

# UWW WORLD CONFERENCE 2025



## Scientific and Professional Symposium:

“Optimizing Performance:  
Multidisciplinary Perspectives in Wrestling”

ORGANISERS



PARTNERS



FACULTY OF  
KINESIOLOGY  
SPLIT



17-19 SEPTEMBER  
THE WESTIN HOTEL ZAGREB, CROATIA

17<sup>th</sup> September

# UWW WORLD CONFERENCE 2025

Scientific and Professional Symposium “Optimizing Performance: Multidisciplinary Perspectives in Wrestling”

17-19 SEPTEMBER / THE WESTIN HOTEL ZAGREB, CROATIA



## MAIN PROGRAM (HALL A)

12:00 - 14:00

## MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)

Topic: **Injury prevention in wrestling**

Topics & Presenters:

1- **Dr. Szabolcs Molnár: Injury Prevention in Wrestling - 25'**

2- **Dr. Márton Jász: What are the differences in sports injuries between the senior world championships and the Olympic Games? - 15'**

3- **Dr. Kohei Nakajima: Can wrestlers with recurrent shoulder dislocation continue in competitive wrestling? - 15'**

4- **Dr. Francisco Lee: Shoulder recovery for wrestlers after first time dislocation. - 15'**

5- **Dr. Johann Klaus: Mechanism and prevention of spine injuries in wrestling. - 15'**

6- **Dr. Bachman Mirzaei: Energy System Contributions to Simulated Greco-Roman Wrestling Matches -15'**

Moderator: **Dr. Aviram Shmuely**

14:00 - 14:45

### Registration and Welcome

Welcome & Introduction

**Mr. Nenad Lalovic – UWW President**

**Mr. Carlos Roy – UWW SG**

**TBD - Croatian Ministry of tourism and sport – Minister or representative person**

**TBD - Croatian Olympic committee - President or representative person**

**Mr. Vladimir Bregović - Croatian wrestling federation - President**

**TBD - Zagreb city – Major of Zagreb or representative person**

**Mr. Mario Baić – Dean of University of Kinesiology Zagreb**

**TBD - UWW Bureau Members and Commission Chairs**

15:30 - 16:00

### Future of wrestling and sports Q & A with Mr. Lalovic

Presenters:

**Nenad Lalovic - UWW president**

**Deqa Niamkey – UWW Development Director**

16:00 - 16:55

**UWW Partners, Sponsors:**

**N3XT – UWW Digital transformation and future of sport landscape,**

**TAISHAN - Equipment & new technologies,**

**Rudis – wrestling apparel**

Speakers:

**Mounir Zok - CEO - N3XT SPORTS**

**Joseph Liu - ASSISTANT OF FOREIGN AFFAIRS - TAISHAN**

**Jesse Leng - CO-FOUNDER & CEO - RUDIS**

**Nancy Schultz - PARTNER & GLOBAL WRESTLING AMBASSADOR - RUDIS**

Moderator: **Gordon Templeman – UWW Commercial and Communication Director**

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MAIN PROGRAM (HALL A)		MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)	
16:55 - 17:15		Coffe break	
17:15 - 17:45	<p><b>New disciplines &amp; Associated styles and disciplines</b></p> <p>Speakers: PEDRO SILVA – BUREAU MEMBER - UWW ONUR SIMSEK – ASSOCIATED STYLES MANAGER - UWW</p> <p>Moderator: JEAN-DANIEL REY – SPORTS DIRECTOR - UWW</p>	<p><b>Introduction, Welcome speach &amp; conference objectives</b></p> <p>Buyandelger Peljee - UWW scientific Committee president Mario Baić - Dean of Faculty of Kinesiology, University of Zagreb</p> <p><b>INVITED LECTURERS</b> 2 presenters * 15 minutes = 30 minutes + (5 presenters * 2 minutes) 10 QA (TOTAL= 40 min)</p>	
18:00	Departure for competition venue - World Championship competition	Departure for competition venue - World Championship competition	



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MAIN PROGRAM (HALL A)		MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)	
08:30 - 09:00		Welcome coffee	
09:00 - 09:10	WELCOME & RECAP ON DAY 1	08:30 - 09:25	INVITED LECTURERS
BEACH WRESTLING RULES – ACTIVITY. Speaker: Zach Erret - EDUCATION MANAGER - UWW		2 presenters * 15 minutes = 45 minutes + 15 min QA Poster set-up	
09:00 - 09:10	BRIDGING THE GAP: HOW COLLABORATION POWERS CLEAN SPORT	Topics & Presenters: 1. INVITED LECTURE: Elite athletes' competition performance & importance and role of the performance data analysis (PDA) platform - Milorad Dokmanac (15') 2. INVITED LECTURE: Organizational Challenges and Opportunities in Wrestling Events: The ISF Gymnasiade Case Study - Kristijan Slačanac (15') Moderators: Georgy Korobeynikov, Edisher Machaidze, Hrvoje Karninčić	
Panelists: Hassan Rangraz - HEAD COACH - GR - IRAN NATIONAL FEDERATION Mario Baić - DEAN OF THE FACULTY OF KINESIOLOGY - UNIVERSITY OF ZAGREB Carlos Roy - SECRETARY GENERAL- UWW Arsen Julfalakyan - CHAIR OF THE ATHLETES COMMISSION- UWW Saam Falahati - MEDICAL COMMISSION - UWW Moderator: Buyandelger Peljee - BUREAU MEMBER - UWW			
10:05 - 10:30		Coffe break	
10:30 - 10:50	SPORT NUTRITION AND WEIGHT MANAGEMENT	Poster presentation	
Presenter: Kuniko Tanioka - PRESIDENT - SHIGAKKAN UNIVERSITY		Presenters: - Energy System Contributions to Simulated Greco-Roman Wrestling Matches - Foad Rahmani - Effects of Eight Weeks of Whole-Body Electromyostimulation on Neuromuscular Performance and Anabolic-Catabolic Hormonal Profiles in Elite Wrestlers - Amir Rashidlamir (8') - From Theory to Practice: Implementation of ASR-based HIIT Methodology in Wrestling Preparation - Valdemar Štajer - Relationships Between Generic Performance and Specific Wrestling Performance in Greco-Roman Wrestlers - Kreso Skugor - The Relationship Between Self-Determined Motivation and Weight Management in Adolescent Greco-Roman Wrestlers - Krešo Škugor - Relationship Between the Acceleration of Biological Development and the Results of Sport-Specific Tests in Young Wrestlers - Kristijan Slačanac - Effects of Warm-Up in Wrestling: A Mini-Review - Marta Milunović - The Role of Athlete Participation and Funding in Medal Outcomes - Kristijan Slačanac - Integrating Early Talent Selection Models into Performance Optimization Strategies for Young Wrestlers - Andreea Constantina ANDREI (PĂTRU) - Post-Olympic Motivation in Elite Female Wrestlers: Psychological Perspectives on Sustaining High Performance - Grigore (Vuc) Emilia-Alina - Post-Activation Potentiation in Judo and Wrestling: Acute Effects on Physical Performance - Dejan Volaš (8') Moderators: Georgy Korobeynikov, Isik Ozkan, Hrvoje Karninčić	

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MAIN PROGRAM (HALL A)

MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)

10:55 - 12:30

PANEL DISCUSSION: HEALTHY TRAINING OF WRESTLERS

Panelists:

**Kuniko Tanioka** - SHIGAKKAN UNIVERSITY - PRESIDENT

**Saam Falahati** - MEDICAL COMMISSION - UWW

**Iaonis Barbas** - SCIENTIFIC COMMISSION - UWW

**Avriam Shmueli** - Advanced Mouth Guards in Wrestling - MEDICAL COMMISSION- UWW

**Bruce Anderson** - Common skin condition in junior wrestlers - MEDICAL COMMISSION - UWW

Moderator: **Szabolcs Molnar** - MEDICAL COMMISSION- UWW

12:30 - 14:00

Lunch

12:30 - 14:00

BUILDING RELATIONSHIPS WITHIN NF'S - WORKING TOGETHER FOR SUCCESS

Presenters:

**Sheila Stephens Desbans** - HEAD OF SPORT DEVELOPMENT UNIT- IOC

**Csilla Ali** - HEAD OF INTERNATIONAL RELATIONS - HUNGARIAN NATIONAL FEDERATION

**Benedikt Ernst** - SPORTS DIRECTOR- AUSTRIA WRESTLING FEDERATION

13:45 - 14:30

INVITED LECTURER

2 papers \* 15 minutes = 30 minutes + 10 min QA

Topic & Presenter:

**1. INVITED LECTURE: Coaches' experiences, challenges and solutions in athlete development**

- **Mehmet Gül** (15')

**2. INVITED LECTURE: The Acute and Chronic Effects of Respiratory Muscle Training in Wrestling**

- **Mehmet Kutlu** (15')

Moderators: **Georgy Korobeynikov, Isik Ozkan, Hrvoje Karninčić**

14:30 - 15:30

PANEL DISCUSSION: GROWING WRESTLING THROUGH COLLABORATION AMONGST GROUPS AND COMMISSIONS

Panelists:

**Csilla Ali** - HEAD OF INTERNATIONAL RELATIONS - HUNGARIAN NATIONAL FEDERATION

**Alexey Bazulin** - REFEREE COMMISSION- UWW

**Shaheran Jordan** - LEGACY AND SUSTAINABILITY COMMISSION- UWW

**Sheila Stephens Desbans** - HEAD OF SPORT DEVELOPMENT UNIT- IOC

**Benedikt Ernst** - SPORTS DIRECTOR- AUSTRIA WRESTLING FEDERATION

**Babak Shadgan** - CHAIR OF THE MEDICAL COMMISSION- UWW

Moderator: **Deqa Niamkey** – DEVELOPMENT DIRECTOR - UWW

Abstract and/or full paper PowerPoint presentation

(8 minutes \* 4 presenters = aprox. 32 minutes + QA 5 min \* 4 presenters = 20 min TOTAL = 52 min)

Presenters (abstract&fullpaper):

**1. The Effect of Voluntary Breathing Techniques on Gas Exchange Efficiency and Aerobic and Anaerobic Endurance in Middleweight Wrestlers** - **Husein Sabhan Sikhe** (8')

**2. Rapid Weight Loss and Micronutrient Balance in Wrestlers: Significant Alterations in Vitamin Levels** - **Fatma Nese Sahin** (8')

**3. Natural Balance Superfood Supplementation Enhances Antioxidant Defense and Anaerobic Capacity While Reducing Inflammation in Elite Male Wrestlers: A Randomized, Double-Blind, Placebo-Controlled Trial** - **Amir Rashidlamir** (8')

**4. The effect of one week supplementation of citrulline malate, L-arginine and their combination on aerobic, anaerobic power and creatine kinase, lactate dehydrogenase and C-reactive protein levels in male wrestlers** - **Amir Shakib** (8')

Moderators: **Georgy Korobeynikov, Mehet Kutlu, Hrvoje Karninčić**



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MAIN PROGRAM (HALL A)

MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)

15:30 - 15:50

Coffe break

15:50 - 16:20

ATHLETE CAREER TRANSITION – MOVING FROM FULL TIME ATHLETE TO THE WORKFORCE

INVITED LECTURER

Presenters:  
Neven and Nenad Žugaj - UWW EDUCATORS

15 minuts \* 4 presenters = aprox. 60 min + QA 4\*5 minutes = 20 minutes. TOTAL = 80 minutes

**Abstract and/or full paper PowerPoint presentation**

(8 minutes \* 2 presenters = aprox. 16 minutes + QA 5 min \* 2 presenters = 10 min TOTAL = 26 min)

16:20 - 17:25

PANEL DISCUSSION: FORMER WRESTLERS DESCRIBING THEIR TRANSITION FROM COMPETITION WRESTLING TO OTHER JOBS IN WRESTLING

Presenters (invited lectures):

1. INVITED LECTURE: International Network of Wrestling Researchers (INWR) & The International Journal of Wrestling Science: Status and Perspectives - David Curby, Mario Baić
2. INVITED LECTURE: Adaptive Robotic Barbas Wrestling Dummy: Real-Time Classification of Double-Leg and Single-Leg Takedowns - Nikos Angelousis (15')
3. INVITED LECTURE: „Jumping ability” measurement results and „foot shape” in high advanced - Włodzimierz Starosta, Mario Baić (15')
4. INVITED LECTURE: Technical–Tactical Analysis of Medal Matches at the 2024 European Senior Wrestling Championships - Ozkan Isik (15')

Panelists:  
Zugaj brothers - COACH EDUCATORS - UWW  
Mijain Lopez - AMBASSADOR- UWW  
Arsen Julfalakyan - CHAIR OF THE ATHLETES COMMISSION- UWW  
Don Ryan - BUREAU MEMBER- UWW  
Alexey Bazulin - REFEREE COMMISSION- UWW  
Erica Weibe - MANAGER – ATHLETE RELATIONS, SAFE SPORT - CANADIAN OLYMPIC COMMITTEE  
Bruce Baumgardner - BUREAU MEMBER - UWW  
Moderator: Yuri Maier - SPORT AND DEVELOPMENT OFFICER - UWW

Presenters (abstract&fullpaper):

1. Crossing Borders on the Mat: Legal and Ethical Dimensions of Nationality Transfers in International Wrestling - Mohammadreza “Sipan” Dolatkah (8')
2. Evaluation of Grip Strength, Countermovement Jump Test, SWPT, and SWFT in Guatemalan Olympic Wrestlers - Francisco Salvador Lee Guandique (8')

Moderators: Georgy Korobeynikov, Hrvoje Karninčić, laonis Barbas

18:00

Departure for competition venue - World Championship competition

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12:00 - 14:00	Welcome coffee	
09:00 - 09:05	WELCOME & RECAP ON DAY 2	Abstract and/or full paper PowerPoint presentation
	DEQA NIAMKEY – UWW DEVELOPMENT DIRECTOR	(8 minutes * 7 presenters = aprox. 56 minutes + QA 5 min * 8 presenters = 40 min TOTAL = 106 min)
09:05 - 09:45	BREAKOUT ACTIVITY - OLYMPIC STYLES RULES	Presenters:
	VACLAV SCHIENER - REFEREE COMMISSION- UWW	1. Trends in Weight Management Among State-Qualifying High School Wrestlers: Implications for Athletes, Clinicians and Policy Development - Mark Berg (8')
09:45 - 10:30	PANEL DISCUSSION: UNDERSTANDING THE RULES AND IMPLICATIONS ON COACHING	2. Correlation Between the Initiation of Technical-Tactical Elements and Competitive Ranking in Elite Greco-Roman Wrestling - Nikola Starčević (8')
	Panelists: VACLAV SCHIENER - REFEREE COMMISSION- UWW TERRY STEINER - HEAD COACH - WW - TEAM USA ARSEN JUFALAKYAN - CHAIR OF THE ATHLETES COMMISSION- UWW ZACH ERRETT - EDUCATION MANAGER - UWW Moderator: Ibrahim Cicioglu - REFEREE EDUCATION COORDINATOR - UWW	3. Comparative analysis of the performance of medalists and non-medalists at the national greco-roman wrestling championship - Maio Bajan (8')
10:30 - 10:50	Coffe break	4. The role of Long-Term Neuromuscular Movement Training on Cardiovascular Health in Women Wrestlers - GHADIR ZAHABI (8')
10:50 - 11:20	COACHING WOMEN – CHANGING WITH THE TIMES	5. Boy Wrestlers’ Social Orientation Towards Coaches and Peers Across Three Age Groups - Ivica Biletić (8')
	Presenter: Terry Steiner - HEAD COACH WOMEN’S WRESTLING - TEAM USA	6. "Establishing Model Characteristics for Optimizing Special Physical and Technical-Tactical Preparation in Elite Judo Athletes" - Belkadi Adel (8')
11:20 - 12:15	PANEL DISCUSSION: HOW TO SUPPORT AND TRAIN WOMEN WRESTLERS	7. Physical Performance and Competitive Success in Beach Wrestling vs. Modified-Style Wrestling - Nora Pisker (8')
	Panelists: Terry Steiner - HEAD COACH - WW - TEAM USA Kuniko Tanioka - SHIGAKKAN UNIVERSITY - PRESIDENT Marwa Amri - HEAD COACH - WW- TUNISIA NATIONAL FEDERATION Vincent Aka - DEVELOPMENT OFFICER- UWW Sofia Mattsson - HEAD COACH - WW - SWEDEN NATIONAL FEDERATION Erica Weibe - MANAGER – ATHLETE RELATIONS, SAFE SPORT - CANADIAN OLYMPIC COMMITTEE Moderator: NADINE PIETSCHMAN - PRESIDENT - SWISS NATIONAL FEDERATION	Moderators: Georgy Korobeynikov, Ioanis Barbás
12:15 - 13:00	CONCLUSION / FINAL REMARKS	



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### MAIN PROGRAM (HALL A)

### MEDICAL & SCIENTIFIC SYMPOSIUM (HALL B)

13:00 - 14:00

Lunch & END of conference and symposium

### NATIONAL FEDERATIONS WORKSHOP

15:00 - 16:00

Registration and Welcome

Welcome & Introduction  
**Mr. Carlos Roy** – UWW SG  
**Mr. Jean Daniel Rey** – UWW Sports Director  
**Mr. Deqa Niamkey** – UWW Development Director

15:15 - 16:00

Capacity Building, Finance, Event organization, Other Entities, EU Erasmus, NGOs

**Tin BREGOVIC** – Croatian Wrestling Secretary General  
Presentators:  
**Nenad BORKOVIC** – Prof. Kinesiology and specialist in EU funds  
**Ivan BLAZEVIC** -  
Moderator: **Jean Daniel Rey** – UWW Sports Director

16:15 - 16:45

Coffe break

17:00 - 18:00

Case Studies from NFs

Moderator: **Deqa NIAMKEY** – UWW Development Director

18:15

END OF WORKSHOP

18:30

Departure for competition venue - World Championship competition