



## Analysis of the Wrestling World Championships – Moscow 2010

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# ANALYSIS OF THE WRESTLING WORLD CHAMPIONSHIPS – MOSCOW 2010

(This article is a consolidation of the analyses produced for each of the three Olympic styles of wrestling)

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## CURRENT TENDENCIES IN COMBAT BEHAVIOUR OF THE SENIOR WORLD CHAMPIONSHIPS

This analysis is to start with thanks to the organisers of the championships having performed a superb feat of world champion level. In Moscow we have had an enormous increase of media interests and the presence of various TV companies assisted FILA's efforts towards promotion wrestling in the world. Again we have had a new record of participants and this is an evidence for more attractiveness of the Olympic wrestling. Moscow was an example for the upwards trend of the Olympic Freestyle wrestling. The technical-tactical upward trend is obvious in a consequent fighting and effective and attractive technical-tactical actions. Even the president of the IOC, Jacques Rogge, while attending the Youth Olympic Games in Singapore, has been impressed by the excellent technical and tactical performance of the young freestylers from different countries.

The FILA has introduced since 2009 some important changes regarding the design of the competition. In Moscow the spectators were thrilled by the presentation of the challenge on large video screens and for the athletes the changing modalities of the video evidence, were one more step towards Fairness.

FILA had increased the fairness in our sport to by giving the coaches the opportunity to demand the Challenge. The coaches have accepted this opportunity. However, this also increases the duty of the coach - in the interests of their athletes - to deal responsibly with this instrument. In the men's disciplines, the challenge is now far too common, often used with a negative result and as tactical means. In my estimation, many coaches using the challenge are often not better than the judges. In future, quality and benefits of the Challenge should be carefully analyzed.

After the World Championships 2009 in Herring we have a small increase of the points per minute in Freestyle Wrestling from 1.1 to 1.2 in Moscow (fig.1).



Fig. 1 Development of the points per minute made by the winner (FS) since 1976

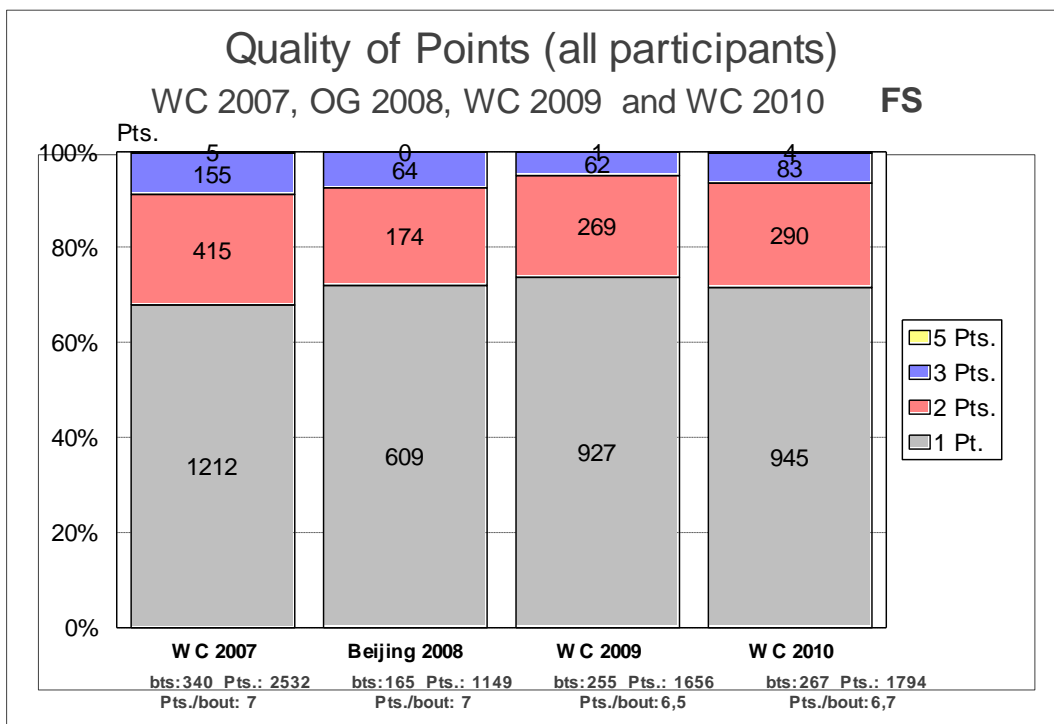


Fig. 2 Development of the quality of points since 2007 in Freestyle Wrestling

In Moscow we have almost the same picture if we look at the quality of points (fig. 2). But still there is an increase of the quality of points since 2009. We have an increase of the technical points, an increase of the points per bout and more 2-point and 3-point actions in 2010. This positive trend as to the quality of points will be underlined by looking at the best wrestlers of the World Championships in Moscow (fig. 3).

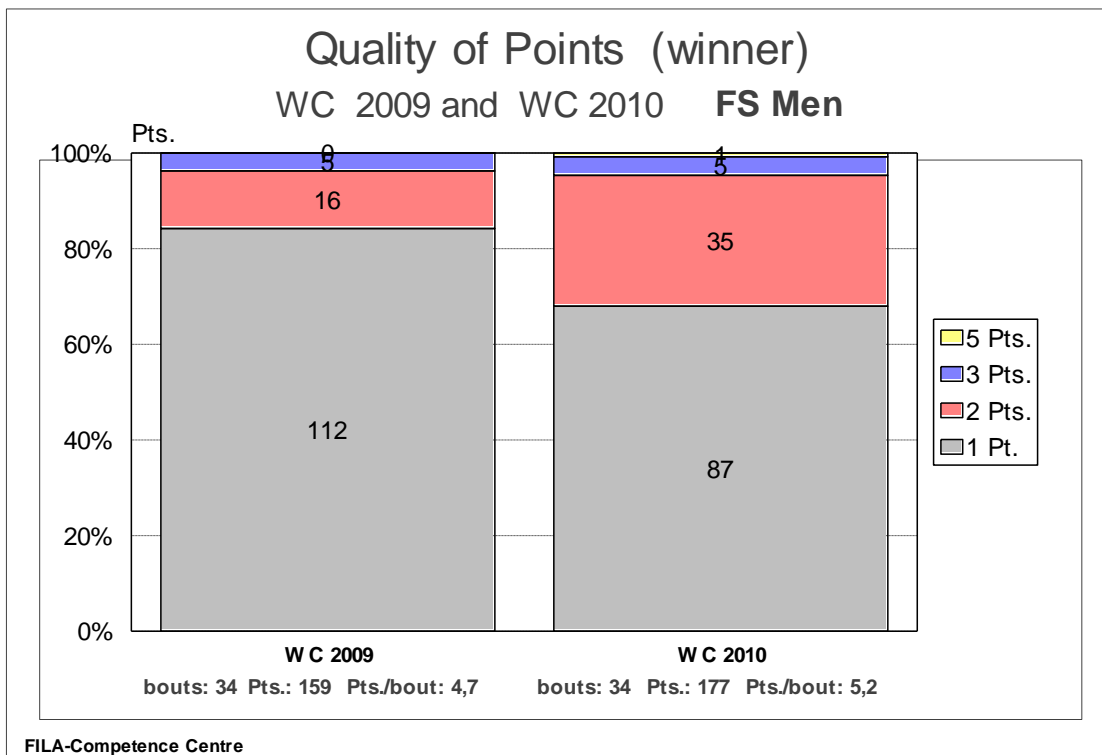


Fig. 3 Quality of points of the World Champions 2009 and 2010

### QUALITATIVE ANALYSIS OF COMBAT BEHAVIOUR OF THE FREESTYLE CHAMPIONS

We consider excellent values of the performance index, which describes the technical-tactical abilities of the World Champions in Freestyle (fig. 4). Especially Khetag Gazumov, 96kg (AZE), Besik Sera Kodukhov, 60kg (RUS), and Beylal Makhov, 120kg (RUS), have demonstrated an outstanding technical-tactical wrestling performances at the World Championships 2010. The same applies to Denis Tsargush, 74kg (RUS), and Sushil Kumar, 66kg (IND). Victor Lebedev, 55kg (RUS), and Michael Ganev, 84kg (BUL), could not reach the fantastic values of the other World Champions 2010 in Moscow.

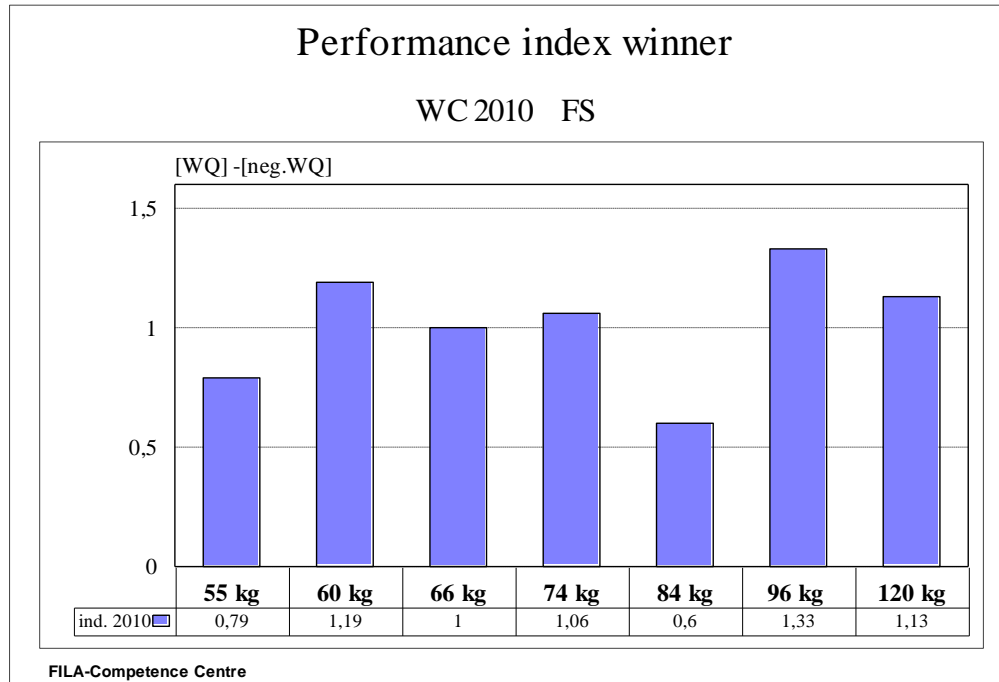


Fig. 4 Wrestling performance of the World Champions 2010 in Freestyle

What a quality improvement as to the technical-tactical performance from 2009 to 2010 can be realized in Fig.5. With the exception of 120kg and 55kg, all World Champions of 2010 clearly perform better than those of 2009.

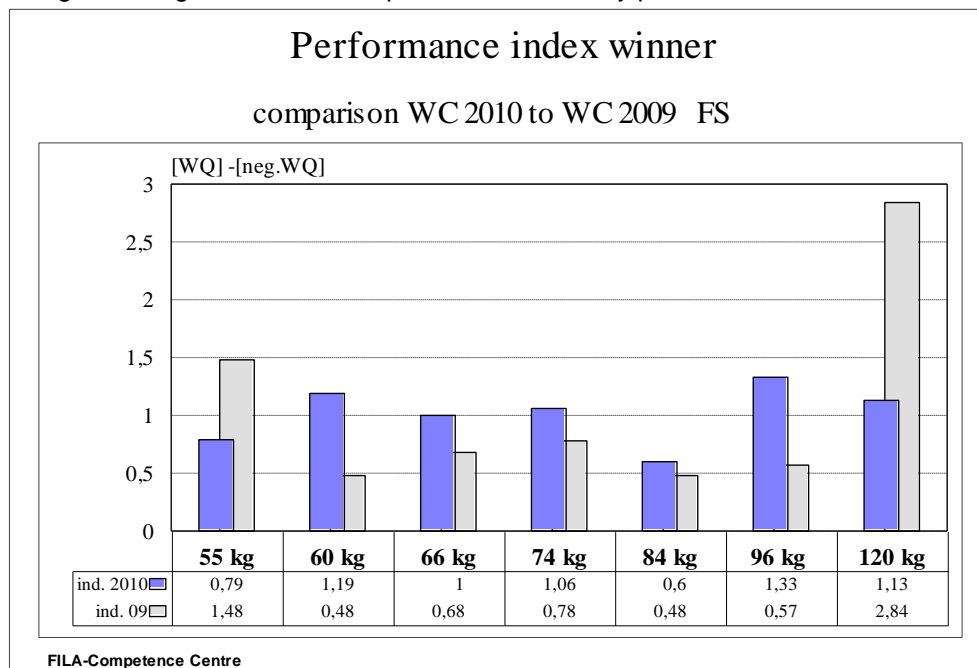


Fig. 5 Wrestling performance of the World Champions 2010 in comparison to 2009

Almost all World Champions are realizing more than 1 point per minute in their attacking actions (Fig. 6).

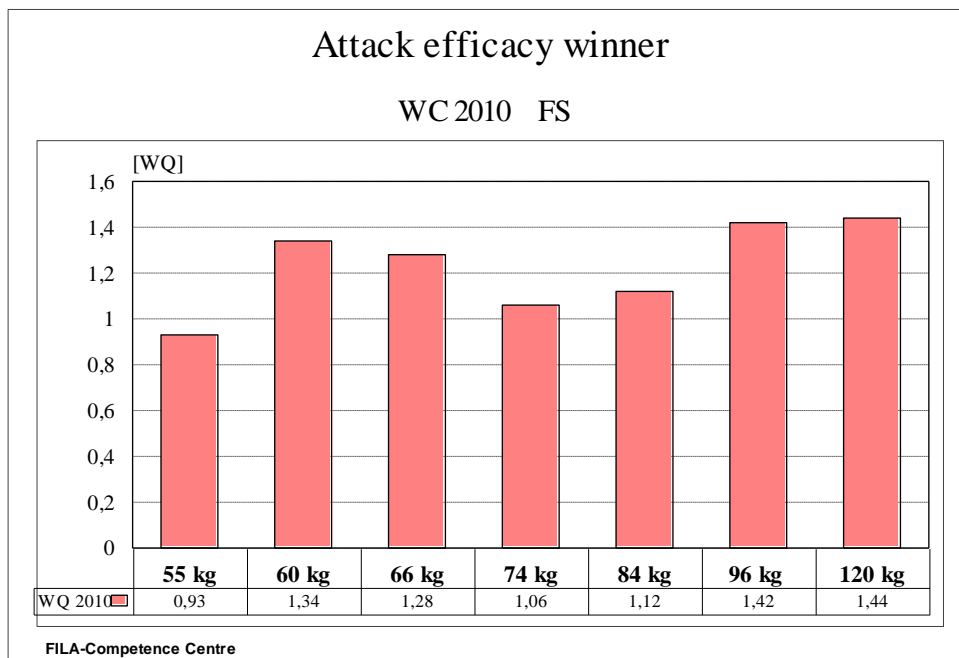


Fig. 6 Attack efficacy of the World Champions in 2010 in Freestyle Wrestling

But now it is time to acknowledge especially the World Champion in 66kg Sushil Kumar from India. He beat his Russian opponent during the Final in the lion's den in Moscow. Sushil Kumar stands out not alone because of his outstanding technical-tactical performance and enormous fighting spirit in Moscow. There is another remarkable aspect that has to be mentioned. As a Hindu he is a hundred percent vegetarian. He does not eat any meat or even eggs. His protein requirement he mainly gets from milk. This could stimulate reflection on the excessive eating of meat and food supplements.

Very clear is the quality improvement in Freestyle wrestling 2010 versus 2009 if we have a look at the attack efficacy of the World Champions (Fig. 7). The great attacking efficacy of the best wrestlers made it clear it's worth making the effort **to use offensive wrestling strategy**. With the exception of 120 and 55kg all the other World Champions made more attacking points per minute in Moscow than in Herning.

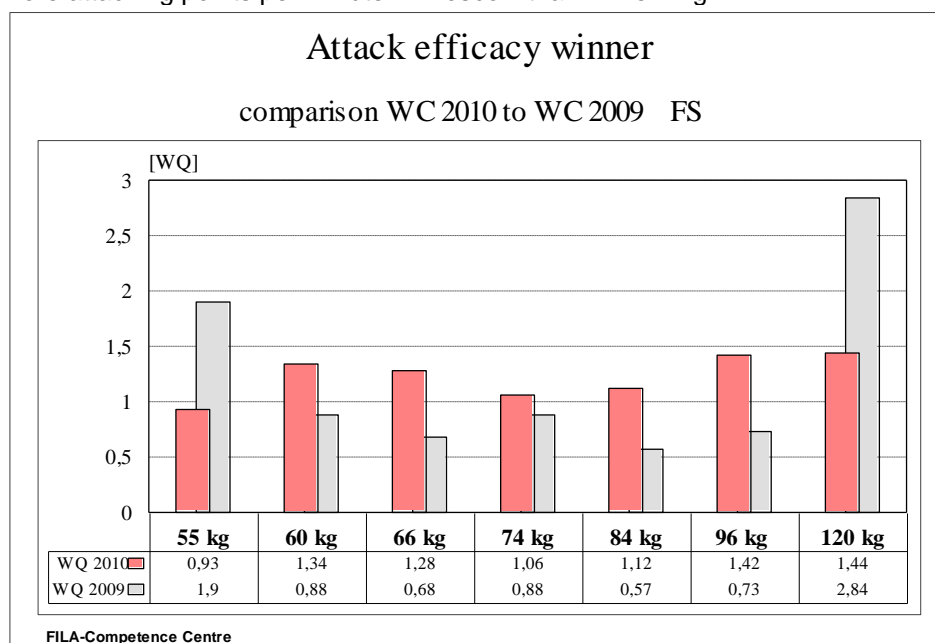


Fig. 7 Comparison of the attack efficacy of the World Champions 2009 in Herning and Moscow 2010 Denis Tsargush, 74kg (RUS), Khetag Gazumov, 96kg (AZE), Besik Sera Kodukhov, 60kg (RUS), and Victor Lebedev, 55kg (RUS), are the most stable wrestlers against the opponent's attacks (Fig. 8). Denis Tsargush did not

allow his opponents a single point during the entire tournament. Michael Ganev from Bulgaria could improve his performance with better defensive abilities.

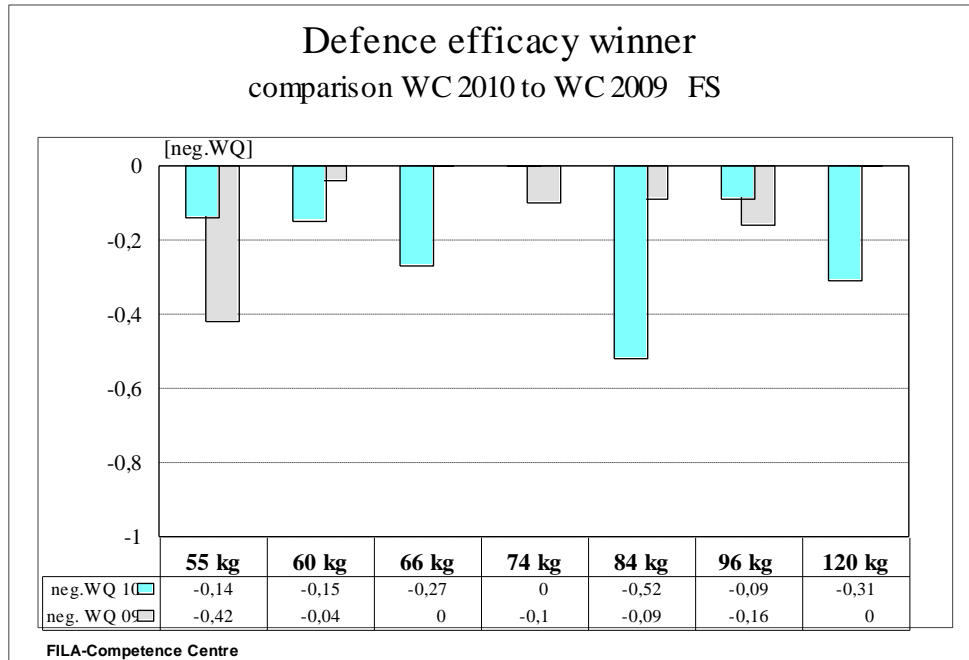


Fig. 8 Comparison of the defense efficacy of the World Champions 2009 in Herring and 2010 in Moscow

If we compare the defense ability between 2009 and 2010 it becomes clear the World Champions of 2010 are concentrating on attractive attacking action at the expense of defense ability. But this offensive strategy with attractive techniques is exactly FILA's philosophy.

Summarizing we can say that the four Russians together with Khetag Gazumov from Azerbaijan and the Indian World Champion Sushil Kumar made the heart of the wrestling public in Moscow swell with their offensive and attractive wrestling performance (Fig. 9).

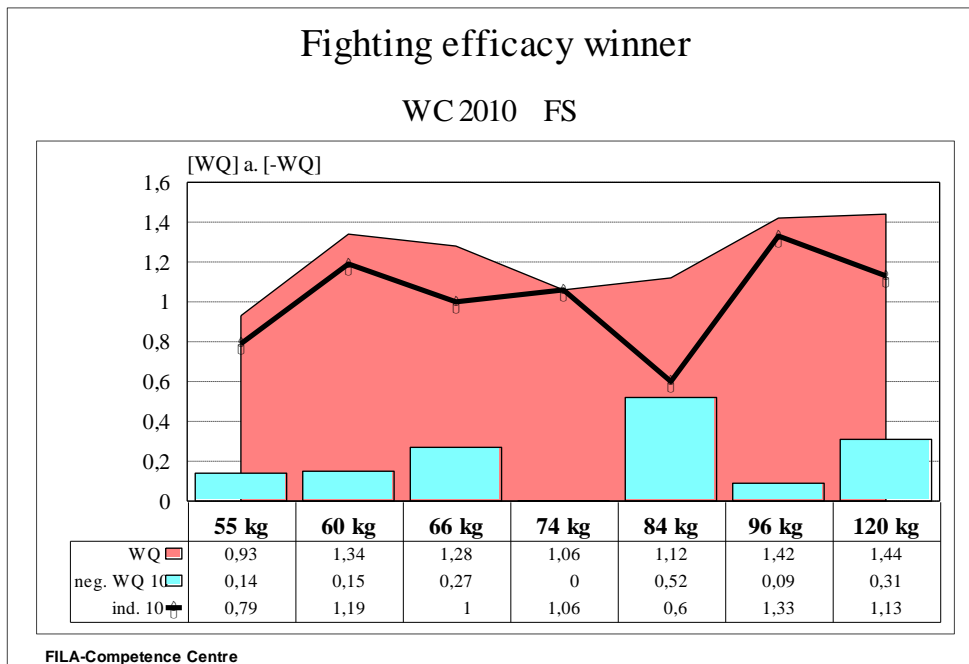


Fig. 9 Wrestling performance of the World Champions 2010 in Moscow

This is the starting point for a deeper analysis of the technical structure of the Champions 2010.

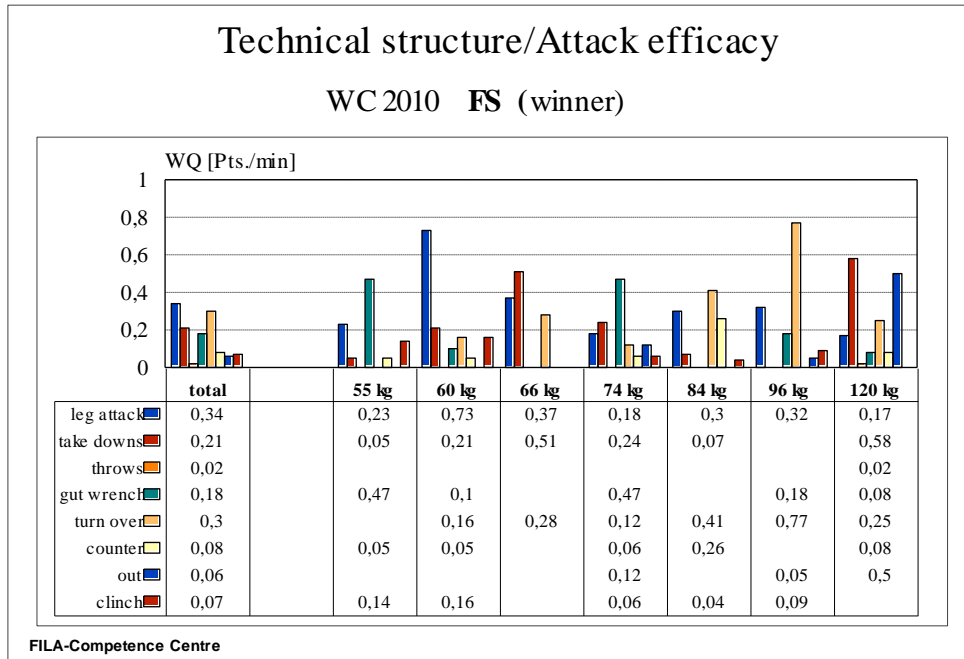


Fig. 10 Technical structure of the World Champions 2010 in Moscow

The dominating techniques are still the leg attacks though only Kudukhov(60kg) and Kumar (66kg) are using especially effective these techniques (Fig.10). Kudukhov realized with his Double leg attack a five point action. Gazumov (96kg), Ganev (84kg), Makhov (120kg) and Kumar (66kg) are making with their parterre techniques “turn over” these techniques to the second important techniques. As well as with their take downs Makhov, Kumar and Kudokhov are making these techniques to the third important techniques. Lebedev (55kg) and Tsargush (74kg) prefer the gut wrench techniques as a master action. If we compare the technical structure 2009 with 2010 we can realize big differences (fig. 11). We consider an increase of leg attacks, take downs, turn over and gut wrenches and counter techniques in 2010 while in opposite a decrease of throws, push out techniques and clinches.

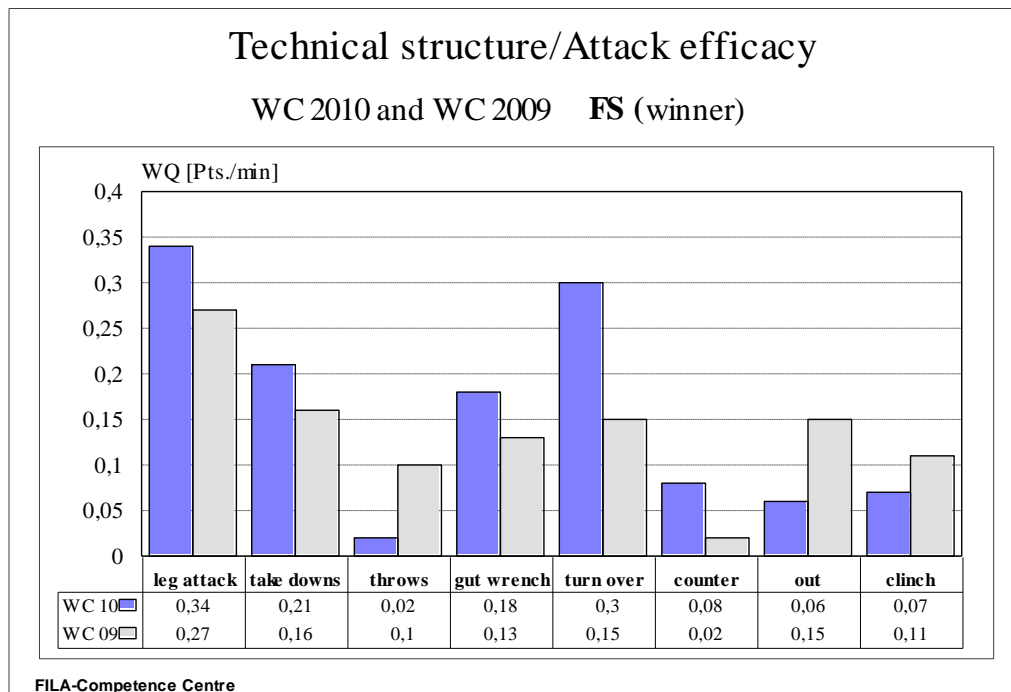


Fig. 11 Comparison of the technical structure of the World Champions 2009 and 2010

## GRECO-ROMAN WRESTLING

Unfortunately Moscow was again an example for the downward trend of the Olympic Greco-Roman style as to the quality of wrestling. On the other hand we have had some examples for demonstrating a high technical-tactical level in Greco-Roman wrestling in Moscow. The amendments of the wrestling rules taken by the FILA Board in June 2009 on demand of the coaches have had not a positive influence on the quality of the behavior of the Greco-Roman wrestlers. For instance the coaches had demanded an increase of the time to 1 minute 30. The answer of the athletes is very poor as we can see later during the analysis. In principle we have a continuously decrease of the points per minute to a value of 0.9. That means the Greco-Roman wrestlers are happy with realizing less than 1 point per minute, a situation that we have had already 1976 and 2004. After the World Championships 2005 and 2009 we have a clear decrease of the points per minute in Greco-Roman Wrestling from 2.4 in Budapest to 0.9 in Moscow (fig.12). The reason is an unattractive defence strategy with no risk during the first 1 minute and 30 seconds and waiting for the clinch. The result is very often 1 point per period!

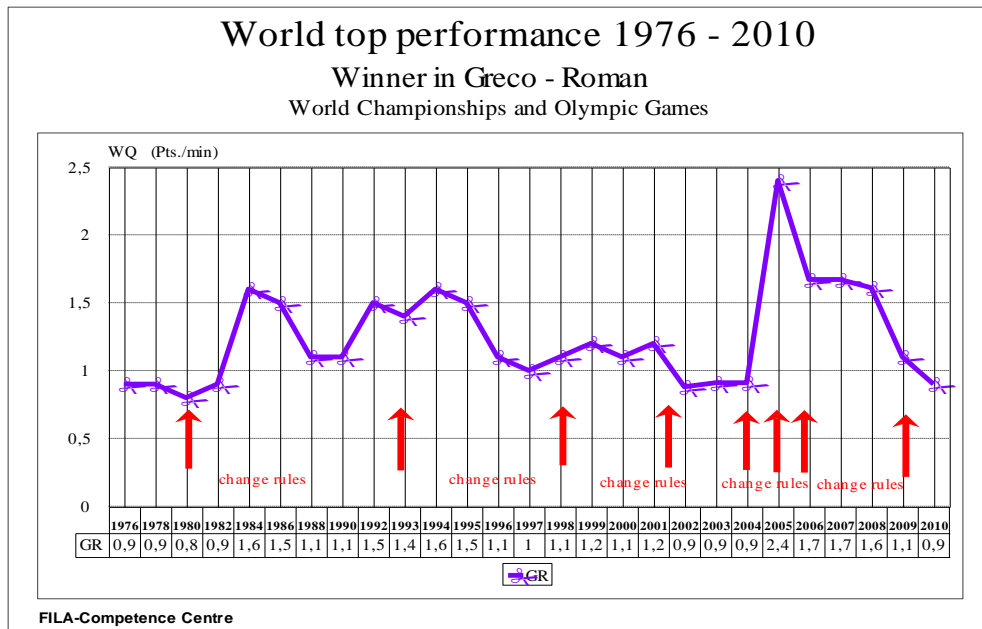


Fig. 12 Development of the points per minute made by the winner since 1976

If we take into consideration the quality of points of all participants we can see the same sad development with **8.8 points** per bout 2007 and **5.2 points** per bout 2010 (fig.13).

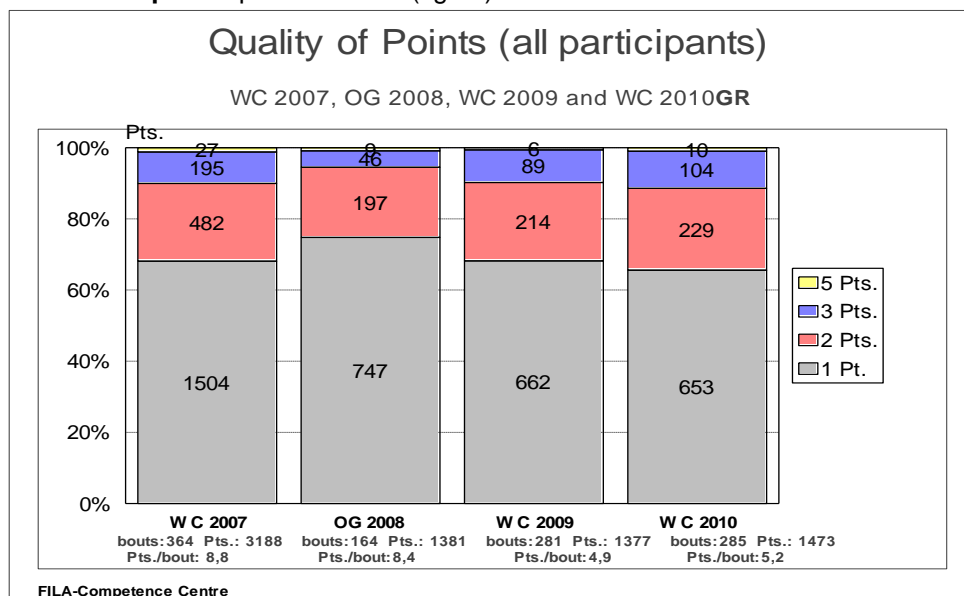


Fig. 13 Development of the quality of points since 2007

It is on the other hand a small good sign that we have had 12 falls (one more as in Herring).



### COMBAT BEHAVIOUR OF THE CHAMPIONS

We consider a different picture concerning the performance index, which describes the technical-tactical abilities of the winner (fig. 14). Only Lopez, 120kg (CUB) demonstrated an outstanding technical-tactical wrestling performance under the World Champions 2010 with a value of 1.36. All the other World Champions are under 1.0 and the value of the 84kg World Champion Marinov (BUL) is under 0.5!!

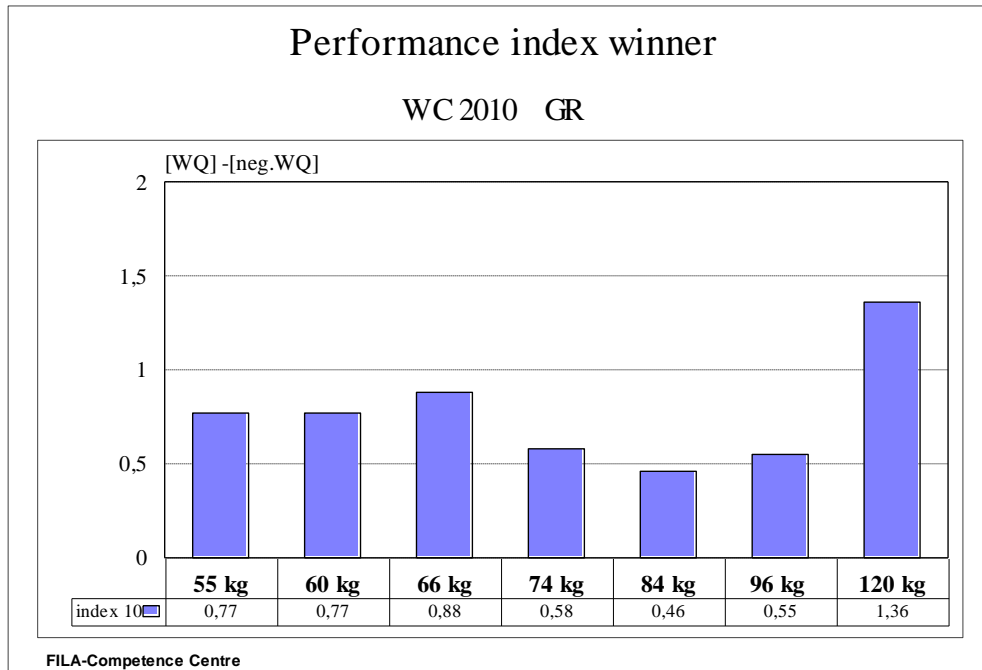


Fig. 14 Wrestling performance of the winner GR 2010

As we already stressed, the technical-tactical performance of the 2010 World Champions is rather poor if we compare it to 2009 (fig. 15). Almost all World Champions realized better performance values in 2009 than 2010 (with the exception of Vachadse (RUS, 66kg).

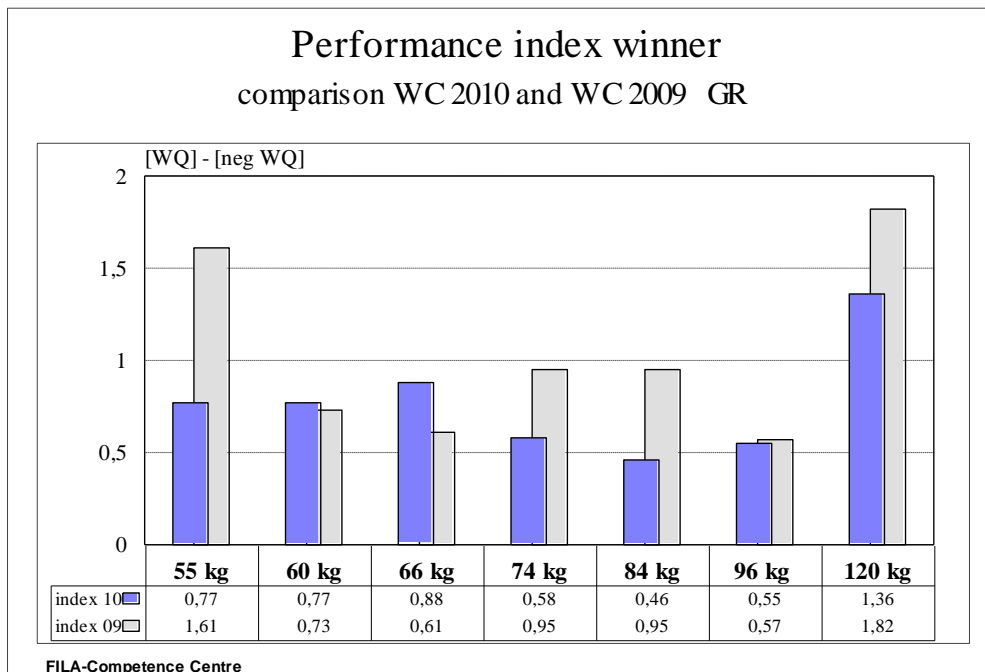


Fig. 15 Comparison of the wrestling performance (winner) WC 2009 to WC 2010

The success of the best wrestler of the tournament, Nunez made it clear it's worth making the effort **to use offensive wrestling strategy under the new rules** (fig.16).

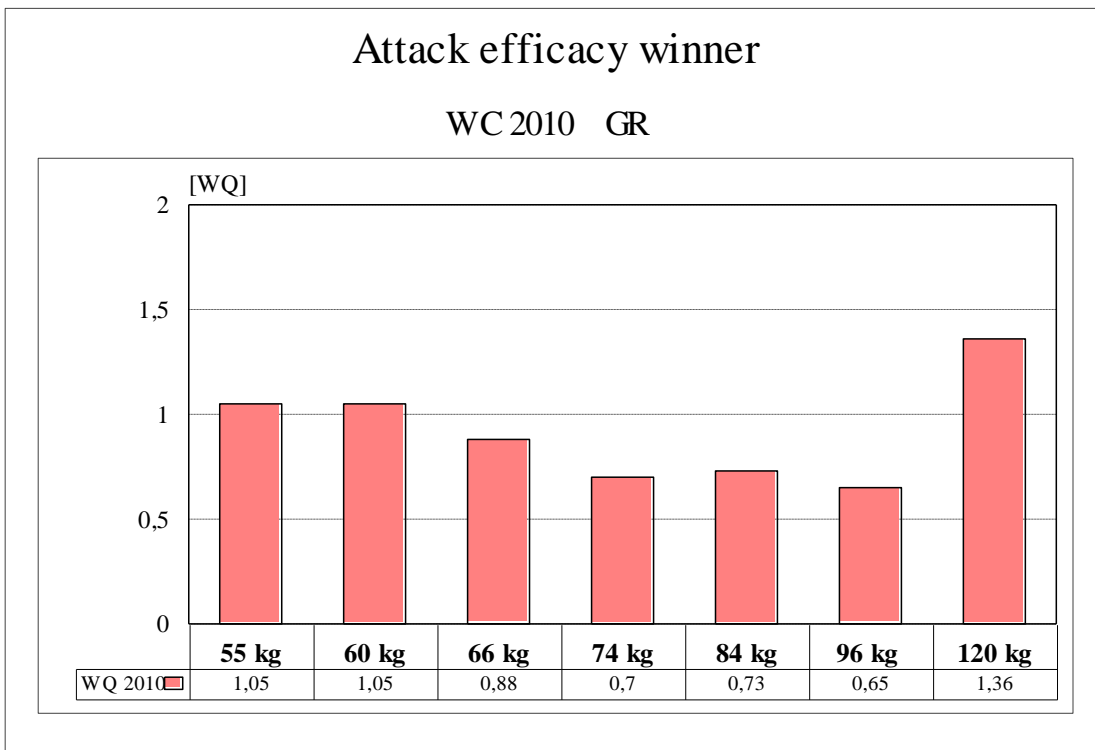


Fig. 16 Attack efficacy of the World Champions 2010 in Moscow

Under this aspect it could be mentioned that Reihanpour (IRI) and Aliyev (AZE) are realizing at least 1 point per minute in their attacking actions.

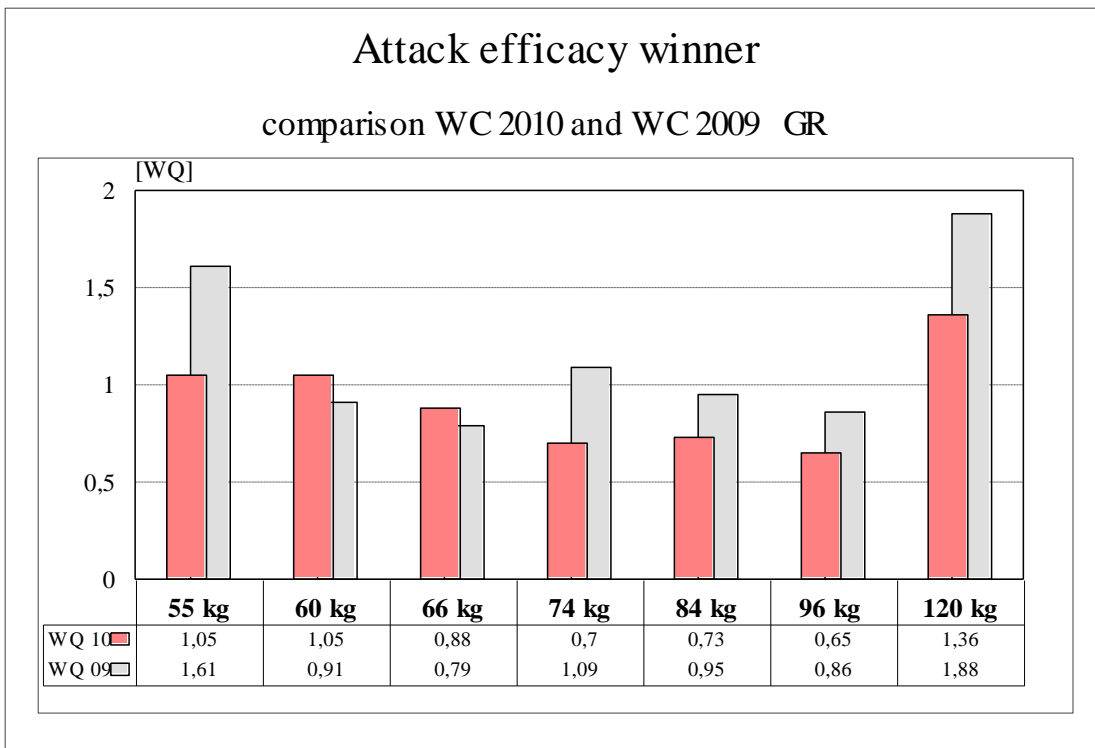


Fig. 17 Comparison of the attack efficacy of the World Champions 2009 in Herring and 2010 in Moscow

If we compare the attack efficacy 2009 with 2010 (fig. 17) the already mentioned situation is confirmed. The World Champions of 2009 had been the better attacker and had demonstrated a more attractive wrestling than 2010. Vachadse and Nunez belonging to the most stable wrestlers against the opponent's attacks because they let them not a single point (fig. 18). The defense abilities of Reihanpour (55kg), Aliyev (60kg), and Marinov (84kg) should be better for more success in the future.

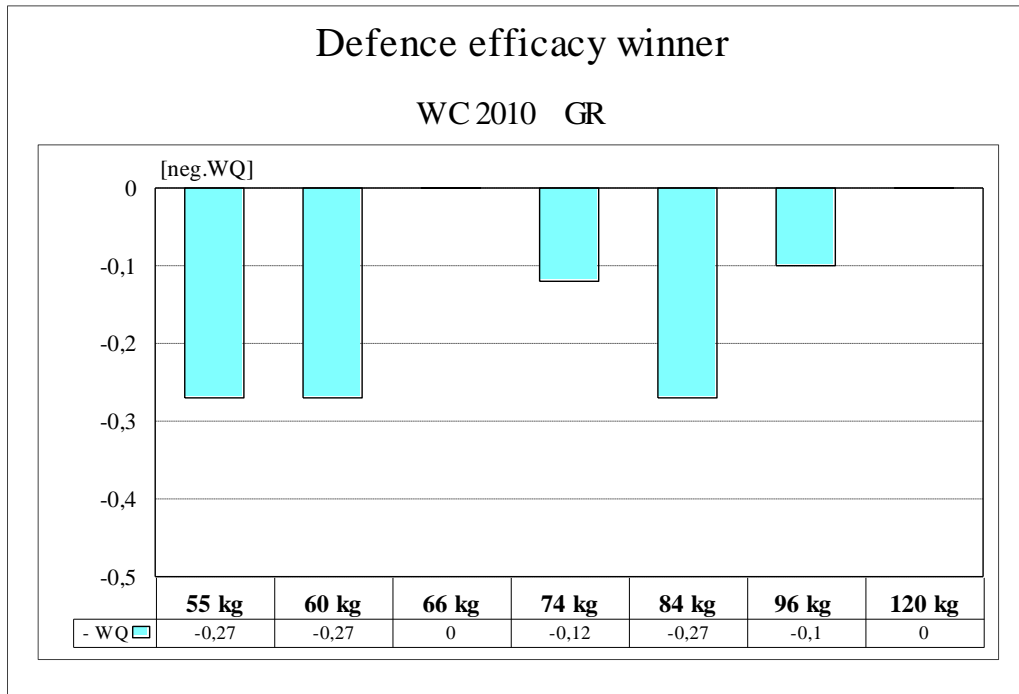


Fig. 18 Defense abilities of the GR World Champions 2010 in Moscow

Summarizing we can say that only Nunez (fig. 19) showed the best and attractive wrestling performance among the World Champions of Moscow 2010.

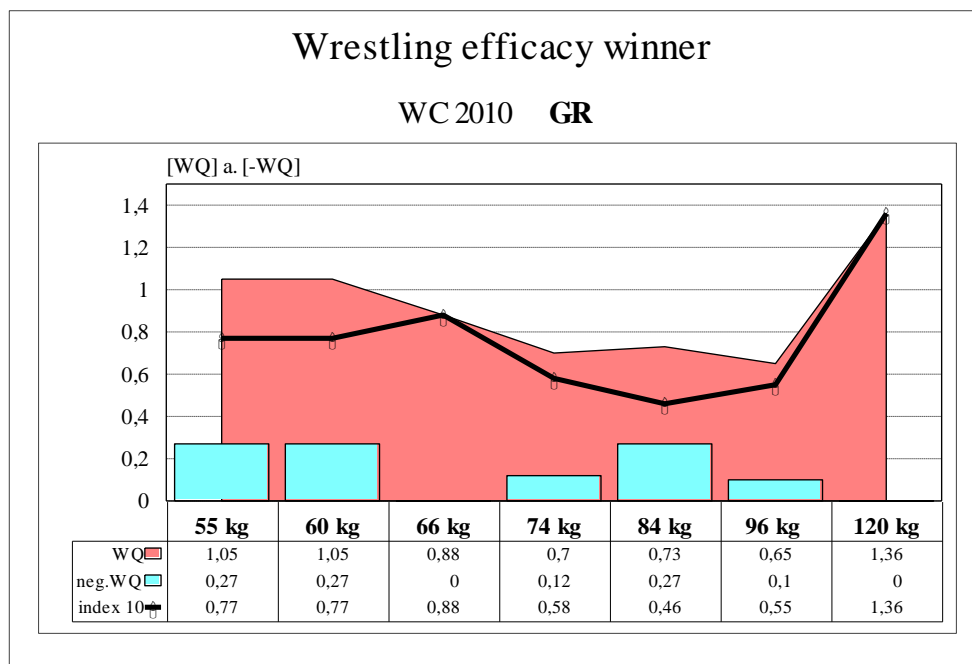


Fig. 19 Wrestling efficacy of the World Champions 2010 in Herring

## TECHNICAL-TACTICAL DEVELOPMENTS AFTER THE RULE CHANGES 2009 IN GRECO-ROMAN WRESTLING

Following the demands of coaches for prolongation the time of bout at the beginning of the match FILA extended the time by 30 seconds. But the wrestlers did not use this prolongation for making more points (fig.20). The winner realized 2009 total 171 points and 2010 only 142. They also realized 2010 less points during the first minute and 30 seconds than 2009. That means they are concentrating themselves upon the last 30 seconds of the period (clinch).

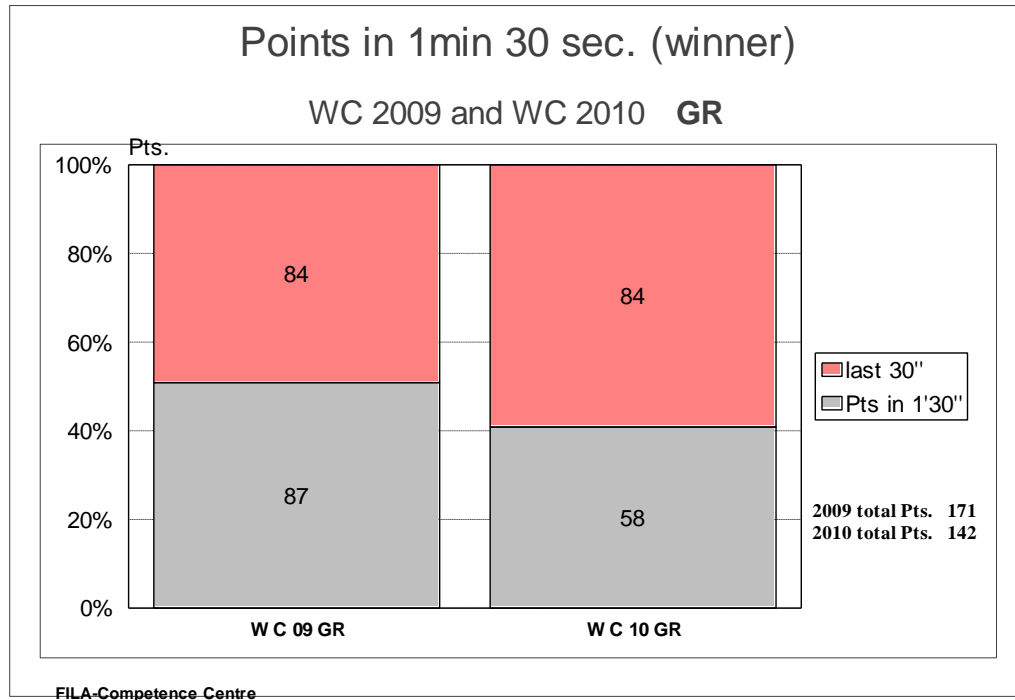


Fig. 20 Points of the winner during the first minute and 30 seconds 2010 in comparison to 2009

The reduction of the points 2010 takes its toll on the standing wrestling as we can see in fig. 21.

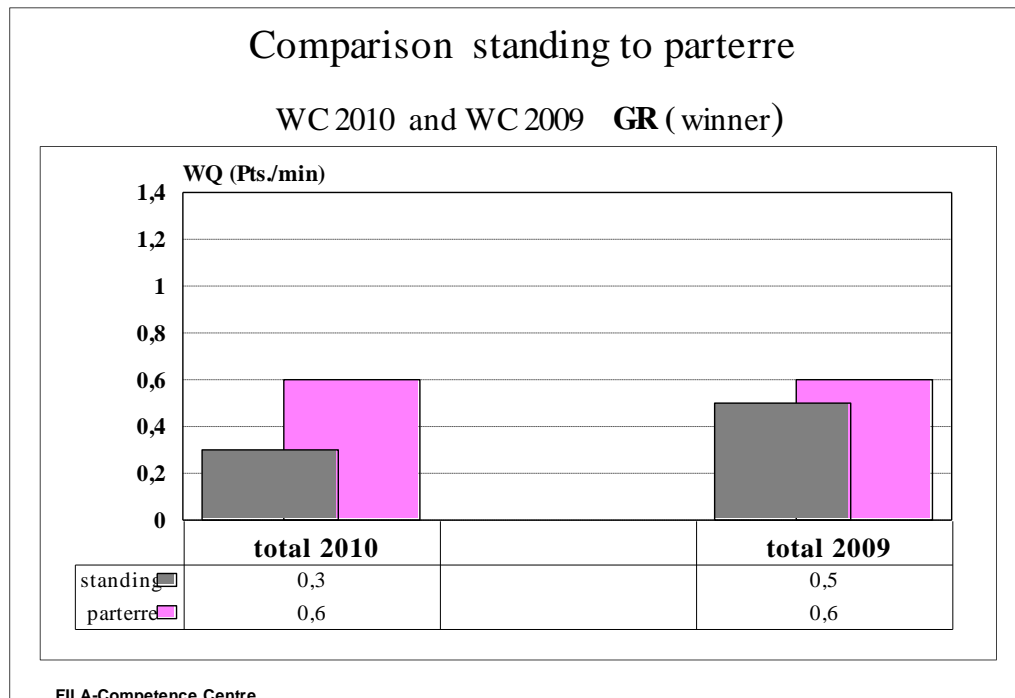


Fig. 21 Comparison between standing to parterre wrestling 2010 to 2009

We have an interesting development concerning the clinch points. Of course there is a reduction of clinch points without techniques 2009 and 2010 vs. 2006 because of rule changes (fig. 22). But still we have more points by clinch than without clinch even it is a small positive sign that we have relatively more points without clinch 2010 than in the past.

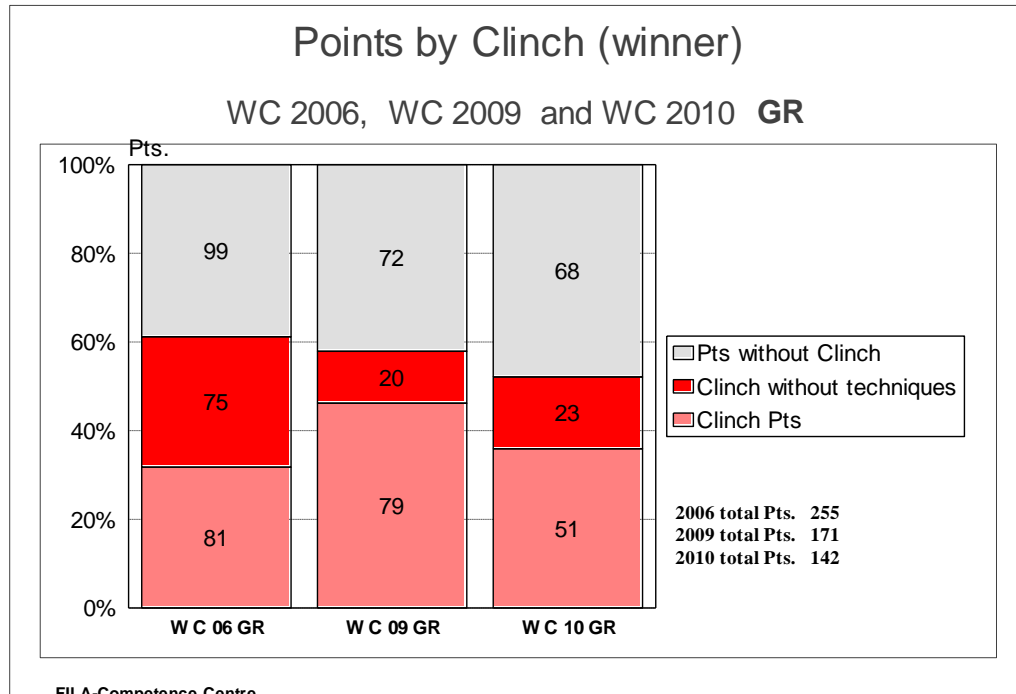


Fig.. 22 Points with and without clinch of the winner 2010

The modifications of the strategy in Greco-Roman wrestling during the last years we can see by analyzing the technical structure of the winner. 2006 the dominating technique had been lifts and we have had a poor technical variety (fig. 23).

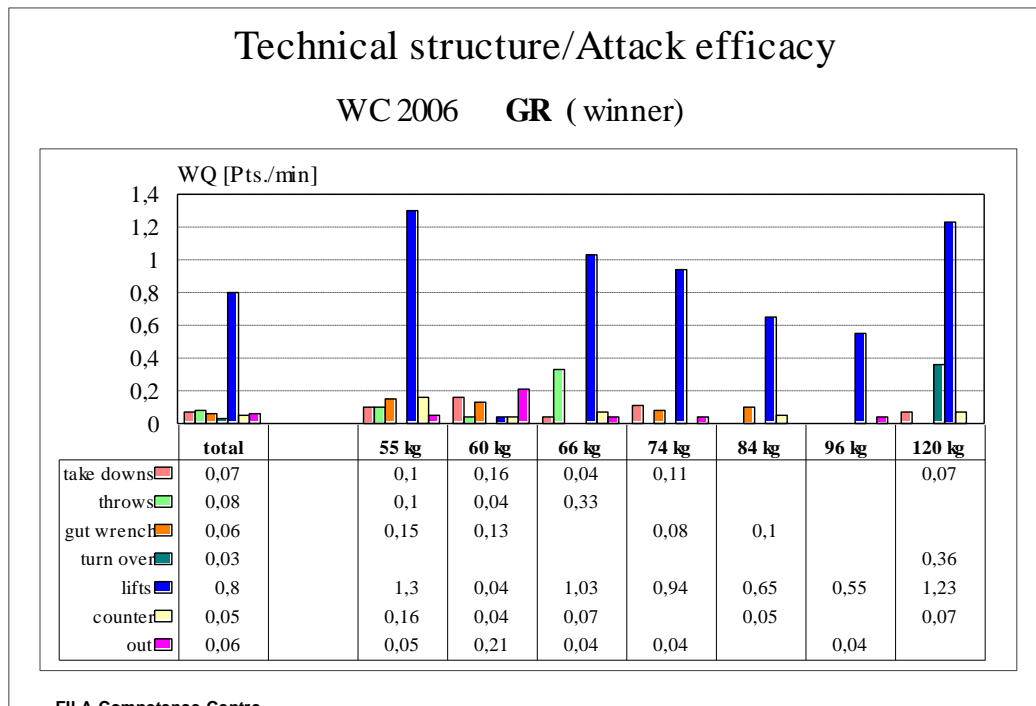


Fig.. 23 Technical structure of the winner WC 2006

The situation changed in 2009. The technical variety improved and the main techniques in Hering had been the throws followed by the gut wrench and take downs (fig. 24).

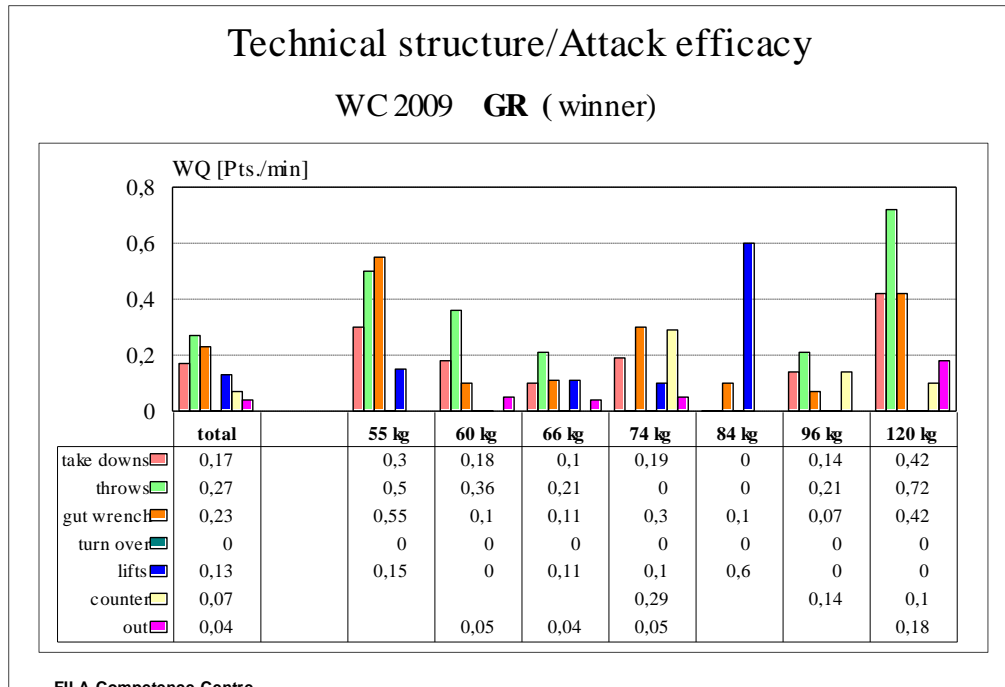


Fig.. 24 Technical structure of the winner WC 2009

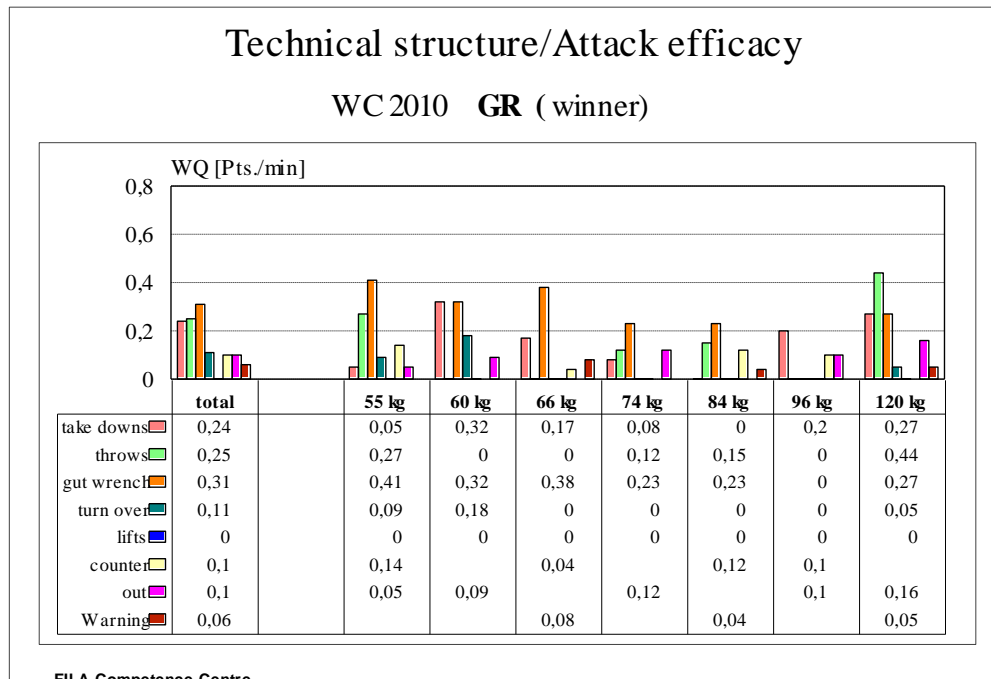


Fig.. 25 Technical structure of the winner WC 2010

Again in 2010 the strategy clearly changed (fig. 25). In Moscow we have had not only less technical points but the dominating technique had been the gut wrench followed by throws and take downs. The “first place” of the gut wrench calls for a closer examination. We have begun to accept imperfect execution of this technique. But it is well known that the quality of wrestling depends direct on the quality of the technical execution of the holds! Nunez and Reihanpour have 2010 as well as 2009 a special part in throw techniques. The lifts disappeared completely.

## FEMALE WRESTLING

If we have look at a parameter of the quality of wrestling - the average number of scored points per minute – it becomes clear that 2010 the quality of females wrestling has an upward trend since 2010 (fig. 26).

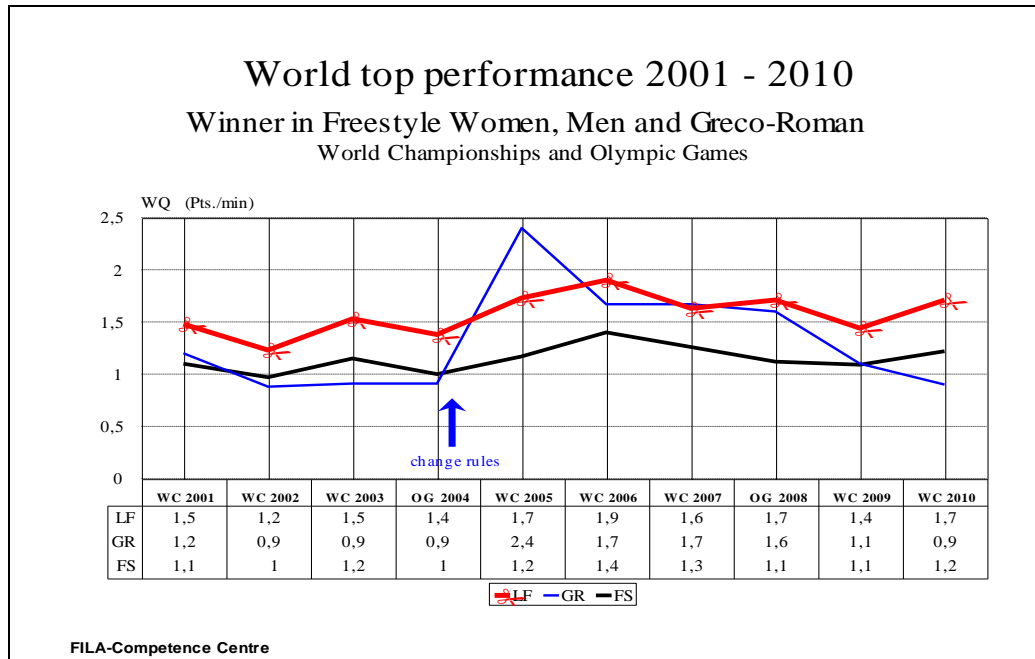


Fig 26 World top performance 2001 – 2010 in three Olympic disciplines of wrestling

This positive trend in Female Wrestling will be underlined if we have a look at the quality of points (fig. 27). There is a clear increase of the average points per bout (**5.8 pts./bout 2009** and **6.4 pts./bout 2010**). Very clear is also the increase of 2-point actions and the decrease of the 1-point actions.

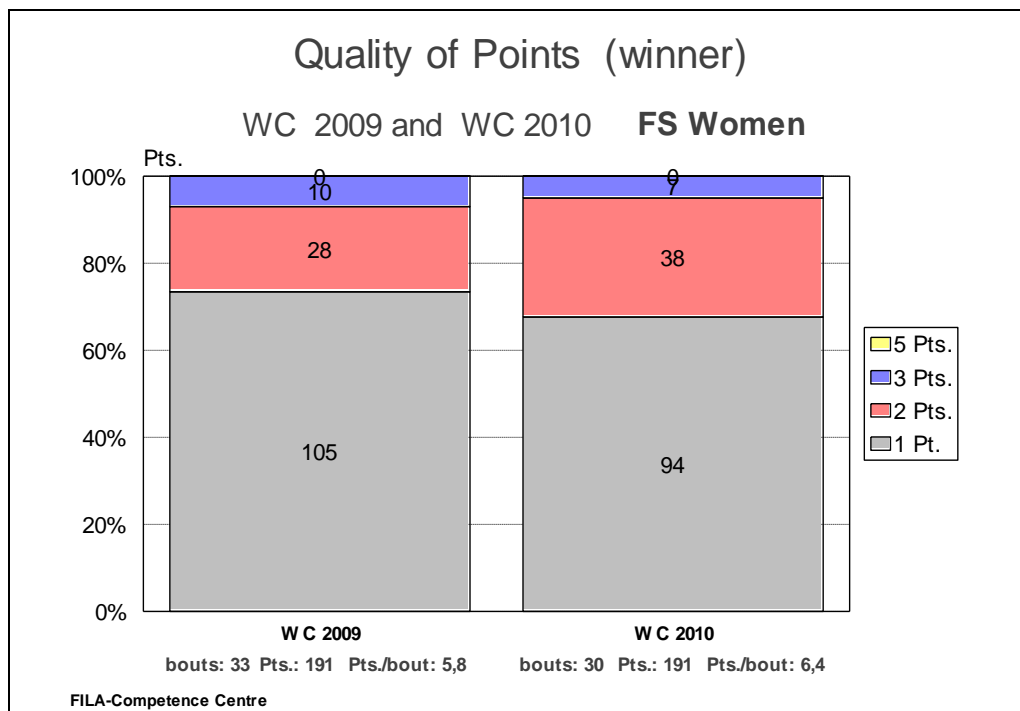


Fig. 27 Quality of points Female World Championships 2009 and 2010

## COMBAT BEHAVIOUR OF THE FEMALE CHAMPIONS

We consider a different picture concerning the attack efficacy of the World Champions 2010 in Moscow (fig. 28).

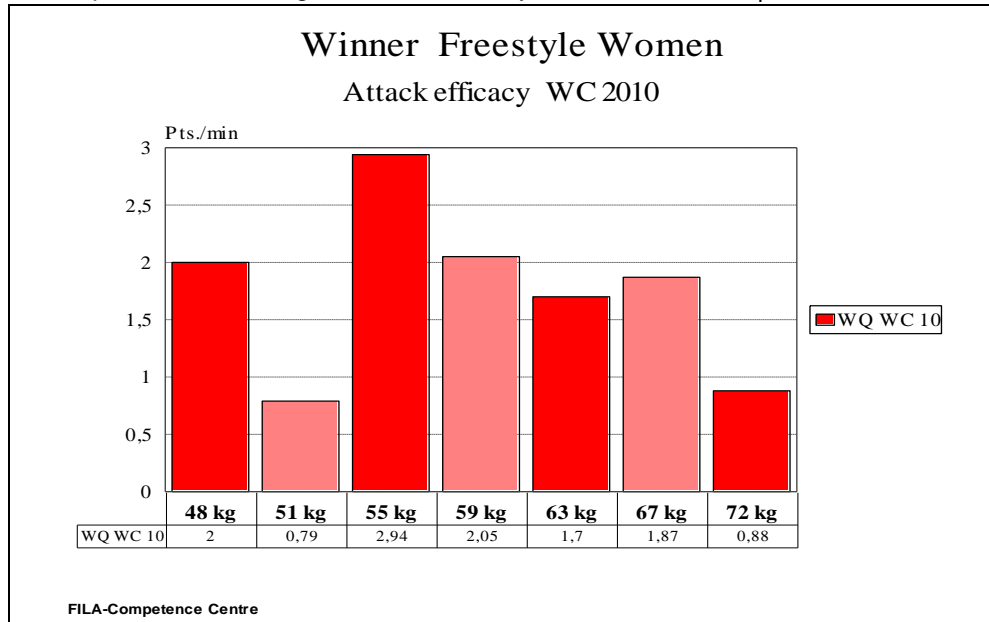


Fig. 28 Attack efficacy of the world champions 2010

Of course the World Champions are demonstrating the best quality of wrestling even though there are differences among them. This is especially the fact with the attack efficacy. With realizing almost 3 points per minute we bow down again before the queen of wrestling Saori Yoshida. She improved her excellent attack behavior still since Herning (2.06) with almost 1 point per minute!! But also Hitomi Sakamoto (48kg), Battse Soronsonbold (59kg), Martine Dugrenier (67kg) and Kaori Icho (63kg) had shown us an outstanding attack efficacy. Only Aleksandra Kohut (51kg) and Stanka Zlateva Hristova (72kg) have been reserved as to their attack efficacy.

Looking at the best defense abilities of the World Champions 2010 we can also see a different picture (fig. 29). Saori Yoshida allowed her opponents not only one point and she was not only the best attacker but also the best defender of the competition. Very strong in her defense ability had been Stanka Zlateva Hristina followed by Aleksandra Kohut, Martine Dugrenier and Kaori Icho. Hitomi Sakamoto and especially Battse Soronsonbold could possibly improve their very good results with a better defense ability.

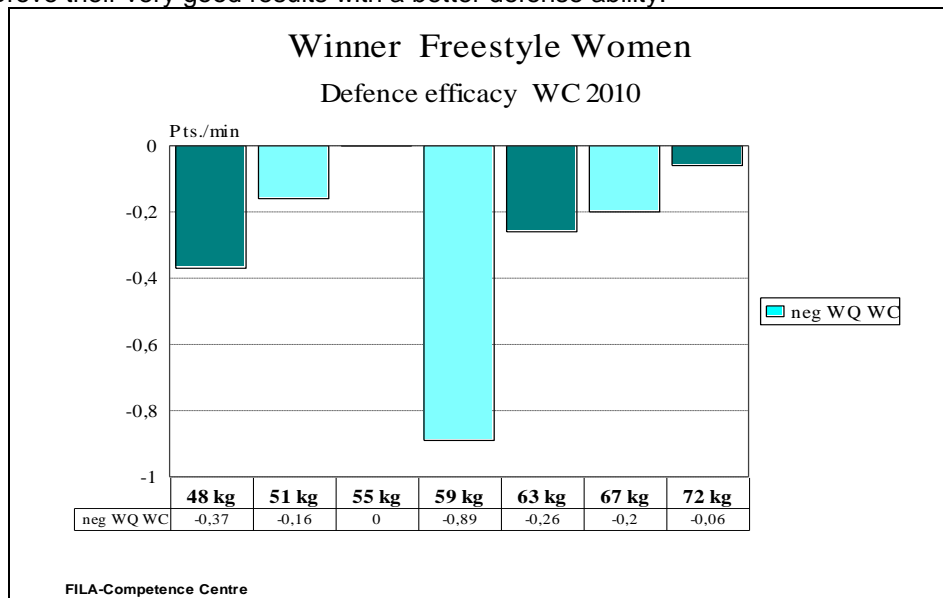


Fig. 29 Defense efficacy of the World Champions 2010 in Moscow

Summarizing the wrestling efficacy of the female World Champions wrestlers 2010 in Moscow (fig. 30) we consider an outstanding performance of the Japanese wrestler Saori Yoshida (55kg) with a performance index of 2.94. It is like



a fine wine getting better with age. The technical-tactical performances of the Japanese wrestlers Hitomi Sakamoto and Kaori Icho, as well as the Canadian Martine Dugrenier, were brilliant in Moscow.

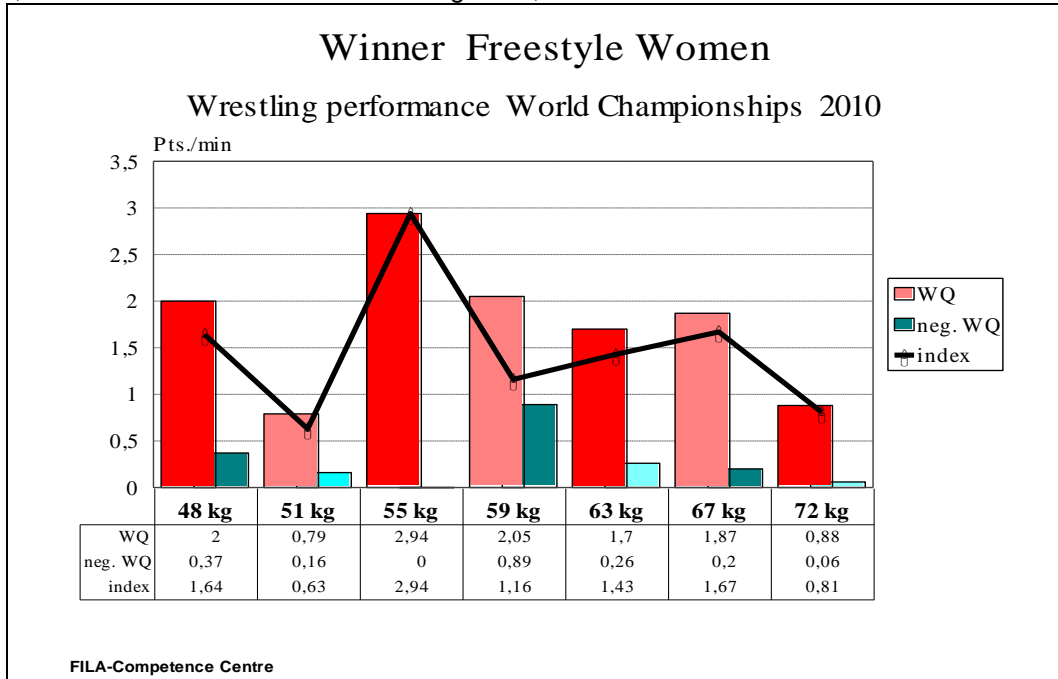


Fig. 30 Wrestling efficacy of the World Champions 2010 in Moscow

It is for the coaches very important to analyze the technical-tactical structure of the winner. It is important for the analysis of the technical capacity of their athletes to compare this with the top athletes of the weight class. It is also very important for the planning of the technical training process as well as for the training concepts of the promising young talents. We see in Moscow leg attacks, turn over and take downs as the dominating techniques (fig. 31). This tendency is obvious in the weight categories 48kg, 51kg, 55kg and 63kg. Summarizing, we can speak about the “Japanese School of Female Wrestling”. We can find the three dominating techniques as a main strategy in the technique profile of Saori Yoshida, Hitomi Sakamoto and Kaori Icho. The biggest technical variety are seen in Kaori Icho, Battse Soronsonbold and Hitomi Sakamoto while Martine Dugrenier is concentrating on just two techniques in her individual strategy.

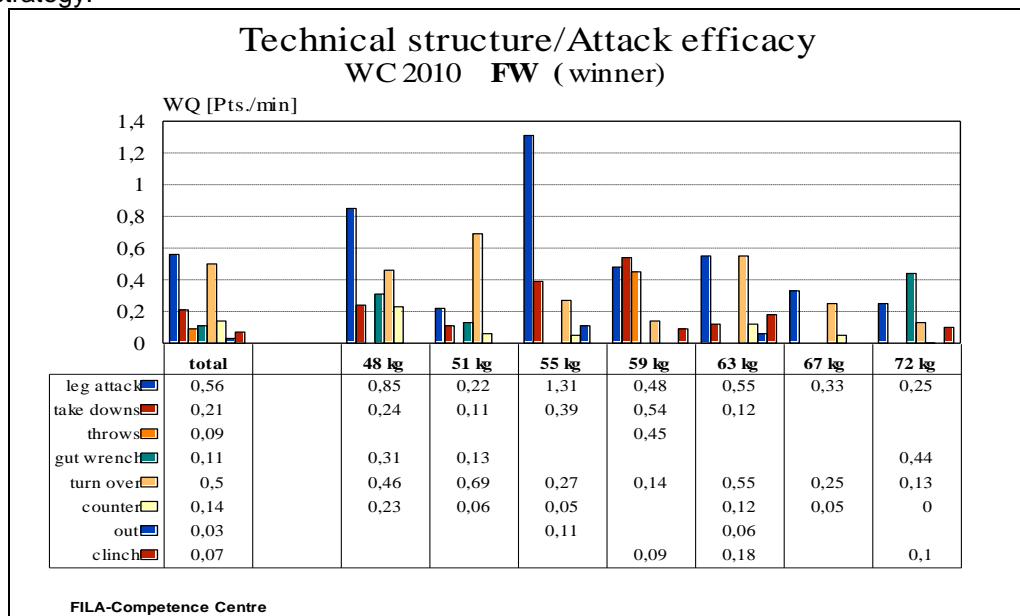


Fig. 31 Technical structure and efficacy of the World Champions 2010

If we compare the technical structure of 2009 to 2010 we can see almost the same picture (fig. 32). However we have a clear increase of the turn over techniques for instances like the ankle lace and a small increase of the counter and the clinch. The decline of the leg attacks is minimal.

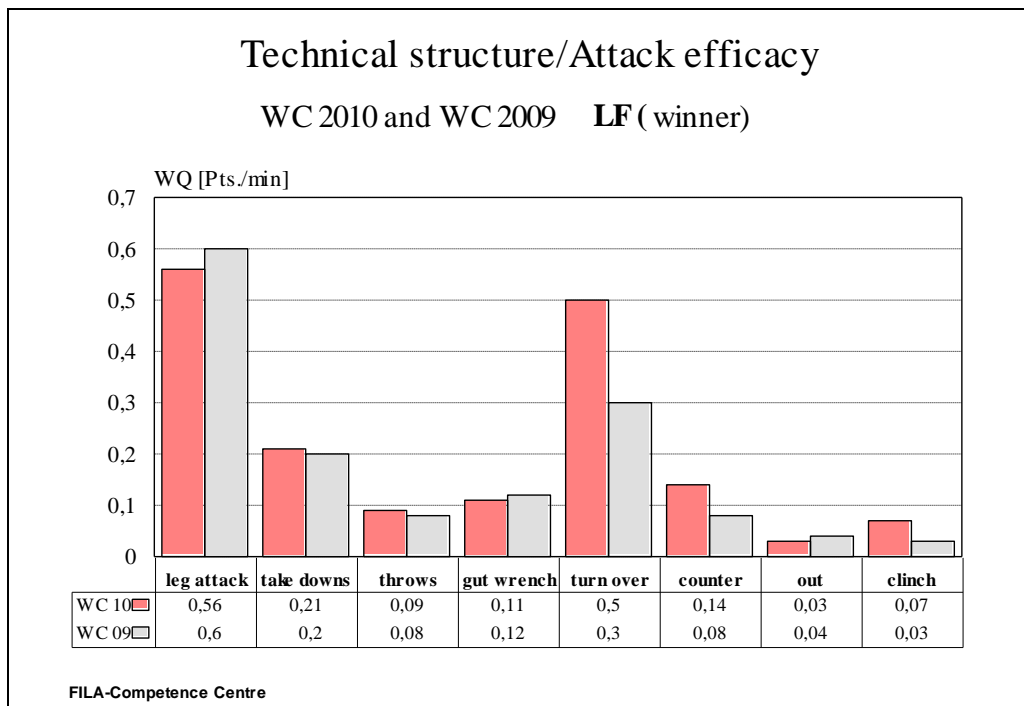


Fig. 32 Comparison of the technical structure in female wrestling 2009 and 2010

The technical-tactical behaviour of the female wrestling approach when compared to the freestyle men concern defense. In general the female wrestlers became stronger in their defence abilities, they became stronger in their physical abilities and they are avoiding complicating techniques. But still now there are some essential differences between Female and Men Freestyle wrestling if we have a look at figure 33. Especially the dominance of the leg attacks and turn over techniques in Female Wrestling. Furthermore the Female wrestlers are using more effective throws and counter techniques like the Men freestylers and less “gutwrench” and “Push out techniques”.

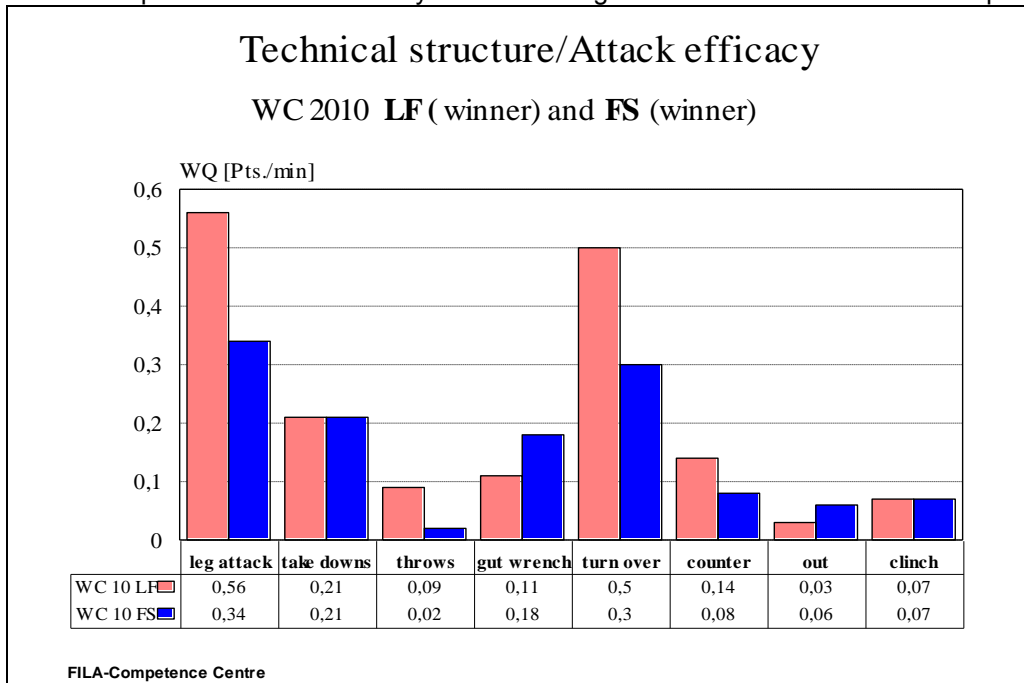


Fig. 33 Comparison of the technical structure in Female and Men Freestyle wrestling 2010