

DIFFERENT SYSTEMS AND RULES OF WRESTLING COMPETITIONS

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ABSTRACT

The rapid development of physical culture and sports in our country is closely linked with the training of highly qualified specialists. Physical culture and sports play a key role in the comprehensive development of the younger generation. Documents such as the National Program of Personnel Training, produced by our state due to our independence, envisage important measures to improve physical culture and sports in our country and to bring up the young generation that will ensure the development of our country. This article examines the different systems and rules of wrestling competitions.

KEYWORDS: Sports, Sports Competitions, Wrestling, Sports Psychology, Sports Coach.

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