

# WRESTLING

| Lecture type                     | Total |
|----------------------------------|-------|
| Lectures                         | 12    |
| Exercises of applied kinesiology | 24    |
| Seminar                          | 24    |

\* Load is given in academic hour (1 academic hour = 45 minutes)

## Description:

### 2.1.Course objectives

To attain necessary theoretical knowledge and practical skills of the movement structures and teaching methods of Olympic wrestling styles and their application to education, physical recreation, sports and military and police forces. Especially useful is knowledge about the effects of wrestling on the anthropological status of those involved in exercise as well as about the application of many wrestling-specific exercises (falls, bridge exercises, exercises in pairs), which are valuable training aids in other sports.

### 2.2.Course enrolment requirements and entry competences required for the course

No enrolment requirements.

### 2.3.Learning outcomes at the level of the programme to which the course contributes

The students will attain necessary theoretical and practical knowledge about the importance and characteristics

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of different wrestling styles (classical style wrestling, freestyle wrestling and grappling). They will also acquire theoretical knowledge and practical skills necessary for carrying out wrestling topics within elementary school, high school and further education PE curricula. Besides understanding theoretical basics, the students will be able to demonstrate wrestling techniques, teaching exercises for learning complex wrestling techniques (which can be effectively applied in military, police and security services). The students will also be able to apply specific wrestling exercises (falls, bridge exercises, and exercises in pairs); to understand the role of wrestling and its effect on anthropological status of those who exercise; to organize school competitions and guide teams at school and collegiate wrestling competitions.

#### **2.4.Learning outcomes expected at the level of the course (4 to 10 learning outcomes)**

The students will:

- attain knowledge on basic characteristics of polystructural acyclic wrestling activity
- understand the influence of wrestling on anthropological status of those involved in wrestling
- acquire knowledge on specific teaching methods and exercises used in wrestling
- acquire knowledge on specific wrestling content transfer on the military, police and security services training
- be acquainted with and understand biomechanical characteristics of wrestling technique in the classical wrestling standing and ground positions;
- be acquainted with and understand biomechanical characteristics of wrestling technique in the freestyle wrestling and grappling standing and ground positions;
- attain specific wrestling skills (falls, bridge exercises, and exercises in pairs)
- attain the organization skills necessary for simplified wrestling types.

#### **2.5.Course content broken down in detail by weekly class schedule (syllabus)**

**Theoretical lectures** (2 contact hours are allocated to each topic)

1.Historical development of wrestling in the world and Croatia.

2.Kinesiological analysis of wrestling (the systematisation and classification of wrestling technique; wrestling movement pattern analysis in standing and ground positions; theory of tactics - types of tactical preparation of techniques; wrestling tactics and competition tactics; biomechanical analysis of basic wrestling positions, basic wrestling techniques and wrestling bridge; kinematic, dynamic, electromyography, anatomic and energetic parameters and characteristics of wrestling).

3.Anthropological analysis of wrestling (influence of anthropological factors on wrestling performance and results; hypothetical performance specification equation in wrestling; anthropometric, motor, cardio-respiratory,

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cognitive, conative and microsocial characteristics required for wrestling; characteristics of top-level wrestlers; influence of wrestling on the development of anthropological features of children, students, top-level wrestlers, army and police force members, based on scientific research).

4.Wrestling rules. Exercises for teaching wrestling technique. Methods, safeguarding and assisting in technique acquisition. Means and learning methods.

5.Physical conditioning in wrestling. Application of wrestling-specific exercises (falls, bridge exercises and exercises in pairs) as the conditioning aid in other sports activities, which may be especially useful in poor working conditions.

6.Utility of wrestling programmes by the Croatian National Educational Standard (CNES). Modified wrestling styles. Training and competition organization in elemental wrestling forms.

### **Theoretical-practical lectures and exercises** (each topic is covered by 2PTL+2E)

#### Greco-roman wrestling style

1.Introducing class requirements and rules of conduct to the students. Teaching forward breakfall, basic wrestling ground positions, and basic mathold (final) positions with pertaining counterattack.

2.Teaching double arm lock - forward roll and counterattack - underhook of the opposite arm; headlock - forward roll and counterattack - underhook of the close arm; lower head lock - four steps, back headlock by the forehead hold.

3.Teaching back and side falls; inside halfNelson, outside halfNelson and counterattack - turn over across the back with underhook of the close arm, arm lock and counterattack takedown by arm drag.

4.Teaching gut wrench and counterattack - turn over across the back with underhook of the close arm, reverse waistlock and counterattack - turn over across the back with underhook of the close arms, lift and suplex (the school variation).

5.Teaching basic wrestling standing positions, takedown by the arm drag and the counterattack: takedown by arm drag, duck under and takedown and counterattack - hiproll and inside arm, head and arm takedown and arm throw (the school variation).

6.Teaching arm throw and counterattack takedown by the arm drag - a takedown by the arm drag, hip headlock

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throw (the school variation), Swedish shoulder throw and counterattack ankle trip (takedown), lift and swing with the arm and body lock..

7.Teaching hip headlock and lift and swing with the body lock, under-over and rear takedown and counterattack - Swedish shoulder throw, double over hook and suplex and ankle trip (takedown).

#### Freestyle wrestling

1.Teaching basic wrestling standing positions, basic grasp of the opponents legs, leg and body-lift end swing „plane“, outside single leg throw, head and leg - shift forward, single leg - outside hook

2.Teaching arm and leg-body drop, head and leg - body drop, leg and body - inside trip, and arm throw with blocking the leg.

3.Teaching leg hook on the near arm and the counterattack crossover and counterattack - turn over across the back with the underhook of the close arms, cradle, thigh lock and hook-forward roll and counterattack one leg hook, reverse thigh lock - backwards tilt and counterattack scissors, crossed ankles - turn „Iranian cross“

#### Grappling

1.Teaching basic combat/bout positions on grappling (standing and ground positions basic chokes and locks (elbow, shoulder and hand)) as well as respective counterattacks. Teaching classical, freestyle and grappling wrestling styles.

2.Teaching simple wrestling styles (the special accent is on the modified wrestling style) and wrestling competitions organization.

Note: in the preparatory part of each class (theoretical and theoretical-practical lectures and exercises), the students will be taught a great number of wrestling specific drills, especially diverse falls, wrestling bridge (front, back, standing), and specific drills in pairs (pulling and pushing partner in different ways, different ways of carrying a partner) which are very applicable in education, other sports and with military and police force members.

#### Literature:

### Obligatory reading

1. Marić, J., Baić, M., Cvetković, Č. (2007). Primjena hrvanja u ostalim sportovima.
2. Marić, J. (1990). Rvanje slobodnim načinom. Zagreb: Sportska tribina.
3. Marić, J. (1985). Rvanje klasičnim načinom. Zagreb: Sportska tribina.

### Additional literature

1. Baić, M. (2006) Razlike između vrhunskih poljskih i hrvatskih hrvača različitih stilova, dobi i težinskih skupina u prostoru varijabli za procjenu kondicijske pripremljenosti (Doktorska disertacija), Zagreb, Kineziološki fakultet u Zagrebu
2. Kraemer, W. J., Fry, A. C., Rubin, M. R., McBride, T. T., Gordon, S. E., Koziris, L. P., Lynch, J. M., Volek, J. S., Meuffels, D. E., Newton, R. U., Fleck, S. J. (2001). Physiological and Performance Responses to Tournament Wrestling. Med. Sci. Sports. Exerc., 33 (8): 1367-1378.
3. Marić, J., Cvetković, Č., Kuleš, B., Jerković, S., Lucić, J., Aračić, M. (1997). Značaj hrvačkog mosta u nastavi hrvanja studenata fizičke kulture. u: Milanović, D. (ur.) Zbornik radova 1. međunarodne znanstvene konferencije Kineziologija - sadašnjost i budućnost, Dubrovnik, Zagreb: Fakultet za fizičku kulturu, 122-124.
4. Marić, J., Cvetković, Č., Kuleš, B., Jerković, S., Lucić, J., Aračić, M. (1997). Značaj hrvačkog mosta u nastavi hrvanja studenata fizičke kulture. u: Milanović, D. (ur.) Zbornik radova 1. međunarodne znanstvene konferencije Kineziologija - sadašnjost i budućnost, Dubrovnik, Zagreb: Fakultet za fizičku kulturu, 122-124.
5. Međunarodna hrvačka pravila. (2024). Zagreb: Hrvatski hrvački savez.