CHAPTER I

1.1. THE EVOLUTION OF THE COMPETITION

Fights are direct contests based on knocking down the opponent, having been recorded as a contest for thousands of years.

Fights represent one of the oldest forms of competition born within the existence of primitive man, after his socialization. Until the socialization of man, fighting represented a way of existence, the gain of food opening the field of battle.

Regarding the age of wrestling competitions, historical documentary signs show us that, in ancient Egypt, wrestling was practiced 5,000 years BC. Thus, in the esteros, there are wall paintings depicting fighters performing some dynamic executions, especially similar to free wrestling practiced today. In this sense, at Beni-Hassan there is an entire wall covered with a fresco representing the phases of a fight, in approximately 120 figures that follow each other like on a film, representing a real figurative manual of the fighting technique.

Less evidence comes from ancient China where by 3,000 years BC, fighting was known and applied for military and educational purposes on a large scale.

We have the most evidence regarding the practice of fighting from ancient Greece and the Roman Empire, when fighting was treated as basic forms for the development of the individual. especially in ancient Greece, fighting was an important way of educating the young. Combat training was considered to complete the education of young people and becoming essential. Thus, many Greek historians, poets and philosophers talk about how wrestling competitions were valued in the Greek civilization.

The Greeks introduced wrestling within the Olympic trials, in three forms, two of which were introduced only from the 18th Olympiad:

- the first form of combat, within the pentathlon; similar to Greco-Roman battles;

- another form of fighting, which also allowed brutal actions, with the grabbing of all segments similar to free fights;

- the third form of fighting, the so-called "Pancratione" (pancration), a particularly brutal form based on twisting the limbs, slamming and hitting the opponent.

in the period of ancient Greece, it is worth noting the care for organizing the training of young people for fighting, as a concept of educating them in a society where

develop as a competition. Following the appetite for these forms of competition was the appearance of works with writings and drawings about fights.

Towards the end of the 18th century - the beginning of the 19th century, the fights began to appear in the form of competition-spectacle, many of them taking place in the circus arena, the fighters being professionals who invited the spectators to the fight. Thus, the fights benefited from a certain coloratura that pushed their development.

Over time, many important people appreciated the fights, thus we can mention Plato, Aristotle, Seneca, Guts Muths, Hegel, Pisarev, Tolstoy, Krestovnikov, Ozolin and others.

The concerns and interest shown for wrestling were happily tied together with the resumption of the modern Olympic Games in 1896, where wrestling was included from the first edition.

In the 100 years of presence in the program of the modern Olympic Games, wrestling has continuously perfected its rules for organizing and conducting the competition. The concerns were about time. in particular, the following things:

- broadening the framework for participation in competitions;
- ensuring the conditions for the best to become the winner;
- establishing the duration of the contest;
- the standardization of requests towards competitors;
- the value ranking of the types of victories obtained (for the purpose of drawing up the ranking).

In 1912, when FILA was founded, the Olympic Games program already included the two forms of wrestling competition: Greco-Roman wrestling and freestyle wrestling included in 1908. currently there are over 130 countries affiliated to FILA, this body having the role of to coordinate all the fighting activity in the world.

At the inaugural edition of the modern Olympic Games, the number of wrestlers present was very low, namely 5, but it increased constantly in the following editions, so that at the 20th edition, in Munich, in 1972, they took part 80 times more fighters respectively 398.

In the first two editions of the modern Olympic Games, Greco-Roman wrestling took place without a division of fighters by weight category.

In this context, the presence of 40 fighters in a single category, at the 2nd edition of the Olympic Games (Paris, 1900), remains a record figure in the history of Greco-Roman and freestyle wrestling competitions.

From the point of view of muscle mass, boys have an advance of about 13% compared to girls and a difference in muscle strength of 8-10 kg at 15 years and, respectively 15-20 kg at 18 years old. on the other hand, girls possess a greater capacity for precision and coordination of movement.

Regarding the nervous system. A more stable dynamic balance between cortical excitation and inhibition is highlighted, favoring the formation and longer preservation of temporary connections, with a positive role in stabilizing new movement habits.

The increased functional mobility of excitation and inhibition favors the development of speed and skill, and increased cortical plasticity positively influences the ability to print new engrams (traces left by an excitant on the nervous system), which explains the possibility of motor acquisition at this age. Although the nervous system and analyzers, at this age, present a morpho-functional level close to that of adults, central and peripheral fatigue sets in more easily in adolescents in case of prolonged and too intense excitations.

At this age, the most spectacular changes are observed in terms of the development of the functional capacity of the major apparatuses and vegetative systems (circulation, breathing, somatic and vegetative nervous regulation).

The morphological development of the myocardium and the peripheral vessels determines the increase in the functional capacity of the entire cardiovascular apparatus. Regarding the systolic volume, there are differences between boys and girls: Barhard, B, 1968, found values of 70 ml in 16-year-old boys and, respectively, 75-80 ml in girls of the same age. Heart rate and blood pressure have values close to those of adults. Cardiac output is 3.2 liters/minute in 15-year-old girls and increases to 3.7 1/min up to 18 years, and in 16-year-old boys values were found, on average, of 4.3 1/ min, increasing up to the age of 19 to 4.7 1/min, therefore approaching the values of adults (5 l/min).

The cardiovascular system must be gradually engaged in effort (respecting the principle of gradual increase in effort), because otherwise there may be disturbances in circulatory homeostasis, manifested by hypertension and alteration of EKG traces. The respiratory system is morphologically close to that of adults, but not from a functional point of view, although it develops continuously (Nicu, A., 1993).

A continuous improvement of pulmonary ventilation is observed, decreasing the frequency of respiratory movements, but at the same time increasing the amplitude of respiratory movements as a result of the gradual increase in the current respiratory volume.

And the other indices of external respiration: vital capacity, inspiratory capacity, residual volume, total lung capacity, etc. register increases significant during this period.

subject, a complete sincerity of the subject as well as the change of place and roles of the partners. The researcher must have prepared the questions, the interview guide, and have information about the subject in order to be able to motivate and engage him in the conversation.

The interview was conducted at the level of wrestling teachers and trainers who deal with the training of fighters, and who had outstanding results in performance, managing to produce valuable fighters through a scientific training.

Through this method I managed to retain some particular aspects regarding the development of the fighters' motor capacity. By means of the semi-structured interviews about the theme subject to our study, possibilities were created to know the current technical-tactical, biological, motor and psychological reality, as well as the possibilities to improve the level of training of junior fighters.

Like any method, the interview has advantages and disadvantages. Through the interview method, a large number of varied information can be collected directly, but they can also be subjective. a lack of receptivity of the subject can also be encountered.

The pedagogical experiment method - consists in verifying an assumed relationship (stated in the hypothesis) between two phenomena by provoking and controlling them by the experimenter.

in our work we organized a pilot (preliminary) experiment, in which I checked my working techniques. The actual experiment followed, which was of a fundamental type, that is, it aimed to certify a previously formulated hypothesis. Concretely, I carried out an experiment in which I developed and used a set of exercises for the development of combined strength-speed motor qualities at the level of junior fighters. At the same time, our experiment is of a functional type, aiming to establish the relationship between the independent variable (the set of exercises used) and the dependent one (force-speed).

So, our experiment is of a functional type, challenged, to verify the previously formulated hypothesis. In our case, the experiment used aims at the effectiveness of the exercises for the development of combined strength-speed motor qualities, in which the independent (experimental) variable is made up of these very exercises, introduced at a certain moment in the training. The increase in strength (if there will be any) observed in the subjects of the experimental group will be the effect of the application of the independent variable and will therefore be the result or the dependent variable.

The subjects of the experimental group were subjected to training (in this sense) between September 15, 2007 and May 10, 2008. The trainings took place at the same times, without disturbing the normal schedule until then.

experimental group

No. Crt.	CATEGORY OF WEIGHT	AGE (years)
1	50 Kg.	17
2	55 Kg.	18
3	60 Kg.	17
4	66 Kg.	18
5	74 Kg.	19
6	84 Kg.	18
7	96 Kg.	18
8	120 Kg.	19

Control group

No. Crt.	WEIGHT CATEGORY	AGE (years)
1	50 Kg.	17
2	55 Kg.	19
3	60 Kg.	18
4	66 Kg.	18
5	74 Kg.	20
6	84 Kg.	18
7	96 Kg.	19
8	120 Kg.	18

The subjects of the experimental group were subjected to a separate strength training, in 3 weekly trainings, in which the most appropriate specific means were used, chosen after adequate documentation.,, At the beginning of the training period of the experimental groups (September 15,

It is known that at the beginning of training, greater importance must be given to the volume of work, the increase of which has stabilizing effects.

Practice has shown this and also the fact that medium weights and medium pace are indicated at the beginning of work for the development of strength.

As a basic idea in the methodology of the development of the sheet, it is necessary to avoid increasing the strength at the level of all muscle groups, carried out within a training lesson. Such a methodology leads to exhaustion of the body and a decrease in muscle strength. That is why it is recommended to use exercises that engage 3-4 muscle groups.

In the training lessons with a small volume, but with a high intensity, 3-6 exercises are performed, in those with a medium volume, 6-8 exercises. Such training lessons are specific to speed strength.

The place and sequence of strength exercises in training lessons is also important in developing the most appropriate methodology. They can be performed either during special, distinguished trainings, or after performing specific exercises.

Also, in the case of the exclusive use of strength exercises in the same lessons, the initiation] is performed, those that activate small muscle groups E.g:

- the exercises for developing the strength of the neck and shoulder girdle muscles precede those that require the abdominal girdle, back and leg muscles.

Establishing the number of repetitions and series must also be taken into account when developing the methodology of applying these exercises. When developing strength in speed mode, 3-6 repetitions are performed in 6-9 series.

The rest breaks between sets decrease with the improvement of the effort capacity, and increase with the increase of the intensity (load), the number of muscles engaged in the respective exercise, and the duration of the uninterrupted effort. on average, a break of 1-3 minutes is recommended during which relaxation and breathing exercises are performed. The transition from one exercise to another is interrupted by a break longer than 3-5 minutes.

The magnitude of the strength work intensity is given by the weight lifted through one exercise or another, by the resistance of the partner or the various devices (sliding, elastic) as well as your own body weight (jumps, push-ups, pull-ups, climbing).

The intensity in the executions with weights is rated as follows:

- low intensity - between 30-50% of the maximum possibilities;
- medium intensity - between 50-80% of the maximum possibilities.

The nervous system is highly stressed, requiring a great power of concentration of the cortical excitation processes to achieve the control of motor coordination, the fights demanding a very good coordination capacity revealed by the way of chaining the technical procedures.

From a biomechanical point of view, wrestling is part of the category of acyclic sports with a variable intensity of effort depending on the rapid change of combat situations.

Under the aspect of basic motor skills, it is characteristic that they are carried out in strength-speed conditions, in permanent contact with the opponent and depending on his reactions. Explosive force efforts, with dominant neuro-psychic and neuro-muscular demands, are of short duration but of high intensity and follow each other at irregular time intervals.

The execution of specific technical procedures requires skill, strength, speed of reaction and execution, spirit of observation and ability to anticipate the movements of the opponent, quick thinking to make effective decisions, all in conditions of resistance and depending on the movements/intentions of the opponent.

Along with courage, tenacity, perseverance, will, resistance to stress, emotional balance, intelligence, self-control - indispensable qualities for fighting performers - an increased sense of orientation on the mat, good muscle suppleness and joint mobility, doubled by an increased capacity for coordination of large muscle groups.

4.3. DATA PROCESSING AND INTERPRETATION

The actual experiment consisted of an initial test applied to the two groups (experimental and control), followed by the application of the development program of force (by the mentioned means) to the experimental group. This program does not have also benefited the witness harrow that carried out its usual training program.

To accurately verify the effectiveness of the exercises proposed in this sense correcting (during the course of the experiment) any shortcomings or deficiencies in the training program of the experimental group, I undertook a test "intermediate" applied at the level of the experimental group and the control group. Testing intermediate took place on January 8, 2012.

At the end of the experiment period, we undertook the final testing, which consisted in applying the battery of tests used, both to the experimental group and to the control group.

The results obtained during the 3 tests by **the control group:** P2-Specific test -FR~: Pull-ups in the arms at the fixed bar (Maximum number of repetitions).

ConCluSIonS

The following conclusions can be drawn from the processing and interpretation of the research data:

Strength exercises must occupy a special place in the multilateral training process of junior fighters. Strength training should not be neglected, but at the same time should be applied in accordance with the age and individual characteristics of each athlete.

Although both groups (experimental and control) obtained similar results at the initial test, at the final test the experimental group obtained significantly better results than the control group, which proves the hypothesis of the paper.

The applied methodology proved its effectiveness, this fact being confirmed by the experimental approach that resulted in the development of the strength-speed and strength-resistance qualities to a higher level. During the experiment, the level of strength-speed and strength-resistance training of the experimental group significantly improved compared to the control group, thus confirming the research hypothesis and the methodology for manipulating the experimental variables.

The exercises used in the experiment should not be considered as good and universally valid. They were designed according to the concrete material conditions available and according to the particularities of the fighters in the experimental group. However, these exercises can be used as such, or modified, they represent a point of support and at the same time a starting point for designing other exercises. This is where the mastery of each coach comes in to use them, depending on the goals pursued, the training period and the material conditions in which he wants to apply them.

The actual differences between the experimental group and the control group in the PI specific sample were 23.6%, and as for the P2 sample, the difference between the two previously mentioned groups was 26.2 %. These values were represented graphically in the histograms no.1 and no.2, respectively.