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THE EFFECT OF SPECIAL EXERCISES WITH COMPOUND WEIGHTS ON THE PHYSICAL REQUIREMENTS AT THE LEVEL OF PERFORMANCE OF SOME HOLDS FOR TALENTED WRESTLERS AGED 15-17 YEARS OLD

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Abstract

The current study includes an introduction, the research problem, a set of objectives and hypotheses according to the requirements of the effect of special exercises with compound weights on the physical requirements of talented wrestlers of the research sample at the level of performance of some holds in cadets wrestling.

The research also dealt with physical abilities, strength exercises characterized by speed and explosive strength, and their effect according to compound weights training on the level of performance of some holds in cadets wrestling.

The research found an effect of compound weight exercises on developing these abilities on the level of performance of the sample members. It also demonstrated the role of compound movement exercises to develop the special abilities of the performance level of the holds, which included the off-balance hold and Kunda hold.

It also demonstrated the level of performance of these holds according to compound weights training in some physical abilities of strength characterized by speed and explosive strength. The study presented a number of findings of pre and post tests for the sample members of the control and experimental groups. The study also presented a number of recommendations as regards such a method of training with compound weights according to the data of the physical abilities of the level of performance of the holds in wrestling for a sample of talented wrestlers.

Keywords: Special Exercises, Compound Weights, Talented wrestlers.

An introduction to the research:

1-1 Introduction and research importance:

Training in the sport of wrestling was a scientifically based educational task with the aim of developing, improving and developing the abilities of wrestlers in order to reach the highest level of mastery of the skill. The achievement of higher

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athletic levels reflects the success of training programs and the various means and methods they offer to continuously push wrestlers to bring out their maximum abilities.

Sports training scientists strive to reach the best ways that work to raise the level of performance of wrestlers and improve their performance in all sports activities depends on the skill and how the muscles move, they are the ones that control the movement of the body by contraction and diastole to attract the limbs from one position to another, and the stronger the muscles, the more effective these contractions will be.

Thus, the movement was better for the ideal performance of the holds and their types and better performance of them, which works on the need to raise the level of fitness of wrestlers through training programs with compound weights. This is the first step to develop the special abilities required by the technical performance of wrestlers . Most successful wrestler preparation programs include compound weight training as part of the overall training system, as it improves technical and competitive performance and develops special physical qualities. (1: 135). Special exercises in weight training are considered as an objective means of developing the different types of muscle strength that wrestlers desperately need. These exercises play an essential role in raising the effectiveness of the skill performance of wrestlers in general and strengthening lifting movements in particular. (Ahmed, 2002, p. 22).

1-2 Research Problem:

The problem of the research is that through our knowledge of the sport of wrestling, we found a deficiency in the skillful performance of the off-balance hold and the Kunda hold, and their failure to perform it in the correct technical form in terms of the inability of the skill and the loss of an opportunity given to a wrestler to win and also their failure to perform in an ideal manner. Also, there is a deficiency in the methods and approaches of training used that do not take into account the muscles working in the performance of skills as well as the correct typical technical motor path of the aforementioned skills. These skills are considered a complex skill where they combine the conflict positions from below and from above and work on multiple primary and secondary muscle groups and use most of the joints of the body used in performing these holds. Al-Roumi (2005) confirms that these skills are important and essential for all wrestlers. This group is characterized by the competitor's performance by losing contact

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with these holds (the off-balance hold and the Kunda hold) with the rug then loses control of their skills and thus loses their ability to defend. So, it is easy for the attacker to implement the skill at the highest level of technical performance (El Shorbagy, 2001, p. 52).

This is what prompted the researcher to design a program using compound weights training, which is similar in its performance technique as in the off-balance hold and the Kunda hold for the sample members according to the development of compound weight training in improving the effective physical abilities to perform these holds.

1-3 Research objectives:

1- This research aims to prepare special exercises using compound weight training to develop the physical abilities of the sample members.

2- Identifying the effect of these exercises on the development of the level of performance of the holds under research.

1-4 Research hypotheses:

1- There are statistically significant differences between the pre- and post-tests of both the experimental and control group in the physical requirement and the skill of the off-balance and the Kunda holds in question.

2- There are statistically significant differences between the two post tests of the experimental and control groups in the level of performance of the skills of the off-balance and the Kunda holds of the experimental and control groups of the post tests.

1.5. Research fields:

1.5.1 Human field: A sample of talented wrestlers Baghdad club wrestlers aged (15-17) years.

1-5-2 Temporal field: For the period from 22/5/2022 to 22/7/2022

1.5.3 ***Spatial field:*** Baghdad Club (wrestling hall).

1.6 Terminologies:

Compound weight training: Exercises that work on multiple muscle groups at the same time. Several joints are involved in performing any exercise that uses more than one main and secondary muscle group and moves more than one joint simultaneously (Al-Basati, 1998, p. 48).

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Holds: These are meaningfully-structured movements, which are made or divided into one or a step, so that their effect is directed to the opponent, and the external and internal forces are effectively integrated in order to invest them for good results as determined by the law of the gaeffectively.

- Difficult Holds (complex): These need a great mental and nervous effort and speed of performance to get the competitor out of their off-balance point and not give them the opportunity to take the defensive position easily. These holds are also characterized by the complexity of their motor path (Bastwisi, 1999, p. 54).

- Medium-difficulty (medium-complex) Holds: holds the motor path complexity of which is less difficult than Type I (difficult holds) technically for performance and performed in various situations.

Easy Holds: holds the motor path of which is simple and virtually free of motor complexities and easy to learn and perform quickly at various training and age stages. (Hasan, 2004, p. 45).

2- Research Methodology and Field Procedures:

2.1 Research Methodology:

The researcher used the experimental approach because it is distinguished from others by its ability to control and adjust the various factors that can affect the studied behavior (Naja, 2013, p. 148).

2.2 Community and Research Sample:

The research community is composed of cadet Baghdad club wrestlers totalling (14) wrestlers. The research sample was randomly selected represented by the wrestlers of Baghdad clubs. The experimental group had (6) wrestlers and (6) wrestlers for the control group, while (2) wrestlers were employed in conducting the Pilot experiment on them. Thus, the research sample formed a percentage (85%) and the researcher used the coefficient of difference for the interconnected samples and T-test.

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Table (1): the homogeneity and parity of the sample in the research variables

Variables		Measuring Unit	Experimental		control		Calculated t-values
Homogeneity	Height	cm	1,87	1,71	3,08	1,73	0.62
	Weight	kg	1,51	63,4	1,58	62,0	5,71
	Age	year	1,20	17,2	1,11	17,6	0,41
Holds	Off-balance hold	mark	0.35	1,96	0,40	1,80	1,69
	Kunda hold	mark	0,45	1,72	0,50	1,60	1,80
Speed strength		m/cm	0.31	7,96	0.39	7,78	2,47
Explosive strength		m/cm	0.28	2,26	0.25	2,18	2,96

3.2 Means, devices and tools used in research:

2-3-1 Means of data collection:

- Arab and foreign sources.
-The Internet.
- Performance evaluation questionnaire form.

2-3-2 Tools and devices used:

- Wrestling mat.
-Whistle.
- Wrestling dummies.
- Weight and length measurement device. Brand: Seca.

2. 4 Tests for Research:

1) Long jump test of stability:

The purpose of the test: to measure the explosive strength of the two wrestlers.

Tools used: measuring tape, long jump sand pit for landing.

Performance Description: The tested athlete stands up to the sand pit, then swings the his/her arms back and forth with a little bend in the legs, and jumps as far as possible.

Scoring: The tested athlete performs two attempts and scores the best attempt (m/cm).

2) Medical ball throwing test (3 kg):

The objective of the test: to measure the characteristic force at speed (Abdul Jabbar & Bastwisi, 1987, p. 347) of the muscles of the arms and legs.

Devices and tools: 3kg medical ball – measuring tape – sitting on the chair.

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Performance Method:

The tested wrestler sits on the chair and carries the medical ball with the hands against the chest and then wrestlers quickly rise and throw the ball from the front of the chest to complete the process of throwing the ball with the hands, legs and torso.

Scoring: Each tested wrestler is allowed two attempts and the best attempt (m/cm) is registered.

2-5 Performance of the holds used in the research:

2-5-1: Evaluation of holds:

The researcher relied on the experimental approach of the special preparation period in the performance and sequence of holds and the nature of the performance and the holds were evaluated by three arbitrators. The tests were distributed on a CD for the evaluators of the tests of the two groups.

- Performance Description: The hold test was divided into three sections: the preparatory section (3) marks, the main section (4) marks and the closing section (3) marks designed by the researcher where the evaluation is carried out by experts(*) by watching the CD. The performance was filmed.

2-6 Pilot Experiment:

The first Pilot experiment: the Pilot experiment of 17/5/2022, one of the most important procedures undertaken by the researcher prior to the major experiment; With a view to selecting research methods and tools, the Pilot experiment is a mini-experience of the main experiment, which is intended to uncover practical facts or experimentation to detect obstacles and disadvantages faced by the main experiment and for the purpose of training some assistant teams at work (Asran, 1998, p. 128). The Pilot experiment was conducted on a sample of (2) wrestlers from the sample and was intended to:

- Identifying he suitability of the holds for the research sample.
- Identifying the time taken for tests and some of the obstacles encountered by the experiment.
- Identifying the efficiency of the assistant staff and the validity of the tools and devices used.

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- The second pilot experiment: This experiment was carried out by the researcher on 19/5/2022 in order to conduct two training sessions: the first includes weight exercises to determine the duration of application of the program and how to distribute the research sample during the training session for physical abilities.

2-7 Pre-tests:

The researcher adopted the results of tests conducted on 20/5/2022 as pre-tests of physical abilities (explosive strength and speed distinctive).

Pre-tests were then conducted to assess the performance of the skill (holds) at the wrestling hall of the Baghdad Wrestling Club on 21/7/2022.

Compound Weights Exercise Vocabulary:

The researcher prepared the program for training in compound weights, where it was presented to a group of experts in the field of wrestling training to draw on their expertise in correcting and evaluating the program. The programs of exercises consisted of (16) training sessions, two sessions per week (Sunday and Wednesday) from each week. The duration of each session was 45 minutes. The exercises were carried out between 22/5/2022 and 22/7/2022. These sessions were prepared according to the philosophy underlying these exercises; according to physical abilities in the style of compound weights training.

Preparatory section: general and specific warm-up (exercises designed to develop the physical qualities of the skill.

Main section: this included:

- Special exercises: which adopt this type of training based on the organization of the experimental group in the form of two trainees so that all trainings are given with compound weights and the coach commands the training ". The group performs weight training based on training instructions clearly given by the trainer. The trainer pre-explains the skill and presents a model for the experimental group on the correct form of performance and then distributes the workout sections to be supervised by the trainer for exercises to develop physical abilities and perform holds for the sample personnel and instructed by the trainer. (Hussamuddin, 1997, p. 44).

2-8 Post-Test:

The researcher adopted the results of tests conducted on 21/7/2022 as post-tests of the physical capabilities of explosive strength and distinctive force at speed. The post-tests were conducted at the wrestling hall of the Baghdad Wrestling Club on 22/7/2022 to assess the performance of the off-balance and Kunda holds.

2-9 statistical means:

The data was processed using the statistical program (SPSS).

3- Presentation, Analysis and Discussion of the results:

3-1 Presentation and Analysis of the results for the control group:

Table (2): the arithmetic means, standard deviations and calculated t-value for the pre- and post-tests of the control group

According to the results of Table (2), there are statistical differences for all tests and in favor of the post tests.

2-3 Presentation and Analysis of the results of the results of the experimental group pre and post tests:

Table (3): Arithmetic means, standard deviations and calculated t-value for pre- and post-tests of the experimental group.

Variables	Measuring unit	Calculated t-value	Standard deviation	post test		pretest		Sig	Statistical significance
				p	s	P	s		
off-balance hold	Mark	40	0.56	0,50	6,60	0.35	1,96	0,00	Significant
Canadian Hold	Mark	71,5	6,06	0.35	7,96	0,45	1,72	0,00	Significant
speed Strength	m/cm	0,44	0.01	1,32	8,84	0.31	7,78	0,00	Significant
explosive strength	m/cm	0.52	0.02	0.08	2,38	0.17	2,28	0.01	Significant

Through the results of Table (3), there are statistical differences for all tests and in favor of the post tests.

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3-3 Presentation and Analysis of the results of the results of the control and experimental groups.

Table (4): Results of pre- and post-tests of the control and experimental groups.

Statistical significance	Measuring unit	Calculated t-value	experimental group		control group		Sig	Variables
			p	S	p	s		
off-balance hold	Mark	4,00	0,50	6,60	0,40	6,20	0.001	Significant
Canadian Hold	Mark	3,67	0.35	7,96	0,50	7,60	0.001	Significant
speed Strength	kg	0.001	1,32	5,84	0.31	5,96	0,00	Significant
explosive strength	Sec.	0.01	0.02	0.08	3,33	0.28	0.001	Significant

The results of Table (4) shows that there are statistical differences for all the post-tests in favor of the experimental group.

3-4 Discussion of the results:

In the light of the results reached by the researcher within the framework of the objectives and hypotheses of the research and supported by the results of previous studies, we turn now to discussing those results and as follows:

Table (2) shows that there are statistically significant differences between the two measurements (pre/post tests) of the experimental group in the T-test under consideration, where the value of (T-test) calculated for the tests of strength characteristic of speed for throwing the medical ball in the skill of off-balance hold and the Kunda hold with a degree of freedom.

This indicates that the proposed training program using the training of compound weights developed by the researchers in which they took into account the involvement of the greatest amount of working muscles and joints and in the direction of the motor paths of skill performance of both holds under study has affected the physical variables under research and the level of skill performance.

Ashmawy (2003) (cited in Younis, 1996, p. 25) and Qenawi (1996) (cited in Abdel Basir, 1999, p. 20) note that in order for a wrestler to effectively implement skills

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in matches, he/she requires special preparation that includes the physical aspect which is linked to the skill aspect.

It is necessary to pay attention to the training of compound weights, which helps to link them during the performance of the exercise movement. This is what wrestlers require during the performance of muscle contraction of various motor skills. This led to the improvement of the physical variables in the performance of members of the research sample as regards the two forces characterized by speed and explosive for the movement of performance of the strength of the legs.

This is confirmed by Mahmoud (1998) that compound weight training is an objective means of developing the different types of muscle strength that wrestlers desperately need and plays an essential and fundamental role in increasing the effectiveness of the skill performance of wrestlers in general and strengthening lifting movements in particular (Al-Nimer & Al-Khatib, 2007, p. 34).

Hasan (2004) and Bureiqa & Al-Badiwi (2004) point out that muscle strength of all kinds is the main basis for most sports activities, especially activities that depend on muscle strength of all kinds and explosive movements such as wrestling. (Rifaat, 2003, p. 26).

These findings are consistent with the findings of Morsi's study (that compound weight training has a positive effect on improving special physical abilities (Helmi, 2015, p. 45).

As can be seen from Table (3), the effect strength of the program was greater than (0.05), which indicates that the proposed training program using compound weight training developed by the researchers had a significant effect force. It has been effective in developing the physical capabilities of the two forces of speed and explosion in question and the level of skill performance of the skills in the hold of the off-balance and the Kunda. In developing the scientific foundations, the researcher took account of the training in which the muscle work is similar to the requirements of the skill performance and in the same muscular and motor path. This has had a significant effect on that variable, that is, muscular strength as one of the most important requirements of the wrestling sport because of the nature of the performance and the multiple resistance that wrestlers face during the execution of offensive, defensive and counter-attacking movements. That is, the development of motor skills is closely linked to the development of the necessary physical fitness elements. In the event that wrestlers lack the necessary

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physical abilities for this type of activity, they will not be able to master the motor skills of the type of specialized sports activity. (Abdul Khaliq, 2003, p. 80).

Compound weight drills are important exercises that help develop the muscle strength of the wrestler, which is required by performance during competitions. These are considered one of the most important features of the compound weight drills, namely the focus on the muscle group working in a way that serves the motor performance consistently as movement reaches the lower end to the upper end and vice versa as well as preventing the leakage of force and striking an off-balance between the legs. This significantly affects the skill and physical performance of the experimental group supporting these findings and research findings in the two tests (pre/post tests) of the experimental group in the physical variant in question and the skill level of performance in favour of the post-test. This indicates that the proposed training program using compound weight training developed by the researcher has led to the development of the physical variables in question and the level of skill performance of the scalpers. Using diversity and change as a principle and fundamentals of sports training will remove monotony and boredom and increase the rush of wrestlers to exert effort in the performance of their training units, thereby making the most of the training. The purpose of the training was to prepare specific muscle groups to fit into the type of activity skills, i.e. to develop skilled muscle with attention to technical aspects, which are often difficult and complex (Qenawi, 2002, p. 93).

Compound weight exercises have a positive effect on the development of special physical abilities and skilled performance level of off-balance and Kunda holds.

Table (4) shows statistically significant differences between the two groups (experimental/control) in the post-test in the physical abilities in question and the level of skill performance in favour of the experimental group. There is variation in the calculated t-value of the tests of the characteristic force of speed and explosive strength for both holds. This is largely due to the effectiveness of the proposed training program using compound weight training developed by the researchers. It also indirectly emphasizes the validity of the formation of training loads within the training program used according to the muscular method of work as well as the proper choice of the training used and the health and speed of its performance, i.e. the development and mastery of motor skills of the type of sports activity closely linked to the development of the necessary physical abilities associated with those skills (Rihan, 2006, p. 80).

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We see that attachment to the experimental group is due to the proposed training program, which consists of compound weight training and applied to the experimental group. This program contains special training in which muscle perform in a similar way to working muscles and skill performance requirements and in the same motor path.

Since the only difference between the two groups is compound weight training, the researcher attributes the experimental group's superiority over the control group in the physical variables in question and the skill performance level to compound weight training applied to the experimental group. Moreover, weight training, which focused on individual performance and was characterized by diversity, excitement and motivation towards performance, has affected skill performance and has led to a positive effect on the skill performance level of the experimental group.

A wrestler needs high levels of muscle strength to be able to perform skills appropriately and efficiently. Mastery of skilled performance depends on the extent to which the requirements of this performance are developed from special physical abilities and the level of skilled performance is often measured by the extent to which an individual acquires these special physical abilities. (Al-Beik, 2008, 171).

4- Conclusions and recommendations:

4.1 Conclusions:

In the light of the objectives and limits of research and the approach used as well as the results of the statistical analysis, the researchers reached the following conclusions:

1. The proposed training program using compound weight training has a positive effect on the development of the physical variables under consideration in the experimental group.
2. The proposed training program using compound weight training has a positive effect on the skill performance level of the experimental group.
3. The proposed training program using compound weight training is better than the traditional program on physical variables and the skill level of the experimental group.

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4-2 Recommendations:

In view of the limits of this research, the researcher recommends the following:

1. Attention should be paid to training directed towards pathways and motor conditions of different wrestling skills.
2. Attention should be paid to compound weight training during wrestlers' preparation programs to raise force levels in accordance with scientific principles and to increase the ability to grappling efficiently during matches.
3. Attention should be paid to muscle strengthening through compound weight training where movement from the lower end to the upper end, as well as preventing force leakage, also strikes an off-balance between the legs. This affects skill and physical performance.
4. There should be more interest in refining trainers by holding training courses for them and familiarize trainers with modern training methods.
5. There is a need to design programs similar to different age groups.
6. There is a need to design similar programs using compound weight training to develop the performance strength of different technical skills in changing grappling situations.
7. There is a need to diversify the use of means, tools and devices when applying weight training.

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24. Evaluation Form of performance

the total	Final section 3 marks	main section 4 marks	introductory section 3 marks	Hold
				off-balance hold Kunda hold

The educational unit of the experimental group Educational objectives: The off-balance hold + the Kunda hold Date: / /

Educational Objectives: Unit time: 90 min.

Notes	organizational aspect	Activities and Basic Skills	time	Unit Sections
			25 min.	**Preparatory section**
order and calm	********** T	Standing & recording attendance and directions to the start of the performance.	5 min.	**Introduction**
General body conditioning exercises	********** T **********		10 min.	**general warm-up**
Exercises that serve the hold			10 min.	**private warm up**
			60 min.	**main section**
A detailed explanation of the hold and how each group works	 T	The wrestlers sit in the shape of an arch and the trainer explains the hold and then presents a clear and detailed model to the wrestlers on how to sit, the movement of the hands, the process of lifting the opponent and the closing part of the kunda hold.		**educational activity**
		Wrestlers are divided into two groups: a control group and an experimental group, the work of the control group is as follows: The trainer divides the wrestlers into pairs (one with a good level anfld another with the lowest level, i.e. teacher & learner).		**Applied Activity**

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		The sample members perform the hold while dividing it into parts from easy to hard. The correction is made by the coach under the supervision and guidance of the coach. The coach has the role of supervisor and mentor.		
No physical effort		General calming and relaxation exercises.	5 min.	**Final section**

The educational unit: the control group. Educational objectives: the hold of the off-balance + the Kunda hold. Date: / /
Educational Objectives: Time unit: 90 min.

Notes	organizational aspect	Activities and Basic Skills	time	Unit Sections
			25 min.	**Preparatory section**
order and calm	********** T	Standing & recording attendance and directions to the start of the performance.	5 min.	**Introduction**
General body conditioning exercises	********** T **********		10 min.	**general warm-up**
Exercises that serve the hold			10 min.	**private warm up**
			60 min.	**main section**
A detailed explanation of the hold and how each group works	 T	The wrestlers sit in the shape of an arch and the trainer explains the hold and then presents a clear and detailed model to the wrestlers on how to sit, the movement of the hands, the process of lifting the opponent and the closing part of the kunda hold.		**educational activity**

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		The control group work as follows The coach divides the wrestlers in equal competitive groups Each group works alone to apply what the trainer offered as follows: -Wrestler 1 advances on the opponent wrestler from the side and with the chest touches the back of Wrestler 2. -The first wrestler holds the waist and encircles the distant leg from the top of the thigh and encircles it with arms. - Wrestler 1 rests on the back of wrestler 2 at the bottom of the armpit encircled to the outer side of the opponent's leg and then pulls the legs upwards and then rotates and curves backwards.		**Applied Activity**
No physical exertion		General calming and relaxation exercises.	5 min.	**Final section**