ANALYSIS OF MAJOR COMPETITIONS 2020-2024.

Tirana (ALB), 29.10.2024.

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The internet platform - PDA (Performance Data Analysis) gives great opportunities to use data, and there is a lot of it in this analysis (32). An analysis was made of the following major senior competitions in the last 5 years (2020.-2024), namely:

1. **Olympic Games 2021. (JPN - Tokyo) - GR-FS-WW**

2. **Olympic Games 2024. (FRA – Paris) - GR-FS-WW**

3. Individual World Cup 2020 (SRB – Belgrade) - GR-FS-WW

4. **World Championship 2021 (NOR - Oslo) - GR-FS-WW**

5. **World Championship 2022 (SRB – Belgrade) - GR-FS-WW**

6. **World Championship 2023 (SRB – Belgrade) - GR-FS-WW**

7. European Championship 2020 (ITA - Rome) - GR-FS-WW

8. European Championship 2021 (POL – Warsaw) - GR-FS-WW

9. European Championship 2022 (HUN – Budapest) - GR-FS-WW

10. European Championship 2023 (CRO – Zagreb) - GR-FS-WW

11. European Championship 2024 (ROU – Bucharest) - GR-FS-WW

12. **Asian Championship 2020 (IND – New Delhi) - GR-FS-WW**

13. **Asian Champion 2021 (KAZ – Almaty) - GR-FS-WW**

14. **Asian Championship 2022 (MGL – Ulaanbaatar) - GR-FS-WW**

15. **Asian Championship 2023 (KAZ - Astana) - GR-FS-WW**

16. **Asian Championship 2024 (KGZ – Bishkek) - GR-FS-WW**

Why is it important to make such analyses?

The first and basic reason is to get exact indicators about wrestling matches in various segments.

It is of **great importance to the UWW Technical Commission**, as well as to all members of the UWW Bureau who make the final decision on changes to the wrestling rules.

Perhaps this analysis is **the most important for all coaches** who analyze wrestling competitions. This way, coaches can take note and evaluate the direction in which the world wrestling is going.

Based on the data in these analyses, it is possible **to make many scientific papers**, which will be of **great benefit to the sport of wrestling and to all scientists**.

This analysis was made through 7 segments, namely:

1. Scored points: Technical points - Other points

2. Number of points per minute of fight: – WQ/min

3. Analysis of points - by all wrestling techniques

4. Point analysis – the first three most successful techniques

5. Scored points: Standing position - Parterre position

6. Analysis of points obtained for: Passivity (GR) - Activity time (FS-WW)

7. Analysis of all matches based on wins by fall

All analyzes are **presented through tables** or graphs to facilitate visual monitoring and drawing conclusions for all 7 analyzed segments.

The great importance of this analysis lies in the fact that from this analysis it is possible to **get an answer to the question of how wrestlers from Asia** (GR, FS, WW) managed to win such a **large number of medals at the last Olympic Games in 2024 in Paris.**

ASIA – 36 medals (50%)

EUROPE – 20 medals (28%)

AMERICA – 16 medals (22%)

OVERVIEW OF THE MEDALS AT THE OG - PARIS 2024.

Sn	CONTINENT	Num. med.	%	Sn	CONTINENT	Num. med.	%	Sn	CONTINENT	Num. med.	%
1.	1. ASIA	13	54%	1.	1. ASIA	11	46%	1.	1. ASIA	12	50%
2.	2. EUROPE	7	29%	2.	2. EUROPE	9	37%	2.	2. EUROPE	4	17%
3.	3. AMERICA	4	17%	3.	3. AMERICA	4	17%	3.	3. AMERICA	8	33%
	Total =	24	100%		Total =	24	100%		Total =	24	100%
	GR				FS				WW		

When a detailed analysis of the results at senior major competitions **in the last 5 years** is made, **it is clear how much progress all Asian wrestlers** have made at the world level. Especially when you look at the results made by Asian wrestlers in terms of **the number of technical points and the average number of points per one minute of the fight**.

Based on the results obtained in this analysis, it is completely **clear that the success of Asian wrestlers is not accidental and did not come in a short period of time,** but is a real system of work that has now given **great and significant results at the world level**.

This analysis should be the **first step in making many other quality analyses**, based on the available data, all of which are available **on the PDA (Performance Data Analysis) platform**

1. SCORED POINTS / TECNICAL POINTS – OTHER POINTS

The way the points are won is of great importance when talking about changing the wrestling rules. From the stated reason, it is clear that the points won by the wrestlers via their actions are separated **from the points awarded mostly by the referees,** due to passive or inactive wrestling, or the ones which are some type of punishments (warnings, challenge, leaving the mat).

GR / TECNICAL POINTS & OTHER POINTS / 20-24
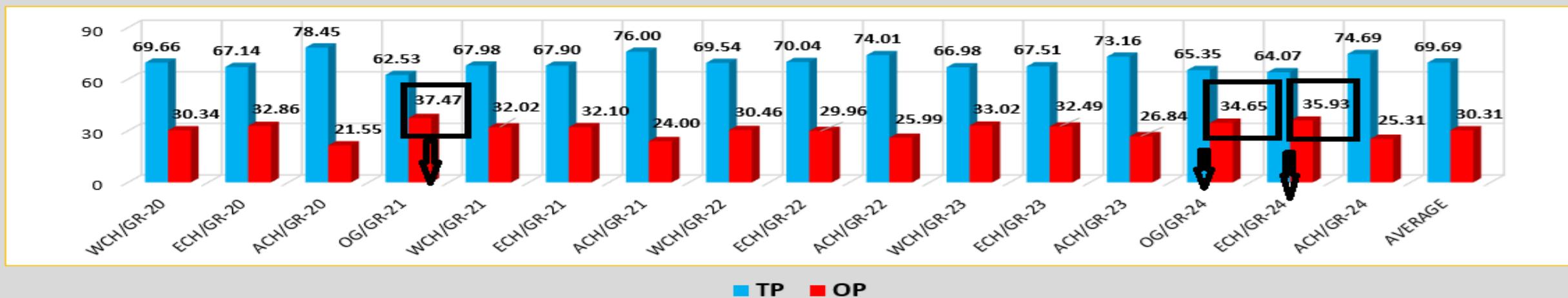
If you take into account the analysis of these parameters of wrestling matches, it is clear that there is a **big problem in the GR style.** On average, in the GR style, in the 16 analyzed matches, **30.31% of points were not won via wrestling techniques by the wrestlers**. In the analysis of the last two Olympic Games held during this period, the percentage of **points for passivity** is even higher and it amounts to **20.65%** of all points, which is 1/5 of all points in the Olympic Games

FS – OTHER POINTS (22,18-OG 2021;   21,94-ECH 24;   20,89-ACH 24)

WW – OTHER POINTS   (16,99-ECH 21;   16,41-WCH 20;   15,85-ECH 23

2. NUMBER OF POINTS PER MINUTE OF FIGHT: WQ/min

One of the **best indicators** of the direction in which wrestling is going in the world is precisely the data on **how many points were "made" per minute** in all analyzed matches, at the 16 most important championships in the last 5 years (WQ/min.)
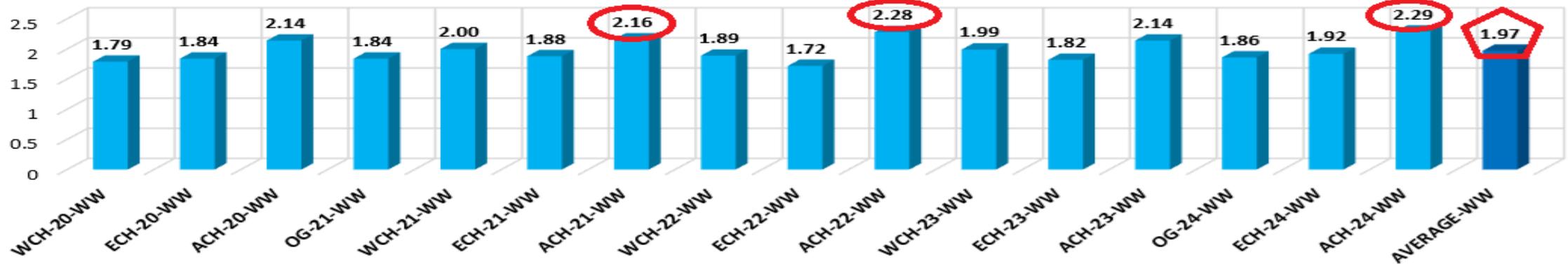
WW has the best indicators for this parameter (number of points per minute of fight), when compared to the other two styles (GR and FS). WQ/min **averages 1.97 points per minute** of fight, and is the best result in all three Olympic styles. The results at the **Asian Championships from 2020-2024 are especially good**, when in all 5 championships WQ/min was **more than 2 points (2020-2.14; 2021-2.16; 2022-2.28; 2023-2.14; 2024-2.29 points per minute).** In total of 6 out of 16 analyzed competitions, the average was more than 2.0 points per minute.

FS AVERAGE – 1,92 points per minute (16 championship)

GR AVERAGE – 1,67 POINTS PER MINUTE (16 championship)

One of the main reasons is that in 80% of **GR style** wrestling matches, the fight does **not last 360 seconds** (6 minutes) **but mostly 260 seconds (4 minutes and 20 seconds).** There are rare matches when technical points are scored in this first period of the match. **All wrestlers await the referee's evaluation to award 1 point for passive wrestling.**

Based on the fact that the active time for GR matches is 28% shorter than FS matches, it is normal to make less points than in FS style. **This gap in the number of points in GR style compared to FS amounts to about 18%.**

If we consider the fact (which will be presented later on in this analysis), that the referees in the 16 analyzed competitions in **GR style, gave only 0.23% of all points for NEGATIVE WRESTLING**, then that is the sufficient indication that the **referees do not want to protect the wrestling match** in the least.

Article 47 – General Prohibitions

Wrestlers are forbidden to:

- **Grasping or interlocking fingers to block the opponent and prevent Active Wrestling**.

These general prohibitions are sanctioned based on the severity of the foul **(disqualification, caution-1(2) point or verbal warning).** Disciplinary sanctions might also be applied after the competition against the athlete at fault.

3. ANALYSIS OF POINTS – BY ALL WRESTLING TECHNIQUES

In the analysis of **GR style, there are 16 elements of analysis** in all wrestling techniques, as well as in other parameters which make up the wrestling fight (warnings, challenges, points for negative wrestling etc.). In **FS and WW 18 parameters have been analyzed,** because GR style doesn't include following techniques: leg attack, activity time and ankle lace. Also, in FS and WW there are no points given for passivity.

3 BEST TEHNIQUE BY STYLE

GR

Sn	Tehnique/other	Mark	OG - GR	WCH - GR	CONT. CH – GR EUR/ASI	AVERAGE
1	GUT WRENCH	GW	22.44	20.90	23.55	**22.74%**
2	PASSIVITY	PA	20.65	18.36	15.65	**16.95%**
3	LIFTS	LI	9.42	15.83	12.48	**12.94%**

FS

Sn	Tehnique/other	Mark	OG - GR	WCH - GR	CONT. CH – GR EUR/ASI	AVERAGE
1	LEG ATTACKS	LA	31.86	28.14	26.64	**27.66%**
2	TAKE DOWN	TD	13.02	11.43	13.09	**12.66%**
3	GUT WRENCH	GW	9.62	12.13	11.28	**11.28%**

WW

Sn	Tehnique/other	Mark	OG - GR	WCH - GR	CONT. CH - GR	AVERAGE
1	LEG ATTACKS	LA	**29.30**	**25.26**	**20.87**	**23.02**
2	TAKE DOWN	TD	**12.27**	**14.01**	**14.45**	**14.07**
3	TURN OVER	TO	**10.06**	**9.12**	**13.02**	**11.67**

GRECO ROMAN STYLE

Sn	Technics	Mark	OG / GR		WORLD CH. / GR			
			OG-2021-GR	OG-2024-GR	WCH-20-GR	WCH-21-GR	WCH-22-GR	WCH-23-GR
1	GUT WRENCH	GW	23.06	21.81	21.93	17.44	20.53	23.69
2	PASSIVITY	PA	20.68	20.62	19.15	18.06	17.50	18.73
3	LIFTS	LI	8.40	10.43	15.79	17.68	16.70	13.14
4	TAKE DOWN	TD	7.77	10.31	9.06	10.48	9.00	9.65
5	HIP TURNING THROV	HT	4.51	6.71	6.29	6.24	5.64	5.69
6	STEP OUT	SO	8.40	6.35	5.48	6.53	6.39	8.03
7	SUPLEX THROW	ST	4.26	3.12	5.48	4.10	4.42	3.10
8	FORWARD BEDING THROV	FT	7.77	3.84	3.51	2.10	3.87	3.17
9	TURN OVER	TO	2.26	4.08	1.90	3.91	3.20	3.46
10	PARTERRE COUNTER	PC	2.01	2.88	2.49	3.00	3.16	2.34
11	STANDING COUNTER	SC	2.51	2.16	3.22	3.05	3.03	2.74
12	STANDING CAUTION	SCA	1.50	1.80	1.61	1.91	2.15	1.66
13	PARTERRE CAUTION	PCA	3.51	1.80	1.61	2.53	1.51	2.27
14	STANDING CHALLENGE	SCH	1.25	2.28	1.39	1.52	1.39	1.30
15	PARTERRE CHALLENGE	PCH	1.63	1.56	0.51	1.38	1.51	0.97
16	NEGATIVE WRSTLING	NW	0.50	0.24	0.58	0.10	0.00	0.07

GRECO ROMAN STYLE

Sn	Technics	Mark	EUROPEAN CHAMPIONSHIP / GR					ASIAN CHAMPIONSHIP / GR					AVERAGE
			ECH-20-GR	ECH-21-GR	ECH-22-GR	ECH-23-GR	ECH-24-GR	ACH-20-GR	ACH-21-GR	ACH-22-GR	ACH-23-GR	ACH-24-GR	
1	GUT WRENCH	GW	21.83	27.11	20.88	20.38	21.45	26.99	21.47	26.48	24.45	24.41	22.74
2	PASSIVITY	PA	18.08	18.27	18.90	18.59	20.35	10.99	12.63	12.56	14.14	11.96	16.95
3	LIFTS	LI	13.03	10.45	14.65	15.13	12.79	6.96	12.42	12.07	14.14	13.19	12.94
4	TAKE DOWN	TD	11.56	8.90	10.04	8.65	11.63	15.23	9.89	10.71	10.51	12.12	10.34
5	HIP TURNING THROV	HT	7.16	8.09	6.08	5.81	4.19	7.62	13.37	4.43	8.50	9.34	6.85
6	STEP OUT	SO	6.92	6.61	5.05	7.29	7.38	6.96	5.47	6.90	6.97	6.88	6.73
7	SUPLEX THROW	ST	3.29	4.59	5.64	4.69	3.55	8.05	4.53	8.13	3.44	4.26	4.67
8	FORWARD BEDING THROV	FT	3.93	2.43	3.52	2.35	3.14	6.96	3.37	4.68	3.06	3.28	3.81
9	TURN OVER	TO	2.82	1.75	4.03	3.83	3.60	2.83	2.95	4.43	3.44	3.28	3.24
10	PARTERRE COUNTER	PC	2.70	1.62	2.42	3.95	2.44	2.94	4.21	1.35	2.58	2.05	2.63
11	STANDING COUNTER	SC	0.82	2.97	2.78	2.72	1.28	0.87	3.79	1.72	3.06	2.78	2.47
12	STANDING CAUTION	SCA	3.23	3.71	0.95	1.98	2.73	0.87	1.47	2.46	2.29	2.21	2.03
13	PARTERRE CAUTION	PCA	2.11	1.42	2.20	2.29	1.92	0.65	1.26	1.48	0.67	2.13	1.84
14	STANDING CHALLENGE	SCH	1.53	1.28	0.59	0.62	1.74	1.20	1.47	1.60	1.62	1.47	1.39
15	PARTERRE CHALLENGE	PCH	0.65	0.67	1.83	1.61	1.63	0.87	1.26	0.99	0.76	0.66	1.16
16	NEGATIVE WRSTLING	NW	0.35	0.13	0.44	0.12	0.17	0.00	0.42	0.00	0.38	0.00	0.22

4. POINT ANALYSIS – THE FIRST THREE MOST SUCCESSFUL TECHNIQUES

The tables show which **three techniques are performed the most for each championship separately**. A special analysis was made for the **techniques in the standing position,** and separately for the **techniques in the parterre position**, for the **three techniques** which bring the most points

EXEMPLE – OLYMPICS GAMES

OG				NUMBER OF TECHNIQUES – from the 1st through the 3rd place							OG / FS / PA	PA-1	PA-2	PA-3
OG / FS / ST	ST - 1	ST -2	ST-3								OG / FS / PA	PA-1	PA-2	PA-3
2021	38.20	11.66	11.19	OG / ST	I	Nbr	II	Nbr	III	Nbr	2021	8.41	6.12	2.68
2021	LA	TD	SO		LA	4	TD	4	SO	3	2021	GW	TO	AL
2024	24.51	14.37	8.71	2020/24	SO	1	FT	1	HT	1	2024	10.82	10.82	5.92
2024	LA	TD	SO		TD	1	HT	1	FT	2	2024	GW	TO	AL
OG / GR / ST	ST - 1	ST -2	ST-3	Total =		6		6		6	OG / GR / PA	PA-1	PA-2	PA-3
2021	8.40	7.77	4.51								2021	23.06	8.40	3.51
2021	SO	FT	HT								2021	GW	LI	PC
2024	10.32	6.71	6.35	OG / PA	I	Nbr	II	Nbr	III	Nbr	2024	21.82	10.43	4.08
2024	TD	HT	SO		GW	4	TO	3	GW	2	2024	GW	LI	TO
OG / WW / ST	ST - 1	ST -2	ST-3	2020/24	AL	1	LI	2	AL	2	OG / WW / PA	PA-1	PA-2	PA-3
2021	31.72	8.89	6.46		TO	1	TO	1	PC	1	2021	9.90	8.28	7.07
2021	LA	TD	FT						TO	1	2021	AL	TO	GW
2024	26.88	15.65	7.42	Total =		6		6		6	2024	11.84	7.02	6.02
2024	LA	TD	FT								2024	TO	AL	GW

5. SCORED POINTS: STANDING POSITION – PARTERRE POSITION

It is very important to analyze **how many points were won in standing position or parterre position**. This data **differs significantly** in the three Olympic styles: GR, FS, WW. The table below shows data for all competitions by wrestling style:

Average style	Standing	Parterre
AVERAGE-GR	55.46	44.54
AVERAGE-FS	71.49	28.51
AVERAGE-WW	69.60	30.40

GR / STANDING & PARTERRE / 20-24
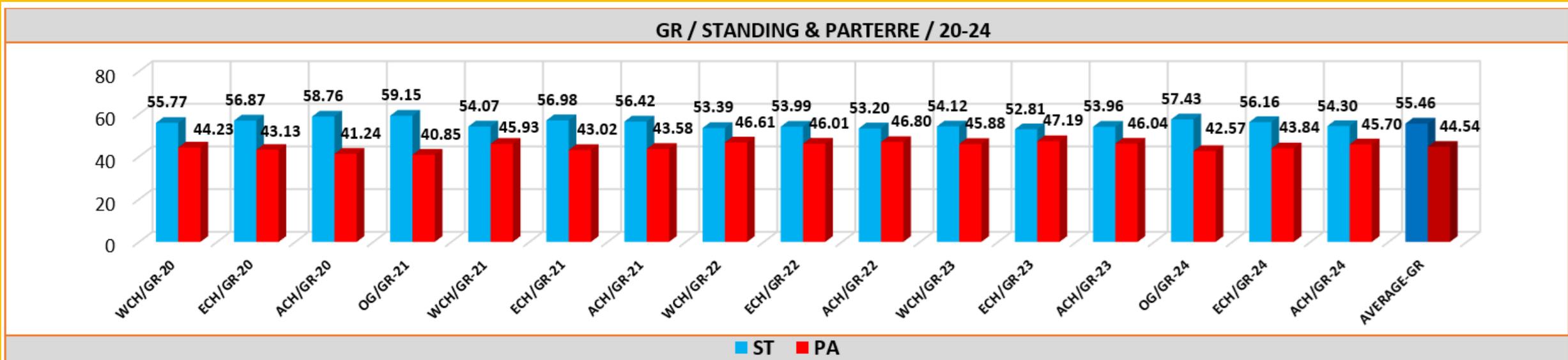
6. ANALYSIS OF POINT OBTAINED FOR: PASIVITY (GR) – ACTIVITY TIME (FS-WW)

One of the important parameters that speak about the quality of wrestling matches is the number of **points awarded by the judges for passivity in GR style and for Activity time in FS and WW**.

Based on the analysis of 16 competitions, it is clear that there is a **big problem in the GR style.** This especially applies to the **Olympic Games and World Championships, where the quality of the wrestlers is high** and in these fights, the points awarded for passivity often decide the winner.

The **average of passivity and activity time by styles** can be seen in the following table:

AVERAGE-**GR** / PASIVITY	16.95 %	AVERAGE-**FS** ACTIVITY TIME	6.31 %	AVERAGE-**WW** ACTIVITY TIME	5.79 %

GR / PASSIVITY / 20-24

| Competition	Value
WCH/GR-20	19.15
ECH/GR-20	18.08
ACH/GR-20	10.99
OG/GR-21	20.68
WCH/GR-21	18.06
ECH/GR-21	18.27
ACH/GR-21	12.63
WCH/GR-22	17.50
ECH/GR-22	18.90
ACH/GR-22	12.56
WCH/GR-23	18.73
ECH/GR-23	18.59
ACH/GR-23	14.14
OG/GR-24	20.62
ECH/GR-24	20.35
ACH/GR-24	11.96
AVERAGE-…	16.95
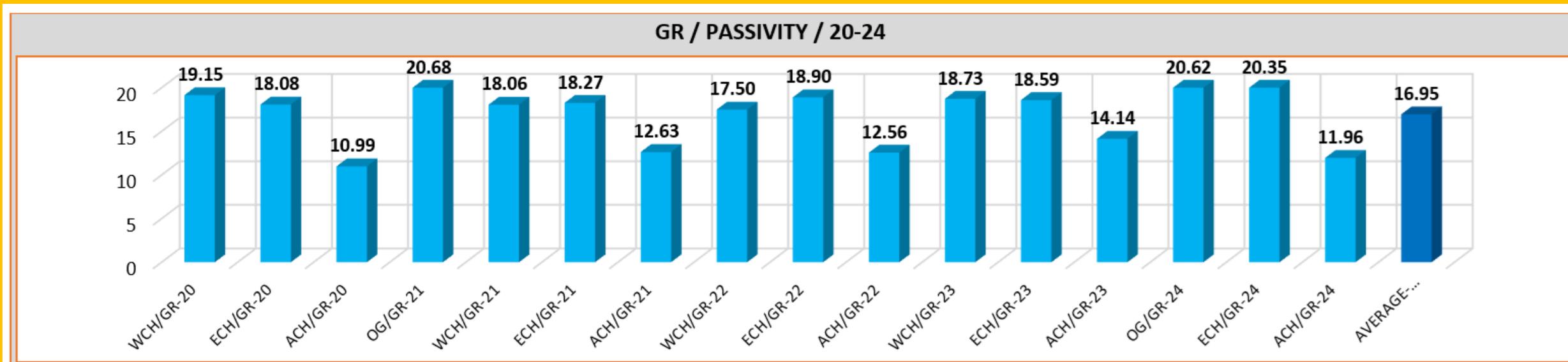
7. ANALYSIS OF ALL MATCHES BASED ON WINS BY FALL

The number of victories by fall is the lowest at the Olympic Games, and the highest at the Asian Championships, especially in women's wrestling. In all women's wrestling competitions, there are quite a lot of victories by fall.

The **average of fall by styles** can be seen in the following table:

FALL - GR	5,71 %	FALL - FS	5,59 %	FALL - WW	23,31 %

WW / FALL / 20-24
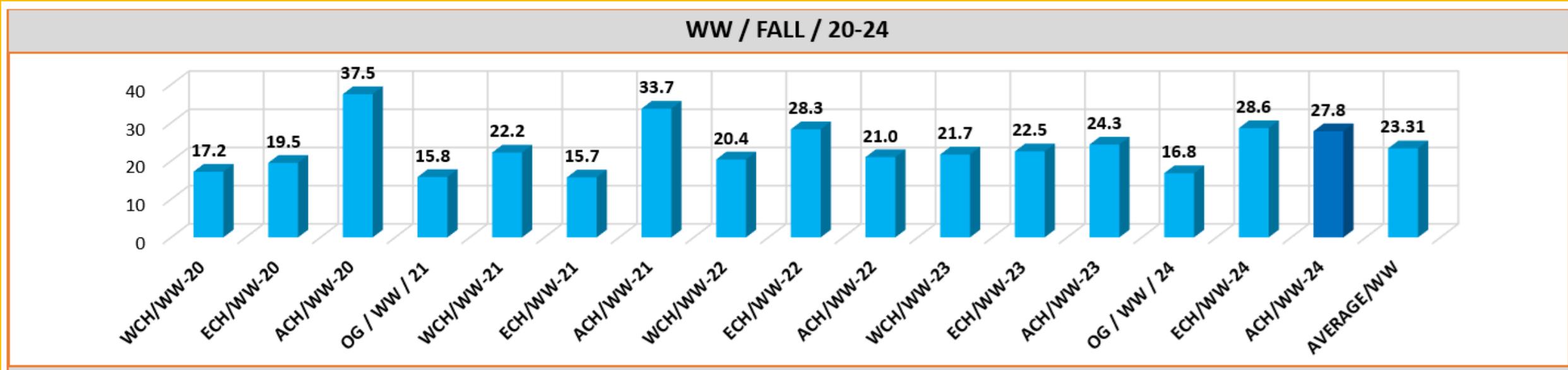
CONCLUSION

Based on this presentation, concrete conclusions can be made:

1. There are **big problems in the GR style**, when it comes to the **number of points won per minute of the fight**, as well as the extremely **big problem** of **points that are not the result of the performed wrestling technique (points for passivity);**

2. In large competitions, the **number of points for "passivity" is about 20%,** this means that the rules have been made, that **1/5 of the points must be given by the judges**, based on their opinion and assessment;

3. **The Olympic Games in Paris 2024.** showed that a wrestler can **win a medal (silver in 130 kg) without having to do a single wrestling action**, but waiting for the referees to **give him points 3 times in 3 matches**.

4. The results of the last Olympic Games in Paris clearly show that **wrestlers and women from Asia** have a **great advantage over Europe and America.** By analyzing the championships of Asia in the last 5 years, the obtained data **clearly show why wrestlers from Asia dominate** in terms of the number of medals won on OG in Paris.

5. In the GR style, the average points won per minute of fight (**WQ/min) at the Asian championships is 2.01, and at the European championships 1.55**

6. In GR style, at the **Asian Championships** the referee gave the wrestlers **12.46% points for passive wrestling**, and at the **European Championships** the referees gave **18.84% points for passive wrestling**.

7. **This data clearly shows that attacking wrestling always brings a result**, compared to wrestlers just waiting for the referees to award them a point.

Based on the above data, **it is completely clear that significant changes must be made in the rules of GR style wrestling** in the next Olympic cycle.

All **members of the UWW Scientific Commission received the complete material on WhatsApp,** of the analysis of major competitions in the period 2020-2024. which is made into **39 pages**. In that analysis there are many tables and graphs on the basis of which this presentation was made.

All the data, on the basis of which this analysis was made, are available on the PDA platform - http://uww.io/wpar

PRACTICAL APPLICATION OF PDA ANALYSIS - http://uww.io/wpar

OVERVIEW OF ALL ANALYZED MATCHES IN AN EXCEL TABLE, WITH ALL THE DETAILS

1. TECHNIQUE   / 16 GR & 18 FS

2. POSITION   / Standing & Parterre

3. BODY PART   / Leg & Arm & Uperbody

4. SIDE   / Left & Midle & Right

5. DISTANCE   / Close & Middle & Far

THIS GIVES LARGE OPPORTUNITIES FOR VARIOUS ANALYSIS USING THE PROGRAM - SPSS

	# ID	Match Number	Round	Weight	Match	Wrestler	Point	second	Point Time	Arena Tag	Position	Body part	Side	Distance	Technique
1															
2	ce4c2334-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	22	0'22 (5'38)	TPSLAFS	Standing	leg	Middle	Close	LEG ATTACK
3	ce88f22c-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	PAN	2	33	0'33 (5'27)	TPPCOFS	Parterre	upperbody	Middle	Close	PARTERRE COUNTER
4	cec2dde2-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	1	39	0'39 (5'21)	TPPCOFS	Parterre	arm	Middle	Close	PARTERRE COUNTER
5	cef6e668-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	45	0'45 (5'15)	TPPGWFS	Parterre	upperbody	Right	Close	GUT WRENCH
6	cf2eb455-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	48	0'48 (5'12)	TPPGWFS	Parterre	upperbody	Right	Close	GUT WRENCH
7	cf6879b4-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	53	0'53 (5'07)	TPPGWFS	Parterre	upperbody	Right	Close	GUT WRENCH
8	cfa7927b-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	108	1'48 (4'12)	TPSLAFS	Standing	leg	Left	Close	LEG ATTACK
9	cfe29c10-ae39-11eb-	1	Qualif.	fs 57 kg	PAN-TJK	TJK	2	165	2'45 (3'15)	TPSLAFS	Standing	leg	Right	Close	LEG ATTACK
10	2265d6e5-ae3a-11eb-	3	Qualif.	fs 125 kg	TJK-FIN	TJK	2	22	0'22 (5'38)	TPPTOFS	Parterre	leg	Right	Close	TURN OVER
11	22a6b96f-ae3a-11eb-	3	Qualif.	fs 125 kg	TJK-FIN	TJK	2	41	0'41 (5'19)	TPPTOFS	Parterre	leg	Left	Close	TURN OVER

WINDOW FOR CREATING TECHNIQUE ANALYSIS

NEW PROPOSALL - WRESTLING TECHNIQUES

Rb	ENGLISH	SERBIAN	Nbr		Rb	ENGLISH	SERBIAN	Nbr
		FS					GR	
1	GUT WRENCH	AUFRAJZER			1	GUT WRENCH	AUFRAJZER	
2	PARTERRE CAUTION	PARTER OPOMENA			2	PARTERRE CAUTION	PARTER OPOMENA	
3	PARTERRE CHALENGE	PARTER ČELENČ			3	PARTERRE CHALENGE	PARTER ČELENČ	
4	PARTERRE COUNTER	PARTER KONTRA			4	PARTERRE COUNTER	PARTER KONTRA	
5*	TURN OVER	OKRETANJA U PARTERU	1		5*	TURN OVER	OKRETANJA U PARTERU	1
6	FORWARD BEDING THROW	OBARANJE			6	FORWARD BEDING THROW	OBARANJE	
7*	HIP TURNING THROW	BACANJA ROTACIJOM KUKA	2		7*	HIP TURNING THROW	BACANJA PREKO KUKA	2
8	NEGATIVE WRESTLING	NEGATIVNO RVANJE			8	NEGATIVE WRESTLING	NEGATIVNO RVANJE	
9	ACTIVITY TIME	VREME ZA AKTIVNOST			9	PASSIVITY	PASIVNOST	
10	STANDING CAUTION	STOJEĆII POLOŽAJ OPOMENA			10	STANDING CAUTION	STOJEĆII POLOŽAJ OPOMENA	
11	STANDING CHALENGE	STOJEĆI POLOŽAJ ČELENČ			11	STANDING CHALENGE	STOJEĆI POLOŽAJ ČELENČ	
12	STANDING COUNTER	STOJEĆI POLOŽAJ KONTRA			12	STANDING COUNTER	STOJEĆI POLOŽAJ KONTRA	
13	STEP OUT	IZLAZAK SA STRUNJAČE			13	STEP OUT	IZLAZAK SA STRUNJAČE	
14	SUPLEX THROW	BACANJE PREKO SEBI IZ STOJEĆEG PO.			14	SUPLEX THROW	BACANJE PREKO SEBI IZ STOJEĆEG PO.	
15*	TAKE DOWN	DOLASCI ZA LEĐA	3		15	TAKE DOWN	DOLASCI ZA LEĐA	3
16	ANCLE LACE	UKRŠTANJE ČLANAKA			16*	TAKE DOWN HEAD TO HEAD	DOLAZAK ZA LEĐA GLAVA NA GLAVU	6
17	SINGLE LEG ATTACK	NAPAD NA JEDNU NOGU	4		17*	SHOULDER TURNING THROW	RAMENSKO BACANJE	7
18*	DOUBLE LEG ATTACK	NAPAD NA DVE NOGE	5		18*	LIFTS - SUPLEXS	DIZANJA IZ PARTERA BACANJE PREKO SEBE	8
19*	TAKE DOWN HEAD TO HEAD	DOLAZAK ZA LEĐA GLAVA NA GLAVU	6		19*	LIFTS – REVERSE GRIP	DIZANJA IZ PARTERA BACANJE PREKO SEBE	9
20*	SHOULDER TURNING THROW	RAMENSKO BACANJE	7		20*	FRONT BODY LOOCK	UVRTANJE S GLAVE	10
21*	LIFTS - SUPLEXS	DIZANJA IZ PARTERA BACANJE PREKO SEBE	8					
22*	LIFTS – REVERSE GRIP	DIZANJA IZ PARTERA BACANJE PREKO SEBE	9					
23*	FRONT BODY LOOCK	UVRTANJE S GLAVE	10					

EXPLANATIONS OF TECHNIQUE CHANGES:

Nbr.	OLD ANALYSIS (2020-2024.)	NEW ANALYSIS (APPLIED FROM 2025.)
1 & 10	TURN OVER	TURN OVER
		FRONT BODY LOOCK
2 & 7	HIP TURNING THROW	HIP TURNING THROW
		SHOULDER TURNING THROW
3 & 6	TAKE DOWN	TAKE DOWN
		TAKE DOWN HEAD TO HEAD
4 & 5	LEG ATTACK	SINGLE LEG ATTACK
		DOUBLE LEG ATTACK
8 & 9	LIFTS	LIFTS - SUPLEXS
		LIFTS – REVERSE GRIP

THANK YOU