

Examination of the Frequencies of the Wrestling Techniques Applied in Adults Freestyle Wrestling Turkey Championship According to the Competition Rounds

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Abstract--- The aim of this study is to determine whether there are differences between the rounds by determining the techniques that can be applied in the first and second rounds of the Adults Freestyle Wrestling competitions held in the center of Kahramanmaraş.

Around 600 wrestlers aged between 17 and 35 in 10 weight classes (57kg, 61kg, 65kg, 70kg, 74kg, 79kg, 86kg, 92, 97kg, 125 kg.) participated in the Adults Freestyle Wrestling Turkey Championship held on 16-19 December 2021 in the center of Kahramanmaraş on 3 mats.

Teams to contribute to the data collection process were formed. Due to the pandemic (Diffuse Corona Disease), the competition data were examined and evaluated from the camera recordings recorded by the relevant federation. The third round of matches that extended to the third round was not considered.

The data of the last 300 competitions of wrestling competitions were carefully examined and written on the forms prepared by expert teachers in the wrestling department.

When the total number of repetitions and percentage figures of the first and second rounds of the applied techniques are examined, the total number of repetitions and the percentage figures of the applied techniques are as follows; Hip headlock; 27-2,45, Single leg tackle; 627-55,14, Waistlock; 21-1,83, Double leg tackle; 482-44,42, Fireman's carry; 68-5,98, Switch; 86-7,64, Gut wrench; 770-70,87, Çipe; 5-0,36, Footlock; 22-1,93, Arm spin; 26-2,21, kravatt; 20-1,66, Kle; 26-2,32, Pulling down with front head and arm 30-2,38, Side head throwing; 8-0,57, bravle; 3-0, 24.

The wrestling techniques, which take the first three places as the most repetition and percentage values in total, are gut wrench with 450 times, single leg tackle with 420 repetitions and double leg tackle with 280 repetitions, respectively. In total, the least repetitive ones were found to be bravle with 3 repetitions, çipe with 5 repetitions, and sidehead throwing with 8 repetitions. The data in the observation forms were evaluated in the computer SSPS package program environment and tables were created by making percentage calculations.

As a result, it was determined that the first three of the most applied wrestling techniques in the first and second rounds of the competitions were gut wrench (70.87%), single leg tackle (55.14%), double leg tackle (44.42%), respectively. They were repeated more in the first rounds. In total, the least repeated techniques were bravle (0.24%), çipe (0.36%), sidehead throwing (0.57%), and the other nine techniques were in the middle ranks with different percentages.

Keyword--- Freestyle Wrestling, Technique, Frequency.

I. Introduction

Wrestling is one of the oldest interests of people (Pehlivan, 1984). If the wrestling, whose national and international competitions are being held in the world and which held in the Olympic Games for the first time in 776 BC (Petkov& Angelov, 1978), is considered in terms of competition, we see that it has a long and old history as well as the history of humanity and the simplest and natural form of competition among people (Başaran, M., 1989, "Freestyle and Greco-Roman Wrestling" Turkish Youth and Sports General Directorate). Wrestling, one of the first sports games, is one of the sports that people give great importance to today as it used to be (Atik, 1973). Since its first application, different types of wrestling have been made for different purposes in different tribes and regions (Petrof, Dobrev, Berberov, Makaveev, 1977).

Wrestling is a type of sport in which wrestlers try to beat each other within predetermined rules without hitting each other. Wrestling is one of the oldest sports in history and different styles and forms have been developed over time (Eryiğit, 1996; İğrek & Karataş, 2000). There are also national and international tournaments such as Greco-Roman wrestling in Freestyle Wrestling. However, all tournaments of freestyle wrestling are held between male and female wrestlers.

Wrestling is played in half minute intervals and in 2 rounds. Each round lasts 3 minutes. In case of equality in the rounds, another round, that is, third round wrestling, is also performed. In order to beat the opponent in wrestling, wrestling techniques called "game" are available among the people by using every limb of the body and holding every limb of the opponent such as leg, neck and body. Wrestling techniques are named according to their grip point and types of gripping, throwing, and tackling.

In freestyle wrestling, games are applied all over the body, including the feet. This wrestling style is more common in our country because it is similar to traditional wrestling in Turkey.

Technique in wrestling is the methods applied by one of two competing wrestlers with the same power, strength and knowledge to defeat the other properly. Applying these limited techniques are also important factors that play a role in the performance in applying muscular strength, rapid reaction time, agility, neuromuscular coordination, static, dynamic perfect balance, high anaerobic power, high aerobic capacity techniques in the first and second round (Akgün, 1994).

The aim of this study is to determine whether there are differences between the competition rounds by determining the techniques that can be applied in the first and second rounds of freestyle wrestling.

The importance of the study is to provide more benefit from the techniques that stand out compared to the new competition rounds in the light of the data to be obtained by wrestlers and coaches and even the audience, to improve the quality of the competition, and to create a resource for the studies in this field.

II. Method

Around 600 wrestlers aged between 17 and 35 in 10 weight classes (57kg, 61kg, 65kg, 70kg, 74kg, 79kg, 86kg, 92, 97kg, 125 kg.) participated in the Adults Freestyle Wrestling Turkey Championship held on 16-19 December 2021 in the center of Kahramanmaraş on 3 mats. The wrestling in question officially started on Wednesday, 15/12/2021 at 16:00-17:00 with a technical meeting and drawing. The age ranges of the competitors are limited to the participation

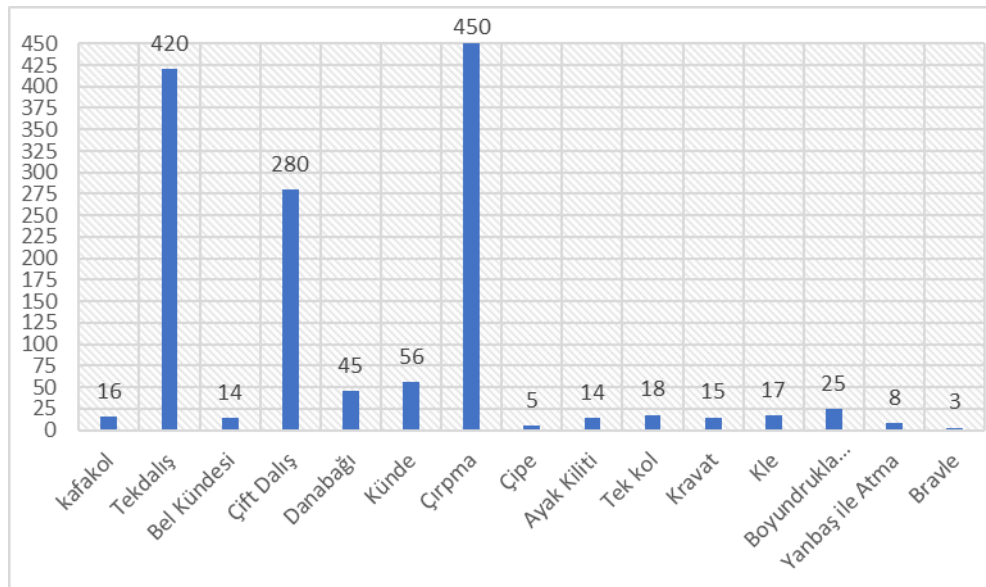
of wrestlers between the ages of 17 (wrestlers aged 17-18 are required to show the wrestling doctor's report on the scale) and 35 (Turkey Wrestling Federation, 2021).

Teams to contribute to the data collection process were formed. Due to the pandemic (Diffuse Corona Disease), the competition data were examined and evaluated from the camera recordings recorded by the relevant federation. The third round of matches that extended to the third round was not considered.

The forms, in which the previously created teams were able to write the names of the techniques applied by wrestlers in the first and second rounds of the competitions, were created in accordance with the colors of the wrestling swimsuits. Brief information was given on how to note the data of the wrestling competitions on the "Competition Observation Form" prepared by the experts beforehand. Some tests were conducted. After completing the deficiencies seen, 300 competitions from all competitions held in three different mats at the 2021 Turkey Adults Freestyle Wrestling Championship constitute the universe of the study.

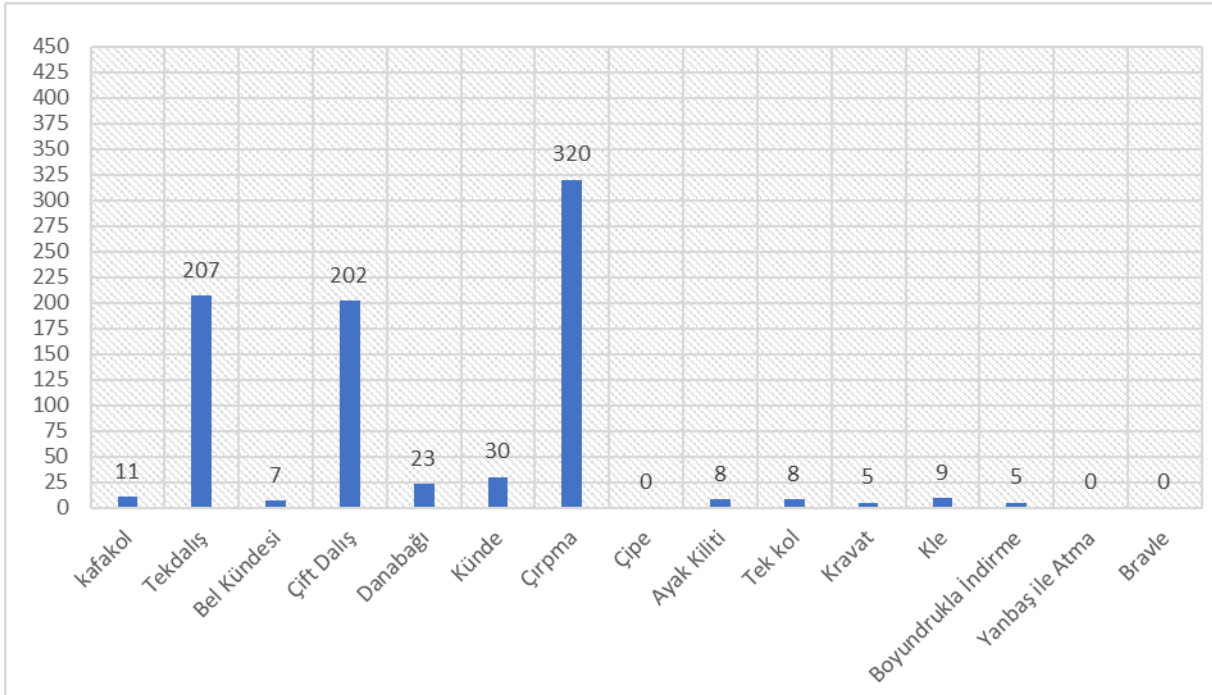
The data in the observation forms were evaluated in the computer SPSS package program environment and tables were created by making percentage calculations.

III. Findings



Graph 1: Repetition Numbers of Techniques Applied in the First Rounds of all Competitions

In Graph 1, it is seen that from the 3 most repeated techniques throughout the tournament respectively; Gut wrench was repeated 450 times, Single leg tackle was repeated 420 times and Double leg tackle was repeated 280 times, whip, odd, double dive, respectively. The three least applied techniques are bravle with 3, çipe 5, yanbaş 8 repetitions, respectively.



Graph 2: Repetition Numbers of Techniques Applied in the Second Rounds of all Competitions

In graph 2; In the second rounds of 300 wrestling competitions, the order of the most repeated techniques has not changed, but there is a decrease in the number of repetitions. The numbers of repetitions of the techniques are at most; Gut wrench 320, Single leg tackle 207 and Double Leg tackle 202 at the first three, bravle 0(zero), sidehead throwing 0(zero), çipe 0(zero) times at the last three.

Table 1: Repetition Numbers of Techniques Applied in Competitions and Percentages by Rounds

Rank	Applied Techniques	1st Round		2nd Round		TOTAL	
		Number of repetitions	%*	Number of repetitions	%*	Number of repetitions	%***
1	Hip Headlock	16	1,15	11	1,30	27	2,45
2	Single Leg Tackle	420	30,30	207	24,84	627	55,14
3	Waistlock	14	1,02	7	0,81	21	1,83
4	Double Leg Tackle	280	20,20	202	24,22	482	44,42
5	Fireman's Carry	45	3,24	23	2,74	68	5,98
6	Switch	56	4,04	30	3,60	86	7,64
7	Gut Wrench	450	32,46	320	38,41	770	70,87
8	Çipe	5	0,36	0	0	5	0,36
9	Foot Lock	14	1,01	8	0,92	22	1,93
10	Arm spin	18	1,29	8	0,92	26	2,21
11	Kravat	15	1,08	5	0,58	20	1,66
12	Kle	17	1,24	9	1,08	26	2,32
13	Front Head and Arm Lowering	25	1,80	5	0,58	30	2,38

14	Sidehead Throwing	8	0,57	0	0	8	0,57
15	Bravle	3	0,24	0	0	3	0,24
	<i>TOTAL</i>	<i>1386</i>	<i>100</i>	<i>835</i>	<i>100</i>	<i>2221</i>	<i>200</i>

% * Percentage ratios in the 1st and 2nd rounds according to the *total number of repetitions of each technique applied*.

% * * The total number of repetitions and total percentage ratios of the total techniques applied in the rounds and all competitions.

As seen in Table 1, the total number of techniques that wrestlers can apply is 15. In other words, 15 techniques were taken as a basis.

According to the total number of repetitions of each technique in the competition, the percentages of these techniques in the 1st and 2nd rounds are as follows; Hip headlock; 1,15 - 1,30, Single leg tackle; 30,30-24,84, Waistlock; 1,02-0,81, Double leg tackle; 20,20-2,74, Fireman's carry; 3,24-2,74 Switch; 4,04-3,60, Gut wrench; 32,46-38,41, Çipe; 0,36-0, Footlock; 1,01-0,92, Arm spin; 1,29-0,92, Kravat; 1,08-0,58, Kle; 1,24-1,08, Front head and arm lowering; 1,80-0,58, Sidehead Throwing; 0,57-0, Bravle; 0,24-0.

When the total numbers of the applied techniques in the first and second rounds are examined, the total number of repetitions and the percentage figures of the applied techniques are as follows; Hip headlock; 27-2,45, Single leg tackle; 627-55,14, Waistlock; 21-1,83, Double leg tackle; 482-44,42, Fireman's carry; 68-5,98, Switch; 86-7,64, Gut wrench; 770-70,87, Çipe; 5-0,36, Footlock; 22-1,93, Arm spin; 26-2,21, Kravat; 20-1,66, Kle; 26-2,32, Front head and arm lowering; 30-2,38, Sidehead Throwing; 8-0,57, bravle; 3-0,24.

The wrestling techniques, which take the first three places as the most repetition and percentage values in total, are Gut wrench with 450 repetitions, Single leg tackle with 420 repetitions and double leg tackle with 280 repetitions, respectively. In total, the least repetitive techniques are bravle with 3 repetitions, bravle with 5 repetitions, and bravle with 8 repetitions.

IV. Discussion and Conclusion

The discussion will be made on the data obtained in the study because the analysis studies of wrestling techniques have not been found on the Internet.

As it is seen in Graph 1, respectively the techniques of Gut wrench, Single leg tackle and Double leg tackle take the first three ranks with the highest number of repetitions in the first round of the competitions. One of the reasons for this situation is that these techniques are the most suitable and guaranteeing techniques for freestyle wrestling legislation.

The least repeated techniques in the first round are bravle, çipe and sidehead throwing techniques. The most important reason for this is thought that these three techniques are the techniques applied by holding the upper extremities of the wrestlers and the upper extremities of the opponent, and they are the most suitable techniques for greco-roman wrestling.

According to the findings in Graph 2, although there is no change in the repetition order of the most repeated and least repeated freestyle wrestling techniques, significant decreases in the number of repetitions are detected. Fatigue is one of the most important reasons for this situation.

In the study, the total number of techniques that wrestlers were able to apply was 15. According to the total number of repetitions of each technique applied in the aforementioned

competitions, the 1st and 2nd round repetition and percentage values are as follows; Hip headlock; 27-2, 45, Single leg tackle; 627-55,14, Waistlock; 21-1.83, Double leg tackle; 482-44, 42, Fireman's carry; 68-5, 98, Switch; 86-7, 64, Gut wrench; 770-70, 87, Çipe; 5-0, 36, Footlock; 22-1, 93, Arm spin; 26-2, 21, Kravat; 20-1, 66, Kle; 26-2.32, Front head and arm lowering; 30-2.38, Sidehead Throwing; 8-0,57, bravle; 3-0, 24.

When examined carefully in general, in these competitions, there is no change in the number order and percentage values of free wrestling techniques that can be applied in the first and second rounds, but there is a decrease in the number of repetitions in the second round and in the percentage values depending on these numbers. One of the most important reasons for this situation is that the wrestlers do not risk the points, which they obtained in the first period, in the second round, that is, this is their tactics. It is thought that the second most important reason is the long "Pandemic Disease Process" in our general life, that is, cyclical reasons.

The reason for the Gut wrench technique with the highest number of repetitions and percentage value in both stages of the competitions in the aforementioned Turkish wrestling championship is due to the competition rules. The opponents of the wrestlers who could not get points in the competition and received passive punishment (in accordance with the competition legislation) are asked whether they want to continue wrestling on the ground or standing. In general, this preference is made in line with that they want to continue on the ground.

As a result, it was determined that the first three of the most applied wrestling techniques in the first and second rounds of the competitions were repeated more in the first rounds at the rate of Gut wrench (% 70,87), Single leg tackle (% 55,14), Double leg tackle (% 44,42), respectively. In total, the least repeated techniques were bravle (% 0,24), çipe (% 0,36), Sidehead Throwing (%0,57), and the other nine techniques were in the middle ranks with different percentages.

Suggestions; It should be ensured that other techniques are used more by making changes in the rules of freestyle wrestling competition and by increasing the score values of the techniques or by limiting the number of repetitions.

In order to ensure that the wrestling techniques that wrestlers can apply in competitions can be improved in terms of quality and quantity, trainers need to make broad training programs.

In order for wrestlers to perform at the same level in every round and every minute of wrestling competitions, they should work more devotedly and consistently.

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