



## SPECIAL EXERCISES FOR TRAINING METHODS HELPING IN THE DEVELOPMENT OF THE UPPER EXTREMITIES FLEXIBILITY IN SOME SKILLS OF TALENTED WRESTLERS' GRIPS AGED (12-15) YEARS

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<b>Received:</b> 8 <sup>th</sup> August 2022 <b>Accepted:</b> 8 <sup>th</sup> September 2022 <b>Published:</b> 11 <sup>th</sup> October 2022	The development of sciences, including the science of training, leads to multiple horizons to know what is going on. The sports and competitive fields are characterized by changing positions according to winning and losing. As a result, the current phase calls for making studies and research in a variety of fields of science, particularly the science of sports training, which has recently directly contributed to increasing the athletes' sporting prowess, particularly among wrestlers. The wrestling game in particular depends on many different sciences, especially those addressing issues and depending on getting the athlete to the highest levels. Sports have developed widely especially wrestling. The wrestler's physical and intellectual talents are improved via the use of training methods. Regarding the research problem, it became clear that grappling wrestlers' gripping abilities and upper extremity flexibility play key roles. Therefore, the researcher had to make some assistant training tools for the upper extremities to address this issue through using some training assistant tools for this purpose. The aim of the research is to prepare special exercises for assisting training methods that are compatible with the research sample. It also aimed at identifying the effect of these special exercises for the upper extremities of some of the wrestlers' gripping skills in developing the special flexibility of the sample members. The researcher hypothesized that there is a statistically significant relationship between the results of the pre and post tests for the control and experimental groups in developing the performance of the wrestlers' skills among the sample members in favor of the post test. After processing the results and presenting them in tables, the researcher reached the goals of the research, and concluded that the training methods proved their capabilities in developing the flexibility of the upper extremities. Therefore, the researcher recommends using the proposed assistant training methods within the training course of the national teams and sports clubs, because of the positive and effective results shown in developing the flexibility of the upper extremities of the sample members. The researcher also recommends conducting similar studies in creating means that serve and develop wrestling and other sports.

**Keywords:** Special Exercises, Technical Skills, Flexibility, Talented Wrestlers.

### INTRODUCTION

Via the characteristic of the vast development in the current age, which is characterized by the development of all sciences, it leads to several horizons to identify everything new in various fields, especially sports training and making use of assisting methods for winning and defeat. In recent years, notably, there has been an increased demand for study and research in a variety of sciences that are directly relevant to improving sports performance. The science of sports training, in particular, is essential to the wrestling game because it helps to understand and analyze issues that prevent athletes from reaching greater levels of competition. The Olympic wrestling competition has advanced significantly in most of the nations that are interested with the game affairs. This is because the competition places a strong emphasis on both physical and mental preparation for its participants, which has helped it gain popularity worldwide. This progress and the high level of competition will not come by chance, but through

adopting training processes and using training methods, devices and means to help develop flexibility for the upper extremities and improve the level of performance of wrestlers in order to reach the highest levels. Countries knew the importance of wrestling, with its two sections, freestyle and Roman wrestling.

Countries have paid a lot of attention to the international and Olympic participation, as they invest many medals that are competing to obtain. In Iraq, wrestling has a distinct place due to its history, popularity and wide spread among Iraqis in all Iraqi cities. It is also considered one of the games that has developed significantly recently through advanced results at the Arab and international levels, which man has played in challenging the forces of nature and the creatures coexisting with it. Wrestling started, of course, with improvisation and nervous reactions, and then became a sport and an art. It achieves the balanced growth of body parts. Hence, the importance of research on the impact of using assistant methods in developing flexibility for the upper extremities of some grip skills of wrestlers from among the sample members emerged.

### 2- RESEARCH PROBLEM:

In some basic and essential performance grips in Roman wrestling, the wrestler's body construction can end up the round with a high flexibility of the upper extremities. Through the researcher's personal experience by following up the local, Arab and international championships and fights in which our wrestlers took part, he noticed that the success rate of these skills is too rare. Through personal interviews with the coaches, the researcher concluded that there was a weakness in the level of flexibility of the upper extremities in the performance of the skills of gripping for wrestlers, whose indicator is the failure to perform these skills. Therefore, the researcher had to make some assisting training methods to address this problem by designing, using and testing new training methods for this purpose and to reach up to the achievement and make the best results in the fights in order to address the problem and reach the goal through using these training assistant methods and find a solution to the problem.

### Research Objectives:

1. Preparing special exercises by using assistant training methods for the upper extremities and some grip skills of the wrestlers.
2. Recognizing the effect of these exercises for the means to help develop flexibility for the upper extremities of some of the skills of the wrestlers' grips from among the sample members.

### Research hypotheses:

1. Special training assistant methods have a positive effect with statistical significance in the pre and post tests of the sample members in developing flexibility for the upper extremities and the gripping skill of wrestlers among the sample members in favor of the post test.
2. In both the pre- and post-tests for the two research groups, there is a statistically significant correlation between the use of specialized training tools to promote flexibility in the upper extremities and the development of some gripping abilities, in favor of the post-test for the experimental group.

### Research Areas:

- The human field: Talented players of the National Center for the Care of Sports Talent. The Specialized Center for Wrestling, the Ministry of Youth and Sports, ages (12-15) years.
- The spatial domain: The Specialized School Hall - The National Center for Nurturing Sports Talent in Wrestling in Baghdad.
- Temporal domain: for the period from 10/7/2022 to 12/9/2022.

### Terms:

Technical skills (grip). Grips in wrestling are the desired goal of the training process, which is dependent on other aspects such as physical and tactical elements. Therefore, we find it necessary for the education process to have a solid foundation upon which to build the training process. The process should not be accompanied by any technical or skill errors, because this will affect the next stages of training at higher levels" (Al-Kubaisy, 1983: 111). The skill of gripping is "an effective, organized motion that is effectively performed for one group or group of motions performed in one way or gradually. Therefore, its effect is directed at the opponent and is mutually effected between the two forces effectively in order to exploit them to obtain good results." (Naseef et al, 1990:54). The grip in wrestling is thought to be a motion or a set of motions that have a specific movement path and matches the law of the game. These grips can be preceded by several secondary motions aimed at reaching the main movement which is the grip. We can call them camouflaging motions. Good training is what gives the skill a form of automatic performance and enables the wrestler to perform it under various circumstances and conditions. A good wrestler is one who has a bunch of skills to have at his disposal at every moment, not to mention being able to perform them and get their legal points. The great development that occurred in the science of sports training opened the door to the discovery and dissemination of dozens of grips among wrestlers. We can classify the grips in wrestling into: (Abdul-Fatah, 2003:65)

- Grips performed from a position of standing. They are (76) technical grips.
- Grips performed from ground headache position. They are (64) technical grips.

**Flexibility:** It is the ability to carry out kinetic physical activities in a wide range as a result of the muscle movement. Flexibility is affected by several factors (the ability of joints to move, muscle elasticity, as well as continuous organized training).

### Research Methodology:

The researcher made use of the experimental method to correspond to the nature of the problem and the method of solving it according to the requirements of the research procedures.

### Research community and sample:

The research community was represented by the wrestlers of the National Center for the Care of Sports Talent in Baghdad, which included (36) wrestlers whose ages ranged from (9-17). The researcher chose (12) wrestlers for one experimental group at the age group between (12-15) years, which represents (33.33%) of the original research community.

### Means of data collection:

- Arabic and foreign references and sources.
- The Internet.
- Observation and experimentation.
- Tests and measurements.
- Personal interviews.
- Supporting work team (Asst. Lect. Haider Majeed Ali: A sport supervisor at National Center for Sports Talent. Muhammad Abdallah Kazem: A Romanian wrestling coach at the ministry of Youth and Sports. Sadiq Safar. A Freestyle wrestling coach at the ministry of Youth and Sports.

### Devices and tools used:

- A form for noting down data and results.
- A back ball as an assistant educational tool.
- A spinning wheel (frame) as an assistant educational tool.
- A legal wrestling mat.

### Exploratory Experiment:

In order for the research to proceed according to the correct scientific path, the researcher conducted an exploratory experiment on 12/7/2022. It was a preliminary experimental study carried out by the researcher on a small sample, before carrying out his research in order to choose the research methods and tools. Therefore, the exploratory experiment began in the hall of the Specialized School for Sports Talent, which included (2) wrestlers who were excluded in the main experiment. The objectives of the experiment were:

- Knowing the suitability of the tests to the research sample.
- Knowing the appropriateness of training methods.
- Providing tools, checking them, ensuring their safety and overcoming errors, if any.
- Ensuring the ability of the research sample to perform the tests without obstacles.
- Knowing the validity of the tests for the sample and its consistency with the level and capabilities of the testees.
- Finding the best way to conduct the tests for the purpose of conducting the main experiment, with an indication of its weight, as the tests must be codified before the final application.

### Field research procedures:

#### First: A back ball:

**Explanation of the performance:** a Swiss ball with a belt to be fixed on the back by connecting the belt from the abdominal area tightly.

**Method of performance:** From the position of standing, the wrestler bends back and tries to throw his body back and perform the performance process to arch the back and touch the ground directly with the hand again and stand on the hand and return to the initial position to reach the initial position of the motion.



#### A Rotary Disc (A Rotating Wheel):

**Explanation of performance:** A foam-coated swivel tire that is raised off and fixed to the ground, with a mat in the rear landing area.

**Performing action:** Firstly, from the position of standing, with the back facing the wheel, the wrestler jumps and stretches the body on the tire and tries to make an arc in the back and turn and land on the hands from the back and return to the first position before starting the new motion.



### Tests used in the research:

#### Physical tests:

A test for the flexibility of the spine and the elasticity of the muscles, tendons and ligaments of the testee:.

**Purpose of the test:** To measure the posterior flexibility of the testee's vertebral column.

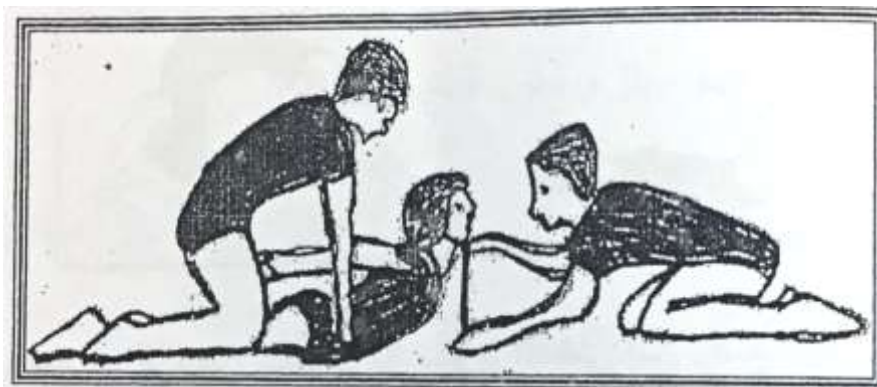
**Tools:** A measuring tape by centimeters.

**Performance features:** From a prone position, the palms intertwined over the back, the lower limb is fixed by a colleague, the testee raises the torso back slowly to the maximum extent he can and is still for a period of (2 seconds).

#### Conditions:

- Three attempts are given to each testee.
- Giving passive rest for a minute between each attempt.
- The performance specifications of the testee are taken into account.

**Scoring:** The course is measured for performance from the bottom of the chin to the ground level with a tape measure. This is done by making the tape perpendicular to the ground and in front of the testee's head during the measurement, provided that the zero is touching the ground, where the best attempts are scored.



### Bridge Test (Bridge or Back Arch): (Abdel-Tarifi, 2013: 130-131)

**The purpose of the test:** To measure the flexibility of the testee's vertebral column.

**Tools:** A tape measure, rug, chalk, and assistant staff represented in (Prof. Dr. Ali Salman Abdul-Tarifi: Test and Measurement of Wrestling, College of Physical Education and Sports Sciences, Al-Mustansiriya University. Prof. Dr. Hamdan Rahim Rajaa Al-Kubaisi: The Science of Training - Wrestling, College of Physical Education and Sports Sciences, University of Baghdad. Prof. Dr. Louay Satea: The Science of Training - Wrestling, Department of Physical Education and Sports Sciences, Basic Education, Al-Mustansiriya University.

**Organization:** Lying on the back with the legs bent and the feet close to the hips, with the palms on either side of the head, with the toes pointing towards the ankles.

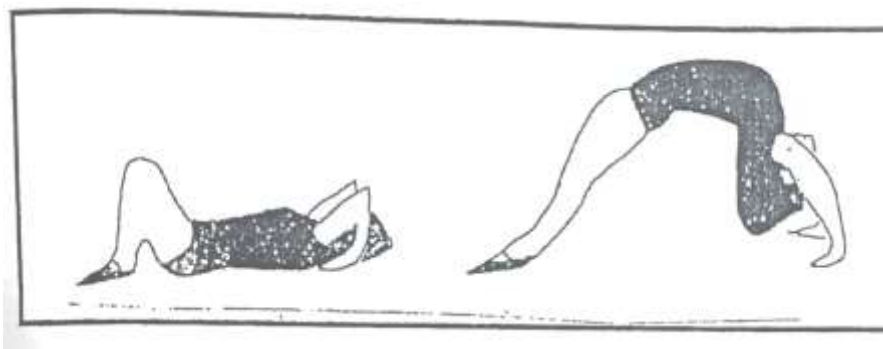
**Description of performance:** Once signaling, the testee works to raise the entire torso to the top, with stretching the arms and legs to make the back arc in the extent that he can.

**Measurement method:** The distance between the innermost point between the palms and the ankles is determined where these two points are marked with chalk, then the distance between them is measured by using a tape measure. This distance is an indicator for measuring the flexibility of the vertebral column.

**Note:** - The elbows and knees should not be bent while performing the back bow.

The testee performs two attempts and takes the best attempt.





**Skill tests**

**Hip Throw skill by encircling the arm and neck:**

It is one of the important skills in the wrestling game which needs good neuromuscular coordination. If it is well performed, it can end the fight with the shoulder gripping. An international law classifies it among the skills with high points (3-5) in the event that the wrestler stays away from the shoulder gripping.

**The skill of the back throw with the arm grip and the counter throw:**

It is one of the most difficult and complex skills in Roman wrestling, as the law classifies it among the high skills, which is evaluated with (5) points. It can end up the fight by snapping the opponent and giving a clear advantage to the performing wrestler.

**Pre-test:**

Educational tests were conducted for the sample members on 15/7/2022, where the physical and skill tests were conducted for the sample members with the help of the assistant work team.

**Training Course:**

On 7/17/2022, the first training unit was conducted, where the researcher adopted the assistant training exercises prepared by him. The researcher prepared the exercises according to the skill performance and the motor path required by the skill. Some issues were addressed to reach the best formula for work and to come up with the course in a way that achieves the goals for which it was set on the one hand, and to serve the objectives of the current research on the other hand. Most of the changes resulting from training usually occur during the first period of the program within (6-8) weeks and within the special preparation period. (Abdel-Fattah, 1996: 32). The total time of the training unit for each trainer is (60) minutes, i.e. (one hour) per day. The total time during the week is (3 hours), i.e. (180 minutes), and its total time in (8 weeks) is (1440) minutes, i.e. (24). hour.

The training program took 8 weeks to perform, with an average of one training unit per week (Saturdays and Tuesdays). Therefore, the time used by the researcher in the main section of the coach’s course was (15-30) minutes. The training program exercises were specific to develop the performance of special flexibility at the beginning of the main section of the main course of the coach. The exercises were similar to the motor pathways of the skill under study. The researcher was only responsible for his specific training program with a time of (15-30) minutes only. He was a mere spectator without interfering with the training work and was not responsible for the coach’s course. The coach was also responsible for the physical exercises, the skill exercises and the final section of the experimental group. In the exercises of his training program, the researcher used various forms of exercises and using training aids to achieve the goal that the program set, and to develop the flexibility of the upper and lower extremities of some of the wrestling skills of the sample members. These exercises then shall be applied to all wrestlers one by one. In case of applying the exercises as one group, it would be taken into account to give rest periods between one exercise and another according to the time of performance. The exercise will be trained later on to perform the upper and lower extremity flexibility physical abilities of some wrestlers' skills.

**Statistical means:**

The researcher made use of the statistical bag (SPSS) to extract the values according to the data of statistical means.

**Presentation, analysis and discussion of the results:**

**Presentation and analysis of the results of the pre and post physical tests of the research sample:**

The researcher made use of the statistical means of the data in the experimental group for the variables that were used in the research to find out the true difference. The results are shown in the table below.

Table No. (1) shows the arithmetic means and standard deviations of the pre and post physical research variables for the experimental group and the calculated (T) value.

Variables	Post test		Pre test		(T) calculated	Sig	Significance
	Standard deviation	Arithmetic mean	Standard deviation	Arithmetic mean			
Bridge test for back flexibility	12,15	63,59	12,91	59,32	16,73	0,00	Sig.
Back flexibility test	4,99	41,32	5,37	36,52	21,37	0,00	Sig.

Through table (1), the following results of the research variables in the research sample were shown the test (the bridge test for back flexibility), where the arithmetic mean in the pre-test was (59,32) with a standard deviation of (12,93). The arithmetic mean of the post-test was (63,59), with a standard deviation of (12,15) and the calculated (T) value was (16,73). This indicated that there was a significant difference between the results of the pre- and post-tests in favor of the result of the post-test. The value of arithmetic mean for the vertebral column flexibility test in the pre-test was (36,52) with a standard deviation of (5.32). The arithmetic mean of the post-test was (41,32), with a standard deviation (4.99) and the calculated (T) value was (21,37). This indicated that there was a significant difference between the results of the pre- and post-tests in favor of the result of the post-test.

**Presentation and analysis of the results of the pre and post skill tests of the research sample:**

Table No. (2) shows the arithmetic means and standard deviations of the skill research variables in the pre and post test for the experimental group and the calculated (T) value

Variables	Post test		Pre test		(T) calculated	Sig	Significance
	Standard deviation	Arithmetic mean	Standard deviation	Arithmetic mean			
Back throw by lifting the opponent from the middle and arm	1,55	8,60	1,15	7,00	11,98	0,00	Sig.
Back throw by encircling the center and holding the neck	1,30	8,80	1,45	7,55	12,60	0,00	Sig.

Through table (2), the following results of the research variables in the research sample were shown in the test (the back throw by lifting the opponent from the middle and the arm). The arithmetic mean in the pre-test was (7.00), with a standard deviation of (1.15), and the arithmetic mean in the post-test was (8.60), with a standard deviation of (1.55) and the calculated (T) value was (11.98). This indicates that there is a significant difference between the results of the pre- and post-tests in favor of the result of the post-test. The arithmetic mean value of the back throw test by encircling the center and holding the neck in the pre test was (7.55) and with a standard deviation of (1.45). The arithmetic mean of the post-test was (8.80), with a standard deviation of (1.30) and the calculated T value was (12.60). This indicates that there is a significant difference between the results of the pre- and post-tests in favor of the post-test result.

**Presentation and analysis of the results of the correlation between the physical tests and the skill tests of the research sample:**

Table No. (3) shows the correlation between the tests

Variables	Sig	Calculated (T) value	Post test		Significance
			Standard deviation	Arithmetic mean	
Bridge test for back flexibility	0,00	6,47	12,15	63,77	Sig.
Back throw skill by lifting the opponent from the middle and from arm			1,55	8,60	
Back throw skill by encircling the center and holding the neck	0,00	6,70	1,35	8,80	Sig.
The flexibility of vertebral column test	0,00	8,30	4,99	46,35	Sig.
Back throw skill by lifting the opponent from the middle and from arm			1,55	8,60	
Back throw skill by encircling the center and holding the neck	0,05	3,13	1,35	8,80	Random

Through table (3), showing the correlation between the tests, the following results appeared for the research variables in the research sample, which were in the sequence of the physical test (the bridge test for back flexibility). The arithmetic mean was (63.77) and the standard deviation was (12,15). In "the back throw by lifting the opponent from the middle and the arm" test, the arithmetic mean was (8.60) and the standard deviation was (1,55) where the calculated T value for the two tests was (6, 47). This indicates that there is a correlation between the bridge test and the back throw skill by lifting the opponent from the middle and the arm. In "the back throw by encircling the center and holding the neck". The arithmetic mean was (8.80), the standard deviation was (1,35), and the calculated T value

for the two tests was (6.70). This indicates that there is a correlation between the bridge test and the skill of the back throw by encircling the middle and holding the neck.

The arithmetic mean value of the physical test (the flexibility of vertebral column) was (41,35) and the standard deviation was (4,99). In the skill test (the back throw by lifting the opponent from the middle and the arm), the arithmetic mean was (8.60) and the standard deviation was (1,55), where the calculated T value for the two tests was (8,30). This indicates that there is a correlation between the test of flexibility of the vertebral column and the skill of the back throw by lifting the opponent from the middle and the arm. In the test of (the back throw by encircling the center and holding the neck), the arithmetic mean was (8.80) with a standard deviation of (1,35), and the calculated T value for the two tests was (3.13). This indicates that there is no correlation (random significance) between the Johnson test and the skill of the back throw by surrounding the middle and holding the neck of the sample members for the requirements for the skill abilities under study.

### DISCUSSION

As shown by the results, it becomes clear to notice the link of the great and moral relationship that links the element of flexibility, since the fact that it is admitted that flexibility between the upper limbs of wrestlers plays an effective role in sports movements, especially for wrestlers, after taking into account the nature of the motor performance of the wrestler. The motor range of the upper limbs varies from effectiveness and another from an activity or sports game to another game." (Hamada, 1998: 152). The skills that the researcher dealt with, are distinguished by performance, such as flexibility of the upper extremities, and as an effective motor component. When the integration between the flexibility of the upper extremities with the skillful performance of the wrestlers' grips, success becomes the share of these skills because several sporting events must be characterized by sufficient flexibility to be able to perform difficult and high-quality skills." (Shehata, 1995:110)

What distinguishes the wrestler's ability to perform throwing down skills should focus on his capabilities in determining the time in which the performance takes place, and that he employs his ability to be flexible as a service to performance, because flexibility contributes to saving effort and reducing performance time as well as showing it in a more streamlined manner. Likewise, the level of skills is related to the range of movement of the joints, and it has a significant positive impact on the level of performance and achievement of those skills." (Ahmed, 1999: 220). Therefore, the researcher relied in his training course on intensive exercises for the flexibility of the upper extremities, whether with equipment and auxiliary tools. Non using or rare using these effective exercises in the training units leads to increasing the difficulty and slowness of performance, whether it is skillful or schematic. Therefore, this must pose an obstacle to performing the competition exercises, as well as impeding the mechanical performance of the movement." (Abdel-Fattah, 1997:247)

The researcher was keen to prepare these special exercises for regulated flexibility. Thus, an increase in flexibility by more than the normal limit would lead to a negative impact on the motor performance of wrestling (Wadee and Al-Hajjar, :62). Therefore, flexibility may reflect negatively on performance through the body taking the wrong positions as it affects some other components of performance." (Hasaneen, 1995:342). The argument between flexibility and the performance of the wrestling skills under study is affected "when performing these grips and the role of the joints and major muscles involved in performance through the flexibility of the vertebral column and shoulders, and the range of motion of the vertebral column. This contributes to performing these grips better. To drop the peer down to the ground in a wide effective curved line, the wrestler shall be in an appropriate and effective position. This requires sufficient flexibility, the vertebral column in a high degree, as well as changing the direction with the opponent, which needs the flexibility of the muscles of the trunk. Flexibility in wrestling requires improving the elasticity of the muscles involved in performance along with other physical and motor qualities. The stretching system increases the range of motion as well as the ability of the vertebral column to perform optimally. The flexibility of the upper extremities develops and increases as a result of daily exercise. Wrestlers must practice performing on them daily so that they can obtain the possibility of balancing the wrestling arch, because of this effective impact in developing the flexibility of the vertebral column and the main muscles working on it, especially the sacral muscle, which plays an instrumental role in the success of the grips under study. These are the grips of the back throw by raising the opponent from the center and arm, and the grip of the back throw by encircling and holding the neck in particular to the upper extremities when the flexibility of the neck is applied.

The curvature, that determines the protrusion of the special force generated by the abdominal muscles, represents a condition of the same proper achievement of the thoracic protrusion during the flexion position in the arch. The performance area of the neck becomes more bearable. Special flexibility exercises must take the characteristic shape of the wrestler's movements and type of grips. It should be selected according to the type of range of motion of the joints. Flexibility exercises can be done with the partner, a doll, or with devices and tools, as well as through Swedish exercises." (Al-Kubaisy, 2010:170)

### CONCLUSIONS AND RECOMMENDATIONS:

#### CONCLUSIONS:

1. The results proved that the special exercises using the assistant training methods had an impact on the development of flexibility for the upper extremities and the development of the skillful performance of the grips of the wrestlers.

2. The development and evolution of the members of the control group did not rise to the level of the experimental group members. This indicates that the training, using special exercises for the upper extremities with the aid that the researcher developed, was more effective and beneficial in performing the skills of the wrestlers under study.
3. The results of the research showed that there was a significant correlation between the tests of the abilities of the flexibility of the upper extremities and the grip skills of the wrestlers under study.
4. The development caused by the special exercises prepared by the researcher in the experimental group in performing the flexibility of the upper extremities was better than it was in the control group.

#### RECOMMENDATIONS:

1. The researcher recommends using the proposed training methods within the training courses of the national teams and sports clubs due to the positive and effective results shown in developing the special flexibility of the upper extremities and developing the performance of some grips of throwing from above the back. Thus, it leads to improving the level of performance.
2. The researcher recommends using the other means of throwing grips and in freestyle wrestling as well, after making some modifications.
3. The researcher recommends conducting similar studies in creating means that serve and develop wrestling and other sports.
4. Applying these means to other categories and games in order to develop another physical characteristic and to adopt other complementary means in improving the performance of the wrestling game through educational and training units.

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