

—
:
/ / :
/ / :

*

—
—

(n = n =)

*



()

-
- 1 - Effectivness
 - 2 - Efficiency



)
(M=)

(

.()

-

()

)

(

.()

()

() .()

1 - Chamakov, E.M
2 - Schultz, J



() .()

() .()

() .()

.()

()

() .()

.()

-
- 1 - Cipriano, N
 - 2 - Mc Master University
 - 3 - Orenman, D.
 - 4 - Petrov, P et al (1986)
 - 5 - Stavrov , I et al (1986)
 - 6 - Stanov, S & Kostov, K

()

.()

()

.()

()

()

.()

.()

,)

(

,)

(

()

1 - Klinzing-J. E & Karpowicz, W.
2 - Canadian Amateur Wrestling Association
3 - Skopintseva, I.N
4 - Romanov, R et al (1982)



/				
/				
/				
/				
/				

)
(

()

()

.()

()

.()

(M=)

.()

-
-
3. Cipriano, N. (1990). *"Free-style wrestling : match analysis"*. Mc Master University, Hamilton, Ontario.
 4. Klinzing, J.E., Karpowicz, W. (Aug/sep 1983). *"A test to measure the performance capabilities of national wrestlers"*. *Journal of strength and conditioning*, 5(4).
 5. Orenman, D. (1989). *"A computer wrestling analysis programmed"*. In Tenenbaum, G. (Ed), *Assif : Annual collection of scientific papers, No , 4, Netanya, wingate, PP:147-159*.
 6. Petrov, P., Todrou, K., Hinkov, M. (1986). *"A complex computerized system for studying of the technical and the tactical components in wrestling"*. *Vaprosi, Na. Fizicexkata, Kultura, Sofia, (9)*.
 7. Schultz, J. (1992). *"Pre-season and post-season testing, are your wrestlers improving?" Wrestling USA, 27(7). 15*.
 8. Skopintseva, I.N. (1982). *"One method of objective evaluation of wrestling Skill"*. *Fizika Kultura. 36(2)*.
 9. Stanov, S., Kostov, K. (1986). *"Rational usage of technique in wrestling"*. *Treniorska, Missal, Sofia*.
 10. Starov, I.Histov, P., Berberov, N.,Todorov.K. (1986). *"Objectivities of some index for evaluation of sport skill in Greco – Roman wrestling"*. *Vaprosi, Na. Fiziceskata. Jultura, Sofia (7)*.