



UWW WORLD CONFERENCE 2025

17-19 SEPTEMBER
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**Scientific and
Professional Symposium:**

“Optimizing Performance:
Multidisciplinary
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Comparative Performance Analysis of Elite Greco-Roman Wrestling: European and Asian Championships 2025

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ABSTRACT

INTRODUCTION: The analysis of competitive performance is one of the key tools in modern sport, enabling the identification of strengths and weaknesses in athlete preparation and the optimisation of the training process. In Greco-Roman wrestling, a sport characterised by high technical demands and strategic variability, the study of match performance offers valuable insights for coaches and athletes. **METHODS:** The study used official Performance Data Analysis Reports from United World Wrestling, which provide aggregated match statistics, including technical-tactical actions, scoring distribution, and efficiency metrics. **RESULTS:** Asian wrestlers executed technical-tactical actions in 78.4% of cases, with non-technical actions comprising only 20.6%, while European wrestlers showed lower engagement in direct technical execution (63.7%) and a higher reliance on other scoring elements (36.3%) at the 2025 European and Asian Championships. Additionally, points gained from opponent passivity accounted for 10.5% of total scoring among Asian wrestlers, compared to 20.8% for European wrestlers, indicating a greater dependence on passivity calls in the European competitive style. **DISCUSSION:** The findings indicate a clear stylistic distinction: Asian wrestlers adopt a more active, technically aggressive approach, while Europeans rely on tactical pressure and referee-driven scoring opportunities. This divergence likely reflects differences in training methodology, competition strategies, and resource investment. The results also signal a shift in global wrestling dynamics, with athletes from Asia challenging and, in some cases, surpassing Europe's historically dominant position. **CONCLUSIONS:** The study highlights significant continental differences in competitive strategies and performance outcomes in Greco-Roman wrestling.

Keywords: elite wrestlers, technical-tactical analysis, continental comparison, competition analysis

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