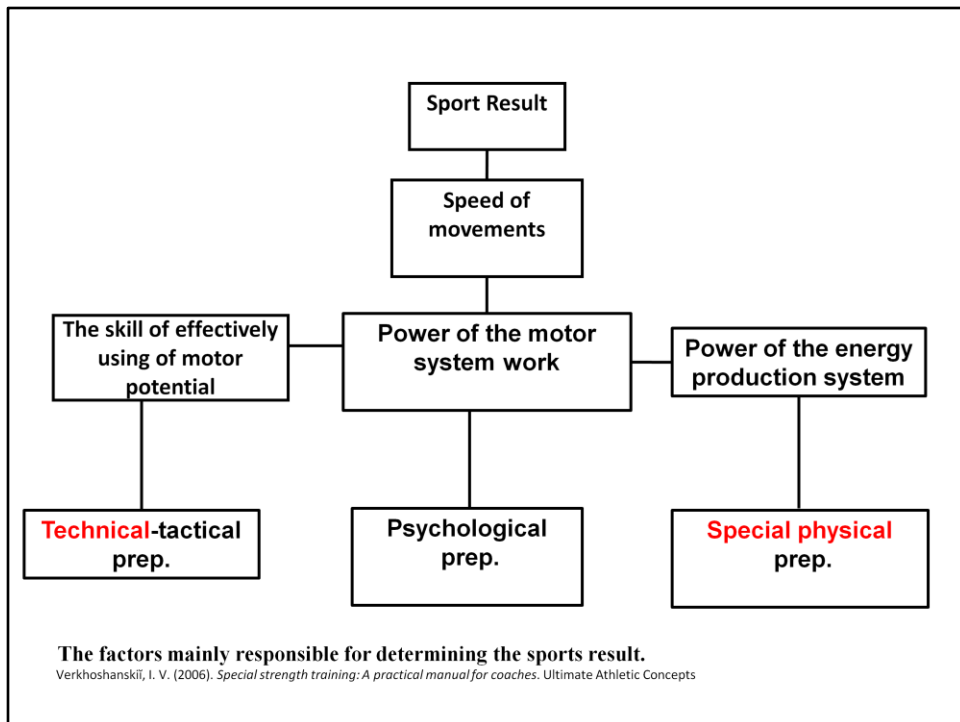
The base of this book is kinesiology of wrestling techniques and the aim was to help coaches and wrestlers to introduce muscle or muscle groups which works to perform in a certain technique.....

## Questions?

- What kind of strength should be developed?
- How resistance training can be simulated with performing actual wrestling techniques ?
- SAID principle in wrestling ?  
(Specific Adaptation to Imposed Demands)



All wrestling techniques are performed by muscles as a result of contraction. More than 650 muscles distributed throughout the human body are capable of performing a great variety of movements. If wrestlers want to improve performing a technique they must concentrate on training the muscles that perform the action.



Prof. Verkhoshanski in his book entitled: ..... Mentioned that technical/ tactical/psychological & physical preparation are 4 main components affecting athlete' performance. This presentation tries to make a relationship between **technical & physical** preparation.

## - Importance of RT in combative sports:

Focusing on absolute strength & muscle size or wrestling - specific strength?



- ✓ transfer to performance
- ✓ reduction in the risk of sports injuries
- ✓ increase total body mass
- ✓ improve core strength
- ✓ Early phase of athlete development



## - Basic law:

Developing core strength, a poorly developed trunk is a weak support for hard-working limbs.

## - Exercise prescription:

Should be based on an understanding of how the muscles are producing a movement, not on exercises borrowed from weightlifting or bodybuilding

To maximize the effect of training, program should be periodized to distinct parts with different training emphasis and goals such as Macro, Meso & Micro cycles. Each macro cycle initiates with GPP, then SPP, pre-competition phase and MC. GPP is a early phase.... And in SPP is a phase for transferring to performance. Developing core strength is a basic law because a poorly developed trunk is a weak support for hard-working limbs during wrestling training.

## ***Procedure***

### ***4 main steps:***

1. Determination of the wrestler's weakness in a certain technique (*hip toss* etc.)
2. Analysis of a certain technique to its components according to the principles of kinesiology (Flex, Ext, Abd, ...)
3. Determination of the muscle or the groups of muscles which predominantly involved in the movements
4. Simulation of resistance training with actual condition of performing wrestling techniques

**Thank you!**