



Milovan Bratić

RVANJE



DEFINICIJA RVANJA

- Pod tehnikom rvanja se podrazumevaju hvatovi, zahvati, protivzahvati, kombinacije i odbrane koje su dozvoljene pravilima rvačkog sporta.
- Pravci rvanja:
 - Sportsko rvanje (grčko-rimski stil, slobodni stil, rvanje za žene, rvanje na pesku, grepling, pankracion, sambo)
 - Narodno rvanje



Klasifikacija zahvata (Ćirković, Kasum)

Definicija i klasifikacija tehnike rvanja

stavovi	kretanja	bacanja	odbrane	kombinacije
dijagonalni	napred	stojeći stav	pokretima ruku	stojeći stav
paralelni	nazad	parter	pokretima tela	parter
	u stranu		pokretima nogu	kombinovano
	polukružno		kombinovano	
	kružno			
	kombinovano			

Tehnika zahvata u stojećem stavu

- Dovođenja u parter (hvatom ruke, vrata i trupa)
- Obaranja (hvatom ruke, vrata i trupa)
- Bacanja uvinućem (bez mosta, s polumostom i preko mosta)
- Bočna bacanja (sa hvatom ruke, ruke i vrata, ruke i trupa)
- Ramenska bacanja
- Svlačenja (preko ruke, ispod ruke)
- Rušenja (u stranu, napred, nazad)

Tehnika zahvata u parteru

- Prevrtnja (napred, nazad i u stranu hvatom ruku, ruke, ruke i vrata, ruke i trupa, trupa obilaženjem, preskakanjem, uvrtnjem)
- Okretanja (hvatom ruke i trupa, obuhvatom trupa)
- Bacanja dizanjem (dizanja iz partera, uvinućem tela, preko boka)

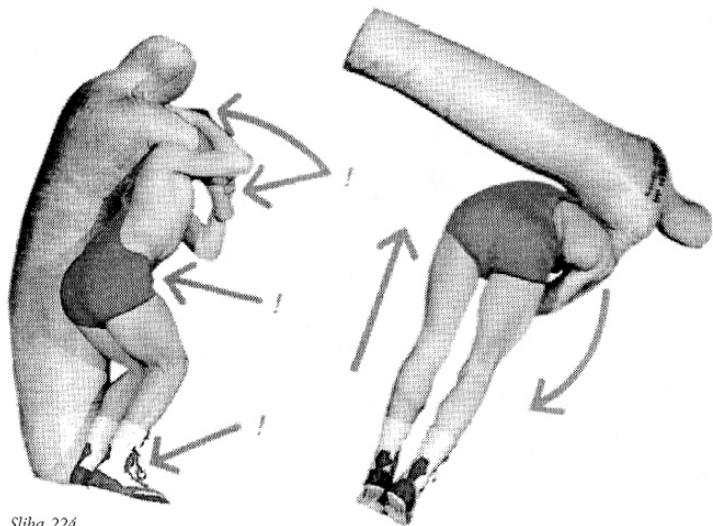
Tehnika zahvata u parteru

- Bacanja dizanjem ruke (uz pomoć ruke, glave)
- Rušenje mosta (hvatom ruke, glave i ruke, ruke i trupa, obuhvatom trupa s preda i sa strane)
- Izlasci i protivnapadi iz mosta

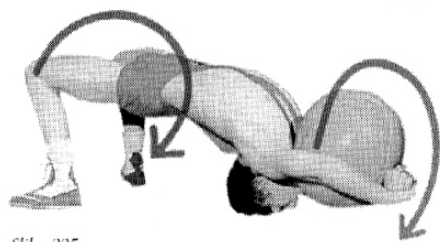
Specifični metodi u obuci tehnike rvanja

- Metod vežbanja bez partenra (na prazno)
- Metod rada sa spravama
- Metod vežbanja sa partnerom

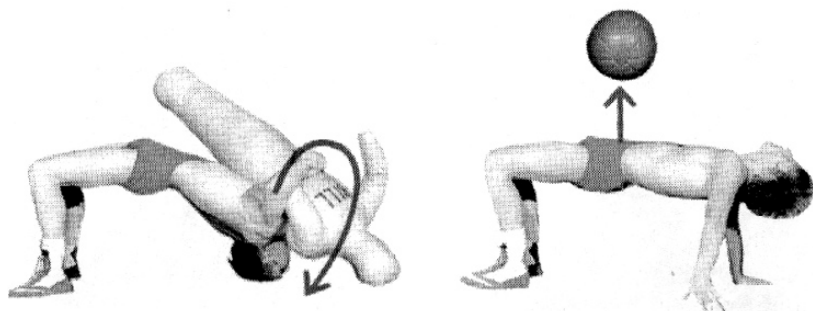
- <https://www.youtube.com/watch?v=CyigW9Cp1a0>



Slika 224.



Slika 225.



Slika 226.

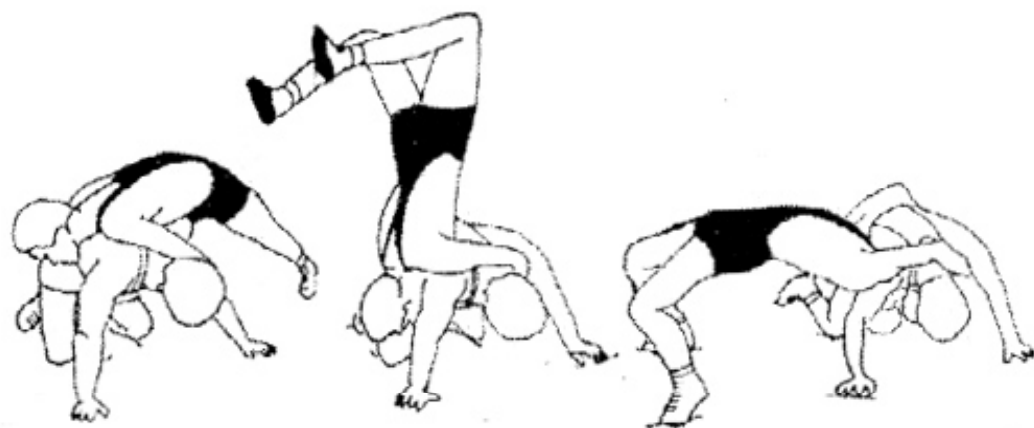
Slika 227.

Karakteristične faze u učenju tehnike rvanja

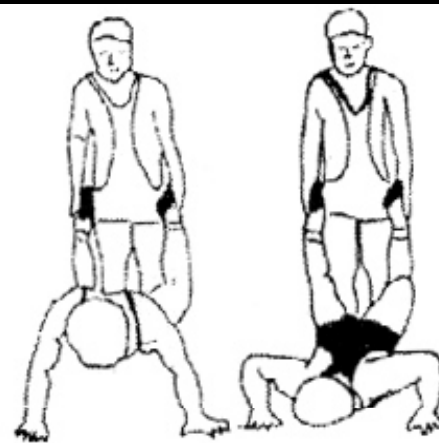
- Učenje osnovne tehnike rvanja
- Usavršavanje tehnike kroz varijante i kombinacije tehnika
- Specifično rvačko usavršavanje za borbu



SPECIFIČNE VEŽBE U RVANJU



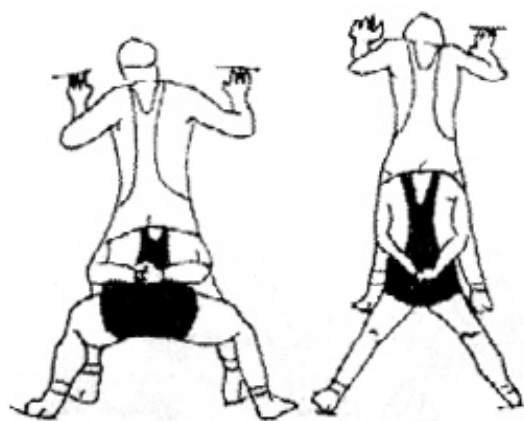
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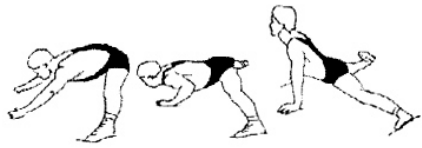
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Slika 64.



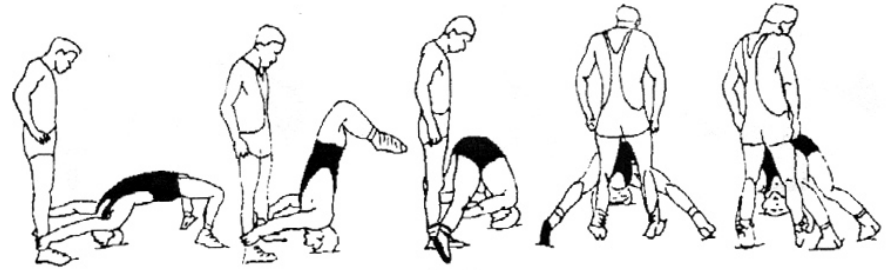
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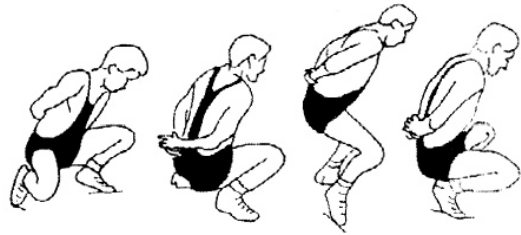
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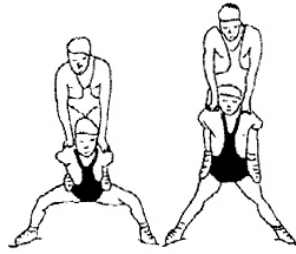
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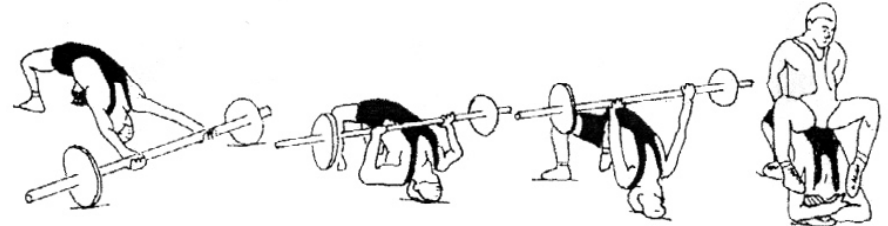
Slika 75.



Slika 68.

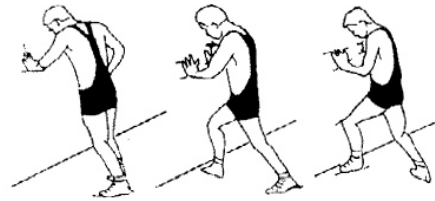


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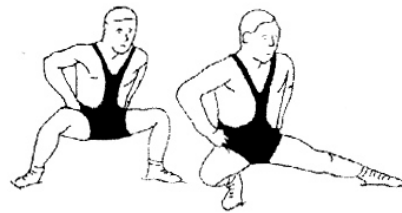


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Slika 77.



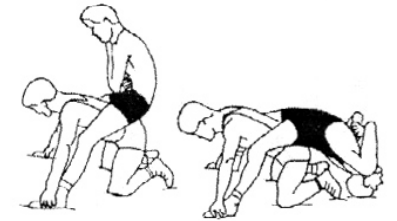
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Slika 71.



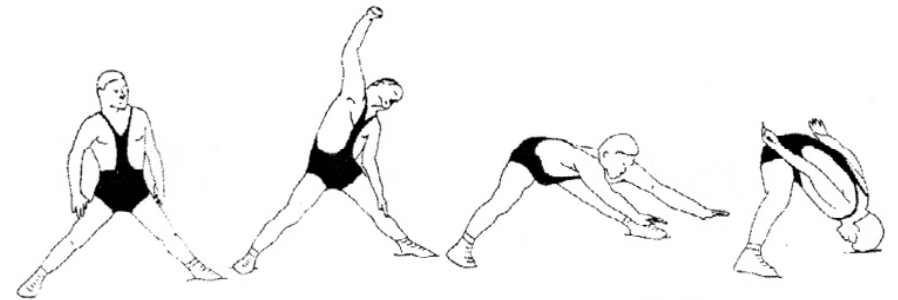
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Slika 79.



Slika 72.

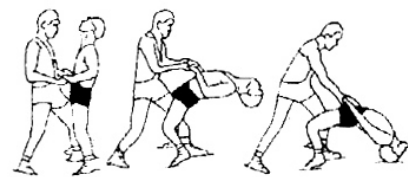


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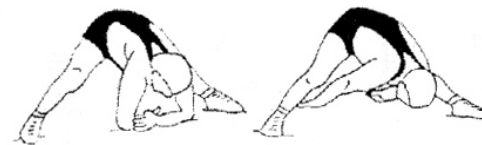
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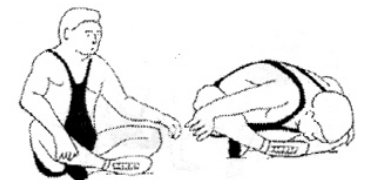
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Slika 74.



Slika 82.



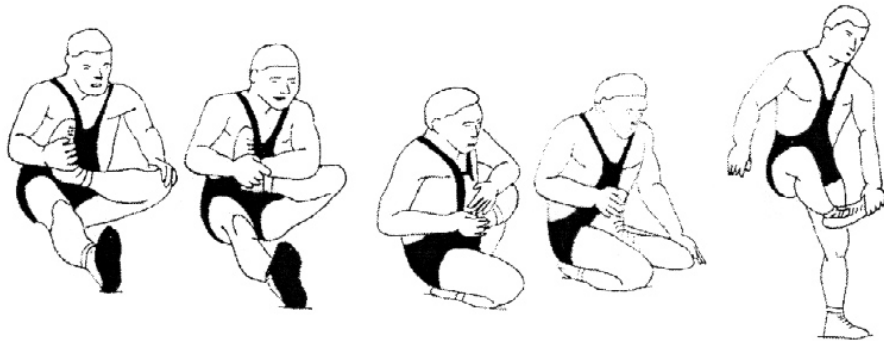
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Slika 84.

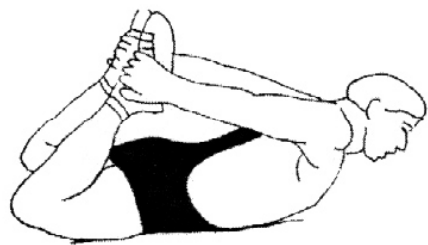


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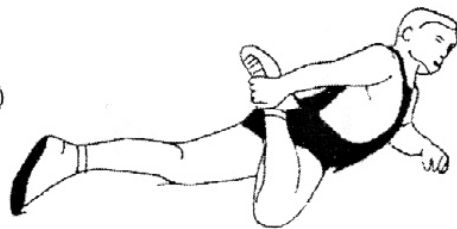


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Slika 87.



Slika 88.



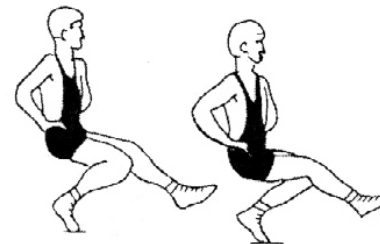
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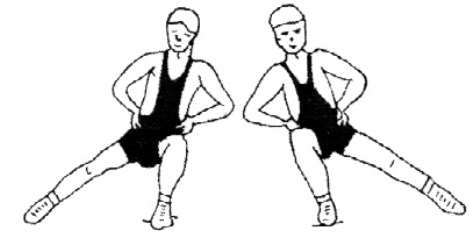
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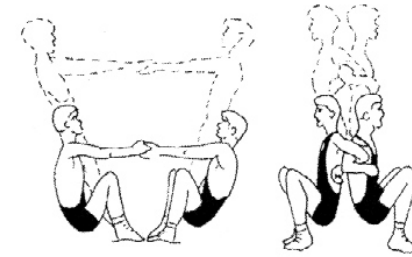
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Slika 92.



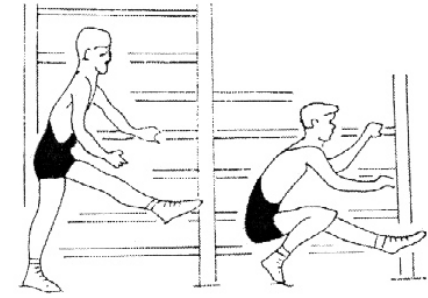
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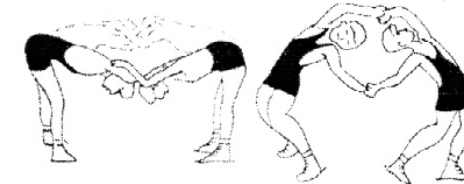
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Slika 95.



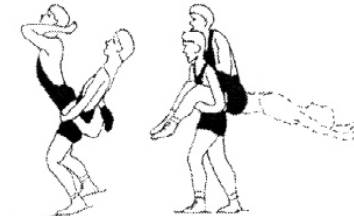
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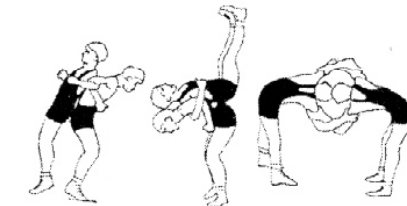
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Slika 98.



Slika 99.



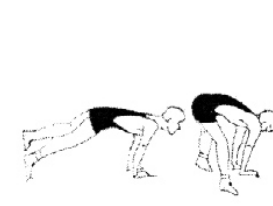
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Slika 101.



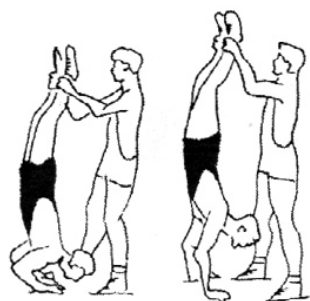
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Slika 103.



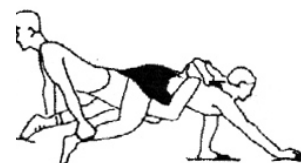
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Slika 105.



Slika 106.



Slika 119.



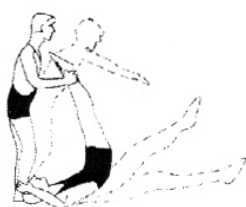
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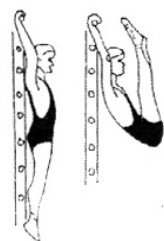
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Slika 107.



Slika 108.



Slika 109.



Slika 110.



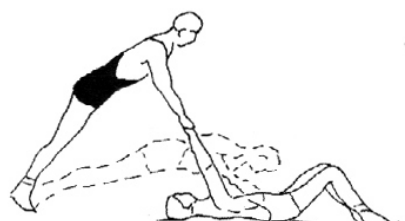
Slika 122.



Slika 123.



Slika 124.



Slika 111.



Slika 112.



Slika 125.



Slika 126.



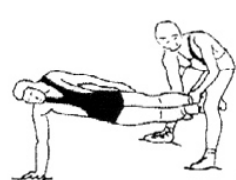
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Slika 128.



Slika 129.



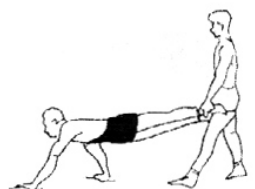
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Slika 114.



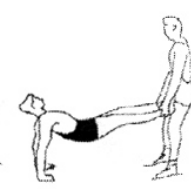
Slika 115.



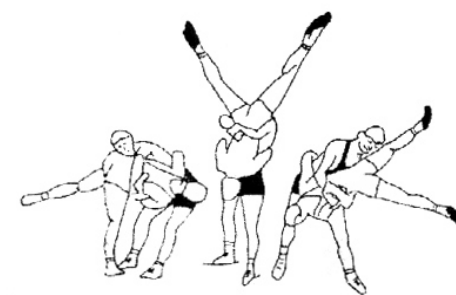
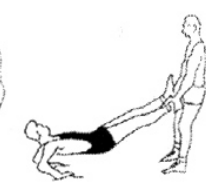
Slika 116.



Slika 117.



Slika 118.

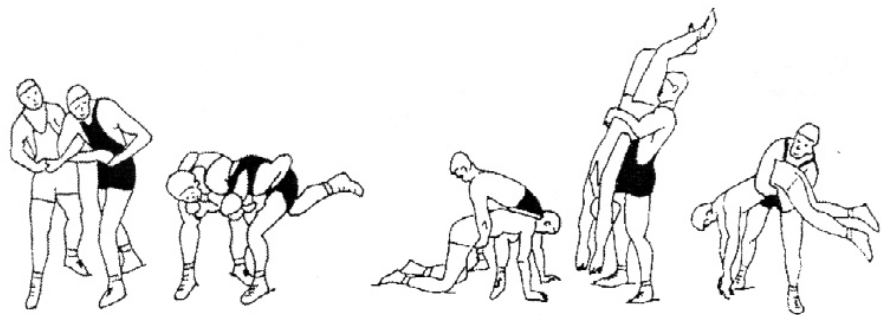


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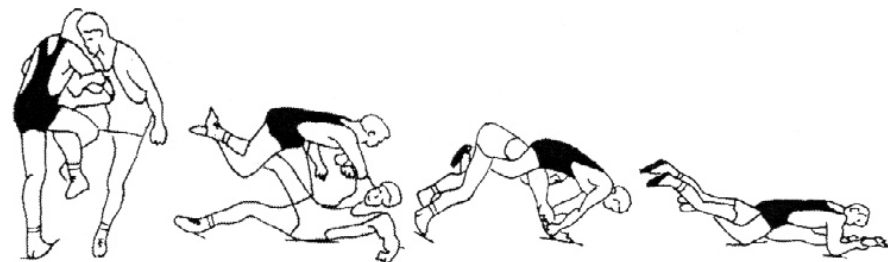
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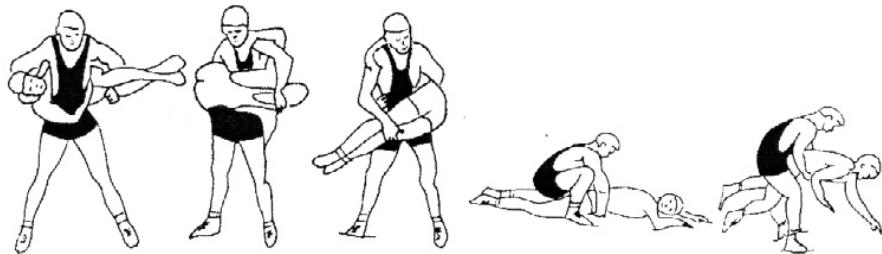
Slika 155.

Slika 156.



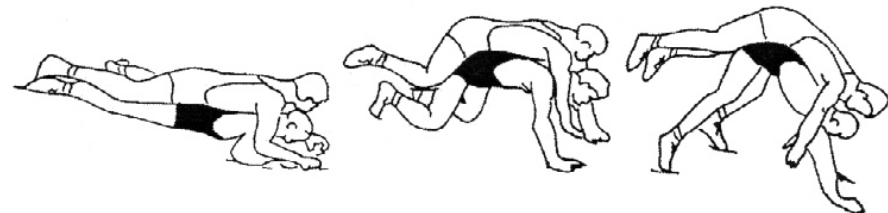
Slika 163.

Slika 164.

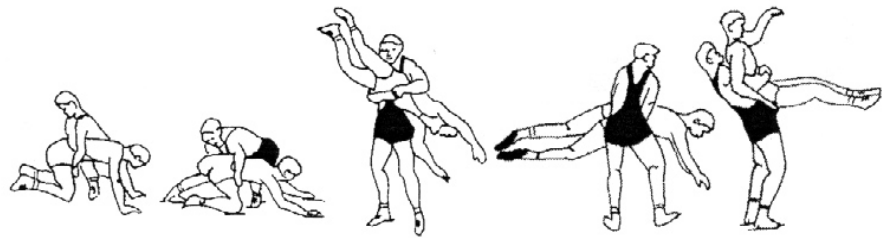


Slika 157.

Slika 158.



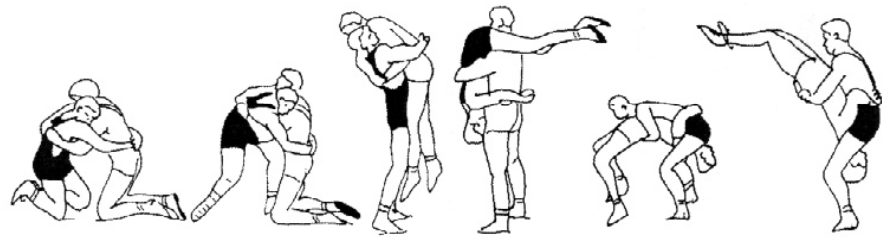
Slika 165.



Slika 159.



Slika 166.

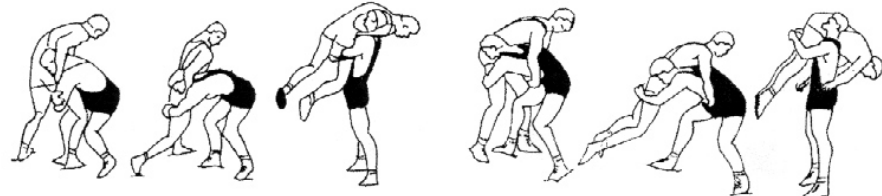


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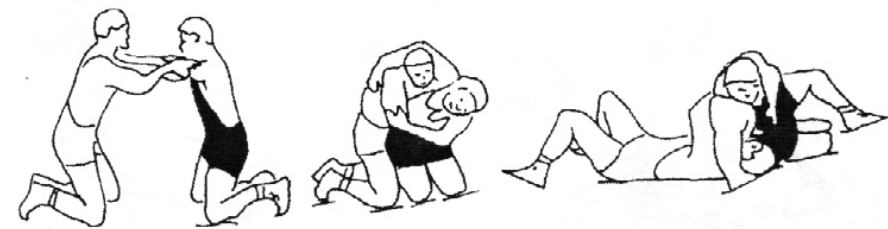
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Slika 167.



Slika 162.



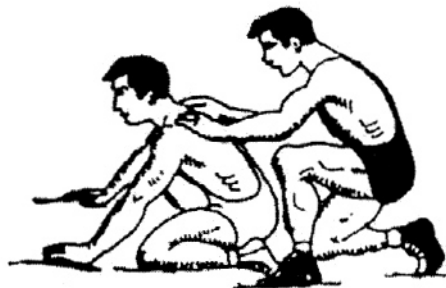
Slika 168.

Najbitnije faze u izvodenju tehnike

- Faza pripremanja povoljne situacije za izvodenje zahvata i ostvarivanja hvata
- Izvodenje iz ravnoteže
- Faza ulaska u zahvat
- Faza fiksiranja protivnika
- Faza usmerenog delovanja sila (odizanje, prevrtanje, guranje, okretanje, rušenje, povlačenje)
- Faza završnice



OSNOVNI BORBENI POLOŽAJI U PARTERU



Slika 186



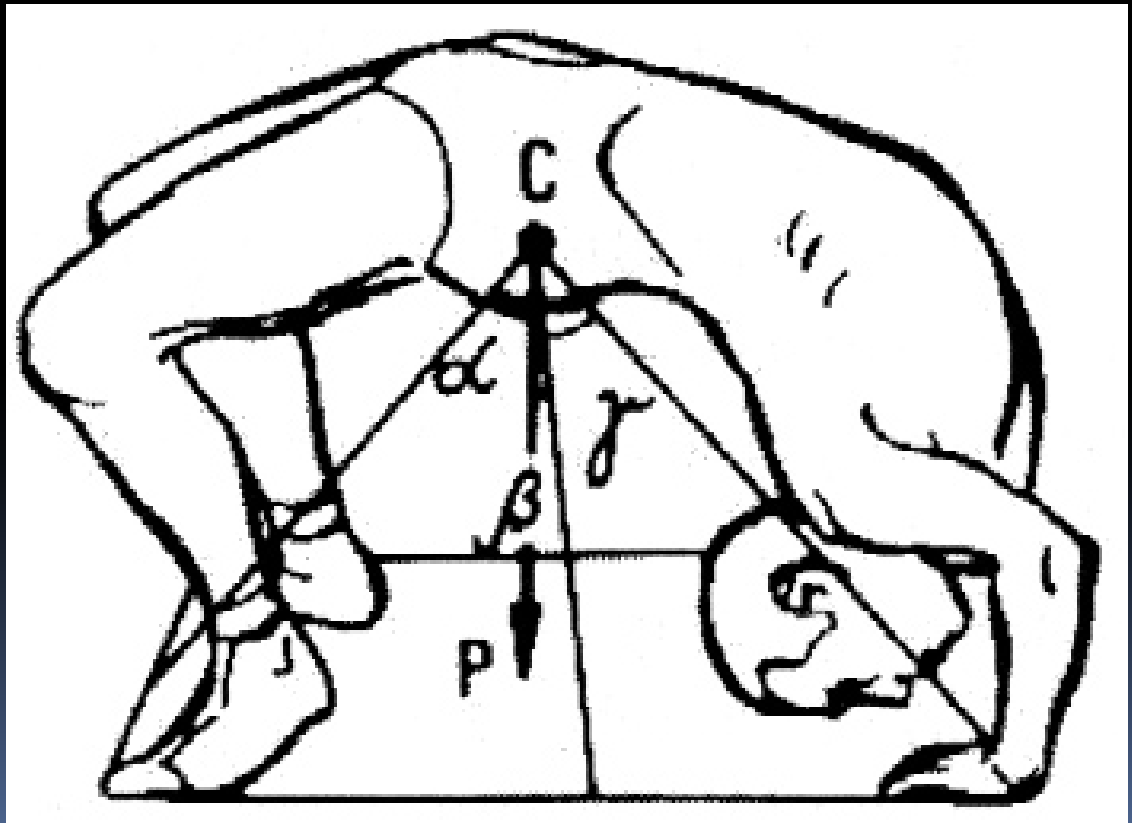
Slika 187.



Slika 188. - Visoki rvački most



Slika 189. - Rvački polumost

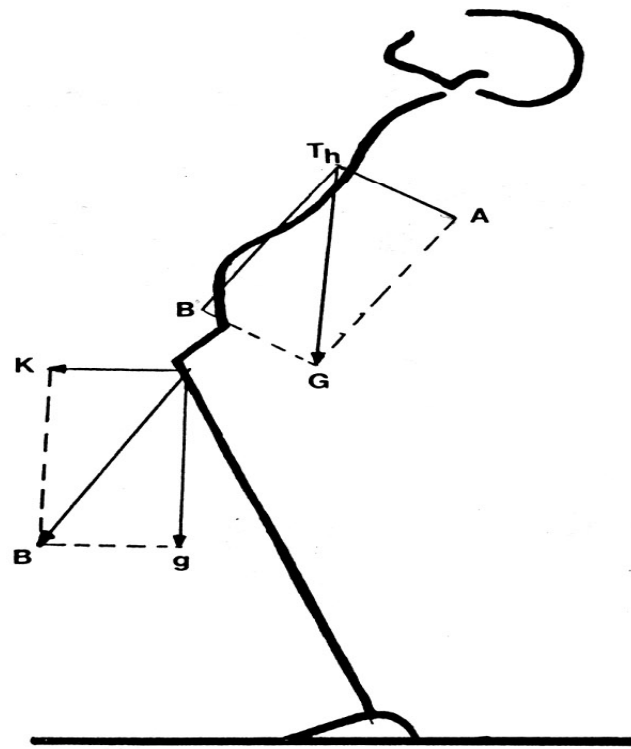


Na koji način se održava položaj mosta?

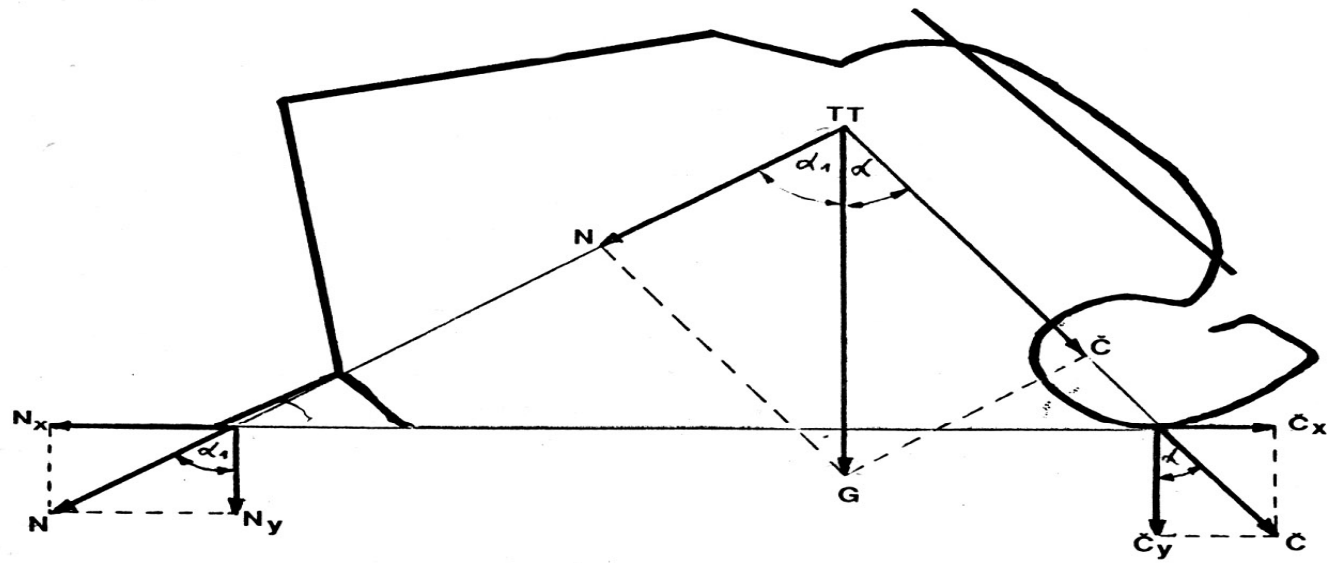
- Položaj mosta se održava snažnom izometrijskom kontrakcijom mišića opružača u zglobovima ramena, grudnog i slabinskog dela kičmenog stuba, zglobovima kukova, održavajući navedene zglobove u hiperekstenziji.

Sile koje teže da sruše položaj mosta

- Unutrašnje sile, koje su predstavljene naprežanjem svih zglobnih stabilizatora sa prednje strane zglobova kukova, ramena, grudnog i slabinskog dela kičmenog stuba. Svi ovi stabilizatori su u stanju pasivnog statičkog naprežanja.
- Spoljašnja sila – sila zemljine teže (+)



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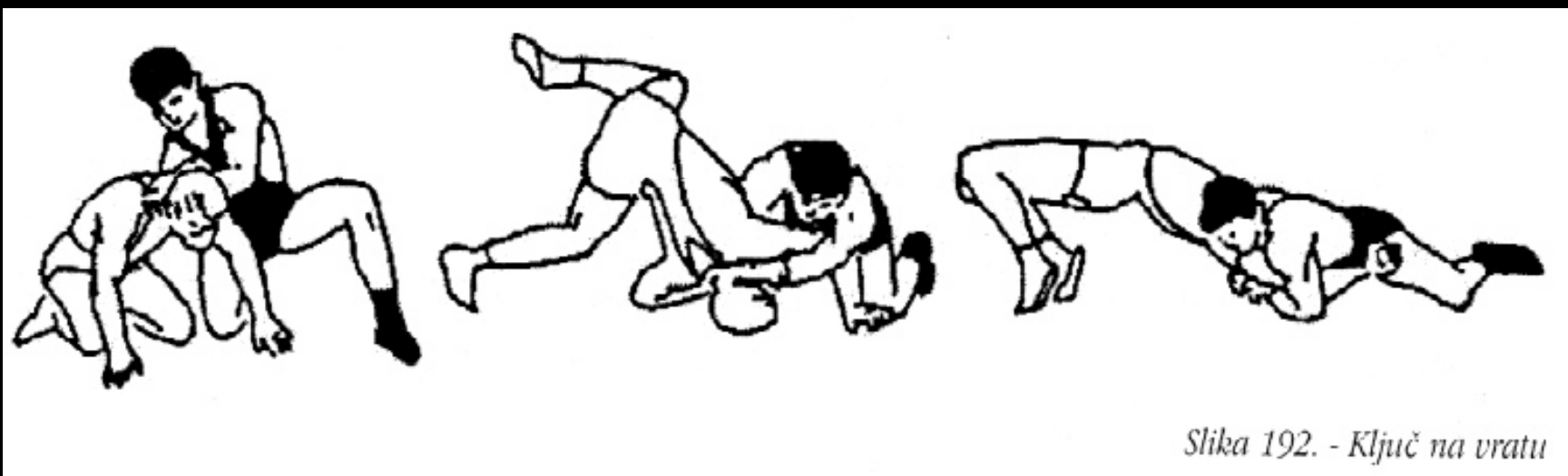
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ZAHVATI U PARTERU



Slika 191. - Malac "Prasac"



Slika 192. - Ključ na vratu



Slika 195. - Dizanje ruke glavom

Desni, levi i frontalni borbeni stav

OSNOVNI POLOŽAJI U STOJEĆEM STAVU



Slika 204. - Desni borbeni stav



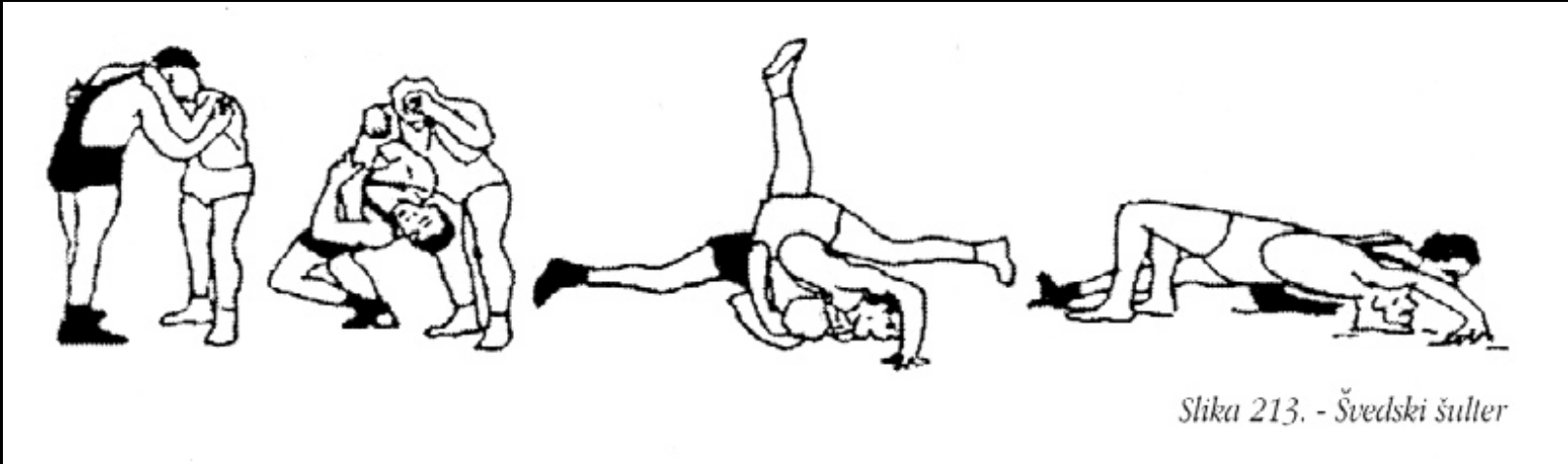
Slika 205. - Levi borbeni stav



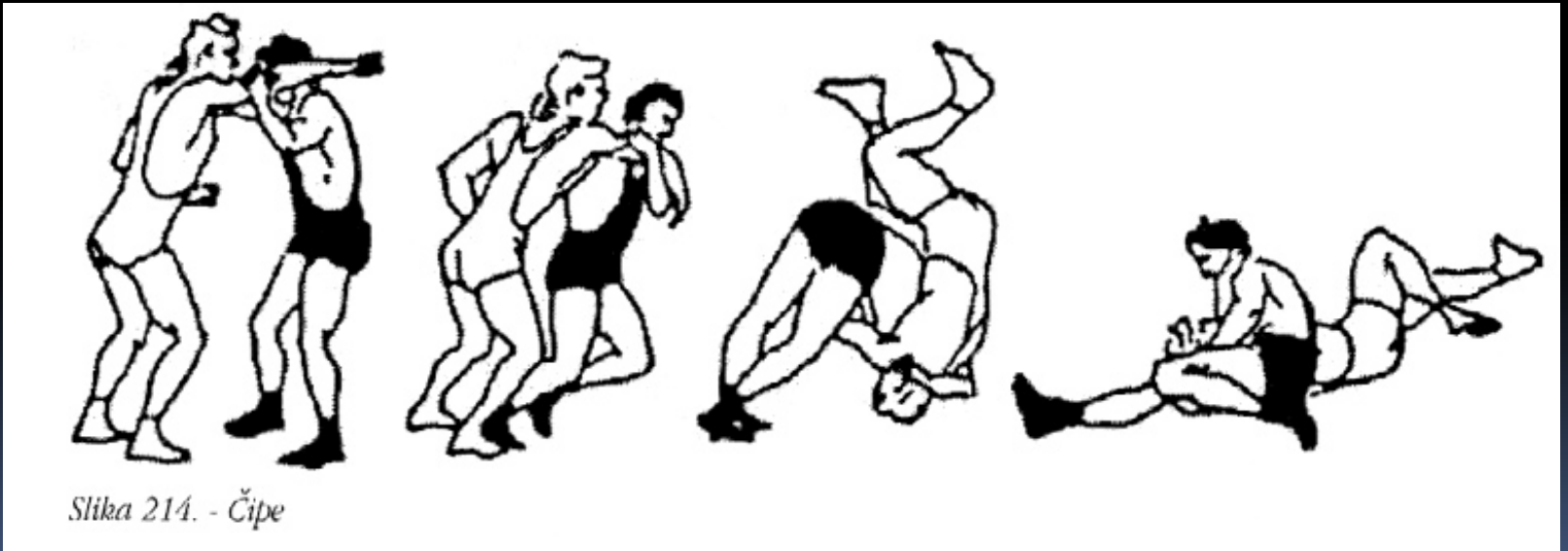
Slika 206. - Frontalni rvački stav



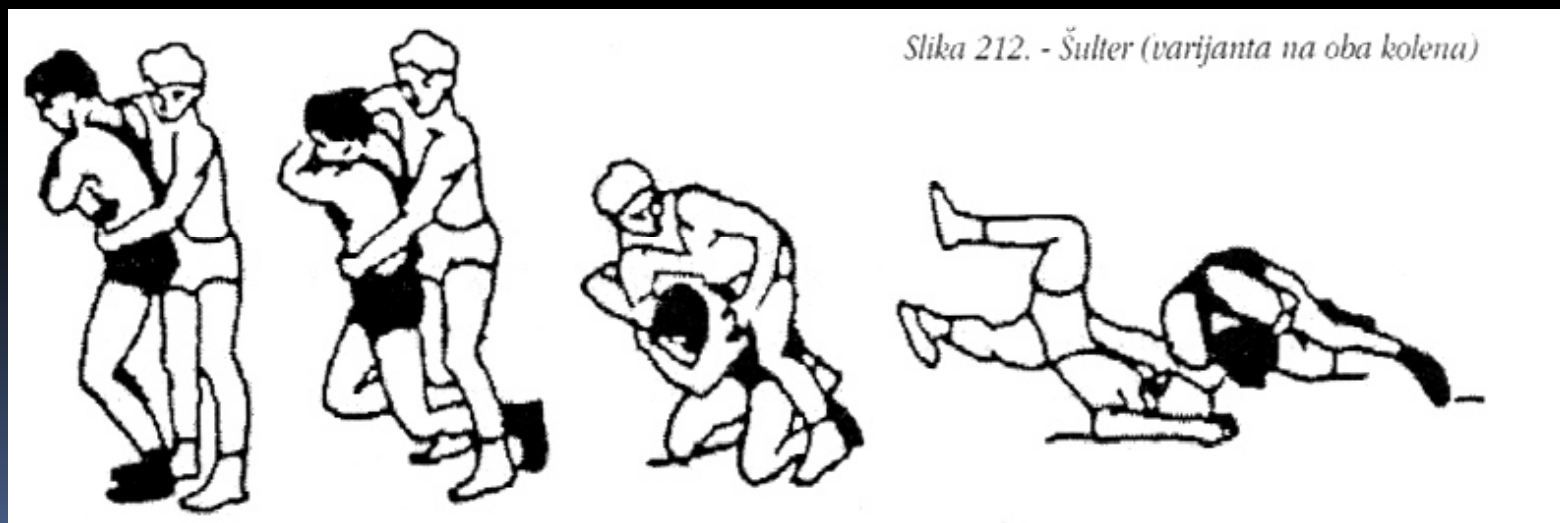
ZAHVATI U STOJEĆEM STAVU



Slika 213. - Švedski šulter



Slika 214. - Čipe

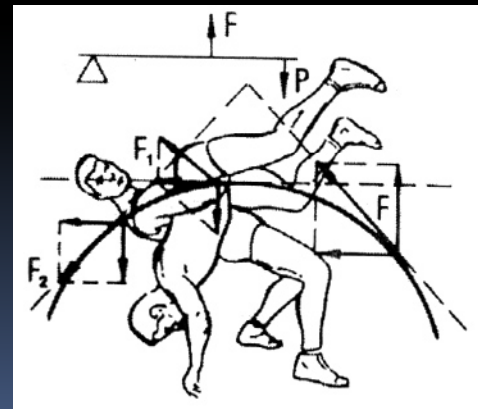
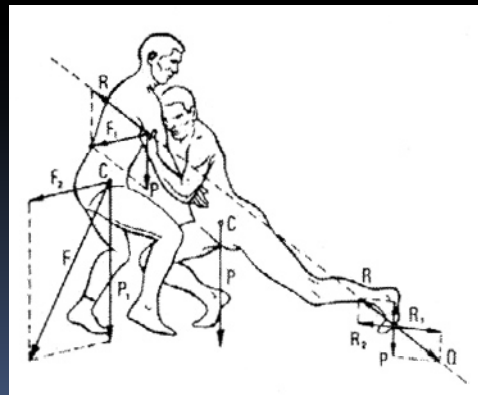
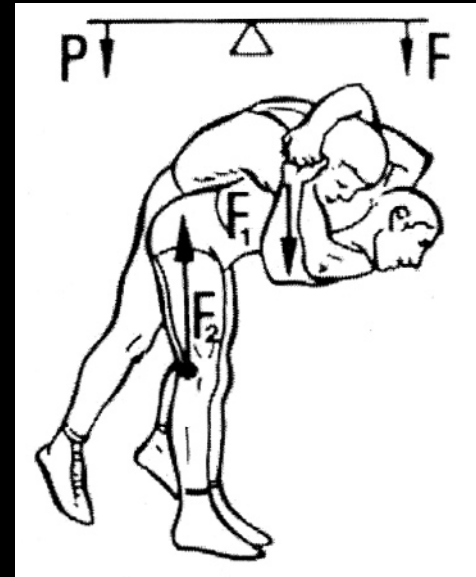


Osnovne biomehaničke karakteristike borbenih položaja u rvanju grčko-rimskim stilom

- Generisanje sile što većeg broja mišićnih grupa
- Napad u pravcu najmnje stabilnosti
- Napad na najslabije mišićne grupe protivnika
- Maksimalno korišćenje težine vlastitog tela
- Mogućnost produžavanja poluge na koju delujemo
- Primena sprega sila
- Fiksacija tačke oslonca



Slika 58. - Ključ na vratu



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centralni deo
strunjače

CRVENI
UGAO

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deo
strunjače

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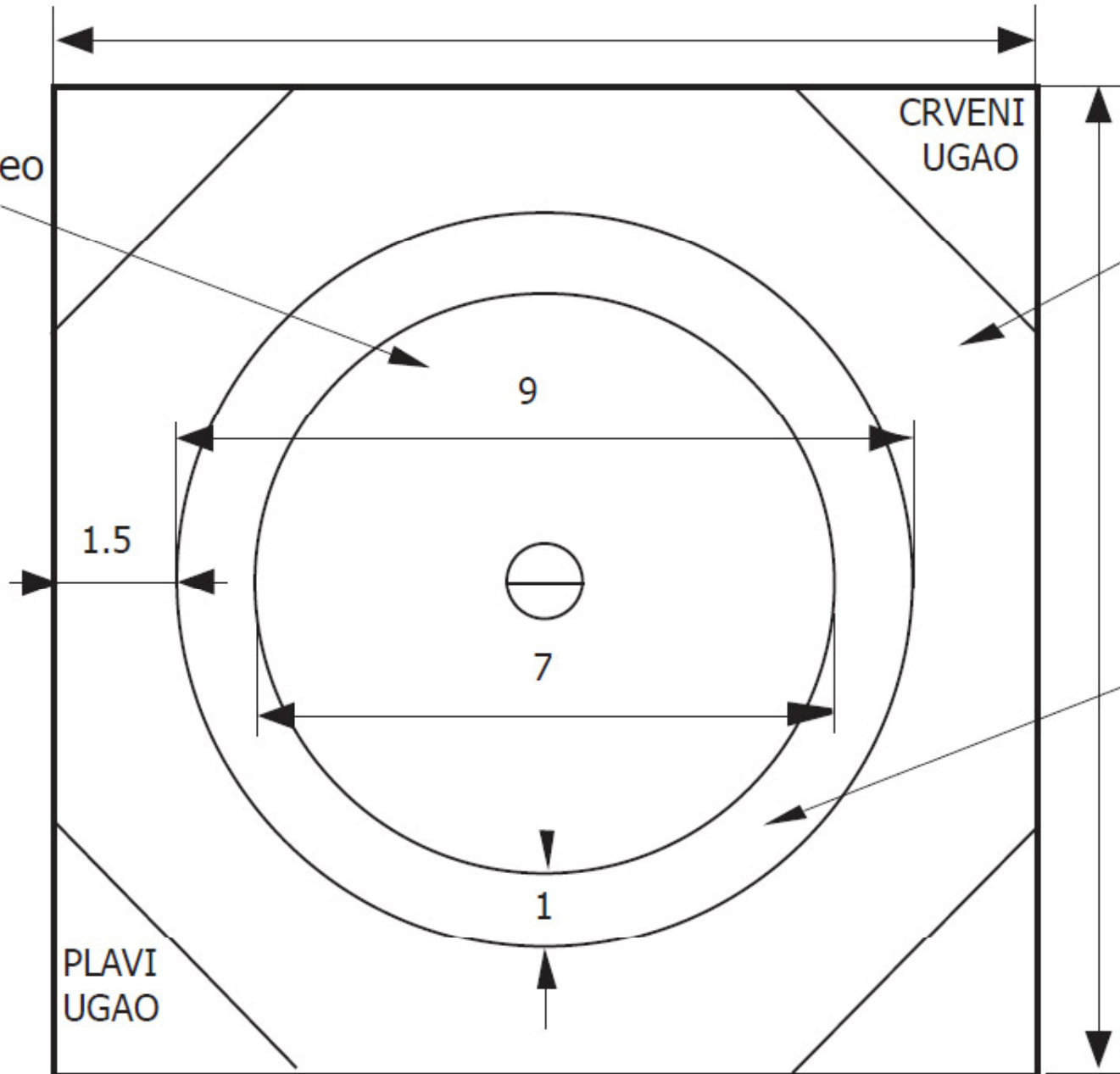
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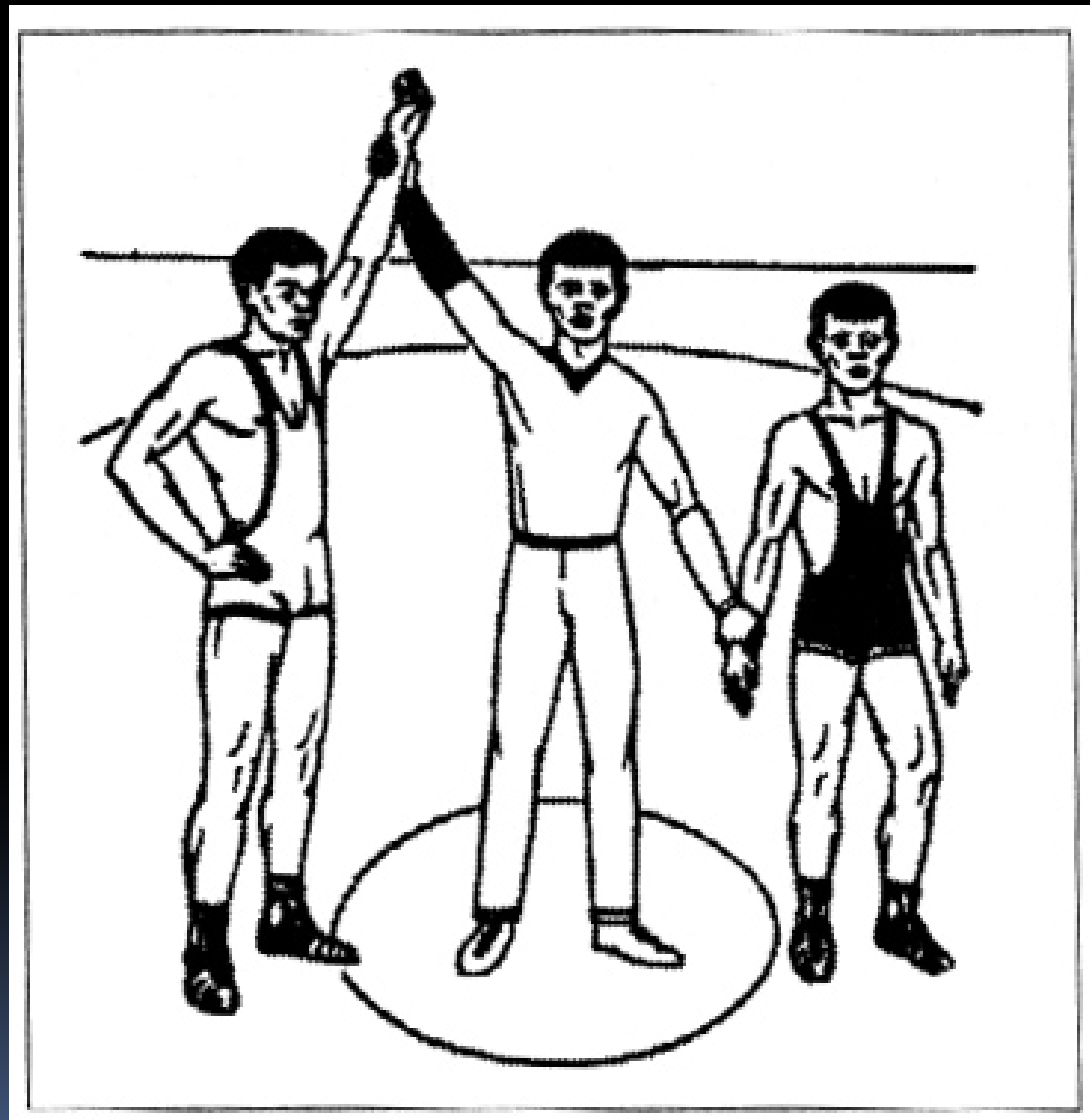
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PLAVI
UGAO







■ HVALA NA PAŽNJI!