

# Application of Leg Continuity Technique in Freestyle Wrestling

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## Abstract

wear leg coherence technology is an important part of the freestyle wrestling in the wrestling techniques, has the characteristics of can attack and defend, there are a number of players in the game using the latent fell to a technology of offensive and defensive counter-attack to explore 2019 national freestyle wrestling match on freestyle wrestling wear leg coherence technology application is the purpose of this article. By using the methods of literature, video observation and data analysis, this paper analyzes the application of leg-piercing technology in the 2019 National Freestyle Wrestling Elite Competition. The results show that leg continuity technique is most used by male athletes, but less by female athletes. But female athletes have a higher success rate; There is an obvious gender difference in the technique of through-leg continuity. Male athletes are more likely to use through-leg lifting while female athletes prefer to use through-leg rolling bridge. Minor level athletes use leg continuity technique most frequently and the success rate is the highest, followed by medium level athletes, followed by major level athletes. There is an obvious difference in the level of leg penetration technology. According to the data trend, the lower the level, the higher the frequency of application of leg penetration technology.

## Keywords

Through-leg continuity technology; Freestyle wrestling; Coping strategies.

## 1. Introduction

In recent years, both in the freestyle wrestling in daily teaching and practice, freestyle wrestling athletes in China are shown in the spirit of indomitable and made great achievements, but under the influence of many factors, freestyle wrestling athletes in China and other freestyle wrestling world powers on the technical side there are still many deficiencies need to change, The leg - through technique is one of the shortcomings. Therefore, the author hopes to analyze the use of leg continuity technology in 2019 National Freestyle Wrestling Elite competition, and summarize how athletes of different genders and different levels use leg continuity technology. After reading a lot of literature and relevant rules, the author recorded relevant data and analyzed them according to the data by watching the game video. I consulted with a wide range of people about these data, and I talked to freestyle coaches and wrestling experts about these issues. To understand the application situation, difficulty and opportunity of the technique in actual combat. It is expected that a comprehensive analysis and discussion will be made on the application of leg-penetrating techniques in real combat, aiming at improving the leg-penetrating techniques of freestyle wrestlers in China.

## 2. Characteristics of Leg Penetration Technique in Freestyle Wrestling

### 2.1. Action Process

The body is in the wrestling stand position, the legs open, left foot in front of the right foot behind, keep 20-30cm distance between the feet, legs naturally bent, the upper body to keep the arms bending elbow, so that the center of gravity is always maintained between the legs. When the opponent attacks, can quickly using this technique, fast to grab your right arm middle position, using the inertia pull opponent to yourself, and your right foot forward into opponents between my legs and knees squats, head drill to the opponent right armpit, embrace a rival right thigh from side direction, carry his opponent with his left shoulder again, right shoulder sinking, Throw your opponent from your left.

### 2.2. Action Points

The use of wrestling through the leg technology, the speed of progress should be fast, flexible use of inertia, close to the opponent, at the same time, the legs of the left and right arms to pick up suddenly, the whole body strength through a point, when falling to the ground.

## 3. The Application of Leg Continuity Technique in Freestyle Wrestling

### 3.1. Analysis on the Use of Leg Continuity Technique by Athletes of Different Genders

Through observing the video of the whole course of the 2019 National Freestyle Wrestling Elite Competition, it is found that the leg continuity technology is most used by male athletes and less frequently used by female athletes. But female athletes have a higher success rate. At the heart of the technique is the use of skill and force to break the opponent's centre of gravity and knock him down. The key lies in that the attacker should get the position conducive to attack in the game, so that their own technology has the space to display, and then let the opponent lose the position conducive to attack through body moves, and make its attack ineffective through defense. It can be seen that the importance of the technology in the leg continuity, just have the proverb "lose not lose." Freestyle wrestlers can choose between a leg roll and a leg lift depending on the grip position. Through observing the video of the whole course of the 2019 National Freestyle Wrestling Elite Competition, it is found that there is an obvious gender difference in the cross-legged rolling bridge. Male athletes prefer to use the cross-legged lifting while female athletes prefer to use the cross-legged rolling bridge.

Table 1 Statistical table of the use of leg continuity technology by gender

Technical action	Number of men	Number of successful	The success rate	Number of women	Number of successful	The success rate
Single through-leg coherence technique	15	7	46%	24	21	88%
Combined through-leg continuity technique	35	23	66%	10	2	20%

As can be seen from Table 1, the single throw of the technique of leg continuity was the most frequently used in women's group, while the combined throw was the least used. The men's group used the combination leg continuity technique more often, but used the single leg continuity technique less often. Freestyle wrestling, female athletes if not for the first time the opponent to the ground, the opponent will launch counter-offensive, female athletes due to

poor physical quality, can't use in time, so the combination is not much, but the male athletes attacking the opponent can through a variety of defense to defuse the attack. Therefore, female athletes should strengthen the training of leg - crossing skills.

### **3.2. Application of Leg Continuity Technique in Athletes of Different Levels**

Through observing the video of the whole process of the 2019 National Freestyle Wrestling Elite Competition, it was found that the small-level athletes used the most and had the highest success rate, followed by the middle-level athletes, followed by the big-level athletes. Relevant data are summarized in the following table:

Table 2 Statistical table of application of leg continuity technique in athletes of different levels

Technical action	Small level			In the level			Big level		
	Use the number	Number of successful	The success rate	Use the number	Number of successful	The success rate	Use the number	Number of successful	The success rate
Through-leg continuity technique	48	40	83%	22	10	45%	14	3	21%

According to the data in Table 2, a total of 48 times were used by lower-level athletes, and 40 times were successful, with a success rate of 83%. Medium level players used the leg continuity technique 22 times in this championship, 10 times successfully, with a success rate of 45%. High-level athletes used the leg continuity technique 14 times, with only 3 successful times and a low success rate of only 21%. Therefore, there is a positive correlation between the use of leg continuity technology and the weight level of athletes. It can be observed that lower-level athletes use leg continuity more in competitions, while middle-level and big-level athletes prefer leg lifting. Mid-level athletes like to use leg roll as a means of attack, but the success rate of the lower level is higher.

### **3.3. Analyze The Disadvantages And Advantages Of Athletes In The Competition**

Through observing the video of the whole process of the 2019 National Freestyle Wrestling Elite Competition, it is found that the athletes are not decisive enough in their actions, unable to grasp the best opportunity to attack, not active enough in their actions, and passive in the competition. They often take defensive counterattack as the goal of scoring, and the competition is not enjoyable to watch. We should strengthen the athletes' ability to attack quickly and actively in the future training and improve the success rate of technical movements. But there are also some athletes showed the indomitable, not afraid of the strong enemy, dare to fight and fight the spirit, showing the wrestler's heroic style.

## **4. Conclusions and Recommendations**

### **4.1. Different Genders have Different Offensive and Defensive Characteristics of Leg Penetration Coherence Technology**

Leg continuity technology is most used in male athletes; There is an obvious gender difference in leg rolling bridge, male athletes use leg lifting more in the competition, and male athletes have a higher success rate in the technique of single leg through leg. In the male group, the combined leg continuity technique was more frequently used, but the single leg continuity technique was less frequently used. Male athletes are more likely to use active offense. The leg continuity technique is used less often by female athletes. However, the success rate of female athletes is higher, female athletes are more likely to use the leg roll bridge in the competition,

and the single fall of the female group is the most frequently used, while the combined fall is the least used. Female athletes tend to use defensive counterattacks.

#### **4.2. The Success Rate of Leg Penetration is Different Among Different Levels**

Minor level athletes use leg continuity technique most frequently and the success rate is the highest, followed by medium level athletes, followed by major level athletes. There is an obvious class difference in the cross-leg roll bridge. The lower-level athletes use the cross-leg more in the competition, while the middle-level and big-level athletes prefer to use the cross-leg lift. In addition, in the cross-legged rolling bridge, middle-level athletes all like to hold their legs as their means of attack, but the success rate of the lower level is higher, and middle-level athletes choose to throw as the main means of attack, but the success rate is the highest. The big level will use cuddling as the main offensive means, and cuddling is the most successful move; Minor, medium and major players all use the single through-leg technique more often as a means of attack, but the success rate varies. There are more players using the leg continuity technique to fight back, but the success rate is not as high as the active attack.

#### **4.3. Suggest**

Male freestyle wrestlers athletes should improve the success rate of leg continuity technique, and male athletes should improve the power of leg continuity technique; Male athletes should improve their strength and male athletes should improve their proficiency in crossing legs and rolling Bridges.

Female athletes should enhance strength training, while middle and middle level athletes should improve their explosive power and coordination, and strengthen their awareness of attack; The combination of true and false technical movements improves the success rate of technical movements.

Enhance the use and success rate of the cross-legged movements that need strength, such as rolling bridge, as the attack and defense.

Minor level athletes should improve their body sensitivity, and they should strengthen the use of coherent techniques in daily training. Small level athletes to improve the active attack consciousness; Small level athletes should reasonably grasp the use of leg continuity technology opportunity, in one go.

Medium and large-level athletes should improve their explosive power and coordination, and strengthen their awareness of attack; The combination of true and false technical movements improves the success rate of technical movements.

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