

Modern Practice-Oriented, Scientifically-Based Approaches of the Development of the Wrestling

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Abstract: The article describes the exemplary organization of the 2017 World Championships in Paris in Greco-Roman, freestyle and women's wrestling. The results of the world championships of 2011, 2015 and 2017 among the continents were analyzed and summed up. The development potential of the leading wrestling countries of the world is revealed. The specific proposals of the international federation (UWW and the "United World of Struggle") have been made.

Key words: World championship, wrestling, wrestling federation.

1. Introduction

The international federations in all sports, having carefully analyzed the results of the past Olympic cycle, are seeking new scientifically grounded opportunities to improve the popularization of the sport they lead [1]. A particular concern in this direction is the federation (UWW United Struggle World). Realizing that without strategic, comprehensively studied, in practice, scientifically-verified approaches, it is inconceivable to compete in the rapidly developing global sports.

Discussion

The first in the new Olympic cycle, the World Championships in Greco-Roman, freestyle and women's wrestling was held in Paris (France) from 21 to 26 August 2017. It is a surprising fact that Paris, the city where the Greco-Roman wrestling revived (then was called French), never took the World Cup. But at the beginning of the last century, the most prestigious, popular professional tournaments took place, one of which was won by the legendary Russian hero Ivan Poddubny [2].

During the championship, a federation congress was held, at which regular additions to the competition rules were adopted.

From 2018, the championships of the continents, the world will be held in 10 weight categories, and the Olympic Games in 6 weight categories (Table 1).

The three styles of wrestling (Greco-Roman, freestyle and women's) will be played 120 medals (40 in each form of struggle). In the Olympic program, there are 24 awards in each style (total of 72 medals). Table 1 shows the new weight categories for which all official competitions will be held.

Competitions will be held in two days. Weighing contestants will be held in the morning every day. Two hours after weighing, the competition starts. On the second day of the competition allowed admission plus two kilograms. From 2019, the second day of the competition will be weighed clean. For the passive conduct of the struggle the athlete will be put on the ground. The first four athletes will be scattered at the World Championships and the 2020 Olympics in Tokyo, Japan, according to the federation-rated rating of the previous year. These additions to the rules of the

Table 1 Weight categories of official international competitions and Olympic Games in Greco-Roman, freestyle and women's wrestling.

№	Wrestling styles					
	Greco-Roman		Freestyle		Women's wrestling	
	Official competition program	Olympic program	Official competition program	Olympic program	Official competition program	Olympic program
1.	till 55 kg	-	till 57 kg.	till 57 kg	till 50 kg.	till 50 kg
2.	-//60-//	till 60 kg.	-//61-//	-	-//53-//	-//53-//
3.	-//63-//	-	-//65-//	-//65-//	-//55-//	-
4.	-//67-//	-//67-//	-//70-//	-	-//57-//	-//57-//
5.	-//72-//	-	-//74-//	-//74-//	-//59-//	-
6.	-//77-//	-//77-//	-//79-//	-	-//62-//	-//62-//
7.	-//82-//	-	-//86-//	-//86-//	-//65-//	-
8.	-//87-//	-//87-//	-//92-//	-	-//68-//	-//68-//
9.	-//97-//	-//97-//	-//97-//	-//97-//	-//72-//	-
10.	-//130-//	-//130-//	-//125-//	-//125-//	-//76-//	-//76-//

Table 2 Distribution of the first ten command places at the 2017 World Championships in Paris by freestyle, Greco-Roman and women's wrestling (by the first ten in each weight category).

Place	Freestyle			Women wrestling			Greco-Roman		
	Continent	Country	Points	Continent	Country	Points	Continent	Country	Points
1.	America	USA	54	Asia	Japan	60	Europe	Russia	46
2.	Europe	Russia	53	Europe	Belarus	38	Asia	Iran	36
3.	Europe	Georgia	40	America	USA	38	Europe	Turkey	34
4.	Europe	Turkey	39	Asia	Mongolia	25	Europe	Georgia	30
5.	Europe	Azerbaijan	32	America	Canada	24	Europe	Germany	29
6.	Asia	Japan	28	Europe	Turkey	24	Asia	Armenia	28
7.	America	Cuba	23	Asia	China	20	Europe	Hungary	28
8.	Asia	Kazakhstan	18	Europe	Romania	18	Asia	Kazakhstan	24
9.	Asia	Iran	16	Europe	Sweden	18	Europe	Azerbaijan	22
10.	Europe	Armenia	16	Africa	Nigeria	17	Asia	Korea	21

For the 1st place 10 points are awarded, for the 2nd—9, for the 3rd—8; 5, 6, 7-th - 4; 8th—3; 9th—2 and for 10th place—1 point.

competition are designed to develop the image, popularization, visibility, entertainment and understanding of the audience, fans of the outcome of wrestling matches.

The World Championship in wrestling held in Paris among specialists and admirers of wrestling art remained in the memory of an exemplary organized, entertaining, suitable for participants and spectators of the competition.

The competition was attended by 686 athletes representing 73 countries from five continents. In the Greco-Roman wrestling took part with 260 participants from 55 countries, in the free 237 athletes from 46 countries and in the women's wrestling there were 191 participants from 44 countries.

2. Materials and Methods

The results of the performance of national teams representing all continents of the planet in three styles of wrestling (freestyle, Greco-Roman and female) for the ten best results in eight weight categories are shown in Table 2.

In the freestyle wrestling, five teams (Russia, Georgia, Turkey, Azerbaijan, Armenia), representing Europe, made up 50%, three countries (Japan, Kazakhstan, Iran) from Asia—30% and two (USA, Cuba), from the Americas—20% (Fig. 1).

In the women's wrestling (Fig. 2) in the number of countries in the top ten, there is a slight advantage of European athletes. Four countries (Belarus, Turkey,

Romania, Sweden) won 98 points (40%), at the same time, three countries representative of the Asian continent (Japan, Mongolia, China) 30%, in terms of quality and quantity of medals won, significantly surpassed all continents. Two countries (USA, Canada) of the Americas scored 64 points (20%) and ranked third. One country in Africa (Nigeria), scoring 21 points (10%), closed the top ten. This is the only country in the African continent of the three types of wrestling that is among the ten leading wrestling countries in the world.

The most significant advantage of European wrestlers is observed in the Greco-Romans (fig.3). Seven countries (Russia, Turkey, Georgia, Germany, Armenia, Hungary, Azerbaijan) were among the top ten, accounting for 70%, and only three countries (Iran, Kazakhstan and the Republic of Korea) representing Asia were in the top ten and respectively, eighth and tenth places (30%).

The perceptible superiority of the European "classics" is also evident in the calculation of the medals being played for the championships (fig.4). Having won 22

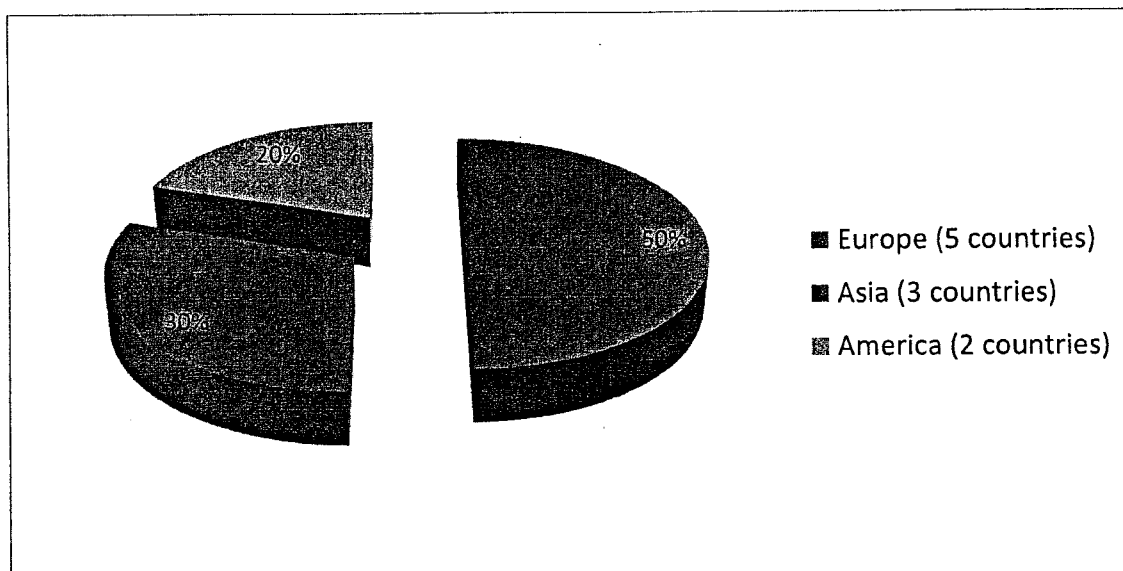


Fig. 1 The ratio of the number of countries representing the continents that are among the ten best teams in the world in freestyle wrestling at the 2017 World Championships in Paris.

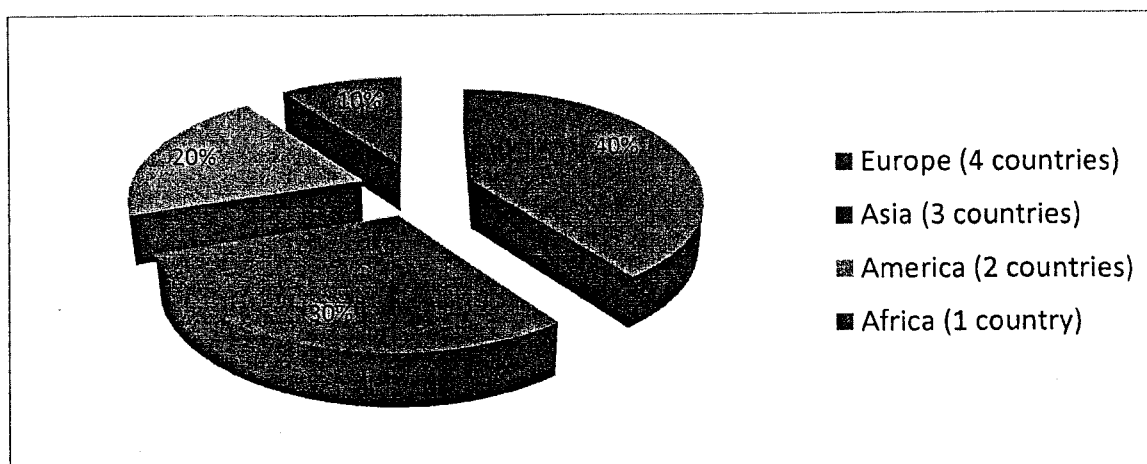


Fig. 2 Ratio of the number of countries representing the continents, which are among the ten best teams in the world in women's wrestling at the 2017 World Championships in Paris.

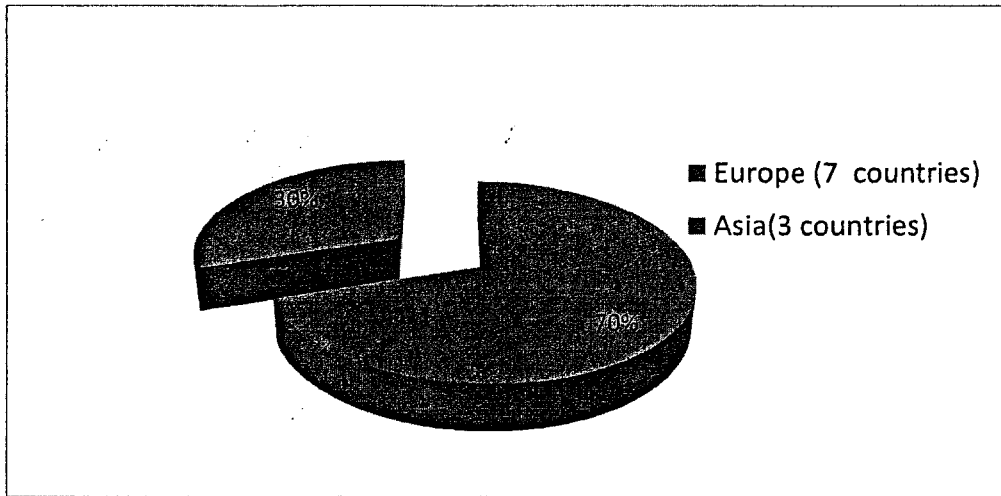


Fig. 3 The ratio of the number of countries representing the continents, which are among the ten best teams of the world in Greco-Roman wrestling at the 2017 World Championships in Paris.

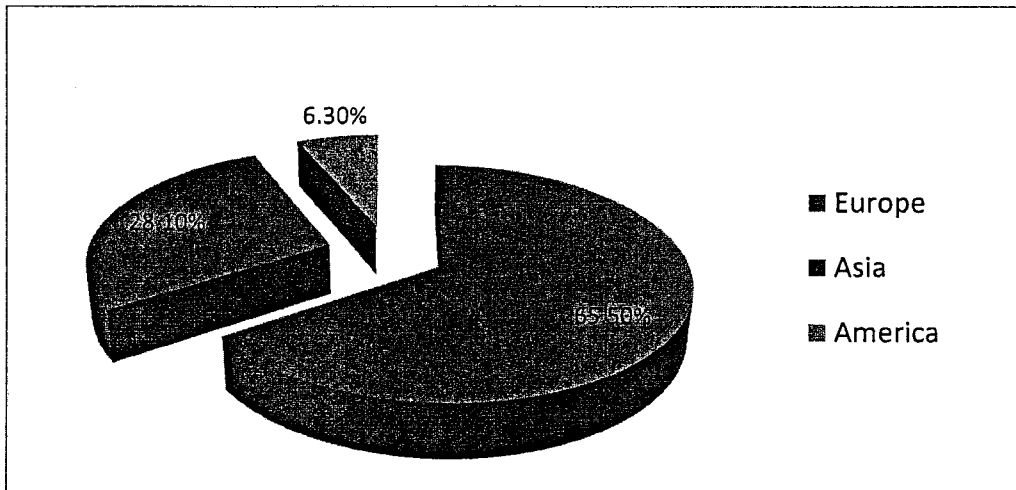


Fig. 4 Distribution of places among the continents by the number of medals at the 2017 World Championships in Paris in Greco-Roman wrestling.

medals (65.6%) out of 32 played out on 6 gold and silver (75%) and 10 bronze (62.5%) is a vivid reflection of the above and is reflected in Table 3.

Asian athletes, winning 8 medals (28.1%) systematically in all world championships and Olympic Games [3, 4] occupy the second line. They hold particular leading competition in small weight categories. Only two representatives (6.3%) of the American continent, Oscar Pino (Cuba) and Yasmani Acosta (USA), were awarded bronze medals. The results of the World Cup 2017 in Paris once again confirm the need for urgent resuscitation of wrestling in all five continents.

The sensational event of the Paris Championship was that for the first time in the history of independence, the leading wrestling power did not win a single gold medal in the three styles of wrestling, but nevertheless, winning a total of ten medals (Greco-Roman—4 medals, freestyle—5, women’s—1 medal), won the first team place. The women’s Russian team with one medal did not even hit the top ten teams in the world.

In Greco-Roman wrestling (Table 4), wrestlers from 17 countries were awarded medals, and participants from 34 countries were in the top ten of all weight categories.

Table 3 Distribution of medals among continents at the 2017 World Greco-Roman Wrestling Championships in Paris (France).

No.	Continent	Medals			Total medals
		Gold	Silver	Bronze	
1.	Europe	6 (75%)	6 (75%)	10(62,5%)	22 (65.6%)
2.	Asia	2 (25%)	2 (25%)	4 (50%)	8 (28.1%)
3.	America	0	0	2 (6.25%)	2 (6.3%)
4.	Africa	0	0	0	0
5.	Oceania	0	0	0	0
Total		8	8	16	32

Table 4 Champions and prize-winners of the World Championships in Greco-Roman Wrestling 2017 in Paris (France).

Weight category	Continent	Gold	Continent	Silver	Continent	Bronze
Till 59 kg	Asia	Kanjiteru of Fumito (Japan)	Asia	Meirambek of Ainagulov (Kazakhstan)	Europe	Stepan Maranan (Russia)
					Asia	Kim Sung-Guk (Republic of Korea)
Till 66 kg	Asia	Ryu Han-Soo (Republic Of Korea)	Europe	Mateusz Bernatek (Poland)	Europe	Artem Surkov(Russia)
					Europe	Atakan Yuksel (Turkey)
Till 71 kg	Europe	Frank Shtabler (Germany)	Asia	Demeu Zhadraev (Kazakhstan)	Asia	Muhammadali, Geranium (Iran)
					Europe	Kobashi Balint (Hungary)
Till 75 kg	Europe	Victor Nemes (Serbia)	Europe	Alexander Chirkin (Russia)	Europe	Tamas Lorenz (Hungary)
					Asia	Said Abdali (Iran)
Till 80 kg	Europe	Maxim Manukyan (Armenia)	Europe	Radik Kuliev (Belarus)	Europe	Pascal Eisele (Germany)
					Europe	Elvin Mursaliyev (Azerbaijan)
Till 85 kg	Europe	Metehan Bashar (Turkey)	Europe	Denis Kudla (Germany)	Asia	Hossein Nouri (Iran)
					Europe	Robert Kobiashvili (Georgia)
Till 98 kg.	Europe	Arthur Aleksanyan (Armenia)	Europe	Musa Evloev (Russia)	Europe	Revaz Kobiashvili (Georgia)
					Europe	Bela Kiss (Hungary)
Till 130 kg	Europe	Ryza Kayalp (Turkey)	Europe	Heiki Nabi (Estonia)	America	Oscar Pino (Cuba)
					America	Yasmani Acosta (Chile)

Preserving the traditions of the Soviet school of wrestling, the Russian Greco-Romans and at the Paris World Cup, winning 4 medals (46 points) won a team victory.

The Russian Wrestling Federation together with the Sports Committee of Russia, the Board of Trustees, the Research Institute are developing and introducing new projects—"Wrestling and Wining", "Wrestling at School", which bring new impetus to attracting youth contingent in wrestling sections [2].

The leading sport in Iran is wrestling. Having won three (bronze) medals, the Iranian team scored 36 points and confidently took second place in the world

rankings. By investing solid financial flows, using fanaticism and patriotism of their fellow citizens, the Iranian Wrestling Federation trains world-class athletes who successfully defend the country's sporting honor in planetary competitions

The Turkish team, having won two gold medals and one bronze, two points behind the Iranians, with 34 points, placed in third place. The undisputed leader of the team is the repeated champion of Europe, the world, the Olympic medalist in the most prestigious (heavy) weight category Reese Kayalp, replacing outstanding heavyweights Alexander Karelin (Russia) and Mihein Lopez (Cuba). The fusion of the Turkish team is made

up not only of wrestlers and coaches, but also of highly qualified, judges, which is quite significant in wrestling.

Naturally gifted, with a rich technical arsenal, the team of Georgia is staffed. Having won two bronze awards and scored 30 points, she took the fourth team place.

With German punctuality, German wrestlers, caressed by the increased attention of their fans, improve their athletic performance from start to start. In the Paris championship, they won three medals (gold, silver and bronze). Having gained 29 points, they took the fifth place, and the wrestler in the weight category up to 71 kg. Frank Stambler is recognized as the best wrestler of the championship.

Armenia, with two champions Maxim Manukyan (80 kg) and Arthur Aleksanyan, scored 28 points and shared 6-7 place with the Hungarian team.

Both countries have sufficiently equipped with modern simulators, medical and recovery equipment, scientific and methodological laboratories of the Olympic training center.

In Armenia, this is the sports base "Tsakhkadzor",

located at an altitude of 850 meters above sea level, the legacy of the Soviet Union is currently being transferred to private entrepreneurship and is successfully developing.

In Hungary, there are several modern Olympic integrated bases where athletes, especially wrestlers from all over the world, come for joint training camps (Table 5).

Comparing the results of the two pre-Olympic licensed world championships 2011, 2015 and the first in the Olympic cycle championship 2017 in Paris, it is obvious that the primacy of European wrestlers is indisputable (Table 6). Of the 92 medals played at three championships, 62 medals of various denominations are taken away by representatives of the old world. Asia, having won 23 medals (25%) of various denominations, was firmly established in second place. The Pan-American continent won 2 medals each (7%) in the championships of Istanbul and Paris, and in Las Vegas 3 medals (9.4%) ranked third. Africa and Oceania systematically remain without awards from world championships and the Olympic Games [5-7].

Table 5 Distribution of medals among the countries included in the top ten at the 2017 World Championships in Greco-Roman Wrestling in Paris (France).

No.	Country	Medals			Total medals	Points
		Gold	Silver	Bronze		
1.	Russia	0	2	2	4	46
2.	Iran	0	0	3	3	36
3.	Turkey	2	0	1	3	34
4.	Georgia	0	0	2	2	30
5.	Germany	1	1	1	3	29
6.	Armenia	2	0	0	2	28
7.	Hungary	0	0	3	3	28
8.	Kazakhstan	0	2	0	2	24
9.	Azerbaijan	0	0	1	1	22
10.	Korea	1	0	1	2	21
11.	Serbia	1	-	-	1	
12.	Japan	1	-	-	1	
13.	Belarus	-	1	-	1	
14.	Poland	-	1	-	1	
15.	Estonia	-	1	-	1	
16.	Kuba	-	-	1	1	
17.	Chile	-	-	1	1	
Total		8	8	16	32	

Table 6 Distribution of medals among continents at the World Championships 2011 in Istanbul, 2015 in Las Vegas, 2017 in Paris, in Greco-Roman wrestling.

№	Continent	World championship 2011 year			World championship 2015 year			World championship 2017 year			Total		
		medals			medals			medals					
		Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze			
1	Europe	5 (71.4%)	5 (71.4%)	9 (64.3%)	19 (68%)	7 (87.5%)	4 (50%)	110 (62.5%)	21 (65.6%)	66 (75%)	10 (62.5%)	22 (65.6%)	62 (67.4%)
2	Asia	2 (28.6%)	1 (14.3%)	4 (28.5%)	7 (25%)	--	3 (37.5%)	55 (31.25%)	8 (25%)	22 (25%)	44 (50%)	8 (25%)	23(25%)
3	America	--	1 (14.3%)	1 (7.2%)	2 (7%)	1 (12.5%)	1 (12.5%)	11 (6.25%)	3 (9.4%)	00	22 (25%)	2 (25%)	7 (7.6%)
4	Africa	--	--	--	--	--	--	--	--	--	--	--	--
5	Oceania	--	--	--	--	--	--	--	--	--	--	--	--
Total medals		77	77	114	28	8	8	616	32	88	116	132	92

The analysis of the World Championships and the Olympic Games reflects a significant superiority in the development of wrestling, especially the Greco-Roman wrestling in the countries of the European continent, which is 67.4% of the medals played. The second position is confidently occupied by the wrestlers of the Asian continent—25%, the American continent—76% remains in third place [8].

3. Results and Conclusion

Based on the results of the World Championships and Olympic Games inspected, the International Wrestling Federation (UWW United Wrestling World) should urgently take measures to promote and develop wrestling on all continents.

(1) Publish accessible, easily digestible, visual scientific and methodical literature, slides, films.

(2) Prepare and assign coaches, trainers, instructors, instructing them with programs for the development of wrestling based on the traditional features and capabilities of the continent, country, or region.

(3) Based on the postulate that the foundation and the basis of success in any human factor is “stability”, it is necessary to develop and approve the rules and the program of competitions with a long-term perspective.

(4) To hold the draw of the competition participants in a festive, solemn, open, transparent atmosphere with the presentation of the titles of the participants of the competitions, with the invitation of representatives of the media, television.

(5) Find the opportunity to broadcast championships and world cups, tournaments of the Grand Prix series on TV channel “Eurosport”.

(6) Establish a prize fund for world championship winners: first place—\$10,000, second—\$5,000, third—\$3,000.

(7) Tournaments of the Grand Prix Series translate into the status of World Cup stages (for example, judo and other sports).

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