



Analysis of the performances of the 2024 Olympic champion in freestyle wrestling in the category up to 57 kg

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**Y.E. Pavlov**¹ ORCHID: 0009-0002-9088-4315PhD, Associate Professor **K.S. Kolodeznikov**¹

ORCHID: 0000-0003-3427-5056

M.V. Uvarov¹ ORCHID: 0009-0008-4396-0120**A.S. Nikitin**¹ ORCHID: 0009-0002-4465-6231¹M.K. Ammosov North-Eastern Federal University, Yakutsk

Corresponding author: yakov.pavlov.98@mail.ru

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Abstract

Objective of the study is to analyze the competitive activity of freestyle wrestler Rei Higuchi.

Methods and structure of the study. Pedagogical studies of competitive activity have been carried out, as well as an analysis of video recordings of freestyle wrestlers based on the results of their participation in the Olympic tournament in Paris.

Results and conclusions. A study of wrestler Ray Higuchi's competitive practice revealed that at the 2024 Olympic Games he was active in the stand 63.6% of the time, and in the stalls 36.3%. At the same time, his arsenal of technical actions was mainly reduced to 2-3 techniques. Despite the limited set of techniques, Higuchi is highly effective in applying proven combinations, varying them during the match. Key techniques include a side pass with a switch to the other side when an opponent resists, or a transfer to the left hand with a pass to the right side leg, a two-leg pass, as well as deceptive maneuvers preceding a technical action. Characteristic features of the Higuchi style are: disorientation of the opponent due to sudden movements in different directions, a stable stance, active work with the hands to prevent seizures and head control, as well as dominance in determining the pace and nature of the fight. The information about technical actions obtained as a result of the analysis forms a valuable methodological database that can assist coaches and athletes in optimizing the training process.

Keywords: *freestyle wrestlers, competitive activity, technical and tactical training, highly qualified wrestlers, analysis of technical actions, methodological database.*

Introduction. The first historical evidence of the existence of wrestling dates back to 2600 BC. More than 400 drawings demonstrating techniques similar to modern wrestling techniques were found on the walls of the Egyptian tomb of Belad Gasal. Wrestling was included in the modern Olympic Games in 1896 in Athens under Greco-Roman wrestling. In 1904, freestyle wrestling games were held for the first time in St. Louis and since then this sport has been one of the historical sports at the Olympics, but in 2013 wrestling was on the verge of being excluded from the Olympic sport [1, 5], but this did not happen.

In Yakutia, freestyle wrestling began to actively develop in the mid-50s of the 20th century thanks to the work of Nikolai Nikolaevich Tarsky (1924-1962). He played a key role in the popularization of this sport, be-

ing not only the ideological inspirer, but also an active participant in the process as a judge, coach and representative. His students achieved significant success: Dmitry Danilov became a master of sports in 1960, and Nikolai Alekseevich Gogolev won the title of champion of the RSFSR in 1962. The further development of freestyle wrestling in the region is associated with the names of such famous coaches as N.N. Volkov, D.P. Korkin [7]. Thanks to their work and dedication, the Yakut school of freestyle wrestling took a strong position in the Russian and international arenas.

Improving, this sport has reached our times. And today, the current growing generation of wrestlers strives to achieve sports peaks, developing the legacy of those who began this path. And for this, young people must develop their sports training in every possible



way. One of the ways to improve the training of wrestlers is to analyze the competitive actions of leading wrestlers of our time [3, 4]. We chose the weight of 57 kg, since it is the most competitive in the Republic of Sakha Yakutia [6]. There are famous wrestlers from the Sakha Republic in this weight category: V. Lebedev, A. Tyutrin, V. Egorov and others. Therefore, we decided to study in depth the technical and tactical methods of outstanding wrestlers (world leaders) in this weight category.

The leader in this weight category according to the results of the 2024 Paris Olympic Games is Japanese Rei Higuchi, where he won gold, he is also a silver medalist at the 2016 Rio de Janeiro Olympic Games. The Paris Olympic Games were different in that due to the political situations in the world, our Russian national team did not take part in the games. But our legionnaires representing other countries, such as Uzbekistan, Bulgaria, Bahrain and others, performed. In this regard, we conducted a study of the competitive activities of the winner of the Olympic Games in the 57 kg weight category.

Objective of the study is to analyze the competitive activities of freestyle wrestler Rei Higuchi.

Methods and structure of the study. Pedagogical observations of competitive activity were conducted and an analysis of video materials of competitive activity of a freestyle wrestler based on the results of

performance at the Olympic Games in Paris was presented. The object of observation was the 2024 Paris Olympic Games in freestyle wrestling. Four bouts of the wrestler were analyzed: 1/8, 1/4, 1/2, final. The analysis used the method and tables proposed by V.V. Efremov and M.G. Kolodeznikova [2].

Results and conclusions. We present an analysis of the technical actions of

Analysis of technical and tactical actions of freestyle wrestlers. Name of the competition: Olympic Games. Stage: . Place and date: Paris (France) 09.08.2024. Weight category: 57. Score of the fight 12:2 (10:1; 2:1). The opponent of the Japanese Darian Cruz fights from a distance and constantly jerks his opponent, making deceptive passes to the legs. This is inconvenient for the Japanese and he tries to reduce the distance by resting his head, he starts in his manner – fighting for the wrist, and in this position he has prepared actions when the opponent takes the wrist or holds it himself. The Japanese has a left stance. The first move of the Japanese is a pass to the legs, Cruz meets, takes a headlock and makes a “light bulb” move, the Japanese defends himself, covers his opponent and takes 2 points, takes his legs and makes a “cross” – the score is already 4:0, the wrestlers are in a standing position, the fight continues, the Japanese shows his signature side pass, Darian throws his legs back and at that moment moves his hand to the other

Table 1. Analysis of the technical and technical characteristics of freestyle wrestlers in the quarter finals in the weight category up to 57 kg

Technical actions (TA): Total number of TA		Red corner (full name): Rei Higuchi (JPN), born in 1996						Blue Corner (Full Name): Darian Cruz (PUR), born in 1995					
		Evaluated by judges in opponent's points			Not rated	Efficiency for the period (V %)	Total number of TA	Evaluated by judges in opponent's points			Not rated	Efficiency for the period (V %)	
		1	2	4				1	2	4			
Protective		1 period											
	In the rack	1		1(0:54)			100	1				1(0:21)	
	On the ground												
		2nd period											
	In the rack	1				1(0:06)	0						
	On the ground												
		TOTAL											
Total for 1 period		1		1			100	1				1	0
Total for period 2		1				1	0						
Total for the fight		2		1		1	50	1				1	0



side, thereby transferring the wrestler to the ground, lifts the opponent's left leg and takes his right leg in scissors, rolls the opponent and the fight stops outside the mat area, the score is 10:0. Cruz does not agree with the score and protests – the score is revised. The protest is satisfied, 1 point is awarded to Cruz. The first period ends with a score of 10:1. The second period Cruz passes to the legs, the Japanese meets, takes a headlock and makes a “light bulb” move for 2 points, Cruz covers, goes behind the back and takes 1 point. The fight ends with a score of 12:2 in favor of the Japanese.

The semi-final fight of the athlete from Japan took place with the wrestler from India. In this fight, Ray wins against the opponent in the first period with the score 10:0, the fight begins from a distance, Ray does not give the opponent led holds, the fight is for the hold of the wrist. If the opponent tried to break the distance and go for a hold, then Ray made a feint in the leg pass and thus, when the opponent threw back his legs, took the distance and began the fight with the wrist. The first technical action is a 4-point technique “Poker” performed by the Japanese. Then the signature side pass and he takes another 2 points. The wrestlers stand in a stance, the fight for the wrist continues and Ray makes a false transfer, thus letting the opponent know about a possible technique, the fight continues, the Indian takes the hold of the wrist and at this moment the Japanese makes a false transfer, and when the opponent countered, makes a side pass to the leg and transfers to the ground, taking the opponent's hand, makes a roll for 2 points, goes to the final. Ray understood his opponent's strong point (stamina) and correctly developed a tactical plan for the fight.

The final fight between the Japanese wrestler and the American wrestler, with a score of 4:2. American Spencer Lee is a wrestler with physical strength and a tough attacking style. The first two minutes, Rei tries to make an action, shows activity. The American is well prepared for the Japanese's signature side pass, three attempts to pass were unsuccessful. Activity time is given to Lee, the first attempt at action is a pass to the legs, Rei throws his legs away, Lee switches to a hold from under the arm and pushes him out of the mat, earning 1 point. Standing position, the fight continues, in the last seconds, another pass from Higuchi, but Lee again throws his leg away and on a counterattack pushes his opponent out for another point. The first period ends with a score of 2:0. The second period, Higuchi does not intend to stop

and does not allow the hold to his opponent, realizing that the opponent is well defending against the side pass, Rei passes with both legs and in a strap rolls the opponent onto his shoulder blades – earns 2 points. The fight continues, Rei does not fight passively, he pulls, makes deceptive actions, thereby breaking the onslaught of the opponent. He gives up his head twice and, having chosen the right tactics, goes out of the mat on his knees, and the action is not assessed. The American takes a risk in the last seconds, tries to make a throw and gives 2 points. The fight ends with a score of 4:2 in favor of Rei Higuchi.

The described fights are an interesting example of freestyle wrestling, where technical techniques, tactics and physical training play a key role. In the first fight, the Japanese showed mastery in defense and execution of techniques, which allowed him to dominate the opponent. In the second fight, Rei demonstrated good technique and the ability to use the weaknesses of the opponent, which led him to victory. In the final, Rei faced a strong American who was well prepared for his attacks. However, thanks to activity, correct tactics, as well as the ability to reveal the opponent, Rei was able to win.

Key points to note:

1. *Technique:* The Japanese wrestler demonstrated high technical preparation, especially in the area of defense and performing complex techniques such as the “poker” and refined “side passes to the legs”.

2. *Tactics:* In each bout, the wrestlers used different strategies to counter their opponents. For example, Rei used escape techniques, feints, and false attacks to disorient his opponents and create opportunities for attacks.

3. *Physical preparation:* Physical strength and endurance also played an important role. This was especially noticeable in the final bout, where both wrestlers demonstrated a high level of physical preparation.

All these elements together make wrestling an exciting and dynamic sport, where each match is unique and requires maximum concentration and skill from the athletes.

Conclusions. By analyzing the wrestler's competitive activity, it was determined that at the 2024 Olympic Games, wrestler Rei Higuchi performed technical actions in a standing position – 63.6% of the technique, on the ground – 36.3%, and that 2-3 technical actions prevail in the composition of the competitive technique. Rei does not have many technical actions, but he has clearly honed techniques that he uses, al-



ternating during the fight: a side pass, if he is defending himself, a transfer to the other side, or a transfer to the left hand and a pass to the right side leg. And a pass to two legs. Deceptive actions plus a technique. Disorients the wrestler, jerking in two directions. The wrestler's stance does not change. Does not allow a hold, always works with the wrist, controlling the head. And dictates his own manner of conducting the fight.

Analysis of technical actions allowed us to collect a good methodological database that will be useful to coaches, athletes, for improving the training process.

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