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Injury by Regions Seen in Greco-Roman and Freestyle Wrestling

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Background/Purpose: This study aimed to examine the regional differences of injuries of Greco-Roman and freestyle wrestlers. Participants (age: $M = 21.15$ years, $SD = 3.54$ years) comprised 100 Greco-Roman wrestlers and 100 freestyle wrestlers who attended national and international events from Kyrgyzstan and Turkey. Results indicated that whereas freestyle wrestlers suffered from knee, hand, wrist, and shoulder injuries more frequently than did Greco-Roman wrestlers, the latter experienced more rib, back, shoulder, and elbow injuries. According to the findings, ear fracture is the most common injury, with a rate of 69% among freestyle wrestlers and 71% among Greco-Roman wrestlers. In this study, the rate of knee injuries was 53% for freestyle wrestlers and 22% for Greco-Roman wrestlers. In general, the most common injuries were seen in knees among Greco-Roman wrestlers, freestyle wrestlers, and sambo and judo athletes. The findings of this study show that freestyle wrestlers have more knee injuries than do Greco-Roman wrestlers. Knee injuries occur as a result of incorrect wrestling techniques, overloading lower extremities during a match, and severely falling onto the mat. Participants indicated that the three most frequent causes of injury were inadequate free exercise (35%), incorrect techniques (26.5%), and inadequate recovery or insufficient rest (24.5%). Wrestling injuries show regional differences depending on the style and techniques of wrestling. Wrestlers should take training as seriously as they do matches. They should strengthen the body parts they do not actively use in techniques and they should do enough free exercise at warm-up before training and matches.

The Effect of Training for the Development of Balance in Youth Wrestlers

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Background/Purpose: To coach youth wrestlers in balance and to meet the demands of wrestling, the authors developed fun methods to training. After taking pretest balance measures, the wrestlers trained with the developed methods and were then again measured in a posttest. Analysis of the results allowed us to conclude that the training was positive in the development of youth wrestlers’ sense of balance. This study aimed to test the effectiveness of training methods for the development of the balance in youth wrestlers. Pre- and postbalance scores were measured using specialized balance-testing equipment in the laboratory. Participants were 5 youth wrestlers from each style: Greco-Roman and freestyle. After taking the pretest, wrestlers trained on the devices constructed for balance. It consisted of twice weekly training for 4 weeks. These sessions lasted 30 min. The first exercise instructed wrestlers to stand on the convex platforms and fight to maintain their stance on the platform for as long as possible. The second exercise required wrestlers to struggle to maintain balance while on a beam that is raised off the ground and remain on the beam for as long as possible. The third exercise was performed individually on a raised pentagon by moving around the device as long as possible. In conclusion, the training methods used for the development of balance produced positive effects. Using means for special balance training in wrestlers can improve balance. It is advised to periodically test wrestlers for balance especially when they are young.

The Nature of Wrestling, Communication, and Masking True Intent

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Background/Purpose: Taking into consideration the characteristics of modern wrestling, it is scientific, reasonable, and justifiable from a mechanics perspective to compare modern wrestling characteristics and styles among various nations. Wrestlers regard the human body as an object and typically study center of gravity, balance maintenance, and various defensive strategies in different situations. A wrestler must carefully study how he or she can unbalance his or her opponent through the execution of holds, maneuvers, and fake and real attacks. Masking true intent and providing the opponent with false information is a basic requirement. In freestyle wrestling, the applied fighting technique is always accompanied by speed. The more one studies the holds and techniques of wrestling, the easier it is to see that rhythm, speed, and coordination are all very important in this sport. Challenges, provo-
Wrestlers Who Have Carried Their Nation’s Flag in The Olympics

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Background/Purpose: Among the leading honors of the Olympic Games is being chosen to carry the Olympic torch, lead the nation’s team into the stadium during the opening ceremonies while carrying the country’s flag, or to speak the oath of the athletes. An athlete’s selection as the flagbearer for the parade of nations during the opening ceremonies of the Olympic Games is a profound distinction and honor. In the opening ceremonies of the 2012 London Games, 8 wrestlers were given this honor. The various rituals of the Olympic Games are best understood, not as recoveries of Ancient Greek ritual but as inventions of tradition. The Olympic Oath-taking ceremony and the Olympic flag were not introduced until 1920, and the first Olympic Village in 1932. The torch relay was first introduced in the 1936 Olympics—the “Nazi” Olympics, as a means of linking symbolically the project of constructing a Germanic culture rooted in proclamations of Aryan supremacy to the Hellenic culture of the ancient Greeks. The torch relay became a permanent fixture. The 1908 London Games were the first to use a procession. This was the first Olympic Games opening ceremony with a march of the athletes in which they carried the flags of their countries. This was further codified through modifications to the “Olympic Charter” adopted by the 86th Session of the IOC in 1983, “The flag bearers of all countries shall advance and form a semicircle around the rostrum; an athlete of the country where the Olympic Games are taking place shall then advance to the rostrum; he shall mount the rostrum and holding a corner of the Olympic flag in his left hand, and removing his hat, shall raise his right hand and take the oath on behalf of all the athletes...” Wrestling was contested in the Olympic Games of 776 BC, and was on the program of the first modern Olympic Games in Athens, in 1896. It has since been part of every Olympic Games, except for Paris in 1900, and wrestlers have certainly had the opportunity to be named as flag bearers. It is evidence of the esteem and respect that wrestlers command amongst their peers that 80 wrestlers have been given this honor. Heavyweight wrestlers are well-represented in this group, and the apex of this might have been the 1996 Atlanta Games where two of the most decorated heavyweights in Olympic history, Bruce Baumgartner and Alexander Karelin each led their teams in the opening procession. In related honors, Daniel Robin, a world wrestling champion from France, brought the Olympic Flame to the entry of the stadium (penultimate bearer) for the opening ceremony of the winter Olympics in Grenoble in 1968 and was the last Olympic Torchbearer at the closing ceremony of the same winter Olympic Games. Rulon Gardner carried the American flag in the closing ceremonies of the 2000 Sydney Games. We can keep the athletes at the center of our work by emphasizing the humanity of our athletes through symbolic gestures and rituals in which they are center stage. We can take pride in the achievements of the athletes as they represent our nations, as well as how our athletes represent our sports. We must do this not with a sense of superiority but as a celebration of excellence!

1928–Amsterdam
Alberts Zvejnieks of Latvia

1932–Los Angeles
Georg Gehring Germany
Osvald Käpp of Estonia

1936–Berlin
Josef Klapuchof Czechoslovakia

1956–Melbourne
Hamit Kaplan of Turkey
Zdenek Růžička of Czechoslovakia
Shozo Sasahara of Japan
Robert Steckle of Canada

1960–Rome
Jiří Kormaník Czechoslovakia

1968–Mexico City
Abolfazl Anvari of Iran
Khorloogiin Bayanmönkh of Mongolia
Wilfried Dietrich W. Germany
Gürbüz Lü of Turkey
Branislav Simić of Yugoslavia

1972–Munich
Harald Barlie of Norway
Gholam Dastagir of Afghanistan
Bazarragchaagiin Jamsran of Mongolia
Alexander Medved of USSR
Abdollah Movahed of Iran
Robert N’Diaye of Senegal
Giyasettin Yılmaz of Turkey

1976–Montreal
Jan Karlsson of Sweden
Moslem Eskandar-Filabi of Iran
Nicolae Martinescu of Romania
Zevegiin Oidov of Mongolia
Aleksandar Tomov of Bulgaria

1980–Moscow
Vasile Andre of Romania
Nikolay Balboshin of USSR
Czesław Kwieciński of Poland
Zevegiin Duvchin of Mongolia
Vítězslav Mácha of Czechoslovakia

1984–Los Angeles
Joseph Atiyeh of Syria
Oumar Samba Sy of Mauritania

1988–Seoul
Vasile Andre of Romania
Bogdan Daras of Poland
Babis Holidis of Greece
Gustavo Manzur of El Salvador
Navind Ramsaran of Mauritius
Jouko Salomäki of Finland
Background/Purpose: Over the past 10 years, aggressive self-focused point scoring has declined in Greco-Roman wrestling because of how wrestling tactics and strategies are taught by coaches, enacted by wrestlers, and officiated by judges. This concentration on stopping an opponent from scoring, rather than aggressively pursuing individual opportunities for technical action, is demonstrated primarily by a wrestler continually holding fingers or wrists in the standing position and by lowering the position of the head (“preventative” wrestling). An analysis of all Gold medal matches of the 2015 European Games in Azerbaijan was performed by measuring the time, in seconds, of each final match. Only 6 technical points were scored from the standing position in the combined 8 finals matches. An overview of the duration of the match in standing and parterre position show that most of the match is held in a standing position (85.56%).

Conclusions: Low scoring from the standing position is expected when only 17% of the total match time is available for these techniques to be performed. In freestyle wrestling, it is still possible to attack the legs or even use the legs to attack while fingers or wrists are being held, but with many of the techniques used in Greco-Roman, a free hand must be available because the hands and arms are the sole components in execution of technique. The recommendation is to restrict keeping fingers and wrists for more than 2 to 3 s in the standing position. If a wrestler violates this rule, the first case is followed by a warning (attention); for repeated rule violations, a point can be given for the prevention of the wrestling.

Development of Speed of Movement in Young Wrestlers Through Circuit Training

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Background/Purpose: The article describes a method for the development movement speed in young athletes in the training process during the most favorable age period. Use of these circuit training exercises can significantly improve movement speed in young wrestlers.

Method: To determine the effectiveness of the developed method movement rapidity of in young wrestlers (60 subjects ages 9–10 years), an experiment was performed. Classes in the control group kept a traditional curriculum. The experimental group underwent special exercises to develop movement rapidity with a certain dosage. The technique included four series of exercises using circuit training (15 s each), and the rest interval was 30 s and 1 min.

Analysis/Results: Initially, there was no difference in performance between young athletes in the control and experimental groups ($p > .05$). Monitoring the physical fitness of young athletes has shown the advantage of training with exercises for movement rapidity development. Results of testing the participants show that the method of the experimental group is significantly more effective than the traditional system of education. Findings confirmed the assumption that young athletes between the ages of 9 and 10 years have favorable opportunities for the development of movement rapidity.

Conclusions: Results showed higher efficiency of the proposed method in comparison with the program used traditionally in the training process, and confirmed the effectiveness of its application for the movement rapidity development of young athletes. The improvement in all indicators was significantly higher in the
experimental group and provides a strong argument in favor of the proposed method.

Effect of High-Intensity Interval Training in a Hot Environment on Aerobic and Anaerobic Performance in Male Wrestlers

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Background/Purpose: Coaches and sport science experts seek ways to improve athletic performance and increase the efficiency of training in a short time frame. Researchers have studied high-intensity interval training, which improves not only aerobic performance but also anaerobic performance. Compared with traditional continuous training, high-intensity training can achieve maximum preparedness in a short period of time. This study examines the effect of high-intensity interval training in a hot environment as a supplement to improve the efficiency of this type of training on aerobic and anaerobic performance in male wrestlers.

Method: Participants were wrestlers who were invited to the national team camp and who took part in the premier league. Initially, 33 volunteers completed the questionnaire and medical assessment. Their performance was assessed by using a maximum incremental test on a treadmill to determine VO2max. Before and after training, all subjects performed a maximal incremental treadmill test (establishing time to exhaustion and the velocity at VO2max) to evaluate the aerobic performance and a Wingate test to assess anaerobic performance. The control group did not perform any activity during the study. Normal distribution of data and homogeneity of variance was confirmed by Kolmogorov-Smirnov and Levin tests.

Conclusion: Two weeks of high-intensity interval training in a heat environment, in comparison with a natural environment, significantly increases all indices of aerobic performance and some indices of anaerobic performance. Therefore, the mechanism of heat acclimation can be more prominent with high-intensity interval training in a heat environment than in the natural environment.

A Philosophical-Pedagogical Approach to Wrestling

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Background/Purpose: This study aimed to analyze wrestling from a philosophical and pedagogical approach. Wrestlers come to the palestra to wrestle, having exercised physically, mentally, spiritually, and morally aspiring to win: Their main concern is to show and prove decently their agonistic supremacy. To achieve the aforementioned objective—civilized manifestation of athletic excellence—it is necessary to respect the opponent and the sanctity of the match. The nature of wrestling requires demonstrating superiority, showing victory over the other, and not causing pain or destruction. The interaction of the body element with the moral, spiritual, and intellectual one makes wrestling a great educational tool. The choice of wrestling as a leading pedagogical agent from the ancient Greeks, and the fact that the palestra was the main educational area (campus) in ancient Greece, cannot be considered accidental: the young people went there to exercise their soul, spirit, and body.

Conclusions: The cultivation of ethical virtue of valor is a structural element of the sport of wrestling and giving to it a great moral-pedagogical dimension: Success is impossible in this sport without promoting decency and valor. An athlete’s bravery and sacred need for the acquisition of glory [δόξα(doxa)], which is naturally accompanied by the corresponding fear of nonacquisition of glory [μηδόξιον(mēdōxion)], eventually motivates him or her (the athlete) to contest. Strength and technique probably accompany valor and honor on the road to victory. Wrestling within the ancient ideal of fair play, is a timeless standard of high level athletic value and pedagogical practice.

Influence of Ascariasis on Immune State and Acute Respiratory Infections in Sportsmen

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Background/Purpose: Achieving peak form of condition is frequently complicated by physiological disorders such as secondary immunodeficiency. Immunological changes are specified by muscle loading and decrease of its intensity is impossible; however, thoroughly examining athletes for concomitant diseases that could enhance undesirable changes and increase susceptibility to acute respiratory infection should yield favorable results. This study aimed to detect the prevalence of intestinal parasites in junior wrestlers and evaluate their influence on serum levels of IFN-γ (Interferon gamma) and IL-4 (interleukin-4), morbidity with ARI, and the possibility of pharmacocorrection of identified changes.

Methods: A total of 210 elite junior wrestlers participated in the study. Also, a control group included 200 individuals from the Tashkent region. Diagnosis of intestinal parasites included triple coproscopy. Stool samples were collected in Turdyev preservative and were taken with 2–3-day intervals; formalin-ether technique was also used. Ecdysten possesses a diverse biological activity: adaptogenic, hepatoprotective, actoprotective, immunomodulating and other properties.

Analysis/Results: Intestinal parasitic diseases are of interest because Uzbekistan belongs to regions endemic to these diseases. Data show a fivefold increase of morbidity with ascariasis and indicate a possible role of decrease in the IFN-γ level in susceptibility to A. lumbricoides.

Conclusions: Prevalence of ascariasis in athletes in the region, endemic on intestinal parasites, is 5 times as high as in normal population. Elimination of parasites through treatment with albendazole and courses of ecdysten and esumide lead to recovery of physical fitness and improved immunological parameters.
Individualization of Training in Wrestlers

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Background/Purpose: This study aimed to develop a system of individualization of the phased training in wrestlers. The system is focused on forming, developing, and perfecting a style of single combat. The synthesized system includes managing (coach) and control (athlete) subsystems. One of the main directions in efforts to improve the training systems for athletes is an increased attention given to individual traits and abilities when choosing a sport specialization.

Method: The study involved 92 wrestlers, all of whom have experience wrestling for more than 5 years. The authors used the following methods: analysis and compilation of scientific and methodological literature and Internet resources, pedagogical monitoring, questioning, analysis of competitive activity, testing of physical development, system analysis, system synthesis, “tree” purposes, and statistical analysis. This study analyzes wrestler’s activities at the Olympic Games in Atlanta (1996), Sydney (2000), and Athens (2004), and the researchers conducted interviews with leading trainers, experts, judges, and academics. The researchers evaluated anthropometric physical and psychological characteristics in champions of each wrestling style. The relation between the results of these tests and model-governmental performance styles were evaluated.

Conclusions: The authors developed a system of individualization of stage-by-stage training in freestyle wrestling, which includes managing (coach) and managed (sportsman) subsystems. For this system, external factors have been determined that consist of two blocks: rules of competitions and scientific knowledge, which determine behavior of system sufficiently completely. Interactions both between managing and managed subsystems and between external factors and all system of individualization of stage-by-stage training have also been stated.

The Effect of Length of Tapering on Interleukin-6, Cortisol, and Performance in Elite Male Wrestlers

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Background/Purpose: This study investigated the effect length of tapering periods on concentration of plasma interleukin-6 (IL-6), cortisol, and performance in elite male wrestlers. Because of the response to training-induced stress, the hormones, IL6 and cortisol, are often discussed as markers for monitoring the stress of training and as predictors of performance capacity. After completing 4 weeks of the progressive training exercise, subjects were randomly assigned to 3 groups: a nontapering group (n = 10), which continued performing the progressive weekly training for 1 week; a 1-week tapering group (n = 10); and a 3-week tapering group (n = 10). Both of the taper groups used a 75% reduction in training volume. Blood interleukin-6 and cortisol levels were assayed. Aerobic power, anaerobic power, and general muscle strength was recorded to form a performance profile score. All data were collected before and after progressive training and after the tapering period. There were significant reductions in interleukin-6 levels between both tapering groups and the nontapering group (p = .00). There were significant reductions in cortisol levels between tapering 1 week and the nontapering group (p = .00). Also, there was significant increase performance profile score between 1 week tapering and the nontapering group (p = .01). The 1-week tapering group had a 75% reduction in training volume after progressive training and is a more effective strategy for reduction of IL-6, cortisol levels, and higher performance profile score in comparison with nontapering and 3-week tapering in elite male wrestlers. Shorter tapering (1 week) before major competitions is more effective when compared with a longer tapering (3 weeks) and nontapering in elite male wrestlers.

Foregoing Favorable Conditions of Gut Wrench Successful Attempts by Greco-Roman Wrestlers During the Senior World Championships 2013

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Background/Purpose: The gut wrench is the most typical and frequently seen technique in Greco-Roman wrestling. Because the last major amendments to the wrestling rules on May 2013, wrestlers and coaches must 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 the United World Wrestling office shows a lack of descriptions of tactical aspects of the gut wrench, while its technical features and physical training are well described. This study aimed to (a) classify the foregoing favorable conditions seen during the execution of all gut wrenches made in Greco-Roman wrestling tournament of the Senior World Championships 2013; and to (b) establish the presence of significant relations 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: This was an exploratory study through nondirect observation, based on video analysis and notational techniques.

Conclusions: 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.” On the basis of this conclusion, an important task to coaches must be to focus on how to train the ability to be offensively diverse as possible, with proper pedagogical planning and guidance.

Strength, Power, and Muscle Soreness in Collegiate Wrestlers

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Background/Purpose: Resistance training with different methods is often used to increase strength, power, and muscular hypertrophy in athletes, and importance of this kind of training in sport performance is clear. This research aimed to study the effect of 8 weeks constant and accommodative resistance training on strength, power, and muscle soreness in collegiate wrestlers. Participants were randomly divided into 2 groups: constant resistance and accommodative resistance. After preliminary measurements of height, weight, 3-site skinfolds, upper- and lower-body dynamic strength, and upper- and lower-body power, both groups trained for 8 weeks, with 80% of their 1 repetition maximum (RM) in bench press and squat with the same volume, and it also applied the specificity training principle during the exercise period. Twenty percent of 1RM were added gently to the load of accommodative group with chain through the range of motion. This load addition continued until all chain links were lifted off from the ground. The balance of performance speed was being controlled by metronome in both groups. The results of an independent t test also showed significant differences in increasing upper and lower body strength, upper and lower body power and also muscle soreness in accommodative group than constant group (p ≤ .05). The results of this study revealed that accommodative resistance method (compound of weight and chain) is more effective on increasing the strength and power in wrestlers than constant resistance method, although this method causes relatively more pain and soreness in muscles.

The Effect of Short-Term Use of Cold Spray on Ankle Joint Position Sense in Professional Wrestler

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Background/Purpose: In wrestling, the ankle is the most frequent site for joint sprains. The ankle is involved in approximately 38% of all wrestling injuries. During exercise or competition following the collision or performs various actions, uncontrolled pressure may be applied to the ankle of the wrestlers, which in some cases require medical treatment. Athletes often receive cryotherapy and immediately return to practice or competition. Although cryotherapy is commonly used in treating acute and chronic athletic injuries, the deleterious effects of limb cooling, such as decreased nerve and muscle function, slowed sensation and inhibition of normal reflexes may put an athlete at an increased risk of additional injury.

Method: Fourteen professional wrestlers participated in this study. The present study aimed to reproduce the angle of ankle joint, movement and angles planar and dorsi flexion, respectively, 20° and 10° were considered. Initially, each subject was asked to move his ankle to the target angle with open eyes three times, and hold this position for 3 s each time. Then, to eliminate visual interference during measurement of the test, the participant’s eyes were closed by blindfold, and he was asked to move his ankle in two condition—first in active and then with the move of examiner to the target angle in passive form.

Analysis/Results: Results show that the regeneration error after using the spray increased 0.23° and 0.29°, respectively, in active and passive dorsiflexion.

Conclusions: It appears that the use of cold spray for a short time only has an immediate effect on the skin receptors.

Comparison of Red Blood Profiles and Oxygen Transport Capacity of Elite and Subelite Wrestlers

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Background/Purpose: This study aimed to compare the red blood profiles that are determinants of oxygen transport system, of elite wrestlers with subelite wrestlers. This study included 21 elite wrestlers of the national team of Turkey who volunteered to participate. Biochemical parameters were determined during a transition period and the blood was drawn in a resting state for each participant. The T tests were used to compare the groups’ parameters. There are no significant differences between the groups except age. Elite wrestlers age was found to be significantly higher than sub elite wrestlers (p < .005). The red blood cell count, hemoglobin, hematocrit, mean corpuscular hemoglobin, and mean corpuscular hemoglobin concentration were within normal limits and also for athletes indicates a positive development and there were no significant differences between the groups. Training increases total hemoglobin mass by stimulating erythropoiesis, which increases the amount of oxygen that can be carried by blood. Regular examination of hemotological variables is desirable as many athletes have values close to the boundary of the standard range.

A Comparison of Mental Toughness and Emotional Intelligence in Junior Iranian Wrestlers

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Background/Purpose: Psychologists, sport experts, and authorities believe that an athlete’s physical, technical (tactical), and mental readiness result in better performance and superiority. Despite broad consensus on the importance and efficiency of mental toughness in training sport champions, there is no operational definition agreed by all researchers and coaches. Emotional intelligence is the ability to recognize, measure, and manage own and other emotions. This study aimed to compare mental toughness and emotional intelligence in junior-level Iranian wrestlers. For this study, 32 elite freestyle wrestlers and 32 elite Greco-Roman with the average age of 17–20 years were selected.

Analysis/Results: The average of mental toughness, self-motivation, and sympathy of Greco-Roman wrestlers is more than that of freestyle wrestlers, but in other qualifications, the average of freestyle wrestlers is much better than that of Greco-Roman wrestlers, such as social skills, self-control, self-awareness, and emotional question. Results indicated that emotional intelligence and mental
toughness play an effective role in improvement of mental health. Findings for this research indicated that there is no significant relation between mental toughness and emotional intelligence in wrestlers. This work, along with other researches on the subject, indicates that average mental toughness, self-stimulation, and empathy are higher in Greco-Roman wrestlers than in freestyle wrestlers but in other areas, self-control, social skills, and self-consciousness are higher in freestyle wrestlers than in Western-style wrestlers. Different factors such as location of competitions, age, level of activity, nature of sport field, and other individual differences have significant roles in forming and creating optimal mental skills.

Scoring Analysis of the First European Games Baku 2015

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Background/Purpose: From the perspective of Olympic wrestling, the 1st European Games in Baku were completely successful. The enthusiastic spectators and volunteers next to the actors on the mat and wrestling competitions were a festival of sport. Wrestlers were recommended in the Heydar Aliyev Arena as worthy members of the Olympic family. The authors focused on technical-tactical aspects of the champions in their 34 (or 35) bouts because these represent the highest level in all three styles. The authors observed one or two exceptional champions in men’s and women’s freestyle wrestling men. In Greco-Roman wrestling, the champions in their 35 bouts need an average of 2 min 20 s to come to the first technical point. In this study, Greco-Roman wrestling included 180 participants from 34 countries. The technical structure fails in some areas, and there is a decline in the technical variety. Lifts and turnover disappeared. Women’s freestyle wrestling included 116 participants from 29 countries. The technical structure of the female champions is remarkable, which includes a good variety of techniques with leg attacks, take-downs, and gut wrench. The winning technique in women’s freestyle wrestling is the “counter.” With regards to this winning strategy the performance of the champion in 58 kg is very interesting. Men’s freestyle wrestling included 157 participants from 32 countries. The technical structure of the freestyle men champions is balanced. There is a good variety of techniques with dominating leg attacks. A role model is Abdulrashid Sadulaev, with his perfect attack techniques including leg attacks and gut wrench.