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**The Specification Of The Dynamic
Characteristics Of The Face –
To – Back – Cast Skill
For The Wrestlers**

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by

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The Introduction and the Problem of the research :

Any person has several energies and abilities, and there is no way to get these abilities and skills out, and exploit them for the return of individual and society except the technological application, wrestling is one of the sports that requires special abilities to achieve the high levels, and needs a good preparation remarked with comprehension and integration of all skillful, planning , physical, and mental sides .

It requires from the wrestler to mix accurately all his abilities more than any other sport, this is because of what the match needs of bodily and mental effort all the time of the combat by moving quickly on the mat in the right direction , and making correct decisions to face the continuous changing circumstances .

The scientific research has interested several years ago in studying the movement of man, in order to promote that movement untill it reaches its highest levels with little effort and energy , therefore studies and researches have been performed to know the mechanical and professional effects on his movement, and how to make full use of its principles to improve the humane performance .

The kinematic analysis is one of the means of studying the sport – movements which aims at describing and illustrating the skill by items like (Speed – Haste) which are set up according to the measures of time , analysis of the skill – performance level is one of the important means upon which workers in the training field lean, in order to find solutions by which we can direct the process of education and training, and improve the motional performance to achieve the best results by using the scientific style.

Through using means of kinematic analysis we can know the most accurate details of the movement , recognize the form of the professional – performance , specify the physical traits and perfect the details of performance in a way that saves the exerted effort.

The Face – to – Back- Cast is one of the most important movements which the player performs through the high – wrestling – position, and it is one of the greatest technical movements of a high – professional – level , and a distinguished motional – performance, and if the player performed it correctly, he would get full five points , which is considered the highest estimation of grades in relation to the other wrestling-skills, it is also easy through it to fix the competer on his shoulders, and thus to end the match for his side , so this skill was given a high importance from the international act in the final modification, as it is excuted in away depends on balance, power, and flexibility, which are hard to be qualitatively estimated .

Through practice –wrestling of the researcher who has got several Reublic – championships, and through his work as a wrestling – trainer in Sohag, he has noticed that there are no quantity – measures that can describe this skill- performance, however the quantity – points play a vital and important role in promoting and developing it, the dynamic side is also considered the basic step of which both of the trainer and the player benefit in learning and performing the special movements, this can be achieved if it is formed in a quality shape after getting the quantity measures to facilitate for both the teacher and the trainer understanding it.

The Aim of the Research :

The research aims at recognizing the dynamic characteristics of the Face –to- Back cast for the wrestlers and we can achieve that through :

- 1- Using the two models of Brown , and Gangsteed & Beeveridge for quality – description of the skill
- 2- Recognizing some of the distinguished dynamic characteristics of the Face –to – Back – cast for the wrestler.

The research Questions :

- 1- what are the limitations of performing the Face – to- Back – Cast by using models of Brown , and Gangsteed & Beeveridge ?
- 2- What are the distinguished dynamic characteristics of the Face – to – Back – Cast skill in Greco – Roman wrestling?

The research approach :

It is the descriptive approach (a case study) which is suitable to the nature of the study .

The Population and the research sample:

The sample of the research is represented in the players of the Egyptian national team for adults in the forth stage aged up to (20 years), this sample was selected intentionally, namely 3 players of the Egyptian national team for adults, weights (60 kilogram – 66 kilogram - 74 kilogram) and the distinguished – performance of the Face –to- Back – Cast .

Instruments of Data Gathering :

The researcher used in data gathering the following tools :

- 1- Brown – Model
- 2- Gangsteed model
- 3- The personal meeting
- 4- The kinematic analysis by using win analysis unit (the twofold- dimensions)
- 5- The kinematic analysis.

Conclusions :

In the light of the results that the research has shown, and the limitations of the sample , and through illustrating and analysing the results , the researcher has come to the following conclusions :

- trying to avoid injuring increases the time of the final stage.

- controlling the competer makes the time of the final stage more than the other stages.
- there is a harmony vertically and horizontally at the begining and the end of the skill – performance .
- this harmony of the skill led to a performance without any deviations during its stages .
- The (horizontal – vertical) distances have reached its highest level in the final stage , the average of the horizontal distance has reached (136 , 88 -) , and the the average of the vertical distance reached (184 , 22) .
- The (horizontal – vertical) speeds have reached its highest level in the final stage , the average of the horizontal speed in this stage has reached (3422,11 -) , and the average of the vertical speed has reached (4605, 61) .
- The vertical haste has reached its highest level in the preparation stage ,its average was (6212, 50) , while The horizontal haste has reached its highest level in the final stage , and its average was (24805, 39) .
- The (vertical – horizontal) power has reached its highest level in the final stage , the average of the horizontal power has reached (93458) , while The average of the vertical power has reached (31460, 57) .
- The (vertical – horizontal) push has reached its highest level in the final stage , the average of the horizontal push has reached in this stage (20221.3-) , and the average of the vertical push reached (21337, 86) .
- the total time of performing the skill is 1,24 second.
- the time of the preparation – stage is 0,36 second 29 % of the total time of the skill – performance
- the time of the main stage is 0,60 second 48,4 % of the total time of the skill – performance.
- the time of the final stage is 0,28 second 22,6 % of the total time of the skill – performance.

Recommendations :

- Keeping to the technical sides that the study has resulted in a quality way as a guide to teach the Face – to- Back Cast skill (Back Centering)
- Using the two models of Gangestead , Beeveridge & Brown in describing the other skills of wrestling .
- Taking into consideration the quantity results of the skill That resulted from the study while preparing training – units to teach the skill .
- Using the arithmetic mean and the standard deviations of the general description of the skill and its stages as a guide when doing comparative - performance studies of the theoretical curves
 - Interesting in trainings of strength and resistance .
- trainers' interest and concentrating on wrestles' perfection of this skill in regard to its importance for the wrestlers to get the highest technical points .
- Concentrating on the trainings that serves the skill and facilitates its performance .



ملخص البحث باللغة الإنجليزية

