

# Some Peculiarities of the Tactical-technical Arsenal of the High Class Wrestlers in Kazakh Wrestling

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Received: February 24, 2015 Accepted: March 16, 2015 Online Published: April 28, 2015

doi:10.5539/ass.v11n13p1

URL: <http://dx.doi.org/10.5539/ass.v11n13p1>

## Abstract

In this article the author considers some peculiarities of technical-tactical arsenal of professionally trained wrestlers in Kazakh-Kures. The data describing the percentage of tactical training methods in the arsenal of the wrestlers of different classes are given.

**Keywords:** wrestling, Kazakh wrestling

## 1. Introduction

Kazakh wrestling is a Kazakh national type of sport. Kazakh wrestling is one of the oldest sports in Kazakhstan. It is very popular in Kazakhstan. On holidays and celebrations Kazakh wrestling competition is held. Since 1938 it is a part of the national competitions.

Earlier Kazakh wrestling had no age and weight restrictions. Currently, this sport has certain rules regarding single form and techniques of combat. Form Kazakh wrestling wrestlers is somewhat similar to the shape of wrestlers. Unlike Sambo in Kazakh wrestling wrestlers wear jacket which has short sleeves, small stripes on the shoulders. Jacket sewn from more durable material. Belt and above the waist are allowed any seizures.

The purpose of the fight-to throws the opponent on his back. In Kazakh wrestling allowed grips for the upper body. The fight is held in the rack. Passages in the legs are prohibited. Can be carried out for grabs his jacket and belt. Allowed techniques belt wrestling. They can make cuttings, hooks feet, receptions through the thigh. In no case do not touch the knee rug, because this gives a warning.

Kazakh wrestling on technology similar to Georgia (chidaoba), Tatar (Kuresh) and Uzbek wrestling (Kurash). Receptions Kazakh wrestling were included in the technique of Sambo. Often wrestlers of Kazakh wrestling participate in various competitions in judo and sambo.

The first national championship kazakhsha Kures, held 15-16 December 2000 in Astana, also confirmed that our athletes have good fighting qualities. In the weight category over 90 kilograms won and became the undisputed champion of the republic Eldos Ihsangaliev. In weight categories 58, 65, 73, 82, 92 kg, respectively, took first place Ryskov N., A. Bolatov, S. Sadykov, D. Nurzhanov, R. Kayroldanov.

In March 2001, a major international tournament category "A" Judo in Hungary again raised on E. Ihsangaliev pedestalpocheta. In Budapest, brought together representatives from all over the world, including the experienced Japanese, Spaniards, Russians, French, Cubans. Ihsangaliev won a bronze medal in the weight category of 100 kilograms, to share with the owner tatami Csizmadia and losing athletes of Russia and Ukraine. The brilliant success Eldos Ihsangaliev in Europe shows once again what the strongest athletes take part in competitions kazakhsha Kures.

After an international tournament here met athletes from five continents, where Eldos represented Asia. In the final, second only to Asia Europe and our fellow countryman became a leader among the biggest champions of the Asian continent.

We hope that our national struggle, whose origins lie in the depths of antiquity, certainly will be widely distributed and will rise in the future at the level of international competition.

Modern well-known fighters to fight kazakhsha Kures.

## 2. Method

The history of Kazakh wrestling inextricably linked with the history of our people. As one of the arts martial arts, Kazakh wrestling widely known since ancient times, i.e., since ancient times, when our people were called Turks. We know now its ancient species such as the fight in the nude to the waist as the struggle barefoot, wrestling boots with long tops, anti-seizure below the knee, fist fight. The traditional link between praised by the people in fairy tales, legends and epics mighty strong men-Batyr and today continues with the famous fighters of our national sport.

Names of legendary Kazakh strongman Baluan-Sholak Hadzhimukana, Borankula, Moldabaya, Bitabara, Baigabyl, Ozamana-Sholak and many others enjoyed great respect among the people as fighters, showed unusually vivid examples of this courage, incredible physical strength. Won a landslide victory in the international world, Olympic competitions and became the pride of our nation and country, wonderful wizard of struggle Ayhan A., J. Ushkempirov, Sh.Serikov, D. Turlyhanov, K. Baidosov, A. Kazymbetov, A. Buggybaev, A. Gabsattarov, A. Imankulov, A. Musabekov Baysholakov K., T. Baysholakov, A. Shaikh, S. Ramazanov, S. Shakimov, E. Ihsangaliev, R. Seilkhanov, S. Zhartybaev, Z. Shaimerdenov and others came in his time in the sport is through struggle kazahsha Kures.

Until the early twentieth century in Kazakh wrestling not exist a rule of division wrestlers into weight categories. So they fought only on the principle of "who is stronger is the winner". Kazakh wrestling by weight categories and age differences was applied only to the 30-ies of XX century. Now Kazakh wrestling while preserving elements of national identity, and takes into account the progressive trends in the world of art to combat that have a positive impact on its further development. Wrestlers of Kazakh wrestling often take part in competitions and other types of wrestling, judo, sambo.

In 2000, rules were adopted to combat Kazakh wrestling. According to the Regulation now contest held in 7 weight categories (58, 65, 73, 82, 92 kg and over).

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Kazakh wrestling is now recognized by many countries of the world. Our country has a National Federation for kazahsha Kures, whose president is Senator and Chairman of the Senate of the Parliament of the Republic of Kazakhstan, Doctor of Law, Professor Mukhtar Kul-Muhammed.

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Appliances of Kazakh wrestling:

Throws bandwagon. Occupy a leading position in the technical arsenal. Distinguish front, rear and side steps. Admission is carried out as a single, and under both legs of the opponent. The attacker throws the opponent on his back through his outstretched leg.

Throws strike. Divided into the front, rear, side and sweeps inside.

Catchy hook. In the terminology of this Sambo-hooks shin.

Throws pickup. It throws in which the foot (feet) inciting the enemy in front of or inside the back of the legs.

Arkadan asyryp laktyru-throws gateways. In the terminology of Sambo-throws across the back. Performed by the rotation of the enemy back, followed by tilt and fall forward towards the throw.

Throws slope. Techniques for physically strong fighters. The most frequently used as kontrpriemy and executed at a time when the enemy tries to capture the belt over his shoulder fighter. At this point, the conductive roll

wrestler must jerk of his head back to straighten the body, straighten legs in knee joints and lift yourself up on the enemy, and then due to a sharp torso forward and lowering on his knees to throw the opponent.

Throws plant. Known in anti-Kazakh antiquity. Performed hoisted outside and inside plant with various options grabs.

Throws with swirling. Cruel methods known in the Kazakh fight a long time. Strongmen competitors raised to shoulder level and even above his head, circling them around and perform various tricks: throwing through the substituted hip, back, or shoot from the outside toe. Fighter, who owned a technique of this method, the contestants were afraid. Hekotorye physically weak fighters after such shots were injured.

Throws a roll. Taken from the Russian belt wrestling. Held by mutual capture his belt attacker performing a throw, falls on his side, pulling the opponent throws his hands firmly for themselves in the direction of the throw and hold on the back.

Throws deflection. In the terminology of Sambo-throws across the chest.

Obvivaya throws. Sambo these techniques are a variety of hooks.

### 3. Results

Wrestling has an evidently integrative character. First of all, it relates to a complex display of motor and mental functions. In the movements of the athlete, his tactical and technical arsenal the best features of a wrestler-his skills, his physical and mental abilities are manifested.

Actions of wrestlers can be divided into preparatory, attack, defense and counterattack ones. Since in wrestling the athlete who manages to perform the technique which is highly assessed by judges often wins, researchers focus on studying the formation of motor skills of the attack and counter-attack (Piloyan, 1971).

At the same time practical experience convinces us that the athlete with highly automated attack skills will not receive any of the winning score, if he does not have the ability to prepare a comfortable situation for a technique. In other words, if he does not have effective preparatory actions in his arsenal, he will fail.

This seemingly obvious truth, judging by the publications, remains outside the boundaries of attention of most researchers who continue searching for a rational structure of the wrestler attacking action (Morozov, 1975) to detriment of study of the preparatory action.

Studies of the moment preceding the attacks have been made. However, much of what relates to the wrestler's preparatory action still remains unexplored. Dependence of sport result on the wrestlers' arsenal of preparatory actions, their physical and morphological-functional peculiarities is unknown. It is not clear how wrestler's individual actions (attack, preparatory, defense) are formed in combination. It is not specified which preparatory actions are the most effective ones and etc. All of the aforesaid identified direction for further study of the laws of formation of tactical and technical skills of high class wrestlers.

While undertaking this research, we proceeded from the following assumptions. The serious prerequisite (Bayshulakov, 2010) to formation of higher sportsmanship is an individualization of training process. Apparently, the qualified process of technical-tactical training of a wrestler should be performed with consideration of readiness of the athlete and his morphological-functional features.

In order to verify this hypothesis before the study we set the following objectives:

- 1) Study the dependence of wrestlers' arsenal of tactical actions on their sports skills.
- 2) Determine the impact of growth-weight data of wrestlers on the arsenal of their tactical actions.
- 3) Identify the most common ways of tactical training of attacking action in Kazakh-Kures wrestling.

The problems were solved by the methods of inquiry and pedagogical observations. The study involved 16 athletes, including 9 international masters of sports and 9 masters of sports. The average period of wrestling experience was 10 years; average age was equal to 25.5 years.

With the help of the method of conversation we found out the following facts: 1- techniques used by an athlete in competitions; 2- tactical actions used in the conducting of these techniques; 3- peculiar features of improving complicated tactical-technical actions. We verified the reliability of the survey results with the help of pedagogical observations after these athletes during their participation in major competitions.

A number of attempts to identify and classify the terminological preparatory actions was undertaken In wrestling (Galkovsky, 1968). The most successfully and completely this work was performed by A. N. Lenz (1967), so in the future we will use the terminology proposed by him. Table 1 presents the data describing the percentage of

tactical training methods in the arsenal of athletes of different classes.

Table 1. The percentage of the various tactical actions used while exercising fighting techniques

Parameters studied	Misbalancing	Challenge	Neutralization	Threat	Repeated attack	Power impact	Double deception	Return challenge
Wrestlers of different professional experience								
Experienced wrestlers of high class, %	46	11	11	15	7	8	1	1
Young wrestlers, %	40	8,5	15	11	4	15	-	6
Experienced wrestlers with different growth-weighted data								
Up to 60 kilo, %	42	9	8	20	5	14	-	2
Up to 80 kilo, %	46	14	9	17	7	6	-	1
More than 80 kilo, %	48	9	14	14	7	6	2	-

First of all, our attention is drawn to the fact that the main method of tactical training for all examined groups of wrestlers is breaking of balance or misbalancing. Professional wrestlers also use the following methods (in order of use): threat, challenge, neutralization, etc. Young wrestlers have the different sequence of the importance of tactical actions. However, a correlation analysis shows a high degree of connection between tactical arsenals of both groups of wrestlers. Thus, the rank correlation coefficient is 0.795, and is valid when  $p < 0.05$ . Consequently, we may assume that for both young and experienced wrestlers the same tactical training methods serve as more frequently used, and therefore more effective ones. This fact indicates that arsenal of tactical actions does not change with development of wrestler's skills.

Before starting to discuss the received data, we turn again to Table 1, to the half which shows the percentage of different tactical actions in the arsenal of professional wrestlers performing in different weight categories. Height-weight groups are allocated in accordance with the recommendations of a number of authors (Tumanyan, 1971). It is easy to notice that in each of the group, despite the difference in using various methods of tactical training, misbalancing is the key action. At the same time, rank correlation matrix (Table 2) shows the type of dependence of the arsenal of tactical actions on the height-weight peculiarities of the wrestlers. This table has been composed on the basis of mathematical analysis of the data shown in the lower half of Table 2.

Table 2. The matrix of rank correlation indicators of tactical arsenal of wrestlers having different weight categories

	1	2	3
1	*	0,790	0,650
2		*	0,893
3			*

Rank correlation coefficients shown in Table 2 indicate that arsenal of preparatory actions of athletes of the first and second groups, and also the second and third groups correspondingly (see Table 2) has a positive connection at the level  $p < 0.05$ , and the first and third groups have only a tendency to similarity between them.

The received data indicate that the main tactic means used in Kazakh-Kures is misbalancing. According to the results of shorthand record of competitions the most effective throw proved to be a floating drop. This is not surprising, as the moment of losing balance appears to be the most convenient for the attack not only due to the fact that the enemy is disabled to protect himself at that moment, but also the fact that it reduces the possibility of a counter-attack to a minimum.

The fact that the young wrestlers don't differ much from the experienced athletes in terms of the using various ways of tactical training can be estimated in two ways. On the one hand, it appears to be a positive evidence of the fact that the young wrestlers are approaching to the professionals in terms of tactical art. On the other hand, we see that the young wrestlers and more experienced athletes make little use of such effective means of tactical training techniques as a threat or challenge, not to mention more complex actions as a double deception, callback and others. This fact, of course, causes some anxiety (Taijiquan, 1996 & 2006). The course taken by the International Fight Federation to increase the spectacular side of fights also suffers some damages. In particular, athletes sometimes are forced to refuse the methods of training designed to provoke rival's active action (call, callback, shackling etc.) as they risk undergoing some punishment for passivity. The data given in the tables serve as the proof of such facts. Science and practice have convincingly shown that the means of confrontation should be selected depending on the athletes' height-weight data. However, the research results convince us that in fact this necessity is rarely taken into account due to the lack of methods of training and fighting. The legitimacy of this conclusion is confirmed by the analysis of the reports relating to the methods of improving the complicated tactical-technical actions. In most cases, the athletes named fighting with the partner, varying the degree of resistance, the primary means.

#### 4. Discussion

Thus, summing up the work done, we can draw the following conclusions:

- 1) Misbalancing refers to the leading tactical techniques in the fight "Kazakh-Kures".
- 2) Tactical arsenal of young wrestlers and experienced athletes doesn't differ significantly from each other.
- 3) Professional wrestlers with different growth-weight data use the same tactical means. We regard elimination of this drawback as a reserve to enhance their sporting skills.
- 4) Insufficient use of complicated ways of tactical training of fighting techniques is conditioned by the tendency of judging the competition as well as the lack of scientifically proved teaching methods.

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