

Abstract

Title: The most commonly used techniques in wrestling

Objectives: The main task of the thesis is to discover what the most commonly used techniques in greco-roman and freestyle wrestling are. It further focuses on description of these techniques as well as on defence of them and on their training. Finally this thesis confronts the theoretical description of the techniques with the manner they are actually being used in competitions.

Methods: The theoretical part of the thesis is based on analysis and synthesis of technical literature. The practical part uses especially the outcomes of observation and comparison of the results.

Results: The results of this thesis show, that the most commonly used techniques in selected competition in both styles was a body roller. In stand position it was arm throw and leg attack in greco-roman style and freestyle, respectively.

Keywords: wrestling, technique, defence, freestyle, greco-roman style

