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FOREGOING FAVORABLE CONDITIONS OF GUT WRENCH SUCCESSFUL ATTEMPTS BY GRECO-ROMAN WRESTLERS DURING THE SENIOR WORLD CHAMPIONSHIPS 2013

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INTRODUCTION

The Gut Wrench is the most typical, frequently seen technique in Greco-Roman wrestling. Because the last major amendments to the wrestling rules on May 2013, wrestlers and coaches must to know the key aspects to reach success attacking with and defending this *par-terre* offensive movement.

However, a quick review to 43 technical handbooks available at United World Wrestling office shows a lack of descriptions about tactical aspects of the gut wrench, while its technical features and physical training are well described.

In such regard, this study has two aims:

- 1st: classify the foregoing favorable conditions seen during the execution of all gut wrenches made in the Greco-Roman wrestling tournament of the Senior World Championships 2013, held that year in September, 5 months after the approval of the rules amendments.
- 2nd: to stablish the presence of significant relationships among the gut wrench performance indicators of those wrestlers who achieved places from 1st to 5th in each weight category in this competition (N=42 wrestlers).

METHODS

Type of study: Exploratory study through non-direct observation, based on video analysis and notational techniques.

Sample description: Were analyzed all successful Gut Wrenches (N=227) executed by all Greco-Roman competitors who took part in the Championships, using the Dartfish Team Pro software version 8.

Classification criteria: The “foregoing favorable conditions” of each Gut Wrench were considered and classified by the description of two key aspects of the interaction among wrestlers before the execution of the gut wrench: a) the previous action of the attacking wrestler (i.e. set-up), and b) the defensive behavior and position of the opponent prior to the gut wrench execution.

Top 5's individual Gut Wrench performance variables:

- a) Gut Wrench frequency (total amount of successful gut wrenches performed).
- b) Amount of diferent conditions from which the gut wrenches were initiated.
- c) Total of technical points scored (regarding 1 or 2 point value).
- d) Total of opponents who were successfully attacked by at least one gut wrench.

Statistical procedure: were obtained two statistical descriptives of the foregoing conditions: frequency of each group classified, and its percentage regarding the total frequency of this technique. Additionally, regarding the selected Gut Wrench performance variables of the Top 5, were calculated parametric correlations, stablishing the statistical significance at $p<.05$.

RESULTS

Table 1. Classification of the Successful Gut wrenches’ foregoing conditions found.

CONDITIONS' CLASSIFICATION	DESCRIPTION	INTERACTION (CLASSIFICATION CRITERIA)		GRAPHICAL EXAMPLES		RESULTING DATA		
		PREVIOUS ACTION OF THE ATTACKING WRESTLER	DEFENSIVE BEHAVIOR AND POSITION	Random variant example (drawings)	Video examples	n	%	Variants found
SPONTANEOUS, DEFENSIVE WEAKNESS	Opponent has a weak point in his defense before the above wrestler starts the attack.	The attacking wrestler takes an average, starting position to the gutwrench.	A spontaneous weak point, non caused by the attacking wrestler (i.e. defensive wrestler leans on his elbows, uncovers his near side, etc.)	Right elbow leans over the mat		92	40.53%	8
CONTINUITY FROM A PREVIOUS, SCORING ACTION	Linked to a previous, successful technique (i.e. a takedown, a previous gutwrench, a counterattack), attacking wrestler executes the gutwrench.	Both wrestlers come from a previous scoring action, which could be standing or par-terre, and even could be made by who will be gut-wrenched.	A weak point during the last stage of the previous technique (i.e. facing a waist lock shift forward takedown, opponent falls over his elbows to the mat).	Waist lock takedown... followed by a gut wrench.		57	25.11%	4
PROACTIVITY TACTICAL MEANS TO BREAK THE DEFENSE	Attacking wrestler uses a feint or a fake attempt of certain technique to cause a specific reaction which creates a weak point to perform the gutwrench.	The attacking wrestler makes a false start of a technique (i.e. a gutwrench, a lift), until the point of causing a reaction, which lasts a little.	For a little, opponent breaks his own defense as result of his reaction (i.e. above wrestler feints a gutwrench to the right side, then the opponent uncovers his left).	Blue makes a fake attempt to the left... Then, Blue makes his gut wrench to the right.		53	23.35%	8
OFFENSIVE FUNCTIONAL COMPLEX (Petrov, 1977)	A given technique is the “start” of an Offensive Functional Complex; some defensive reaction leads to the gut wrench as a second stage of such complex.	The attacking wrestler involves himself in a real attempt of a given technique.	The defensive reaction is clear and lasts for a while, breaking his own defense. If the attacking wrestler realizes about that opportunity, he could apply the gut wrench.	Red wants to lift up... Blue reacts twisting himself to his right.		19	8.37%	2
DIRECT ATTACK	Apparently, the defensive wrestler has, technically speaking, a correct position; despite of that, the attacking wrestler attempts and succeeds with a gutwrench.	The attacking wrestler takes a starting position to the gutwrench.	Technically well done.	Blue are defending apparently well... (Extended arms) (Left leg in defensive position)		6	2.64%	1

Table 2. Parametric correlations found among selected variables.

- Were found 23 different foregoing favorable conditions to the Gut Wrench, which could be classified in 5 categories according wrestlers’ interactions.
- The category with the higher frequency was the “Spontaneous, Defensive Weakness” (40.5%, 8 variants), while the “Direct Attack”, that means, no tactical setup or defensive weakness seen, barely overpasses 2% of the total sample of 227 gut wrenches.
- All correlations calculated resulted positive, highly significant, highlighting that between “Different Conditions” and “Total Frequency”.

		Correlations		
		Opponents attacked with Gut Wrenches	Total Frequency	Diferent Conditions (Variants)
Total Frequency	Pearson Correlation	.796**		
	Sig. (2-tailed)	.000		
Diferent Conditions (Variants)	Pearson Correlation	.777**	.974**	
	Sig. (2-tailed)	.000	.000	
Technical Points Scored	Pearson Correlation	.697**	.946**	.922**
	Sig. (2-tailed)	.000	.000	.000

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

CONCLUSIONS AND PRACTICAL IMPLICATIONS TO COACHES AND ATHLETES:

These results suggest a specific tactical cause-effect relationship to reach high performance with the Gut Wrench: “The higher quantity of different conditions that wrestler could to detect and to create, the higher effectiveness of the Gut Wrench against more opponents”. Based on this conclusion, an important task to coaches must be to focus on how to train the ability of be offensively diverse as possible, with the proper, pedagogical planning and guidance.

